



INSPIRED SENIOR LIVING

September 2024 Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>World Alzheimer's Month! 1</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>2:00 Balloon Badminton! (MP)</p> <p>3:30 Bingo! (MP)</p> <p>7:00 Prime Series: Tom Clancy Jack Ryan (T)</p>	<p>World Alzheimer's Month! 2</p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>1:00 Giant Crossword (MP)</p> <p>2:15 Balloon Badminton! (MP)</p> <p>3:30 Afternoon Tea with Trivial (MP)</p> <p>7:00 Movie Evening Showing: The Other Woman (T)</p>	<p>World Alzheimer's Month! 3</p> <p>10:30 Word Scramble (MP)</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 Rummikub Club, Beginner or an Experienced Player! (LB)</p> <p>1:30 Fit Minds! (MP)</p> <p>1:30 Visit with Chaplain Jake (AL)</p> <p>2:30 Bingo! (MP)</p> <p>3:30 Let's play Bowling! (MP)</p> <p>7:00 Documentary Night: Meghan Markle: Changing Traditions (T)</p>	<p>World Alzheimer's Month! 4</p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Fitness Class! (2FA)</p> <p>10:30 Balloon Badminton! (MP)</p> <p>11:00 Drum Fit Class! (MP)</p> <p>1:00 Giant Crossword (MP)</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: Elton John! (T)</p> <p>7:00 Movie Evening Showing: Kingsman The Secret Service (T)</p>	<p>World Alzheimer's Month! 5</p> <p>10:00 Doctor Visit! (HO)</p> <p>10:00 Word Scramble! (MP)</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>2:00 Off the Cuff (Group Discussion)! (MP)</p> <p>2:30 Meditation Group! (FR)</p> <p>3:15 Bouncing Ball Game! (MP)</p> <p>3:45 Artful Enrichment! (MP)</p> <p>4:00 Travelogue: Buenos Aires, Argentina (T)</p> <p>6:15 Bingo! (MP)</p> <p>7:00 Thursday Prime Series: The Empress (T)</p>	<p>World Alzheimer's Month! 6</p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 *NEW* Tai Chi Exercise! (MP)</p> <p>11:30 BBQ Lunch in Celebration of Our Beloved Grandparents Day! (OP)</p> <p>1:00 Giant Crossword! (MP)</p> <p>1:30 Celebrating Our Beloved Grandparents with Live music by Emilio Zarris! (OP)</p> <p>2:45 Zumba Fit Dance in Celebration of Our Beloved Grandparents Day! (OP)</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>World Alzheimer's Month! 7</p> <p>2:30 Church Service and Sing A Long by Chaplain Jake! (CP)</p> <p>3:00 Movie Afternoon Showing: Grown Ups (T)</p> <p>7:00 Movie Evening Showing: Grown Ups (T)</p>
<p>World Alzheimer's Month! 8</p> <p>Happy Grandparent's Day!</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 Chair Zumba Fit Dance by Sara! (MP)</p> <p>2:30 Artful Enrichment! (2FA)</p> <p>3:30 Bingo! (MP)</p> <p>7:00 Prime Series: Tom Clancy Jack Ryan (T)</p>	<p>World Alzheimer's Month! 9</p> <p>10:00 Go 4 Life Walking Group (ML)</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 Afternoon Tea with Trivial! (MP)</p> <p>7:00 Movie Evening Showing: Happy Gilmore (T)</p>	<p>World Alzheimer's Month! 10</p> <p>10:30 Word Scramble (MP)</p> <p>10:30 Toronto Zoo Visit! (OUT)</p> <p>11:00 Morning Stretches by Vivien (MP)</p> <p>1:00 Meditation Group! (MP)</p> <p>1:30 Rummikub Club, Beginner or an Experienced Player! (LB)</p> <p>1:30 Visit with Chaplain Jake (AL)</p> <p>1:30 Fit Minds! (MP)</p> <p>2:30 Bingo! (MP)</p> <p>3:30 Let's play Bowling! (MP)</p> <p>7:00 Documentary Night: Alan Jackson - Small Town Southern Man (T)</p>	<p>World Alzheimer's Month! 