



INSPIRED SENIOR LIVING

July 2023 Assisted Living



Four Elms Retirement Residence

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SATURDAY JUL 1 Canada Day</p>	 <p>National Culinary Arts Month</p>					<p>9:45 Exercise (2F) 1</p> <p>10:30 Animal Documentary (2TV)</p> <p>2:00 Canada Day Concert: Martin Wall (A)</p> <p>3:30 Game corner (2F)</p> <p>4:20 Go for life walking club (BW)</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>3:30 Picture Bingo (2F)</p> <p>4:00 America's Got Talent! (2TV)</p> <p>4:15 Go 4 Life Indoor Walking Club (BW)</p>	<p>10:00 Morning Stretch (2F) 3</p> <p>10:45 Math Madness (2F)</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>3:00 Brain Challenge (2F)</p> <p>4:00 Colour Me Calm (2F)</p>	<p>10:00 Puzzles (2F) 4</p> <p>10:45 Music Corner (2F)</p> <p>1:30 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 Guided Meditation workshop with Lior (A) 5</p> <p>10:00 Balloon Volleyball (2F)</p> <p>10:30 Yee Haw TV Program (2TV)</p> <p>10:40 1:1 Visits Outdoor Walks (BW)</p> <p>1:30 Matching Games (2F)</p> <p>3:00 Go Sport: Ring Toss (CY)</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 Lawn Darts (CY)</p> <p>1:30 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>6:30 Yiddish Voices of Kensington: Presented by Sheldon Glass (A)</p>	<p>9:45 Exercise (2F) 8</p> <p>10:30 Animal Documentary (2TV)</p> <p>2:00 Movie Matinee with David Dunn (T)</p> <p>2:15 Game corner (2F)</p> <p>3:30 Artful Enrichment (2F)</p> <p>4:20 Go for life walking club (BW)</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>3:30 Picture Bingo (2F)</p> <p>4:00 America's Got Talent! (2TV)</p> <p>4:15 Go 4 Life Indoor Walking Club (BW)</p>	<p>10:00 Morning Stretch (2F) 10</p> <p>1:30 Life Skills: Rolling Cutlery & Setting Tables (2F)</p> <p>2:00 Live Concert: Manvir (A)</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>10:45 Music Corner (2F)</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 Guided Meditation workshop with Lior (A) 12</p> <p>10:00 Balloon Volleyball (2F)</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>3:00 Exercise (2F)</p> <p>4:00 Music & Dance (2TV)</p>	<p>10:00 Seated Zumba (2F) 13</p> <p>10:45 Lawn Darts (CY)</p> <p>1:30 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>6:30 Yiddish Voices of Kensington: Presented by Sheldon Glass (A)</p>	<p>9:45 Exercise (2F) 15</p> <p>10:30 Animal Documentary (2TV)</p> <p>2:00 Movie Matinee with David Dunn (T)</p> <p>2:15 Game corner (2F)</p> <p>3:30 Artful Enrichment (2F)</p> <p>4:20 Go for life walking club (BW)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Package Available At Reception (RECE) 16 9:45 Virtual Church Service (2TV) 11:00 Balloon Tennis (2F) 2:15 Reminiscing Circle (2F) 3:30 Picture Bingo (2F) 4:00 America's Got Talent! (2TV) 4:15 Go 4 Life Indoor Walking Club (BW)	10:00 Morning Stretch (2F) 17 10:45 Math Madness (2F) 1:30 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 10:45 Music Corner (2F) 1:30 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 10:30 Yee Haw TV Program (2TV) 10:30 Cooking Demo with Chef Jason (A) 10:40 1:1 Visits Outdoor Walks (BW) 1:15 Brain Challenge (2F) 2:30 Go Sport: Ring Toss (CY) 4:00 Music & Dance (2TV)	10:00 Seated Zumba (2F) 20 10:30 Residents Town Hall (GYM) 10:45 Lawn Darts (CY) 1:30 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: David 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) 6:30 Yiddish Voices of Kensington: Presented by Sheldon Glass (A)	9:45 Exercise (2F) 22 10:30 Animal Documentary (2TV) 2:00 Movie Matinee with David Dunn (T) 2:15 Game corner (2F) 3:30 Artful Enrichment (2F) 4:20 Go for life walking club (BW)
Activity Package Available At Reception (RECE) 23 9:45 Virtual Church Service (2TV) 11:00 Balloon Tennis (2F) 2:15 Reminiscing Circle (2F) 3:30 Picture Bingo (2F) 4:00 America's Got Talent! (2TV) 4:15 Go 4 Life Indoor Walking Club (BW)	10:00 Morning Stretch (2F) 24 10:45 Math Madness (2F) 1:30 Life Skills: Rolling Cutlery & Setting Tables (2F) 2:00 Monthly Birthday Party (A) 2:30 Exercise (2F) 3:15 Cafe Social (C) 3:30 Milkshake Social (C) 4:00 Colour Me Calm (2F)	10:00 Puzzles (2F) 25 10:45 Music Corner (2F) 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 Guided Meditation workshop with Lior (A) 26 10:00 Balloon Volleyball (2F) 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) 1:30 Hearing Clinic with Ian Castor (DRO) 4:00 Music & Dance (2TV)	10:00 Seated Zumba (2F) 27 10:45 Lawn Darts (CY) 1:30 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) 6:30 Yiddish Voices of Kensington: Presented by Sheldon Glass (A)	9:45 Exercise (2F) 29 10:30 Animal Documentary (2TV) 2:00 Movie Matinee with David Dunn (T) 2:15 Game corner (2F) 3:30 Artful Enrichment (2F) 4:20 Go for life walking club (BW)
Activity Package Available At Reception (RECE) 30 9:45 Virtual Church Service (2TV) 11:00 Balloon Tennis (2F) 2:15 Reminiscing Circle (2F) 3:30 Picture Bingo (2F) 4:00 America's Got Talent! (2TV) 4:15 Go 4 Life Indoor Walking Club (BW)	10:00 Morning Stretch (2F) 31 10:45 Math Madness (2F) 1:30 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) Building Wide (BW) Activity Room (Main Level) (A) Legend's Cafe (C) 2nd Floor (2ND) Courtyard (CY)		Calendar Legend Outing Special Program Living, Loving, Local Signature Program