





INSPIRED SENIOR LIVING

# June 2023

## Four Elms Retirement Residence

### Independent Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Father's Day</b></p>	 <p><b>Celebrating Senior's Month</b></p>					
<p><b>Activity Package Available At Reception (RECE) 4</b></p> <p>10:00 Exercise (GYM)</p> <p>2:15 Floor Curling with Manager on Duty (GYM)</p> <p>3:15 America's Got Talent (A)</p> <p>6:00 Scrabble Group (GR)</p>	<p><b>9:30 Balloon Tennis (A) 5</b></p> <p>10:00 Exercise Full Body Workout (GYM)</p> <p>10:45 <b>Fitminds (A)</b></p> <p>2:00 Meet me at MoMA (A)</p> <p>3:30 Milkshake Social (C)</p> <p>4:00 Trivia (A)</p> <p>6:00 Independent Outdoor Group Walks: Meet in the Lobby (CY)</p>	<p><b>9:30 Rick Steve's Travel Video (B) 6</b></p> <p>10:00 Tai Chi with Janny (A)</p> <p>11:00 <b>St. John's Dog Therapy Visit (LO)</b></p> <p>2:00 Bridge Group (L)</p> <p>2:15 Lawn Darts (CY)</p> <p>3:30 Tea &amp; Coffee Social (C)</p> <p>3:30 Group Poetry Reading &amp; Writing Club (A)</p> <p>6:00 Kalooki Group (GR)</p>	<p><b>10:00 Guided Meditation workshop with Lior (A) 7</b></p> <p>2:15 Exercise (GYM)</p> <p>3:00 Balloon Tennis (GYM)</p> <p>3:00 Ted Talks (A)</p> <p>4:00 Billiard Game (GR)</p> <p>6:30 Virtual Concert: "Andrea Bocelli - Under the Desert Sky 2006 " (A)</p>	<p><b>World Milk Day 1</b></p> <p>10:00 Exercise (GYM)</p> <p>10:45 Wheel of Fortune (A)</p> <p>2:00 Meet me at MoMA (A)</p> <p>4:00 <b>Go 4 Life Walking Club (CY)</b></p> <p>6:30 <b>Live Concert with David Toms (A)</b></p>	<p><b>9:30 Balloon Tennis (A) 2</b></p> <p>10:00 Exercise (GYM)</p> <p>10:45 Words in a Word (A)</p> <p>2:15 Bocce Ball (CY)</p> <p>3:30 Tea &amp; Coffee Social (C)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>6:00 Choose Your Board Game (A)</p>	<p><b>10:00 Virtual Exercise (A) 3</b></p> <p>10:45 Wheel of Fortune (A)</p> <p>2:00 Movie Matinee with David Dunn (T)</p> <p>3:00 Balloon Tennis (A)</p> <p>6:00 Rummy Q Game Session (GR)</p>
<p><b>Activity Package Available At Reception (RECE) 11</b></p> <p>10:00 Exercise (GYM)</p> <p>11:30 Father's Day Buffet (DINN)</p> <p>2:00 <b>Father's Day Concert with Reudor (CY)</b></p> <p>6:00 Scrabble Group (GR)</p>	<p><b>Philippines Independence Day Celebration (BW) 12</b></p> <p>9:30 Balloon Tennis (A)</p> <p>10:00 Exercise Full Body Workout (GYM)</p> <p>10:45 Phillipino Travel- log (A)</p> <p>2:15 <b>Phillipino Performance (A)</b></p> <p>3:30 Milkshake Social (C)</p> <p>6:00 Independent Outdoor Group Walks: Meet in the Lobby (CY)</p>	<p><b>9:30 Rick Steve's Travel Video (B) 13</b></p> <p>10:00 Tai Chi with Janny (A)</p> <p>2:00 Bridge Group (L)</p> <p>2:15 Lawn Darts (CY)</p> <p>3:30 Tea &amp; Coffee Social (C)</p> <p>3:30 Group Poetry Reading &amp; Writing Club (A)</p> <p>6:00 Kalooki Group (GR)</p>	<p><b>10:00 Guided Meditation workshop with Lior (A) 14</b></p> <p>1:30 <b>Marketing Concert with Sarah Panini (A)</b></p> <p>2:00 <b>In Person Fall Prevention Presentation (GYM)</b></p> <p>3:00 Balloon Tennis (GYM)</p> <p>4:00 Billiard Game (GR)</p> <p>6:30 Virtual Concert: "Beethoven 9 - Chicago Symphony Orchestra" (A)</p>	<p><b>10:00 Exercise (GYM) 15</b></p> <p>1:30 Program Meeting (A)</p> <p>2:00 Bingo (A)</p> <p>2:15 Wood Work:Building Raised Garden Beds (GYM)</p> <p>3:30 Fruit Smoothies Social (A)</p> <p>3:30 <b>Go 4 Life Walking Club: Forest Trail Walk (CY)</b></p> <p>6:30 <b>Education Presentation: Lianne Harris (A)</b></p>	<p><b>9:15 Balloon Tennis (A) 16</b></p> <p>10:00 Exercise (GYM)</p> <p>10:45 Words in a Word (A)</p> <p>2:00 <b>Monthly Birthday Party with Zack (A)</b></p> <p>3:30 