

# Forest Hill Place Retirement Residence Recreation Choices

## FEBRUARY 2016

**Forest Hill Place Retirement Residence • Jennifer Sardella , Recreational Director, Jennifer.sardella@reveraliving.com**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 10:30 Yoga with Nancy (LG) 10:00 Outing to Manulife Centre & Varsity Theatre: Brooklyn 11:15 Musical Discussions (MF) 2:15 Blackjack (L) 3:30 Coffee & Bailey's Social (MF) 4:15 News & Views (MF) 7:15 PBS Special: The Italian Americans Part 1 (LG)	<b>2</b> 10:15 Baycrest Fitness Class (LG) 10:45 Hot Tea Social (MF) 11:15 Recreation Meeting (MF) 2:15 Java Music Club (LG) 3:15 Polish to Perfection (LG) 4:15 Pre Dinner Drinks (MF) 7:15 PBS Special : The Italian Americans Part 2 (LG)	<b>3</b> 10:00 Tai Chi (LG) 11:00 Morning Smoothies (MF) 11:30 Pet Visits (MF) 1:00 Outing to Wintericious Lunch 2:15 Blackjack (L) 3:30 Today in History Vietnam War Ended (MF) 7:15 Paul Dias presents Picasso (LG) <b>*NEW</b>	<b>4</b> 9:30 Outing JCC Art Exhibit 10:15 Baycrest Fitness Class (LG) 11:00 Prize Bingo with Viola (KC) 2:15 Geography Fun Facts & Trivia (LG) 3:30 Bingo (KC) 4:30 Pre Dinner Drinks & Candy Gram Purchase for Valentine's Day (MF) 7:15 Popcorn & Movie: Everest (LG)	<b>5</b> 9:15 News & Views (MF) 10:30 Fitness with Jen (LG) 11:15 Morning Smoothies (MF) 2:15 Black History Biography: Jackie Robinson (LG) 2:30 Blackjack (L) 3:45 Word Games (MF) 4:45 Sabbath Prayer (LG) 7:15 New Release Movie: Burnt (LG)	<b>6</b> 9:15 Article of the Day (MF) 10:30 Rev It Up (LG) 2:30 Music of Your Life with Phil James (LG) 3:30 Scrabble Group (MF) 7:15 Comedy/ Adventure Movie: Land Ho (LG)
<b>7</b> 10:30 Rev It Up (FC) 11:15 Broadcast of Sunday Sermon with Forest Hill United Church (LG) 2:15 Movie Matinee Request: Dr. Zhivago (LG) 3:30 Scrabble Group (MF) 6:30 Superbowl Party! (3F) 7:15 Movie Night (LG) 7:15 Bingo Night (KC)	<b>8</b> 10:30 Rev It Up (FC) 11:15 Musical Discussions (MF) 2:15 Blackjack (L) 3:30 News & Views (MF) 4:15 Chinese New Year Social (MF) 7:15 Movie Night: The Book of Negroes episode 1 (LG) <b>*NEW</b>	<b>9</b> 10:15 Baycrest Fitness Class (LG) 11:00 Biography & Discussion (MF) 2:30 Pancake Social (MF) 3:45 Polish to Perfection (LG) 4:30 Pre Dinner Drinks (MF) 7:15 Movie Night: The Book of Negroes episode 2 (LG)	<b>10</b> 9:30 Outing to Lawrence Square 10:00 Tai Chi (LG) 11:00 Prize Bingo (KC) 11:30 Pet Visits (MF) 2:30 Birthday Party with Doug Goodeve (LG) 4:00 Blackjack (L) 7:15 Movie Night: The Book of Negroes episode 3 (LG)	<b>11</b> 10:15 Baycrest Fitness Class (LG) 11:00 Resident Information Meeting (LG) 1:30 Brain Games (MF) 2:15 Geography Fun Facts & Trivia (LG) 3:30 Bingo (KC) 4:30 Flashback Happy Hour (2F) 7:15 Movie Night: The Book of Negroes episode 4 (LG)	<b>12</b> 9:15 News & Views (MF) 10:30 Fitness with Jen (LG) 1:00 Outing to Beth Tzedec Museum <b>*NEW</b> 2:15 Black History Biography: Martin Luther King Jr. (LG) 2:30 Blackjack (L) 4:45 Sabbath Prayer (LG) 7:15 Movie Night: The Book of Negroes episode 5 (LG)	<b>13</b> 9:15 Article of the Day (MF) 10:30 Balance, Coordination & Brain Fitness with Eric (LG) 2:15 Afternoon at the Ballet (LG) 2:30 Taste of the Arts (KC) 3:00 Word Stimulations with Sharon (LG) 7:15 Movie Night: The Book of Negroes episode 6 (LG)
