



INSPIRED SENIOR LIVING

# July 2024

## Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Happy Canada Day! <b>1</b></p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>11:30 Canada Day BBQ! (OP)</p> <p>1:00 Giant Crossword (MP)</p> <p>2:00 Canadian Cultural Show! (MP)</p> <p>3:30 Trivia Hour! (CK)</p> <p>7:00 Movie Evening Showing: Goon! (T)</p>	<p>10:30 Word Scramble (MP) <b>2</b></p> <p>11:00 Morning Stretches by Azam (MP)</p> <p>1:00 Meditation Group! (MP)</p> <p>1:00 Noodle and balloon fun! (2FA)</p> <p>1:30 Visit with Chaplain Jake (AL)</p> <p>1:30 Rummikub Club, Beginner or an Experienced Player! (LB)</p> <p>2:00 Canada Day Live Music by Emilio Zarris! (MP)</p> <p>3:15 Fit Minds! (MP)</p> <p>7:00 Documentary Night: Explosion 1812! (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>3</b></p> <p>10:00 Hair Salon! (SL)</p> <p>10:30 Fitness Class! (2FA)</p> <p>10:30 Drum Fit Class! (MP)</p> <p>1:00 Giant Crossword (MP)</p> <p>2:30 Technology Support by Amy! (LB)</p> <p>2:30 Exercise and Fitness class by Myrilli! (MP)</p> <p>3:30 Piano Performance by Natalye! (MP)</p> <p>4:00 Concert Series: Celine Dion! (T)</p> <p>7:00 Movie Evening Showing: Book Club: The next chapter! (T)</p>	<p>10:00 Word Scramble! (MP) <b>4</b></p> <p>10:00 Doctor Visit! (HO)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>1:00 Java Music Club! (MP)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>1:30 Outing: Shopping at Shoppers Drug Mart 5998 Bathurst St! (OUT)</p> <p>2:00 Off the Cuff (Group Discussion)! (MP)</p> <p>2:30 Meditation Group! (FR)</p> <p>3:15 Artful Enrichment! (MP)</p> <p>4:00 Travelogue: Canada! (LR)</p> <p>4:00 Meeting with Maria "General Manager" regarding Water shut off ! (T)</p> <p>6:15 Bingo! (MP)</p> <p>7:00 Thursday Prime Series: The Last Czars! (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>5</b></p> <p>10:30 Balloon Badminton! (MP)</p> <p>11:00 Seated Fitness Class with Azam! (MP)</p> <p>1:00 Giant Crossword! (MP)</p> <p>2:00 Shabbat Service by Rabbi Levi! (MP)</p> <p>2:30 African Cooking Demo by Israel! (CK)</p> <p>4:00 Meet Me at the MoMA, Paint like an Artist! (MP)</p> <p>7:00 TV Show: Downton Abbey! (T)</p>	<p>2:30 Church Service and Sing A Long by Chaplain Jake! (LB) <b>6</b></p> <p>3:00 Movie Afternoon Showing: Forget and Forgive! (T)</p> <p>7:00 Movie Evening Showing: Forget and Forgive! (T)</p>
<p>World Chocolate Day! <b>7</b></p> <p>9:30 Go 4 Life Walking Group! (ML)</p> <p>10:00 Fitness Class (2FA)</p> <p>10:50 Catholic Communion Service! (CP)</p> <p>1:00 Artful Enrichment! (2FA)</p> <p>1:30 Chair Zumba Fit Dance by Sara! (MP)</p> <p>3:30 Bingo! (MP)</p> <p>7:00 Netflix Series: Outlander season 7! (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>8</b></p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>1:00 Giant Crossword (MP)</p> <p>1:30 Bingo! (2FA)</p> <p>2:30 Online Whole Body Exercise ! (MP)</p> <p>3:30 Trivia Hour! (CK)</p> <p>7:00 Movie Evening Showing: Coming 2 America! (T)</p>	<p>10:30 Word Scramble (MP) <b>9</b></p> <p>11:00 Morning Stretches by Azam (MP)</p> <p>1:00 Meditation Group! (MP)</p> <p>1:00 Noodle and balloon fun! (2FA)</p> <p>1:30 Visit with Chaplain Jake (AL)</p> <p>1:30 Rummikub Club, Beginner or an Experienced Player! (LB)</p> <p>2:00 Fit Minds! (MP)</p> <p>2:30 Opera Showing: Turandot by G. Puccini / Jorge Puerta, Antastasia Boldyreva. Beatrice Benezi / Teatro Colón 2024 (T)</p> <p>3:00 Bingo! (MP)</p> <p>4:00 Let's play Bowling! (MP)</p> <p>7:00 Documentary Night: Canada Untold! (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>10</b></p> <p>10:00 Hair Salon! (SL)</p> <p>10:30 Fitness Class! (2FA)</p> <p>10:30 Drum Fit Class! (MP)</p> <p>1:00 Giant Crossword (MP)</p> <p>2:30 Technology Support by Amy! (LB)</p> <p>2:30 Online Whole