



INSPIRED SENIOR LIVING

June 2023 Four Elms Retirement Residence Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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SUNDAY
JUN 18
Father's Day



Celebrating Senior's Month

World Milk Day 1
 10:00 Seated Zumba (2F)
 10:45 Math Madness (2F)
 1:15 Pool Noodle Game (2F)
 2:30 Picture Bingo (2F)
 3:15 Cafe Social (C)
 4:00 Java Music Club (2F)
 6:30 Live Concert with David Toms (A)

2
 10:00 Upper Body Stretching (2F)
 10:40 1:1 Visits (BW)
 1:30 Chair Soccer (2F)
 2:30 Life Skills: Sorting Bin (2TV)
 3:30 Go For Life Walking Club (2ND)
 3:30 Pre-Shabbat Service (A)
 4:00 Sing Along Songs (2TV)
 6:00 Choose Your Board Game (A)

3
 10:05 Games Corner (2F)
 10:30 Animal Documentary (2TV)
 1:15 Music & Dance (2TV)
 2:00 Movie Matinee with David Dunn (T)
 2:15 Giant Bowling (2F)
 3:30 Artful Enrichment (2F)

4
 Activity Package Available At Reception (RECE)
 9:45 Virtual Church Service (2TV)
 11:00 Balloon Tennis (2F)
 2:15 Reminiscing Circle (2F)
 3:30 Bingo (2F)
 4:15 Go 4 Life Indoor Walking Club (BW)

5
 10:00 Morning Stretch (2F)
 11:00 Sing Along Songs (2TV)
 1:15 Life Skills: Rolling Cutlery & Setting Tables (2F)
 2:15 Exercise (2F)
 3:15 Cafe Social (C)
 3:30 Milkshake Social (C)
 4:00 Colour Me Calm (2F)

6
 10:00 Puzzles (2F)
 11:15 St. John's Dog Therapy Visit (2F)
 1:15 Hand Massages (2F)
 2:00 Drum Fit (2F)
 3:00 Go 4 Life Indoor Walking Club (BW)
 3:30 Group Poetry Reading & Writing Club (A)
 4:00 Trivia & Brian Games (2F)
 5:30 Movie Night (2TV)

7
 10:00 Guided Meditation workshop with Lior (A)
 10:00 Balloon Volleyball (2F)
 10:30 Yee Haw TV Program (2TV)
 10:40 1:1 Visits Outdoor Walks (BW)
 2:15 Exercise (2F)
 4:00 Music & Dance (2TV)

8
 10:00 Seated Zumba (2F)
 10:30 Food Forum (A)
 10:45 Math Madness (2F)
 1:15 Pool Noodle Game (2F)
 2:15 Wood Work:Building Raised Garden Beds (GYM)
 2:30 Picture Bingo (2F)
 3:15 Cafe Social (C)
 4:00 Java Music Club (2F)

9
 10:00 Upper Body Stretching (2F)
 10:40 1:1 Visits Outdoor Walks (BW)
 11:15 Montana's BBQ & Bar Outing (OU)
 1:30 Chair Soccer (2F)
 2:30 Life Skills: Sorting Bin (2TV)
 3:30 Go For Life Walking Club (2ND)
 3:30 Pre-Shabbat Service (A)
 4:00 Sing Along Songs (2TV)
 6:00 Choose Your Board Game (A)

10
 10:05 Games Corner (2F)
 10:30 Animal Documentary (2TV)
 1:15 Music & Dance (2TV)
 2:00 Movie Matinee with David Dunn (T)
 2:15 Giant Bowling (2F)
 3:30 Artful Enrichment (2F)

11
 Activity Package Available At Reception (RECE)
 9:45 Virtual Church Service (2TV)
 11:00 Balloon Tennis (2F)
 11:30 Father's Day Buffet (DINN)
 2:00 Father's Day Concert with Reudor (CY)
 2:15 Reminiscing Circle (2F)
 3:30 Bingo (2F)
 4:15 Go 4 Life Indoor Walking Club (BW)

