

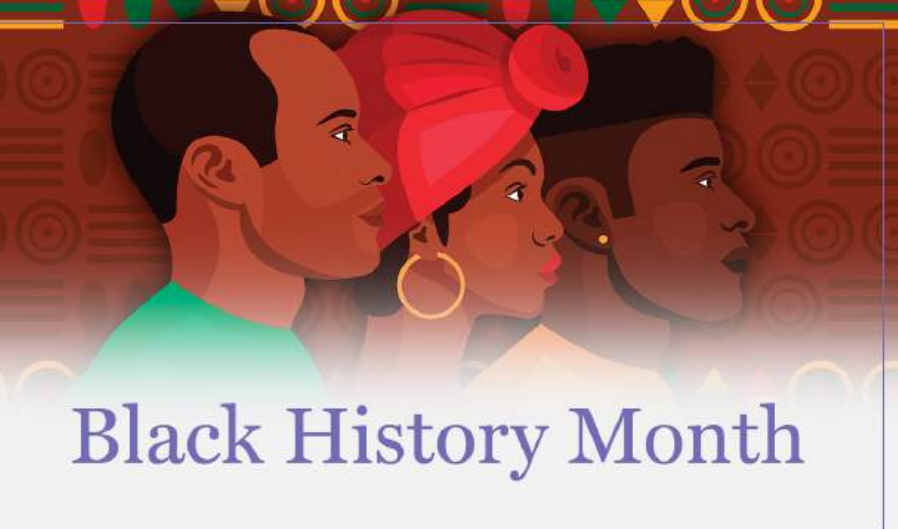
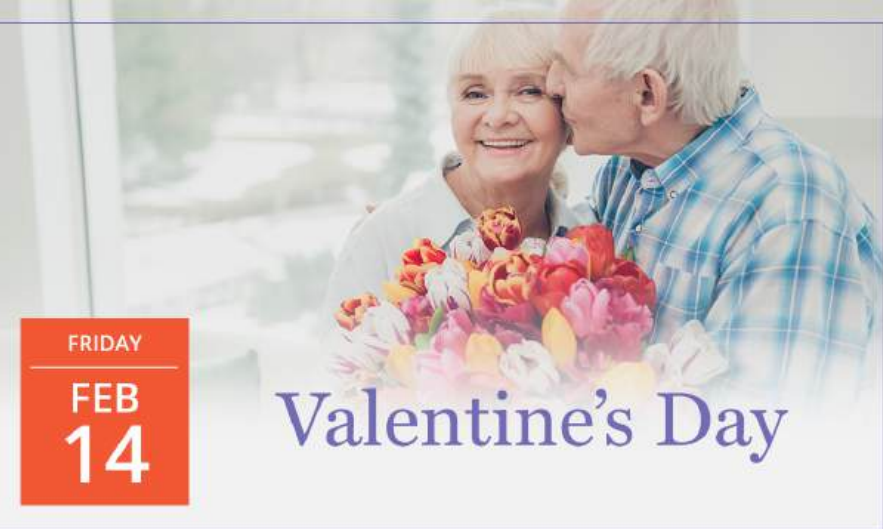



