



INSPIRED SENIOR LIVING

July 2023

Independent Living

Four Elms Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------

SATURDAY
JUL 1
Canada Day

National Culinary Arts Month

10:00 Virtual Exercise (A) **1**
 10:45 Wheel of Fortune (A)
 2:00 Canada Day Concert: Martin Wall (A)
 3:30 Balloon Tennis (A)
 6:00 Rummy Q Game Session (A)

Activity Package Available At Reception (RECE) **2**
 10:00 Exercise (GYM)
 2:15 Floor Curling with Manager on Duty (GYM)
 3:15 America's Got Talent (A)
 6:00 Scrabble Group (A)

9:30 Balloon Tennis (A) **3**
 10:00 Exercise Full Body Workout (GYM)
 2:00 Sheldon's Classic Movies and Talk (T)
 6:00 Independent Outdoor Group Walks: Meet in the Lobby (CY)

9:30 Rick Steve's Travel Video (B) **4**
 10:00 Tai Chi with Janny (A)
 2:00 Bridge Group (L)
 2:00 Weight Clinic (NS)
 2:15 Lawn Darts (CY)
 3:30 Tea & Coffee Social (C)
 6:00 Kalooki Group (A)

10:00 Guided Meditation workshop with Lior (A) **5**
 2:15 Exercise (GYM)
 3:00 Balloon Tennis (GYM)
 3:00 Ted Talks (A)
 4:00 Billiard Game (GR)
 6:30 Virtual Concert (A)

9:15 Balloon Tennis (A) **6**
 10:00 Exercise (GYM)
 10:00 Outing: Encore Symphonic Concert Band (OS)
 10:45 Wheel of Fortune (A)
 3:30 Go 4 Life Walking Club: Forest Trail Walk (CY)
 6:30 Concert: Emilio Zarris (A)

9:15 Balloon Tennis (A) **7**
 10:00 Exercise (GYM)
 10:45 Words in a Word (A)
 11:30 St. John's Dog Therapy Visit (LO)
 2:15 Bocce Ball (CY)
 3:30 Pre-Shabbat Service (A)
 3:30 Tea & Coffee Social (C)
 6:00 Choose Your Board Game (A)

10:00 Virtual Exercise (A) **8**
 10:45 Wheel of Fortune (A)
 2:00 Movie Matinee with David Dunn (T)
 3:00 Balloon Tennis (A)
 6:00 Rummy Q Game Session (A)

Activity Package Available At Reception (RECE) **9**
 10:00 Exercise (GYM)
 2:15 Floor Curling with Manager on Duty (GYM)
 3:15 America's Got Talent (A)
 6:00 Scrabble Group (A)

9:30 Balloon Tennis (A) **10**
 10:00 Exercise Full Body Workout (GYM)
 10:45 Fitminds (A)
 3:30 Milkshake Social (C)
 4:00 Trivia (A)
 6:00 Independent Outdoor Group Walks: Meet in the Lobby (CY)

9:30 Rick Steve's Travel Video (B) **11**
 10:00 Tai Chi with Janny (A)
 2:00 Bridge Group (L)
 2:15 Lawn Darts (CY)
 3:30 Tea & Coffee Social (C)
 6:00 Kalooki Group (A)

10:00 Guided Meditation workshop with Lior (A) **12**
 10:00 Walker Cleaning (CY)
 2:15 Exercise (GYM)
 3:00 Balloon Tennis (GYM)
 3:00 Ted Talks (A)
 4:00 Billiard Game (GR)
 6:30 Virtual Concert (A)

9:15 Balloon Tennis (A) **13**
 10:00 Exercise (GYM)
 10:45 Wheel of Fortune (A)
 2:00 Live Concert: Bernice (A)
 3:30 Go 4 Life Walking Club: Forest Trail Walk (CY)
 6:30 Independent Outdoor Group Walks: Meet in the Lobby (CY)

9:15 Balloon Tennis (A) **14**
 10:00 Exercise (GYM)
 10:45 Words in a Word (A)
 11:30 St. John's Dog Therapy Visit (LO)
 2:15 Bocce Ball (CY)
 3:30 Pre-Shabbat Service (A)
 3:30 Tea & Coffee Social (C)
 6:00 Choose Your Board Game (A)

10:00 Virtual Exercise (A) **15**
 10:45 Wheel of Fortune (A)
 2:00 Movie Matinee with David Dunn (T)
 3:00 Balloon Tennis (A)
 6:00 Rummy Q Game Session (A)