11</p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Fitness Class! (2FA)</p> <p>10:30 Balloon Badminton! (MP)</p> <p>11:00 Drum Fit Class! (MP)</p> <p>1:00 Giant Crossword (MP)</p> <p>2:30 Online Whole Body exercise! (MP)</p> <p>3:30 Piano Performance by Natalye! (MP)</p> <p>4:00 Concert Series: Michael Jackson! (T)</p> <p>7:00 Movie Evening Showing: His Girl Friday (T)</p>	<p>World Alzheimer's Month! 12</p> <p>10:00 Doctor Visit! (HO)</p> <p>10:00 Word Scramble! (MP)</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>2:00 Off the Cuff (Group Discussion)! (MP)</p> <p>2:30 Meditation Group! (FR)</p> <p>3:15 Bouncing Ball Game! (MP)</p> <p>3:45 Artful Enrichment! (MP)</p> <p>4:00 Travelogue: Salvador, Brazil (T)</p> <p>6:15 Bingo! (MP)</p> <p>7:00 Thursday Prime Series: The Empress (T)</p>	<p>World Alzheimer's Month! 13</p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Tai Chi Exercise! (MP)</p> <p>11:00 Vendor Mix and Match! (ML)</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>World Alzheimer's Month! 14</p> <p>2:30 Church Service and Sing A Long by Chaplain Jake! (CP)</p> <p>3:00 Movie Afternoon Showing: The Graduate (T)</p> <p>7:00 Movie Evening Showing: The Graduate (T)</p>
<p>World Alzheimer's Month! 15</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 Prime Series: Tom Clancy Jack Ryan (T)</p>	<p>World Alzheimer's Month! 16</p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>1:00 Giant Crossword (MP)</p> <p>2:15 Balloon Badminton! (MP)</p> <p>3:30 Afternoon Tea with Trivial! (MP)</p> <p>7:00 Movie Evening Showing: Charade (T)</p>	<p>World Alzheimer's Month! 17</p> <p>10:30 Word Scramble (MP)</p> <p>11:00 Morning Stretches by Azam (MP)</p> <p>1:00 Noodle and balloon fun! (2FA)</p> <p>1:00 Fit Minds! (MP)</p> <p>1:30 Rummikub Club, Beginner or an Experienced Player! (LB)</p> <p>1:30 Visit with Chaplain Jake (AL)</p> <p>2:00 Alzheimer's Association Presentation! (MP)</p> <p>3:30 Bingo! (MP)</p> <p>7:00 Documentary Night: Daughters (T)</p>	<p>World Alzheimer's Month! 18</p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Fitness Class! (2FA)</p> <p>10:30 Balloon Badminton! (MP)</p> <p>11:00 Drum Fit Class! (MP)</p> <p>1:00 Giant Crossword (MP)</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: Cher! (T)</p> <p>7:00 Movie Evening Showing: Barney's Version (T)</p>	<p>World Alzheimer's Month! 19</p> <p>10:00 Doctor Visit! (HO)</p> <p>10:00 Word Scramble! (MP)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>12:00 Lunch at Center Street Deli Restaurant! (OUT)</p> <p>1:00 Java Music Club! (MP)</p> <p>2:00 Off the Cuff (Group Discussion)! (MP)</p> <p>2:30 Meditation Group! (FR)</p> <p>3:15 Bouncing Ball Game! (MP)</p> <p>3:45 Artful Enrichment! (MP)</p> <p>4:00 Travelogue: Oaxaca, Mexico (T)</p> <p>6:15 Bingo! (MP)</p> <p>7:00 Thursday Prime Series: The Empress (T)</p>	<p>World Alzheimer's Month! 20</p> <p>10:00 Vendor: Triple Eight Clothing! (ML)</p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Tai Chi Exercise! (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>World Alzheimer's Month! 21</p> <p>2:30 Church Service and Sing A Long by Chaplain Jake! (CP)</p> <p>3:00 Movie Afternoon Showing: Florence Foster Jenkins (T)</p> <p>7:00 Movie Evening Showing: Florence Foster Jenkins (T)</p>