INSPIRED SENIOR LIVING

# February 2025

## Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Black History Month</b></p>	 <p><b>Valentine's Day</b></p>	 <p><b>Family Day</b></p>	<p>Black History Month! <b>1</b></p> <p>3:00 Movie Afternoon Showing: At Middleton (2013) (T)</p> <p>7:00 Movie Evening Showing: At Middleton (2013) (T)</p>			
<p>Black History Month! <b>2</b></p> <p>9:30 Go 4 Life Walking Group! (ML)</p> <p>10:00 Fitness Class (2FA)</p> <p>11:00 Fit Minds (2FA)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>2:00 Afternoon Tea with Trivia! (2FA)</p> <p>3:00 Artful Enrichment (2FA)</p> <p>4:00 Java Music Club (MP)</p> <p>7:00 Netflix Series: Virgin River Season 6! (T)</p>	<p>Black History Month! <b>3</b></p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Word Search game! (RS)</p> <p>11:00 Morning Stretches by Azam (MP)</p> <p>1:00 Fit Minds (RS)</p> <p>2:00 Balloon Badminton! (MP)</p> <p>3:00 Meet Me at the MoMA, Paint like an Artist! (MP)</p> <p>3:30 Technology Support with Athul! (LB)</p> <p>7:00 Movie Evening Showing: Moonstruck (1987) (T)</p>	<p>Black History Month! <b>4</b></p> <p>10:30 Word Search game! (RS)</p> <p>11:00 Morning Stretches by Azam (MP)</p> <p>1:30 Meditation Group! (FR)</p> <p>2:00 Fit Minds! (MP)</p> <p>3:30 Noodle and balloon fun! (MP)</p> <p>7:00 Documentary Night: Whatever Happened to the Windsors? King Edward VIII And Wallis Simpson (2015) (T)</p>	<p>Black History Month! <b>5</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! (2FA)</p> <p>11:00 Vendor: Fifth Avenue Collection Jewelry! (ML)</p> <p>1:00 Giant Crossword (MP)</p> <p>2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 1! (MP)</p> <p>3:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 2! (MP)</p> <p>4:00 Concert Series: Loretta Lynn (T)</p> <p>6:15 Spiritual Study Group with Chaplain Jake! (MP)</p> <p>7:00 Movie Evening Showing: Green Book (T)</p>	<p>Black History Month! <b>6</b></p> <p>10:00 Doctor Visit! (HO)</p> <p>10:00 Word Scramble! (MP)</p> <p>10:45 Tai Chi Exercise! (MP)</p> <p>1:00 Java Music Club! (MP)</p> <p>2:00 Off the Cuff: "Cinematic Genres and Generations" Presented by Hessom, George Brown Student (Group Discussion)! (MP)</p> <p>2:30 Meditation Group! (FR)</p> <p>3:30 Bingo! (MP)</p> <p>4:00 Travelogue: French Riviera: Uniquely Chic (T)</p> <p>7:00 Thursday Prime Series: Three Pines (T)</p>	<p>Black History Month! <b>7</b></p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:00 Foot Care Clinic! (HO)</p> <p>10:30 Seated Chair Yoga with Sally! (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>3:00 Meet Me at the MoMA, Paint like an Artist! (MP)</p> <p>7:00 TV Show: The Diplomat! (T)</p>	<p>Black History Month! <b>8</b></p> <p>2:30 Church Service and Sing A Long by Chaplain Jake! (CP)</p> <p>3:00 Movie Afternoon Showing: The Adjustment Bureau (2011) (T)</p> <p>7:00 Movie Evening Showing: The Adjustment Bureau (2011) (T)</p>
<p>Black History Month! <b>9</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>3:00 Symphony of Young Strings: A Violin Performance by Students! (MP)</p> <p>7:00 Netflix Series: Virgin River Season 6! (T)</p>	<p>Black History Month! <b>10</b></p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Word Scramble (MP)</p> <p>11:00 Morning Stretches by Azam (MP)</p> <p>1:00 Giant Crossword (MP)</p> <p>1:30 Bingo (2FA)</p> <p>2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 1! (MP)</p> <p>3:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" session 2! (MP)</p> <p>3:30 Technology Support with Athul! (LB)</p> <p>3:30 Love in Every Bead "Jewelry Workshop"! (LB)</p> <p>7:00 Movie Evening Showing: Love on the Slopes (2018) (T)</p>	<p>Black History Month! <b>11</b></p> <p>10:30 Seated Chair Yoga with Sally! (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>1:30 Visit with Chaplain Jake (AL)</p> <p>2:30 Bingo! (MP)</p> <p>3:30 Artful Enrichment (MP)</p> <p>7:00 Documentary Night: Joan Baez: I Am a Noise (2024) (T)</p>	<p>Black History Month! <b>12</b></p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:00 Hair Salon! (SL)</p> <p>10:30 Morning Stretches by Azam (MP)</p> <p>11:00 Drum Fit Class! (2FA)</p> <p>11:00 Balloon Badminton! (MP)</p> <p>1:00 Giant Crossword (MP)</p> <p>2:00 Exercise and Falls Prevention with Ebone "Falls prevention Coordinator from Circle of Care" Last session Evaluation! (MP)</p> <p>3:30 Spiritual Study Group with Chaplain Jake! (MP)</p> <p>4:00 Concert Series: Conway Twitty (T)</p> <p>7:00 Movie Evening Showing: Doctor Zhivago (1965) (T)</p>	<p>Black History Month! <b>13</b></p> <p>10:00 Doctor Visit! (HO)</p> <p>10:00 Word Scramble! (MP)</p> <p>10:30 Vendor: Mix and Match! (ML)</p> <p>10:45 Tai Chi Exercise! (MP)</p> <p>1:00 Java Music Club! (MP)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>1:30 <b>OUTING: Centrepoin Mall! (OUT)</b></p> <p>2:00 Off the Cuff: "Mindful Debate: Politics and Focus" Presented by Hessom, George Brown College (Group Discussion) (MP)</p> <p>2:30 Meditation Group! (FR)</p> <p>3:30 Meet Me at the MoMA, Paint like an Artist! (RS)</p> <p>4:00 Travelogue: Qibao: Town of the Seven Treasures (T)</p> <p>6:15 Bingo! (MP)</p> <p>7:00 Thursday Prime Series: Three Pines (T)</p>	<p>Black History Month! <b>14</b></p> <p>Valentine's Day (AL)</p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Seated Chair Yoga with Sally! (MP)</p> <p>11:30 Happy Valentine's Day" A Rose For Every Heart! (DTD)</p> <p>1:00 Giant Crossword! (MP)</p> <p>2:00 Shabbat Service by Rabbi Levi! (MP)</p> <p>3:00 Melodies of Love by Rhonda Silver (MP)</p> <p>7:00 TV Show: The Diplomat! (T)</p>	<p>Black History Month! <b>15</b></p> <p>2:30 Church Service and Sing A Long by Chaplain Jake! (CP)</p> <p>3:00 Movie Afternoon Showing: Kill Your Darlings (2012) (T)</p> <p>7:00 Movie Evening Showing: Kill Your Darlings (2012) (T)</p>



