



INSPIRED SENIOR LIVING

July 2023 Assisted Living

Four Elms Retirement Residence



INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SATURDAY JUL 1 Canada Day</p>	 <p>National Culinary Arts Month</p>					<p>10:05 Games Corner (2F) 1</p> <p>10:30 Animal Documentary (2TV)</p> <p>1:15 Music & Dance (2TV)</p> <p>2:00 Canada Day Concert: Martin Wall (A)</p> <p>3:30 Artful Enrichment (2F)</p>
<p>Activity Package Available At Reception (RECE) 2</p> <p>9:45 Virtual Church Service (2TV)</p> <p>11:00 Balloon Tennis (2F)</p> <p>2:15 Reminiscing Circle (2F)</p> <p>4:15 Go 4 Life Indoor Walking Club (BW)</p>	<p>10:45 Morning Stretch (2F) 3</p> <p>1:15 Life Skills: Rolling Cutlery & Setting Tables (2F)</p> <p>2:00 Sheldon's Classic Movies and Talk (T)</p> <p>2:15 Exercise (2F)</p> <p>4:00 Colour Me Calm (2F)</p>	<p>10:00 Puzzles (2F) 4</p> <p>1:15 Hand Massages (2F)</p> <p>2:00 Drum Fit (2F)</p> <p>2:00 Weight Clinic (NS)</p> <p>3:00 Go 4 Life Indoor Walking Club (BW)</p> <p>4:00 Trivia & Brian Games (2F)</p> <p>5:30 Movie Night (2TV)</p>	<p>10:00 Balloon Volleyball (2F) 5</p> <p>10:00 Guided Meditation workshop with Lior (A)</p> <p>10:30 Yee Haw TV Program (2TV)</p> <p>10:40 1:1 Visits Outdoor Walks (BW)</p> <p>4:00 Music & Dance (2TV)</p>	<p>10:00 Seated Zumba (2F) 6</p> <p>10:00 Outing: Encore Symphonic Concert Band (OS)</p> <p>10:45 Math Madness (2F)</p> <p>1:15 Pool Noodle Game (2F)</p> <p>2:30 Picture Bingo (2F)</p> <p>3:15 Cafe Social (C)</p> <p>4:00 Java Music Club (2F)</p> <p>6:30 Concert: Emilio Zarris (A)</p>	<p>10:00 Upper Body Stretching (2F) 7</p> <p>10:40 1:1 Visits Outdoor Walks (BW)</p> <p>11:00 St. John's Dog Therapy Visit (2ND)</p> <p>1:30 Chair Soccer (2F)</p> <p>2:30 Life Skills: Sorting Bin (2TV)</p> <p>3:30 Go For Life Walking Club (2ND)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>4:00 Sing Along Songs (2TV)</p> <p>6:00 Choose Your Board Game (A)</p>	<p>10:05 Games Corner (2F) 8</p> <p>10:30 Animal Documentary (2TV)</p> <p>1:15 Music & Dance (2TV)</p> <p>2:00 Movie Matinee with David Dunn (T)</p> <p>2:15 Giant Bowling (2F)</p> <p>3:30 Artful Enrichment (2F)</p>
<p>Activity Package Available At Reception (RECE) 9</p> <p>9:45 Virtual Church Service (2TV)</p> <p>11:00 Balloon Tennis (2F)</p> <p>2:15 Reminiscing Circle (2F)</p> <p>4:15 Go 4 Life Indoor Walking Club (BW)</p>	<p>10:00 Morning Stretch (2F) 10</p> <p>1:15 Life Skills: Rolling Cutlery & Setting Tables (2F)</p> <p>2:15 Exercise (2F)</p> <p>3:15 Cafe Social (C)</p> <p>3:30 Milkshake Social (C)</p> <p>4:00 Colour Me Calm (2F)</p>	<p>10:00 Puzzles (2F) 11</p> <p>1:30 Fancy Finger Manicures (2F)</p> <p>2:00 Drum Fit (2F)</p> <p>3:00 Go 4 Life Indoor Walking Club (BW)</p> <p>4:00 Trivia & Brian Games (2F)</p> <p>5:30 Movie Night (2TV)</p>	<p>10:00 Balloon Volleyball (2F) 12</p> <p>10:00 Guided Meditation workshop with Lior (A)</p> <p>10:00 Walker Cleaning (CY)</p> <p>10:30 Yee Haw TV Program (2TV)</p> <p>10:40 1:1 Visits Outdoor Walks (BW)</p> <p>1:30 Music Therapy (2F)</p> <p>4:00 Music & Dance (2TV)</p>	<p>10:00 Seated Zumba (2F) 13</p> <p>10:45 Math Madness (2F)</p> <p>1:15 Pool Noodle Game (2F)</p> <p>2:00 Live Concert: Bernice (A)</p> <p>2:30 Picture Bingo (2F)</p> <p>3:15 Cafe Social (C)</p> <p>4:00 Java Music Club (2F)</p>	<p>10:00 Upper Body Stretching (2F) 14</p> <p>10:40 1:1 Visits Outdoor Walks (BW)</p> <p>11:00 St. John's Dog Therapy Visit (2ND)</p> <p>1:30 Chair Soccer (2F)</p> <p>2:30 Life Skills: Sorting Bin (2TV)</p> <p>3:30 Go For Life Walking Club (2ND)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>4:00 Sing Along Songs (2TV)</p> <p>6:00 Choose Your Board Game (A)</p>	<p>10:05 Games Corner (2F) 15</p> <p>10:30 Animal Documentary (2TV)</p> <p>1:15 Music & Dance (2TV)</p> <p>2:00 Movie Matinee with David Dunn (T)</p> <p>2:15 Giant Bowling (2F)</p> <p>3:30 Artful Enrichment (2F)</p>



