



INSPIRED SENIOR LIVING

# December 2024(2FL)

## Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Go 4 Life Walking Group! (ML) <b>1</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>2:00 Balloon Badminton! (MP)</p> <p>3:30 Bingo! (MP)</p> <p>7:00 Prime Series: Tom Clancy Jack Ryan (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>2</b></p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>10:30 Fitness Class (2FA)</p> <p>11:00 Giant Crossword! (2FA)</p> <p>1:00 Giant Crossword (MP)</p> <p>1:30 Bingo (2FA)</p> <p>2:00 Exercise and Falls Prevention with Ebony "Falls prevention Coordinator from Circle of Care" session 1! (MP)</p> <p>2:30 Afternoon Tea with Trivia! (2FA)</p> <p>3:00 Exercise and Falls Prevention with Ebony "Falls prevention Coordinator from Circle of Care" session 2! (MP)</p> <p>3:30 Coloring and Music! (2FA)</p> <p>3:30 Technology Support with Pratik! (LB)</p> <p>4:00 Java Music Club! (2FA)</p> <p>7:00 Movie Evening Showing: The Christmas Heart (2012) (T)</p>	<p>International Day of Persons with Disabilities! <b>3</b></p> <p>10:00 Morning Stretches! (2FA)</p> <p>11:00 Fit Minds! (2FA)</p> <p>1:00 Noodle and balloon fun! (2FA)</p> <p>1:30 Rummikub Club, Beginner or an Experienced Player! (LB)</p> <p>2:30 Artful Enrichment (2FA)</p> <p>2:30 Bingo! (MP)</p> <p>3:00 Java Music Club! (2FA)</p> <p>4:00 Friendly Visits! (1:1) (RS)</p> <p>7:00 Documentary Night: Medicine Of The Wolf (2015) (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>4</b></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! (2FA)</p> <p>1:00 Bouncing Ball Game! (2FA)</p> <p>2:00 Exercise and Falls Prevention with Ebony "Falls prevention Coordinator from Circle of Care" session 1! (MP)</p> <p>2:30 Afternoon Tea with Trivia (2FA)</p> <p>3:00 Exercise and Falls Prevention with Ebony "Falls prevention Coordinator from Circle of Care" session 2! (MP)</p> <p>3:30 Meet me at the MoMA! (2FA)</p> <p>4:00 Name that Tune! (2FA)</p> <p>4:00 Concert Series: André Rieu And His Johann Strauss Orchestra - Christmas In London (2016) (T)</p> <p>7:00 Movie Evening Showing: Frozen (2010) (T)</p>	<p>10:00 Doctor Visit! (HO) <b>5</b></p> <p>10:00 Word Scramble! (MP)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>12:00 Table social time! (2FA)</p> <p>1:00 Java Music Club! (MP)</p> <p>2:00 Bouncing Ball Game! (MP)</p> <p>3:00 Artful Enrichment! Glass Paint Art! (MP)</p> <p>4:00 Travelogue: Egypt's Nile (T)</p> <p>6:15 Bingo! (MP)</p> <p>7:00 Thursday Prime Series: Three Pines (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>6</b></p> <p>10:30 Tai Chi Exercise! (MP)</p> <p>11:00 Balloon Badminton! (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: The Diplomat! (T)</p>	<p>2:30 Toronto Japanese Seventh-day Adventist Church Holiday Concert! (CP)</p> <p>3:00 Movie Afternoon Showing: The Christmas Lodge (2014) (T)</p> <p>7:00 Movie Evening Showing: The Christmas Lodge (2014) (T)</p>