Body exercise! (MP)</p> <p>3:30 Spiritual Study Group with Chaplain Jake! (MP)</p> <p>4:00 Concert Series: Brenda Lee! (T)</p> <p>7:00 Movie Evening Showing: Oklahoma! (T)</p>	<p>10:00 Word Scramble! (MP) <b>11</b></p> <p>10:00 Doctor Visit! (HO)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>10:30 Vendor: Loila's Fashion (ML)</p> <p>1:00 Java Music Club! (MP)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>2:00 Off the Cuff (Group Discussion)! (MP)</p> <p>2:30 Meditation Group! (FR)</p> <p>3:15 Artful Enrichment! (MP)</p> <p>4:00 Travelogue: Canada Coast! (T)</p> <p>6:15 Bingo! (MP)</p> <p>7:00 Thursday Prime Series: The Last Czars! (T)</p>	<p>Pecan Pie Day! <b>12</b></p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Balloon Badminton! (MP)</p> <p>11:00 Seated Fitness Class with Azam! (MP)</p> <p>1:00 Giant Crossword! (MP)</p> <p>2:00 Shabbat Service by Rabbi Levi! (MP)</p> <p>2:30 Social Hours! (CK)</p> <p>3:30 Meet Me at the MoMA, Paint like an Artist! (MP)</p> <p>7:00 TV Show: Downton Abbey! (T)</p>	<p>2:30 Church Service and Sing A Long by Chaplain Jake! (CP) <b>13</b></p> <p>3:00 Movie Afternoon Showing: Brassed off! (T)</p> <p>7:00 Movie Evening Showing: Brassed off! (T)</p>
<p>9:30 Go 4 Life Walking Group! (ML) <b>14</b></p> <p>10:00 Fitness Class (2FA)</p> <p>10:50 Catholic Communion Service! (CP)</p> <p>1:00 Artful Enrichment! (2FA)</p> <p>1:30 Chair Zumba Fit Dance by Sara! (MP)</p> <p>3:30 Bingo! (MP)</p> <p>7:00 Netflix Series: Outlander season 7! (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>15</b></p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>1:00 Giant Crossword (MP)</p> <p>1:30 Bingo (2FA)</p> <p>2:30 Online Whole Body Exercise ! (MP)</p> <p>3:30 Trivia Hour! (CK)</p> <p>7:00 Movie Evening Showing: Then Came You! (T)</p>	<p>10:30 Word Scramble (MP) <b>16</b></p> <p>11:00 Morning Stretches by Azam (MP)</p> <p>1:00 Meditation Group! (MP)</p> <p>1:00 Noodle and balloon fun! (2FA)</p> <p>1:30 Visit with Chaplain Jake (AL)</p> <p>1:30 Rummikub Club, Beginner or an Experienced Player! (LB)</p> <p>2:00 Fit Minds! (MP)</p> <p>3:00 Bingo! (MP)</p> <p>4:00 Let's play Bowling! (MP)</p> <p>7:00 Documentary Night: The Endless Summer! (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>17</b></p> <p>10:00 Hair Salon! (SL)</p> <p>10:30 Fitness Class! (2FA)</p> <p>10:30 Drum Fit Class! (MP)</p> <p>11:30 National Hot Dog Bar Lunch! (DR)</p> <p>1:00 Giant Crossword (MP)</p> <p>2:30 Technology Support by Amy! (LB)</p> <p>2:30 Online Whole Body exercise! (MP)</p> <p>3:30 Spiritual Study Group with Chaplain Jake! (MP)</p> <p>4:00 Concert Series: Jerry Lee Lewis! (T)</p> <p>7:00 Movie Evening Showing: 50/50 (T)</p>	<p>10:00 Word Scramble! (MP) <b>18</b></p> <p>10:00 Doctor Visit! (HO)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>11:00 Vendor: Fifth Avenue Collection Jewelry! (ML)</p> <p>1:00 Java Music Club! (MP)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>2:00 Off the Cuff (Group Discussion)! (MP)</p> <p>2:30 Meditation Group! (FR)</p> <p>3:15 Artful Enrichment! (MP)</p> <p>4:00 Travelogue: Argentina! (T)</p> <p>6:15 Bingo! (MP)</p> <p>7:00 Thursday Prime Series: The Last Czars! (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>19</b></p> <p>10:30 Balloon Badminton! (MP)</p> <p>11:00 Seated Fitness Class with Azam! (MP)</p> <p>12:30 OUTING: Royal Ontario Museum! (ML)</p> <p>1:00 Giant Crossword! (MP)</p> <p>2:00 Shabbat Service by Rabbi Levi! (MP)</p> <p>3:00 Meet Me at the MoMA, Paint like an Artist! (MP)</p> <p>4:00 4 in a Row Game! (CK)</p> <p>7:00 TV Show: Downton Abbey! (T)</p>	<p>2:30 Church Service and Sing A Long by Chaplain Jake! (CP) <b>20</b></p> <p>3:00 Movie Afternoon Showing: Palmer! (T)</p> <p>7:00 Movie Evening Showing: Palmer! (T)</p>