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Activity Package Available At Reception (RECE) 16 9:45 Virtual Church Service (2TV) 11:00 Balloon Tennis (2F) 2:15 Reminiscing Circle (2F) 4:15 Go 4 Life Indoor Walking Club (BW)	10:00 Morning Stretch (2F) 17 1:15 Life Skills: Rolling Cutlery & Setting Tables (2F) 2:00 Sheldon's Classic Movies and Talk (T) 2:15 Exercise (2F) 3:15 Cafe Social (C) 3:30 Milkshake Social (C) 4:00 Colour Me Calm (2F)	10:00 Puzzles (2F) 18 1:15 Hand Massages (2F) 2:00 Drum Fit (2F) 3:00 Go 4 Life Indoor Walking Club (BW) 4:00 Trivia & Brian Games (2F) 5:30 Movie Night (2TV)	10:00 Balloon Volleyball (2F) 19 10:00 Cooking Demo with Chef Jason (A) 10:30 Yee Haw TV Program (2TV) 10:40 1:1 Visits Outdoor Walks (BW) 4:00 Music & Dance (2TV)	10:00 Seated Zumba (2F) 20 10:30 Residents Town Hall (GYM) 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) 6:30 Live Concert: Dave Toms (A)	10:00 Upper Body Stretching (2F) 21 10:40 1:1 Visits Outdoor Walks (BW) 11:00 St. John's Dog Therapy Visit (2ND) 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) 4:30 Living Loving Local Dinner (DINN) 6:00 Choose Your Board Game (A)	10:05 Games Corner (2F) 22 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)
Activity Package Available At Reception (RECE) 23 9:45 Virtual Church Service (2TV) 11:00 Balloon Tennis (2F) 2:15 Reminiscing Circle (2F) 4:15 Go 4 Life Indoor Walking Club (BW)	10:00 Morning Stretch (2F) 24 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) 25 1:30 Fancy Finger Manicures (2F) 2:00 Drum Fit (2F) 3:00 Go 4 Life Indoor Walking Club (BW) 4:00 Trivia & Brian Games (2F) 5:30 Movie Night (2TV)	10:00 Balloon Volleyball (2F) 26 10:00 Guided Meditation workshop with Lior (A) 10:30 Yee Haw TV Program (2TV) 10:40 1:1 Visits Outdoor Walks (BW) 12:00 Outing: Medieval Times, Lunch & Show (OU) 1:30 Music Therapy (2F)	10:00 Seated Zumba (2F) 27 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) 6:30 Live Concert: Zack (A)	10:00 Upper Body Stretching (2F) 28 10:40 1:1 Visits Outdoor Walks (BW) 11:00 St. John's Dog Therapy Visit (2ND) 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) 29 10:30 Animal Documentary (2TV) 1:00 Hearing Clinic with Ian Castor (DRO) 1:15 Music & Dance (2TV) 2:00 Movie Matinee with David Dunn (T) 2:15 Giant Bowling (2F) 3:30 Artful Enrichment (2F)
Activity Package Available At Reception (RECE) 30 9:45 Virtual Church Service (2TV) 11:00 Balloon Tennis (2F) 2:15 Reminiscing Circle (2F) 4:15 Go 4 Life Indoor Walking Club (BW)	10:00 Morning Stretch (2F) 31 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)			Locations Legend 2nd Floor Activity Room (2F) 2F TV Room (2TV) Activity Room (Main Level) (A) Building Wide (BW) Legend's Cafe (C) 2nd Floor (2ND) Theatre (Lower Level) (T) Reception (RECE) Gym (Lower Level) (GYM) Doctor's Office (DRO) Nursing Station(Lobby) (NS) Outing (OS) Courtyard (CY) Dinning (DINN) Outing (OU)		Calendar Legend Outing Special Program Living, Loving, Local Signature Program