INSPIRED SENIOR LIVING

July 2023

Independent Living

Four Elms Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Package Available At Reception (RECE) 16 10:00 Exercise (GYM) 2:15 Floor Curling with Manager on Duty (GYM) 3:15 America's Got Talent (A) 6:00 Scrabble Group (A)	17 9:30 Balloon Tennis (A) 10:00 Exercise Full Body Workout (GYM) 10:45 Fitminds (A) 2:00 Sheldon's Classic Movies and Talk (T) 3:30 Milkshake Social (C) 4:00 Trivia (A) 6:00 Independent Outdoor Group Walks: Meet in the Lobby (CY)	18 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) 6:00 Kalooki Group (A)	19 10:00 Cooking Demo with Chef Jason (A) 2:15 Exercise (GYM) 3:00 Balloon Tennis (GYM) 3:00 Ted Talks (A) 4:00 Billiard Game (GR) 6:30 Virtual Concert (A)	20 9:15 Balloon Tennis (A) 10:30 Residents Town Hall (GYM) 2:00 Bingo (A) 2:15 Wood Work:Building Raised Garden Beds (GYM) 3:30 Fruit Smoothies Social (A) 3:30 Go 4 Life Walking Club: Forest Trail Walk (CY) 6:30 Live Concert: Dave Toms (A)	21 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:45 Words in a Word (A) 11:30 St. John's Dog Therapy Visit (LO) 2:15 Bocce Ball (CY) 3:30 Pre-Shabbat Service (A) 3:30 Tea & Coffee Social (C) 4:30 Living Loving Local Dinner (DINN) 6:00 Choose Your Board Game (A)	22 10:00 Virtual Exercise (A) 10:45 Wheel of Fortune (A) 2:00 Movie Matinee with David Dunn (T) 3:00 Balloon Tennis (A) 6:00 Rummy Q Game Session (A)
Activity Package Available At Reception (RECE) 23 10:00 Exercise (GYM) 2:15 Floor Curling with Manager on Duty (GYM) 3:15 America's Got Talent (A) 6:00 Scrabble Group (A)	24 9:30 Balloon Tennis (A) 10:00 Exercise Full Body Workout (GYM) 10:45 Fitminds (A) 3:30 Milkshake Social (C) 4:00 Trivia (A) 6:00 Independent Outdoor Group Walks: Meet in the Lobby (CY)	25 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) 6:00 Kalooki Group (A)	26 10:00 Guided Meditation workshop with Lior (A) 12:00 Outing: Medieval Times, Lunch & Show (OU) 1:30 Hearing Clinic with Ian Castor (DRO) 2:15 Exercise (GYM) 3:00 Balloon Tennis (GYM) 3:00 Ted Talks (A) 4:00 Billiard Game (GR)	27 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:45 Wheel of Fortune (A) 2:00 Bingo (A) 2:00 Weight Clinic (NS) 2:15 Wood Work:Building Raised Garden Beds (GYM) 3:30 Fruit Smoothies Social (A) 3:30 Go 4 Life Walking Club: Forest Trail Walk (CY)	28 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:45 Words in a Word (A) 11:30 St. John's Dog Therapy Visit (LO) 2:15 Bocce Ball (CY) 3:30 Pre-Shabbat Service (A) 3:30 Tea & Coffee Social (C) 6:00 Choose Your Board Game (A)	29 10:00 Virtual Exercise (A) 10:45 Wheel of Fortune (A) 1:00 Hearing Clinic with Ian Castor (DRO) 2:00 Movie Matinee with David Dunn (T) 3:00 Balloon Tennis (A) 6:00 Rummy Q Game Session (A)
Activity Package Available At Reception (RECE) 30 10:00 Exercise (GYM) 2:15 Floor Curling with Manager on Duty (GYM) 3:15 America's Got Talent (A) 6:00 Scrabble Group (A)	31 9:30 Balloon Tennis (A) 10:00 Exercise Full Body Workout (GYM) 10:45 Fitminds (A) 3:30 Milkshake Social (C) 4:00 Trivia (A) 6:00 Independent Outdoor Group Walks: Meet in the Lobby (CY)			Locations Legend Activity Room (Main Level) (A) Games Room (GR) Gym (Lower Level) (GYM) Lobby (LO) Courtyard (CY) Nursing Station(Lobby) (NS) Legend's Cafe (C) Doctor's Office (DRO) Theatre (Lower Level) (T) Outing (OS) Reception (RECE) Dinning (DINN) Bar & Bistro (B) Outing (OU) Library (L)		Calendar Legend Outing Special Program Living, Loving, Local Signature Program