12
 Philippines Independence Day Celebration (BW)
 10:00 Morning Stretch (2F)
 10:45 Phillipino Travel- log (A)
 1:15 Life Skills: Rolling Cutlery & Setting Tables (2F)
 2:15 Exercise (2F)
 2:15 Phillipino Performance (A)
 3:15 Cafe Social (C)
 3:30 Milkshake Social (C)
 4:00 Colour Me Calm (2F)

13
 10:00 Puzzles (2F)
 1:30 Fancy Finger Manicures (2F)
 2:00 Drum Fit (2F)
 3:00 Go 4 Life Indoor Walking Club (BW)
 3:30 Group Poetry Reading & Writing Club (A)
 4:00 Trivia & Brian Games (2F)
 5:30 Movie Night (2TV)

14
 10:00 Guided Meditation workshop with Lior (A)
 10:00 Balloon Volleyball (2F)
 10:30 Yee Haw TV Program (2TV)
 10:40 1:1 Visits Outdoor Walks (BW)
 1:30 Music Therapy (2F)
 1:30 Marketing Concert with Sarah Panini (A)
 2:00 In Person Fall Prevention Presentation (GYM)
 2:15 Exercise (2F)
 4:00 Music & Dance (2TV)

15
 10:45 Seated Zumba (2F)
 1:15 Pool Noodle Game (2F)
 1:30 Program Meeting (A)
 2:15 Wood Work:Building Raised Garden Beds (GYM)
 2:30 Picture Bingo (2F)
 3:15 Cafe Social (C)
 4:00 Java Music Club (2F)
 6:30 Education Presentation: Lianne Harris (A)

16
 10:00 Upper Body Stretching (2F)
 10:40 1:1 Visits Outdoor Walks (BW)
 1:30 Chair Soccer (2F)
 2:00 Monthly Birthday Party with Zack (A)
 2:30 Life Skills: Sorting Bin (2TV)
 3:30 Go For Life Walking Club (2ND)
 3:30 Pre-Shabbat Service (A)
 4:00 Sing Along Songs (2TV)
 4:30 Living, Loving, Local (DINN)
 6:00 Choose Your Board Game (A)

17
 10:05 Games Corner (2F)
 10:30 Animal Documentary (2TV)
 1:15 Music & Dance (2TV)
 2:00 Movie Matinee with David Dunn (T)
 2:15 Giant Bowling (2F)
 3:30 Artful Enrichment (2F)