INSPIRED SENIOR LIVING

# July 2024

## Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>National Ice Cream Day! 21</b> 9:30 Go 4 Life Walking Group! (ML) 10:00 Fitness Class (2FA) 10:50 Catholic Communion Service! (CP) 12:30 Ilse Seetner 99th Birthday Party! (DR) 1:00 Artful Enrichment! (2FA) 1:30 Chair Zumba Fit Dance by Sara! (MP) 3:30 Bingo! (MP) 7:00 Netflix Series: Outlander season 7! (T)	<b>10:00 Go 4 Life Walking Group 22</b> (ML) 10:30 Seated Chair Yoga with Henni! (MP) 1:00 Giant Crossword (MP) 1:30 Bingo (2FA) 2:30 Online Whole Body Exercise ! (MP) 3:30 Trivia Hour! (CK) 7:00 Movie Evening Showing: Nyad (T)	<b>10:30 Word Scramble (MP) 23</b> 11:00 Morning Stretches by Azam (MP) 1:00 Meditation Group! (MP) 1:00 Noodle and balloon fun! (2FA) 1:30 Visit with Chaplain Jake (AL) 1:30 Rummikub Club, Beginner or an Experienced Player! (LB) 2:00 Monthly Birthday Party with Greg Noguera! (MP) 3:15 Fit Minds! (MP) 7:00 Documentary Night: Three Identical Strangers. (T)	<b>10:00 Go 4 Life Walking Group 24</b> (ML) 10:00 Hair Salon! (SL) 10:30 Fitness Class! (2FA) 10:30 Drum Fit Class! (MP) 1:00 Giant Crossword (MP) 2:30 Technology Support by Amy! (LB) 2:30 Online Whole Body exercise! (MP) 3:30 Spiritual Study Group with Chaplain Jake! (MP) 4:00 Concert Series: Nat King! (T) 4:30 Living Loving Local Buffet, Cherry & Raspberry! (DR) 7:00 Movie Evening Showing: In the Land of Saints and Sinners! (T)	<b>10:00 Word Scramble! (MP) 25</b> 10:00 Doctor Visit! (HO) 10:30 Seated Chair Yoga with Henni! (MP) 12:00 Outing: Lunch at Szechuan Gourmet Restaurant! (OUT) 1:00 Java Music Club! (MP) 1:00 Balloon Badminton! (2FA) 2:00 Off the Cuff (Group Discussion)! (MP) 2:30 Meditation Group! (FR) 3:15 Artful Enrichment! (MP) 4:00 Travelogue: Paris! (T) 6:15 Bingo! (MP) 7:00 Thursday Prime Series: The Last Czars! (T)	<b>Senior Summer Olympics 2024! 26</b> 10:00 Go 4 Life Walking Group (ML) 10:30 Balloon Badminton! (MP) 11:00 Seated Fitness Class with Azam! (MP) 1:00 Giant Crossword! (MP) 2:00 Shabbat Service by Rabbi Levi! (MP) 2:30 Social Hours! (CK) 3:30 4 in a Row Game! (CK) 4:00 Meet Me at the MoMA, Paint like an Artist! (MP) 7:00 TV Show: Downton Abbey! (T)	<b>Senior Summer Olympics 2024! 27</b> 2:30 Church Service and Sing A Long by Chaplain Jake! (CP) 3:00 Movie Afternoon Showing: Eagle! (T) 7:00 Movie Evening Showing: Eagle! (T)