<p>9:30 Go 4 Life Walking Group! (ML) <b>8</b></p> <p>10:00 Fitness Class (2FA)</p> <p>10:50 Drum Fit Class! (2FA)</p> <p>1:00 Artful Enrichment! (2FA)</p> <p>2:00 Balloon Badminton! (MP)</p> <p>3:30 Bingo! (MP)</p> <p>7:00 Netflix Series: A Man on the Inside (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>9</b></p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>10:30 Fitness Class (2FA)</p> <p>11:00 Giant Crossword! (2FA)</p> <p>1:00 Giant Crossword (MP)</p> <p>1:30 Bingo (2FA)</p> <p>2:00 Exercise and Falls Prevention with Ebony "Falls prevention Coordinator from Circle of Care" session 1! (MP)</p> <p>2:30 Afternoon Tea with Trivia! (2FA)</p> <p>3:00 Exercise and Falls Prevention with Ebony "Falls prevention Coordinator from Circle of Care" session 2! (MP)</p> <p>3:30 Coloring and Music! (2FA)</p> <p>4:00 Java Music Club! (2FA)</p> <p>7:00 Movie Evening Showing: A Good Woman (2004) (T)</p>	<p>Human Rights Day! <b>10</b></p> <p>10:00 Morning Stretches! (2FA)</p> <p>10:30 Chic Shoppe, Jewelry Vendor! (ML)</p> <p>11:00 Fit Minds! (2FA)</p> <p>1:00 Noodle and balloon fun! (2FA)</p> <p>1:30 Visit with Chaplain Jake (AL)</p> <p>2:30 Artful Enrichment (2FA)</p> <p>2:30 Jingle &amp; Mingle: Ugly Sweater Edition party! (CK)</p> <p>3:00 Java Music Club! (2FA)</p> <p>3:30 Bingo! (MP)</p> <p>4:00 Friendly Visits! (1:1) (RS)</p> <p>7:00 Documentary Night: Meru (2015) (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>11</b></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! (2FA)</p> <p>1:00 Bouncing Ball Game! (2FA)</p> <p>2:00 Exercise and Falls Prevention with Ebony "Falls prevention Coordinator from Circle of Care" session 1! (MP)</p> <p>2:30 Afternoon Tea with Trivia (2FA)</p> <p>3:00 Exercise and Falls Prevention with Ebony "Falls prevention Coordinator from Circle of Care" session 2! (MP)</p> <p>3:30 Meet me at the MoMA! (2FA)</p> <p>4:00 Name that Tune! (2FA)</p> <p>4:00 Concert Series: Michael Buble - Christmas Concert (2013) (T)</p> <p>6:15 Spiritual Study Group with Chaplain Jake! (MP)</p> <p>7:00 Movie Evening Showing: Meet Me Next Christmas (2024) (T)</p>	<p>10:00 Doctor Visit! (HO) <b>12</b></p> <p>10:00 Word Scramble! (MP)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>11:30 Outing: Holiday Lunch at Mandarin Restaurant! (OUT)</p> <p>12:00 Table social time! (2FA)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>2:00 Hymn Sing! (2FA)</p> <p>2:30 Festive Gingerbread Fun! (CK)</p> <p>3:00 Painting Group! MOMA (2FA)</p> <p>3:00 Artful Enrichment! Glass Paint Art! (MP)</p> <p>4:00 Java Music Club (2FA)</p> <p>4:00 Travelogue: European Christmas Tour (T)</p> <p>6:15 Bingo! (MP)</p> <p>7:00 Thursday Prime Series: Three Pines (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>13</b></p> <p>10:30 Tai Chi Exercise! (MP)</p> <p>11:00 Balloon Badminton! (MP)</p> <p>1:00 Giant Crossword! (MP)</p> <p>2:00 Shabbat Service by Rabbi Levi! (MP)</p> <p>2:30 The Great Holiday Cheese Feast! (CK)</p> <p>3:30 Meet Me at the MoMA, Paint like an Artist! (MP)</p> <p>7:00 TV Show: The Diplomat! (T)</p>	<p>2:30 Church Service and Sing A Long! (CP)</p> <p>3:00 Movie Afternoon Showing: A Bad moms Christmas (2017) (T)</p> <p>7:00 Movie Evening Showing: A Bad moms Christmas (2017) (T)</p>