INSPIRED SENIOR LIVING

June 2023

Four Elms Retirement Residence

Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Package Available At Reception (RECE) 18 Father Day 9:45 Virtual Church Service (2TV) 11:00 Balloon Tennis (2F) 2:30 Father's Day Social (A) 4:15 Go 4 Life Indoor Walking Club (BW)	10:00 Morning Stretch (2F) 19 1:15 Life Skills: Rolling Cutlery & Setting Tables (2F) 2:15 Exercise (2F) 3:15 Cafe Social (C) 3:30 Milkshake Social (C) 4:00 Colour Me Calm (2F)	10:00 Puzzles (2F) 20 1:15 Hand Massages (2F) 2:00 Drum Fit (2F) 3:00 Go 4 Life Indoor Walking Club (BW) 3:30 Group Poetry Reading & Writing Club (A) 4:00 Trivia & Brian Games (2F) 5:30 Movie Night (2TV)	First Day of Summer 21 9:30 Indigenous Drawing Class (A) 10:00 Balloon Volleyball (2F) 10:30 Yee Haw TV Program (2TV) 10:30 Cooking Demo with Chef Jason (A) 10:40 1:1 Visits Outdoor Walks (BW) 2:00 Live Concert with Jerry (A) 2:15 Exercise (2F) 4:00 Music & Dance (2TV)	10:00 Seated Zumba (2F) 22 10:45 Math Madness (2F) 11:00 Catholic Mass Service (A) 1:15 Pool Noodle Game (2F) 2:15 Wood Work:Building Raised Garden Beds (GYM) 2:30 Picture Bingo (2F) 3:15 Cafe Social (C) 4:00 Java Music Club (2F) 6:30 Live Concert with Manvir (A)	10:00 Upper Body Stretching (2F) 23 10:40 1:1 Visits Outdoor Walks (BW) 1:30 Chair Soccer (2F) 2:30 Life Skills: Sorting Bin (2TV) 3:30 Go For Life Walking Club (2ND) 3:30 Pre-Shabbat Service (A) 4:00 Sing Along Songs (2TV) 6:00 Choose Your Board Game (A)	10:05 Games Corner (2F) 24 10:30 Animal Documentary (2TV) 1:15 Music & Dance (2TV) 2:00 Intergenerational Program (A) 2:15 Giant Bowling (2F) 3:30 Artful Enrichment (2F)
Activity Package Available At Reception (RECE) 25 9:45 Virtual Church Service (2TV) 11:00 Balloon Tennis (2F) 2:15 Reminiscing Circle (2F) 3:30 Picture Bingo (2F) 4:15 Go 4 Life Indoor Walking Club (BW)	10:00 Morning Stretch (2F) 26 1:15 Life Skills: Rolling Cutlery & Setting Tables (2F) 2:00 Live Conert: Pride Month Celebration (A) 2:15 Exercise (2F) 3:15 Cafe Social (C) 3:30 Milkshake Social (C) 4:00 Colour Me Calm (2F)	10:00 Puzzles (2F) 27 11:30 Community Outdoor Barbeque Lunch (CY) 1:30 Fancy Finger Manicures (2F) 2:15 Senior Month Celebration Concert (CY) 3:00 Go 4 Life Indoor Walking Club (BW) 3:30 Group Poetry Reading & Writing Club (A) 4:00 Trivia & Brian Games (2F) 5:30 Movie Night (2TV)	10:00 Guided Meditation workshop with Lior (A) 28 10:00 Balloon Volleyball (2F) 10:30 Yee Haw TV Program (2TV) 10:40 1:1 Visits Outdoor Walks (BW) 1:00 Hearing Clinic with Ian Castor (DRO) 1:30 Music Therapy (2F) 2:00 Concert with: "Lilian Thompson" (A) 2:30 Exercise (2F) 4:00 Music & Dance (2TV)	9:30 Beach Picnic (OS) 29 10:45 Seated Zumba (2F) 1:30 Math Madness (2F) 2:30 Picture Bingo (2F) 3:15 Cafe Social (C) 4:00 Java Music Club (2F) 4:00 Educational Pride Video (A) 6:30 Live Concert with Fabio (A)	10:00 Upper Body Stretching (2F) 30 10:40 1:1 Visits Outdoor Walks (BW) 1:30 Chair Soccer (2F) 2:30 Life Skills: Sorting Bin (2TV) 3:30 Go For Life Walking Club (2ND) 3:30 Pre-Shabbat Service (A) 4:00 Sing Along Songs (2TV) 6:00 Choose Your Board Game (A)	



WEDNESDAY
JUN 21

Canada's National Indigenous People's Day

Be Safe

Locations Legend		Calendar Legend
2nd Floor Activity Room (2F)	Gym (Lower Level) (GYM)	Outing
Activity Room (Main Level) (A)	Theatre (Lower Level) (T)	Special Program
2F TV Room (2TV)	Courtyard (CY)	Living, Loving, Local
Building Wide (BW)	Dinning (DINN)	Signature Program
Legend's Cafe (C)	Outing (OU)	
2nd Floor (2ND)	Doctor's Office (DRO)	
Reception (RECE)	Outing (OS)	