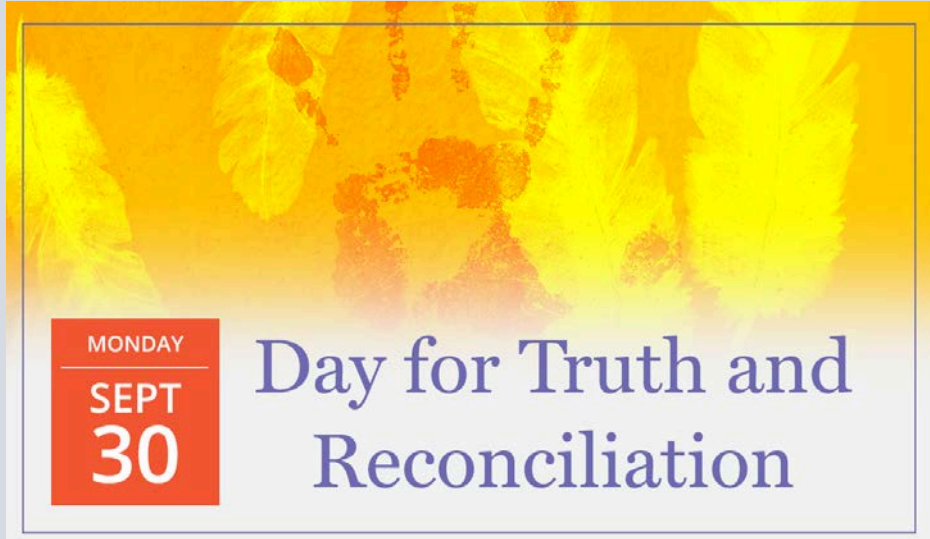
INSPIRED SENIOR LIVING

September 2024

Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>World Alzheimer's Month! 22</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 Sunset on Summer with a Taste of Lemon Open house with Live music by Fanny! (MP)</p> <p>2:30 Chair Zumba Fit Dance by Sara! (MP)</p> <p>3:30 Bingo! (MP)</p> <p>7:00 Prime Series: Tom Clancy Jack Ryan (T)</p>	<p>World Alzheimer's Month! 23</p> <p>10:00 Go 4 Life Walking Group (ML)</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 Food Committee Meeting! (MP)</p> <p>7:00 Movie Evening Showing: The Important of Being Earnest (T)</p>	<p>World Alzheimer's Month! 24</p> <p>10:30 Word Scramble (MP)</p> <p>11:00 Morning Stretches by Azam (MP)</p> <p>1:00 Noodle and balloon fun! (2FA)</p> <p>1:00 Fit Minds! (MP)</p> <p>1:30 Rummikub Club, Beginner or an Experienced Player! (LB)</p> <p>1:30 Visit with Chaplain Jake (AL)</p> <p>2:00 Monthly Birthday Party with Filipa Sousa! (MP)</p> <p>3:30 Bingo! (MP)</p> <p>7:00 Documentary Night: Simon Bills Rising (T)</p>	<p>World Alzheimer's Month! 25</p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:00 Hair Salon! (SL)</p> <p>10:30 Fitness Class! (2FA)</p> <p>10:30 Balloon Badminton! (MP)</p> <p>11:00 Drum Fit Class! (MP)</p> <p>1:00 Giant Crossword (MP)</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: Bob Dylan! (T)</p> <p>7:00 Movie Evening Showing: Kate and Leopold (T)</p>	<p>World Alzheimer's Month! 26</p> <p>10:00 Doctor Visit! (HO)</p> <p>10:00 Word Scramble! (MP)</p> <p>10:00 Vendor: Loila's Fashion! (ML)</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>2:00 Off the Cuff (Group Discussion)! (MP)</p> <p>2:30 Meditation Group! (FR)</p> <p>3:15 Bouncing Ball Game! (MP)</p> <p>3:45 Artful Enrichment! (MP)</p> <p>4:00 Travelogue: Lima, Peru (T)</p> <p>6:15 Bingo! (MP)</p> <p>7:00 Thursday Prime Series: The Empress (T)</p>	<p>World Alzheimer's Month! 27</p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Tai Chi Exercise! (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>World Alzheimer's Month! 28</p> <p>2:30 Church Service and Sing A Long by Chaplain Jake! (CP)</p> <p>3:00 Movie Afternoon Showing: The Back-up Plan (T)</p> <p>7:00 Movie Evening Showing: The Back-up Plan (T)</p>
<p>World Alzheimer's Month! 29</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 Prime Series: Tom Clancy Jack Ryan (T)</p>	<p>World Alzheimer's Month! 30</p> <p>National Day for Truth and Reconciliation! Active Aging Week!</p> <p>10:00 Go 4 Life Walking Group (ML)</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 Resident Town Hall Meeting! (MP)</p> <p>7:00 Movie Evening Showing: John Wick (T)</p>	 <p>SUNDAY SEPT 8</p> <h3>Grandparent's Day</h3>		 <p>SUNDAY SEPT 1</p> <h3>World Alzheimer's Month</h3>		



MONDAY
SEPT 30

Day for Truth and Reconciliation

Be Social

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

- ### Calendar Legend
- Outing
 - Special Program
 - Living, Loving, Local
 - Signature Program