<p>9:30 Go 4 Life Walking Group! (ML) <b>15</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>1:15 Chair Zumba Fit Dance by Sara! (CK)</p> <p>2:30 An Afternoon of Music &amp; Mingling for Residents and Families featuring the talented Guitarist, Justin Hatt (MP)</p> <p>3:30 Bingo! (MP)</p> <p>7:00 Netflix Series: A Man on the Inside (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>16</b></p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>10:30 Fitness Class (2FA)</p> <p>11:00 Giant Crossword! (2FA)</p> <p>11:30 Share the Spirit: Holiday Card Giving! (AL)</p> <p>1:00 Giant Crossword (MP)</p> <p>1:30 Bingo (2FA)</p> <p>2:00 Exercise and Falls Prevention with Ebony "Falls prevention Coordinator from Circle of Care" session 1! (MP)</p> <p>2:30 Afternoon Tea with Trivia! (2FA)</p> <p>3:00 Exercise and Falls Prevention with Ebony "Falls prevention Coordinator from Circle of Care" session 2! (MP)</p> <p>3:30 Coloring and Music! (2FA)</p> <p>3:30 Technology Support with Pratik! (LB)</p> <p>4:00 Java Music Club! (2FA)</p> <p>7:00 Movie Evening Showing: Crown For Christmas (2015) (T)</p>	<p>1:30 Rummikub Club, Beginner or an Experienced Player! (LB) <b>17</b></p> <p>1:30 Visit with Chaplain Jake (AL)</p> <p>1:30 Fit Minds! (MP)</p> <p>2:30 Artful Enrichment (2FA)</p> <p>2:30 Bingo! (MP)</p> <p>3:00 Java Music Club! (2FA)</p> <p>3:30 Sparkle &amp; Shine: Holiday Jewelry Workshop! (MP)</p> <p>4:00 Friendly Visits! (1:1) (RS)</p> <p>5:30 Outing: Christmas Lights Bus Tour (OUT)</p> <p>7:00 Documentary Night: Trump: What's The Deal? (2017) (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>18</b></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! (2FA)</p> <p>1:00 Bouncing Ball Game! (2FA)</p> <p>2:00 Exercise and Falls Prevention with Ebony "Falls prevention Coordinator from Circle of Care" session 1! (MP)</p> <p>2:30 Afternoon Tea with Trivia (2FA)</p> <p>3:00 Exercise and Falls Prevention with Ebony "Falls prevention Coordinator from Circle of Care" session 2! (MP)</p> <p>3:30 Meet me at the MoMA! (2FA)</p> <p>4:00 Name that Tune! (2FA)</p> <p>4:00 Concert Series: André Rieu ( Home for Christmas) (T)</p> <p>6:15 Spiritual Study Group with Chaplain Jake! (MP)</p> <p>7:00 Movie Evening Showing: Christmas at Cartwright's (2014) (T)</p>	<p>10:00 Doctor Visit! (HO) <b>19</b></p> <p>10:00 Northview Advent Child Care Holiday Concert! (LR)</p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>12:00 Table social