Pre-Shabbat Service (A)</p> <p>4:30 <b>Living, Loving, Local (DINN)</b></p> <p>6:00 Choose Your Board Game (A)</p>	<p><b>10:00 Virtual Exercise (A) 17</b></p> <p>10:45 Wheel of Fortune (A)</p> <p>2:00 Movie Matinee with David Dunn (T)</p> <p>3:00 Balloon Tennis (A)</p> <p>6:00 Rummy Q Game Session (GR)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Activity Package Available At Reception (RECE) 18</b> Father Day 10:00 Exercise (GYM) <b>2:30 Father's Day Social (A)</b> 6:00 Scrabble Group (GR)	<b>19</b> 9:30 Balloon Tennis (A) 10:00 Exercise Full Body Workout (GYM) <b>10:45 Fitminds (A)</b> 2:00 Meet me at MoMA (A) 3:30 Milkshake Social (C) 4:00 Trivia (A) 6:00 Independent Outdoor Group Walks: Meet in the Lobby (CY)	<b>20</b> 9:30 Rick Steve's Travel Video (B) 10:00 Tai Chi with Janny (A) 2:00 Bridge Group (L) 2:15 Lawn Darts (CY) 3:30 Tea & Coffee Social (C) 3:30 Group Poetry Reading & Writing Club (A) 6:00 Kalooki Group (GR)	<b>21</b> First Day of Summer <b>9:30 Indigenous Drawing Class (A)</b> <b>10:30 Cooking Demo with Chef Jason (A)</b> <b>2:00 Live Concert with Jerry (A)</b> 3:00 Balloon Tennis (GYM) 4:00 Billiard Game (GR) 6:30 Virtual Concert: "The Three Tenors LONDON 1996" (A)	<b>22</b> 10:00 Exercise (GYM) <b>11:00 Catholic Mass Service (A)</b> 2:00 Bingo (A) 2:15 Wood Work: Building Raised Garden Beds (GYM) 3:30 Fruit Smoothies Social (A) <b>3:30 Go 4 Life Walking Club: Forest Trail Walk (CY)</b> <b>6:30 Live Concert with Manvir (A)</b>	<b>23</b> 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:45 Words in a Word (A) 2:15 Bocce Ball (CY) 3:30 Tea & Coffee Social (C) 3:30 Pre-Shabbat Service (A) 6:00 Choose Your Board Game (A)	<b>24</b> 10:00 Virtual Exercise (A) 10:45 Wheel of Fortune (A) <b>2:00 Intergenerational Program (A)</b> 3:00 Balloon Tennis (A) 6:00 Rummy Q Game Session (GR)
<b>Activity Package Available At Reception (RECE) 25</b> 10:00 Exercise (GYM) 2:15 Floor Curling with Manager on Duty (GYM) 3:15 America's Got Talent (A) 6:00 Scrabble Group (GR)	<b>26</b> 9:30 Balloon Tennis (A) 10:00 Exercise Full Body Workout (GYM) <b>10:45 Fitminds (A)</b> 2:00 Live Concert: Pride Month Celebration (A) 3:30 Milkshake Social (C) 4:00 Trivia (A) 6:00 Independent Outdoor Group Walks: Meet in the Lobby (CY)	<b>27</b> 9:30 Rick Steve's Travel Video (B) 10:00 Tai Chi with Janny (A) <b>11:30 Community Outdoor Barbeque Lunch (CY)</b> 2:00 Bridge Group (L) <b>2:15 Senior Month Celebration Concert (CY)</b> 3:30 Group Poetry Reading & Writing Club (A) 6:00 Kalooki Group (GR)	<b>28</b> 10:00 Guided Meditation workshop with Lior (A) 1:00 Hearing Clinic with Ian Castor (DRO) <b>2:00 Concert with: "Lilian Thompson" (A)</b> 3:00 Balloon Tennis (GYM) 4:00 Billiard Game (GR) 6:30 Virtual Concert: "André Rieu" (A)	<b>29</b> <b>9:30 Beach Picnic (OS)</b> 10:00 Exercise (GYM) 2:00 Bingo (A) 3:30 Fruit Smoothies Social (A) <b>3:30 Go 4 Life Walking Club (CY)</b> <b>4:00 Educational Pride Video (A)</b> <b>6:30 Live Concert with Fabio (A)</b>	<b>30</b> 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:45 Words in a Word (A) 2:15 Bocce Ball (CY) 3:30 Tea & Coffee Social (C) 3:30 Pre-Shabbat Service (A) 6:00 Choose Your Board Game (A)	



Be Safe

Locations Legend		Calendar Legend
Activity Room (Main Level) (A)	Library (L)	Outing
Gym (Lower Level) (GYM)	Theatre (Lower Level) (T)	Special Program
Courtyard (CY)	Dinning (DINN)	Living, Loving, Local
Games Room (GR)	Lobby (LO)	Signature Program
Legend's Cafe (C)	Outing (OU)	
Reception (RECE)	Building Wide (BW)	
Bar & Bistro (B)	Doctor's Office (DRO)	
	Outing (OS)	