



INSPIRED SENIOR LIVING

# December 2024

## 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>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>3:00 Exercise and Falls Prevention with Ebony "Falls prevention Coordinator from Circle of Care" session 2! (MP)</p> <p>3:30 Technology Support with Pratik! (LB)</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>10:30 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 Meditation Group! (MP)</p> <p>1:30 Rummikub Club, Beginner or an Experienced Player! (LB)</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: 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 Giant Crossword (MP)</p> <p>2:00 Exercise and Falls Prevention with Ebony "Falls prevention Coordinator from Circle of Care" session 1! (MP)</p> <p>3:00 Exercise and Falls Prevention with Ebony "Falls prevention Coordinator from Circle of Care" session 2! (MP)</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>1:00 Java Music Club! (MP)</p> <p>2:00 Bouncing Ball Game! (MP)</p> <p>2:30 Meditation Group! (FR)</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>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>3:00 Exercise and Falls Prevention with Ebony "Falls prevention Coordinator from Circle of Care" session 2! (MP)</p> <p>7:00 Movie Evening Showing: A Good Woman (2004) (T)</p>	<p>Human Rights Day! <b>10</b></p> <p>10:30 Word Scramble (MP)</p> <p>10:30 Chic Shoppe, Jewelry Vendor! (ML)</p> <p>11:00 Morning Stretches by Azam (MP)</p> <p>1:00 Noodle and balloon fun! (2FA)</p> <p>1:00 Meditation Group! (MP)</p> <p>1:30 Fit Minds! (MP)</p> <p>1:30 Visit with Chaplain Jake (AL)</p> <p>2:30 Jingle &amp; Mingle: Ugly Sweater Edition party! (CK)</p> <p>3:30 Bingo! (MP)</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 Giant Crossword (MP)</p> <p>2:00 Exercise and Falls Prevention with Ebony "Falls prevention Coordinator from Circle of Care" session 1! (MP)</p> <p>3:00 Exercise and Falls Prevention with Ebony "Falls prevention Coordinator from Circle of Care" session 2! (MP)</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>1:00 Java Music Club! (MP)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>2:30 Festive Gingerbread Fun! (CK)</p> <p>3:00 Artful Enrichment! Glass Paint Art! (MP)</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>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>3:00 Exercise and Falls Prevention with Ebony "Falls prevention Coordinator from Circle of Care" session 2! (MP)</p> <p>3:30 Technology Support with Pratik! (LB)</p> <p>7:00 Movie Evening Showing: Crown For Christmas (2015) (T)</p>	<p>10:30 Word Scramble (MP) <b>17</b></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>1:30 Fit Minds! (MP)</p> <p>2:30 Bingo! (MP)</p> <p>3:30 Sparkle &amp; Shine: Holiday Jewelry Workshop! (MP)</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 Giant Crossword (MP)</p> <p>2:00 Exercise and Falls Prevention with Ebony "Falls prevention Coordinator from Circle of Care" session 1! (MP)</p> <p>3:00 Exercise and Falls Prevention with Ebony "Falls prevention Coordinator from Circle of Care" session 2! (MP)</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>1:00 Java Music Club! (MP)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>2:00 Sip &amp; Celebrate: An Egnog Social (CK)</p> <p>3:30 Melodies of the Season: A Holiday Piano Performance by Natalya! (MP)</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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# December 2024

## Forestview Retirement Residence



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>1:00 Giant Crossword (MP)</p> <p>1:30 Bingo (2FA)</p> <p>2:15 Balloon Badminton! (CK)</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>7:00 Movie Evening Showing: Christmas Together (2020) (T)</p>	<p>National Egg Nogg Day! Christmas Eve! <b>24</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 Fit Minds! (MP)</p> <p>1:30 Visit with Chaplain Jake (AL)</p> <p>2:00 Holiday Monthly Birthday Party with Becky Lam! (MP)</p> <p>3:30 Reason of Christmas presentation with Chaplain Jake, part 2 (MP)</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</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>	<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>	<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>	 <p><b>SUNDAY</b> <b>DEC 1</b> Christmas Lights Day</p>		 <p>Month of Giving</p>	



**WEDNESDAY**  
**DEC 25**  
Christmas Day



**TUESDAY**  
**DEC 31**  
New Years Eve

### Locations Legend

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

### Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program