time! (2FA)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>2:00 Hymn Sing! (2FA)</p> <p>2:00 Sip &amp; Celebrate: An Eggnog Social (CK)</p> <p>3:00 Painting Group! MOMA (2FA)</p> <p>3:30 Melodies of the Season: A Holiday Piano Performance by Natalya! (MP)</p> <p>4:00 Java Music Club (2FA)</p> <p>4:00 Travelogue: Christmas in Austria (T)</p> <p>6:15 Bingo! (MP)</p> <p>7:00 Thursday Prime Series: Three Pines (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>20</b></p> <p>10:30 Tai Chi Exercise! (MP)</p> <p>11:00 Vendor Mix and Match! (ML)</p> <p>11:00 Balloon Badminton! (MP)</p> <p>11:00 Melodies of Joy with Ruth and Chuck! (ML)</p> <p>1:00 Giant Crossword! (MP)</p> <p>2:00 Shabbat Service by Rabbi Levi! (MP)</p> <p>3:00 Food Committee Meeting! (MP)</p> <p>4:00 Meet Me at the MoMA, Paint like an Artist! (MP)</p> <p>7:00 TV Show: The Diplomat! (T)</p>	<p>2:30 Church Service and Sing A Long by Chaplain Jake! (CP)</p> <p>3:00 Movie Afternoon Showing: The Polar Express (2004) (T)</p> <p>7:00 Movie Evening Showing: The Polar Express (2004) (T)</p>





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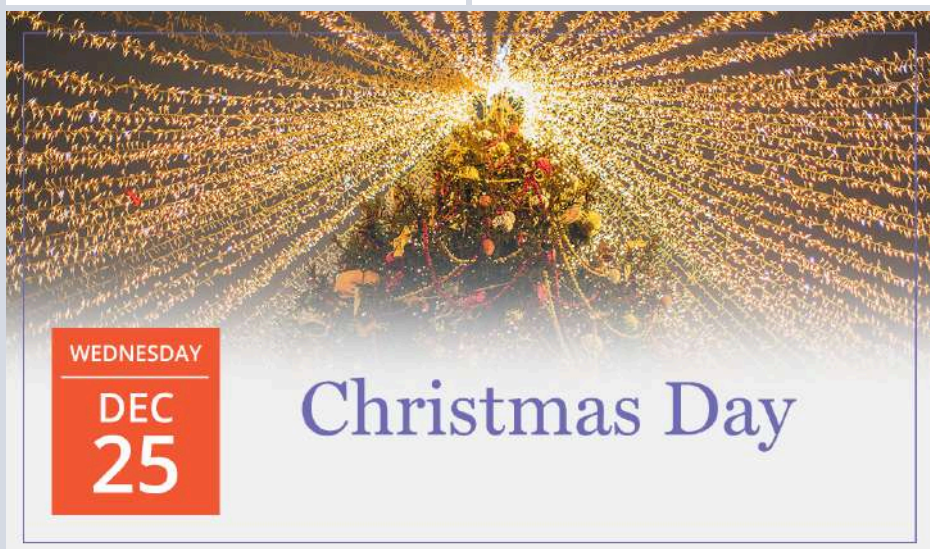


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Go 4 Life Walking Group! (ML) <b>22</b></p> <p>10:00 Fitness Class (2FA)</p> <p>10:50 Catholic Communion Service! (CP)</p> <p>1:00 Artful Enrichment! (2FA)</p> <p>1:30 Chair Zumba Fit Dance by Sara! (MP)</p> <p>3:30 Bingo! (MP)</p> <p>7:00 Netflix Series: A Man on the Inside (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>23</b></p> <p>10:30 Seated Chair Yoga with Henni! (MP)</p> <p>10:30 Fitness Class (2FA)</p> <p>11:00 Giant Crossword! (2FA)</p> <p>1:00 Giant Crossword (MP)</p> <p>1:30 Bingo (2FA)</p> <p>2:15 Balloon Badminton! (CK)</p> <p>2:30 Afternoon Tea with Trivia! (2FA)</p> <p>2:45 Reason for Christmas presentation with Chaplain Jake part 1! (LR)</p> <p>3:00 Holiday Violin Performance by Student (MP)</p> <p>3:30 Coloring and Music! (2FA)</p> <p>4:00 Java Music Club! (2FA)</p> <p>7:00 Movie Evening Showing: Christmas Together (2020) (T)</p>	<p>National Egg Nogg Day! Christmas Eve! <b>24</b></p> <p>10:00 Morning Stretches! (2FA)</p> <p>11:00 Fit Minds! (2FA)</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 Holiday Monthly Birthday Party with Becky Lam! (MP)</p> <p>3:00 Java Music Club! (2FA)</p> <p>3:30 Reason of Christmas presentation with Chaplain Jake, part 2 (MP)</p> <p>3:30 Artful Enrichment (2FA)</p> <p>4:00 Friendly Visits! (1:1) (RS)</p> <p>7:00 Documentary Night: The Yukon Blues (2019) (T)</p>	<p>Hanukkah ( Festival of Light)! Happy Christmas Day! <b>25</b></p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:00 Hair Salon! (SL)</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 Holiday Bingo (MP)</p> <p>3:30 Java Music Club - Holiday Edition (MP)</p> <p>4:00 Concert Series: The best of André Rieu live in Maastricht (T)</p> <p>4:22 Light Hanukkah Menorah! (MP)</p> <p>5:00 Merry &amp; Bright Christmas Dinner with Live Music by Emilio Zarris! (DR)</p> <p>6:15 Spiritual Study Group with Chaplain Jake! (MP)</p> <p>7:00 Movie Evening Showing: I Believe In Santa (2022) (T)</p>	<p>Hanukkah ( Festival of Light)! Kwanzaa (MP) <b>26</b></p> <p>10:00 Doctor Visit! (HO)</p> <p>10:30 Word Scramble! (MP)</p> <p>11:00 Seated exercise with Vivien! (MP)</p> <p>1:00 Java Music Club! (MP)</p> <p>2:00 Light &amp; Lyrics: A Hanukkah Concert with Rhonda Silver! (MP)</p> <p>3:15 Holiday Bingo! (LB)</p> <p>4:00 Travelogue: French Alps and Lyon (T)</p> <p>4:23 Light Hanukkah Menorah! (MP)</p> <p>7:00 Thursday Prime Series: Three Pines (T)</p>	<p>Hanukkah ( Festival of Light)! Kwanzaa (MP) <b>27</b></p> <p>9:30 Foot Care Clinic! (HO)</p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>11:00 Balloon Badminton! (MP)</p> <p>1:00 Giant Crossword! (MP)</p> <p>2:00 Shabbat Service by Rabbi Levi! (MP)</p> <p>3:00 Resident Town Hall Meeting! (MP)</p> <p>4:00 Meet Me at the MoMA, Paint like an Artist! (MP)</p> <p>4:22 Light Hanukkah Menorah! (MP)</p> <p>7:00 TV Show: The Diplomat! (T)</p>	<p>Hanukkah ( Festival of Light)! Kwanzaa (MP) <b>28</b></p> <p>2:30 Church Service and Sing A Long by Chaplain Jake! (CP)</p> <p>3:00 Movie Afternoon Showing: Christmas In Rome (2019) (T)</p> <p>5:36 Light Hanukkah Menorah! (MP)</p> <p>7:00 Movie Evening Showing: Christmas In Rome (2019) (T)</p>

<p>Hanukkah ( Festival of Light)! Kwanzaa (MP) <b>29</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>4:24 Light Hanukkah Menorah! (MP)</p> <p>7:00 Netflix Series: A Man on the Inside (T)</p>
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<p>Hanukkah ( Festival of Light)! Kwanzaa (MP) <b>30</b></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>3:00 Holiday Bingo! (LB)</p> <p>4:25 Light Hanukkah Menorah! (MP)</p> <p>4:30 Festival of Lights Buffet Dinner (DR)</p> <p>7:00 Movie Evening Showing: Christmas With Tucker (2013) (T)</p>
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<p>Hanukkah ( Festival of Light)! Kwanzaa (MP) New Year Eve! <b>31</b></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>1:30 Rummikub Club, Beginner or an Experienced Player! (LB)</p> <p>1:30 Visit with Chaplain Jake (AL)</p> <p>2:00 Fit Minds! (MP)</p> <p>3:00 Bingo! (MP)</p> <p>4:26 Light Hanukkah Menorah! (MP)</p> <p>5:00 Violin &amp; Vibes: New Year's Eve Feast with Ariadna Aquino! (DR)</p> <p>7:00 Documentary Night: On the Verge (2019) (T)</p>
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Locations Legend	
MULTIPURPOSE ROOM (MP)	COUNTRY KITCHEN (CK)
2nd FLOOR	Any Location (AL)
ACTIVITY ROOM (2FA)	Health Office (HO)
THEATER (T)	Resident's Suite (RS)
MAIN LOBBY (ML)	SALON (SL)
CHAPEL (CP)	DINING ROOM (DR)
LIBRARY (LB)	Outing (OUT)
	LIVING ROOM (LR)

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