INSPIRED SENIOR LIVING

# February 2025

## Forestview Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Black History Month! <b>16</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>3:00 Chinese New Year Celebration with Students Performance from Miss Qin Art Studio! (MP)</p> <p>7:00 Netflix Series: Virgin River Season 6! (T)</p>	<p>Black History Month! <b>17</b></p> <p>Happy Family Day!</p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Word Scramble (MP)</p> <p>11:00 Morning Stretches by Azam (MP)</p> <p>11:30 Feast &amp; Festivities: A Musical Family Day! (DR)</p> <p>1:00 Giant Crossword (MP)</p> <p>2:30 Bingo (MP)</p> <p>3:45 Java Music Club (MP)</p> <p>7:00 Movie Evening Showing: Eat, Love, London (2024) (T)</p>	<p>Black History Month! <b>18</b></p> <p>10:30 Seated Chair Yoga with Sally! (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>1:30 Visit with Chaplain Jake (AL)</p> <p>2:00 Rhythms of Heritage " Steel Drum Performance by Winston Fredrick" Celebrating Black History Month (MP)</p> <p>3:30 Bingo! (MP)</p> <p>7:00 Documentary Night: Lucy and Desi (2022) (T)</p>	<p>Black History Month! <b>19</b></p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:00 Hair Salon! (SL)</p> <p>10:30 Morning Stretches by Azam (MP)</p> <p>11:00 Drum Fit Class! (2FA)</p> <p>11:00 Balloon Badminton! (MP)</p> <p>1:00 Giant Crossword (MP)</p> <p>2:30 Exercise &amp; Fitness class by from Circle of Care! (MP)</p> <p>3:30 Craetive Writing with Ben Stellino (LB)</p> <p>4:00 Concert Series: Rod Stewart - Live From The Troubadour (T)</p> <p>6:15 Spiritual Study Group with Chaplain Jake! (MP)</p> <p>7:00 Movie Evening Showing: The Crickets Dance (2020) (T)</p>	<p>Black History Month! <b>20</b></p> <p>10:00 Doctor Visit! (HO)</p> <p>10:00 Word Scramble! (MP)</p> <p>10:45 Tai Chi Exercise! (MP)</p> <p>1:00 Java Music Club! (MP)</p> <p>2:00 Off the Cuff: "World Wonders and Journey Countries" Presented by Hessom, George Brown Student (Group Discussion)! (MP)</p> <p>2:30 Meditation Group! (FR)</p> <p>3:30 Food Committee Meeting! (MP)</p> <p>4:00 Travelogue: Wonders of the Caribbean   The Most Amazing Places in the Caribbean (T)</p> <p>6:15 Bingo! (MP)</p> <p>7:00 Thursday Prime Series: Three Pines (T)</p>	<p>Black History Month! <b>21</b></p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Seated Chair Yoga with Sally! (MP)</p> <p>1:00 Giant Crossword! (MP)</p> <p>2:00 Shabbat Service by Rabbi Levi! (MP)</p> <p>3:00 Virgin Margarita Time! (CK)</p> <p>3:00 Heart Health &amp; Stroke Awareness Presentation! (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>Black History Month! <b>22</b></p> <p>2:30 Church Service and Sing A Long by Chaplain Jake! (CP)</p> <p>3:00 Movie Afternoon Showing: Love at First Dance (2018) (T)</p> <p>7:00 Movie Evening Showing: Love at First Dance (2018) (T)</p>
<p>Black