<b>Senior Summer Olympics 2024! 28</b> 9:30 Go 4 Life Walking Group! (ML) 10:00 Fitness Class (2FA) 10:50 Catholic Communion Service! (CP) 1:00 Artful Enrichment! (2FA) 1:30 Chair Zumba Fit Dance by Sara! (MP) 3:30 Bingo! (MP) 7:00 Netflix Series: Outlander season 7! (T)	<b>Senior Summer Olympics 2024! 29</b> 10:00 Go 4 Life Walking Group (ML) 10:30 Seated Chair Yoga with Henni! (MP) 1:00 Giant Crossword (MP) 1:30 Bingo (2FA) 2:30 Online Whole Body Exercise ! (MP) 3:30 Trivia Hour! (CK) 7:00 Movie Evening Showing: Along came Polly! (T)	<b>Senior Summer Olympics 2024! 30</b> 10:30 Word Scramble (MP) 11:00 Morning Stretches by Azam (MP) 1:00 Meditation Group! (MP) 1:00 Noodle and balloon fun! (2FA) 1:30 Visit with Chaplain Jake (AL) 1:30 Rummikub Club, Beginner or an Experienced Player! (LB) 2:00 Fit Minds! (MP) 2:30 Food Committee Meeting! (T) 3:00 Bingo! (MP) 3:30 Resident Townhall Meeting! (T) 4:00 Let's play Bowling! (MP) 4:30 National Culinary Art Month "Sushi Station with Ian"! (DR) 7:00 Documentary Night: The Octopus Teacher! (T)	<b>Senior Summer Olympics 2024! 31</b> 10:00 Go 4 Life Walking Group (ML) 10:00 Hair Salon! (SL) 10:00 Vendor: Triple Eight Clothing! (ML) 10:30 Fitness Class! (2FA) 10:30 Drum Fit Class! (MP) 1:00 Giant Crossword (MP) 2:30 Technology Support by Amy! (LB) 2:30 Online Whole Body exercise! (MP) 3:30 Spiritual Study Group with Chaplain Jake! (MP) 4:00 Concert Series: Dean Martin! (T) 7:00 Movie Evening Showing: The Last Laugh (T)	 <h3>National Culinary Arts Month</h3>		



# Be Social

**Locations Legend**

MULTIPURPOSE ROOM (MP)	CHAPEL (CP)
THEATER (T)	Any Location (AL)
2nd FLOOR ACTIVITY ROOM (2FA)	SALON (SL)
MAIN LOBBY (ML)	Health Office (HO)
LIBRARY (LB)	FITNESS ROOM (FR)
COUNTRY KITCHEN (CK)	DINING ROOM (DR)
	Outing (OUT)
	OUTSIDE PATIO (OP)
	LIVING ROOM (LR)

**Calendar Legend**

- Outing
- Special Program
- Living, Loving, Local
- Signature Program