<b>14</b> 10:30 Rev It Up (FC) 11:15 Broadcast of Sunday Sermon with Forest Hill United Church (LG) 2:30 Chocolate Lover's Party with Gordon Murray (LG) 3:30 Scrabble Group (MF) 7:15 Romantic Movie Night: You've Got Mail (LG) 7:15 Bingo Night (KC)	<b>15</b> 9:15 News & Views (MF) 10:30 Yoga with Nancy (LG) 11:00 Prize Bingo with Viola (KC) 2:15 Heart of Music with Shaya (LG) 3:45 Blackjack with Nancy (L) 7:15 PBS Special: The Brain- What Is Reality? (LG) <b>*NEW</b>	<b>16</b> 10:15 Baycrest Fitness Class (LG) 11:00 Secrets of Manor House (LG) 2:15 Blackjack with Nancy (L) 2:30 Secrets Of Underground London (LG) 4:00 Pre Dinner Drinks (MF) 7:15 PBS Special: The Brain- What Makes Me? (LG)	<b>17</b> 10:30 Scenic Drive & Lunch at Pisano's Restaurant 10:00 Tai Chi (LG) 11:00 Culinary Meeting (LG) 11:30 Pet Visits (MF) 2:30 Pop with the Posners (LG) 4:00 Blackjack (L) 7:15 PBS Special: The Brain- Who Is In Control? (LG)	<b>18</b> 10:15 Baycrest Fitness Class (LG) 11:00 Secrets of Highclere Castle (LG) 2:30 Political Lecture with Joanne Burgess (LG) 4:00 Pre Dinner Drinks (MF) 7:15 PBS Special: The Brain- How Do I Decide? (LG)	<b>19</b> 9:15 News & Views (MF) 10:30 Rev It Up (FC) 11:00 Polish to Perfection (LG) 2:15 Black History Biography: Rosa Parks (LG) 2:30 Blackjack (L) 3:30 Smoothies (MF) 4:45 Sabbath Prayer (LG) 7:15 PBS Special: The Brain- Why Do I Need You? (LG)	<b>20</b> 9:15 Article of the Day (MF) 2:30 Music of Your Life with Phil James (LG) 3:30 Word Stimulations with Sharon (LG) 3:30 Scrabble Group (MF) 7:15 PBS Special: The Brain- Who Will We Be? (LG)
<b>21</b> 10:30 Rev It Up (FC) 11:15 Broadcast of Sunday Sermon with Forest Hill United Church (LG) 2:30 Musical Concert with Rhonda Silver (LG) 3:30 Scrabble Group (MF) 7:15 Movie Night (LG) 7:15 Bingo Night (KC)	<b>22</b> 9:15 News & Views (MF) 10:30 Rev It Up (FC) 11:15 Musical Discussions (MF) 2:15 Blackjack (L) 3:30 You Be the Judge Discussion (MF) 4:15 Hot Tea Social (MF) 7:15 Movie Night: Finding Neverland (LG)	<b>23</b> 10:15 Baycrest Fitness Class (LG) 10:45 Hot Tea Social (MF) 11:15 Wellness Department Meeting (LG) 2:15 Java Music Club (LG) 3:15 Polish to Perfection (LG) 4:30 Pre Dinner Drinks (MF) 7:15 Popcorn & Biography Film: The 33 (LG)	<b>24</b> 9:45 Outing to Shoppers Drug Mart 10:00 Tai Chi (LG) 10:45 Health Talk with Betty (LG) 11:30 Pet Visits (MF) 2:30 Warm Up Chili Bar (MF) <b>*NEW</b> 3:00 Vince Mazzei & Joe Perform (MF) 4:00 Blackjack (L) 7:15 Movie Night: Grandma (LG)	<b>25</b> 10:15 Baycrest Fitness Class (LG) 11:00 Smoothies (MF) 11:30 Brain Games (MF) 2:15 Black History Biography: The History of Black Inventions (LG) 3:30 Bingo (KC) 4:30 Pre Dinner Drinks (MF) 7:15 Life & Music with Joseph Sharon (LG)	<b>26</b> 9:15 News & Views (MF) 10:30 Exercise with Eddie (FC) 11:00 Morning Smoothies (MF) 11:30 Crossword Puzzles (MF) 1:00 Outing to Promenade Mall 2:45 HESED Committee Service (LG) 7:15 Jazz Documentary: Gumbo (LG) <b>*NEW</b>	<b>27</b> 9:15 Article of the Day (MF) 10:30 Balance, Coordination & Brain Fitness with Eric (LG) 2:15 Jazz Documentary: The Gift (LG) 2:30 Taste of the Arts (KC) 3:30 Scrabble Group (MF) 7:15 Jazz Documentary: Our Language (LG)
<b>28</b> 10:30 Rev It Up (FC) 11:15 Broadcast of Sunday Sermon with Forest Hill United Church (LG) 2:30 History of Popular Music with James: Popular Love Songs (LG) 3:30 Scrabble Group (MF) 7:15 Jazz Documentary: The True Welcome (LG) 7:15 Bingo Night (KC)	<b>29</b> 9:15 News & Views (MF) 10:30 Fitness with Jen (LG) 11:15 Musical Discussions (MF) 2:15 Mardi Gras Concert (LG) 3:30 Leap Year Cocktails (MF) 4:00 Fun Facts & Trivia (MF) 7:15 Jazz Documentary: Swing – Pure Pleasure (LG)			<b>IMPORTANT DATES</b> Super Bowl Party – February 7 <sup>th</sup> Leap Year – February 29 <sup>th</sup> Mardi Gras Theme – February 29 <sup>th</sup> Black History Month		<b>ROOM LEGEND</b> <b>Room Legend</b> MC—Media Centre FC—Fitness Centre KC—Kitchen Centre L—Library LG—Lower Ground MF—Main Floor GR—Games Room 2F – 2 <sup>nd</sup> Floor