History Month! <b>23</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: Virgin River Season 6! (T)</p>	<p>Black History Month! <b>24</b></p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:30 Word Scramble (MP)</p> <p>11:00 Morning Stretches by Azam (MP)</p> <p>1:00 Giant Crossword (MP)</p> <p>1:30 Bingo (2FA)</p> <p>2:30 Exercise &amp; Fitness class by from Circle of Care! (MP)</p> <p>3:30 Technology Support with Athull! (LB)</p> <p>3:30 "Strength Beyond Muscle "Life Story of Mr. Winston Brown Resident unit 518" (MP)</p> <p>7:00 Movie Evening Showing: Grace of Monaco (2014) (T)</p>	<p>Black History Month! <b>25</b></p> <p>10:30 Seated Dance exercise with Riki! (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>1:30 Visit with Chaplain Jake (AL)</p> <p>2:00 Monthly Birthday Party with Kelly Davies ! (MP)</p> <p>3:30 Bingo! (MP)</p> <p>7:00 Documentary Night: Dear Audrey (2021) (T)</p>	<p>Black History Month! <b>26</b></p> <p>National Pink Shirt Day!</p> <p>10:00 Go 4 Life Walking Group (ML)</p> <p>10:00 Hair Salon! (SL)</p> <p>10:30 Morning Stretches by Azam (MP)</p> <p>11:00 Drum Fit Class! (2FA)</p> <p>11:00 Balloon Badminton! (MP)</p> <p>1:00 Giant Crossword (MP)</p> <p>2:30 Exercise &amp; Fitness class by from Circle of Care! (MP)</p> <p>3:30 Black History Month "presentation by Chaplain Jake "session 1" (MP)</p> <p>4:00 Concert Series: Joe Cocker: Fire it Up Live (T)</p> <p>6:15 Spiritual Study Group with Chaplain Jake! (MP)</p> <p>7:00 Movie Evening Showing: Akillaa's Escape Director by Charles Officer! (T)</p>	<p>Black History Month! <b>27</b></p> <p>10:00 Doctor Visit! (HO)</p> <p>10:00 Word Scramble! (MP)</p> <p>10:45 Tai Chi Exercise! (MP)</p> <p>11:30 Outing: Lunch at Paisanos Restaurant! (OUT)</p> <p>1:00 Java Music Club! (MP)</p> <p>1:00 Balloon Badminton! (2FA)</p> <p>2:00 Off the Cuff (Group Discussion) Black History Month Presentation by Chaplain Jake! (MP)</p> <p>2:30 Meditation Group! (FR)</p> <p>3:30 Resident Town Hall Meeting! (MP)</p> <p>4:00 Travelogue: Mongolian Nomads' Ultimate Dilemma (T)</p> <p>6:15 Bingo! (MP)</p> <p>7:00 Thursday Prime Series: Three Pines (T)</p>	<p>Black History Month! <b>28</b></p> <p>10:00 Go 4 Life Walking Group (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>3:00 Meet Me at the MoMA, Paint like an Artist! (MP)</p> <p>7:00 TV Show: The Diplomat! (T)</p>	



WEDNESDAY  
FEB  
26

### National Pink Shirt Day

# Be Social

### Locations Legend

- MULTIPURPOSE ROOM (MP)
- THEATER (T)
- 2nd FLOOR ACTIVITY ROOM (2FA)
- MAIN LOBBY (ML)
- LIBRARY (LB)
- CHAPEL (CP)
- FITNESS ROOM (FR)
- Any Location (AL)
- Health Office (HO)
- SALON (SL)
- COUNTRY KITCHEN (CK)
- RESIDENTS' SUITES (RS)
- Resident's Suite (RS)
- Outing (OUT)
- Door to Door (DTD)
- DINING ROOM (DR)

### Calendar Legend

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