




INSPIRED SENIOR LIVING

# August 2023 Assisted Living



## Four Elms Retirement Residence

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>SUNDAY</b> <b>AUG 6</b> <b>National Friendship Day</b></p>		<p>9:40 America's Got Talent! (2TV) <b>1</b></p> <p>10:00 Puzzles (2F)</p> <p>10:30 Residents Town Hall (information Session) (GYM)</p> <p>10:45 Music Corner (2F)</p> <p>1:30 Hand Massages (2F)</p> <p>2:00 Drum Fit (2F)</p> <p>4:00 Trivia &amp; Brian Games (2F)</p> <p>5:30 Movie Night (2TV)</p>	<p>9:40 Yee Haw TV Program (2TV) <b>2</b></p> <p>10:00 Balloon Volleyball (2F)</p> <p>10:40 1:1 Visits Outdoor Walks (BW)</p> <p>1:30 Live Concert "Sarah Papini" (A)</p> <p>2:00 Lawn Darts (CY)</p> <p>3:30 Brain Games (2TV)</p> <p>4:00 Music &amp; Dance (2TV)</p>	<p>9:40 Virtual Concert: "The Three Tenors LONDON 1996" (2TV) <b>3</b></p> <p>10:00 Seated Zumba (2F)</p> <p>10:00 Outing: Encore Symphonic Concert Band (OS)</p> <p>10:45 Bag Toss (CY)</p> <p>1:30 Pool Noodle Game (2F)</p> <p>2:00 Bingo (A)</p> <p>2:15 Wood Work: Building Raised Garden Beds (GYM)</p> <p>2:30 Picture Bingo (2F)</p> <p>3:15 Cafe Social (C)</p> <p>4:00 Java Music Club (2F)</p>	<p>9:40 Just for Laughs (2TV) <b>4</b></p> <p>10:00 Upper Body Stretching (2F)</p> <p>10:30 St. John's Dog Therapy Visit (2ND)</p> <p>10:40 1:1 Visits Outdoor Walks (BW)</p> <p>1:30 Life Skills: Sorting Bin (2TV)</p> <p>1:30 Program Meeting (Planning Activity Calendar for September) (A)</p> <p>2:30 Chair Soccer (2F)</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>9:45 Exercise (2F) <b>5</b></p> <p>10:30 Animal Documentary (2TV)</p> <p>2:00 Live Concert with Gilad (A)</p> <p>2:30 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) <b>6</b></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 Travelogue (2TV)</p> <p>4:15 Go 4 Life Indoor Walking Club (BW)</p>	<p>9:40 News Corners (2TV) <b>7</b></p> <p>10:30 Morning Stretch (2F)</p> <p>2:00 Sheldon's Classic Movies and Talk (T)</p> <p>2:15 Exercise (2F)</p> <p>3:15 Cafe Social (C)</p> <p>3:30 Meet me at MoMA: Painting (2F)</p>	<p>The Resident Satisfaction Survey Begins (BW) <b>8</b></p> <p>9:40 America's Got Talent! (2TV)</p> <p>10:00 Puzzles (2F)</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>3:30 Poetry Club Reading and Group Writing (A)</p> <p>4:00 Trivia &amp; Brian Games (2F)</p> <p>5:30 Movie Night (2TV)</p>	<p>9:30 Eye Care Clinic with Eyecare Express (A) <b>9</b></p> <p>9:40 Yee Haw TV Program (2TV)</p> <p>10:00 Balloon Volleyball (2F)</p> <p>10:40 1:1 Visits Outdoor Walks (BW)</p> <p>1:30 Music Therapy (2F)</p> <p>2:00 Lawn Darts (CY)</p> <p>3:30 Brain Games (2TV)</p> <p>4:00 Music &amp; Dance (2TV)</p>	<p>9:30 Beach Picnic (Sign up) (OU) <b>10</b></p> <p>9:40 Virtual Concert: "The Three Tenors LONDON 1996" (2TV)</p> <p>10:45 Bag Toss (CY)</p> <p>11:00 Seated Zumba (2F)</p> <p>2:00 Picture Bingo (2F)</p> <p>3:15 Cafe Social (C)</p> <p>4:00 Java Music Club (2F)</p>	<p>9:40 Just for Laughs (2TV) <b>11</b></p> <p>10:00 Upper Body Stretching (2F)</p> <p>10:30 St. John's Dog Therapy Visit (2ND)</p> <p>10:40 1:1 Visits Outdoor Walks (BW)</p> <p>1:30 Life Skills: Sorting Bin (2TV)</p> <p>2:30 Chair Soccer (2F)</p> <p>3:30 Go For Life Walking Club (2ND)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>6:45 Live Concert: Emilio (A)</p>	<p>9:45 Exercise (2F) <b>12</b></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) <b>13</b></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 Travelogue (2TV)</p> <p>4:15 Go 4 Life Indoor Walking Club (BW)</p>	<p>9:40 News Corners (2TV) <b>14</b></p> <p>10:00 Morning Stretch (2F)</p> <p>10:45 Colour Me Calm (2F)</p> <p>1:30 Life Skills: Rolling Cutlery &amp; Setting Tables (2F)</p> <p>2:15 Exercise (2F)</p> <p>3:15 Cafe Social (C)</p> <p>3:30 Welcome Social of New Residents (A)</p> <p>4:00 Music Circle (2F)</p> <p>6:45 Live Concert with Jeffery Ewing (A)</p>	<p>9:40 America's Got Talent! (2TV) <b>15</b></p> <p>10:00 Puzzles (2F)</p> <p>10:00 Walmart Shopping Trip (OS)</p> <p>10:45 Go Sport: Ring Toss (2F)</p> <p>1:30 Hand Massages (2F)</p> <p>2:00 Drum Fit (2F)</p> <p>3:00 Go 4 Life Indoor Walking Club (BW)</p> <p>3:30 Poetry Club Reading and Group Writing (A)</p> <p>4:00 Trivia &amp; Brian Games (2F)</p> <p>5:30 Movie Night (2TV)</p> <p>6:45 Education Presentation: Lianne Harris (A)</p>	<p>9:40 Yee Haw TV Program (2TV) <b>16</b></p> <p>10:00 Balloon Volleyball (2F)</p> <p>10:00 888 Clothing Vendor (FL)</p> <p>10:30 Cooking Demo with Chef Jason (A)</p> <p>10:40 1:1 Visits Outdoor Walks (BW)</p> <p>2:00 Lawn Darts (CY)</p> <p>3:30 Brain Games (2TV)</p>	<p>9:40 Virtual Concert: "The Three Tenors LONDON 1996" (2TV) <b>17</b></p> <p>10:00 Seated Zumba (2F)</p> <p>10:30 Senior Safety Session for Your Community (A)</p> <p>10:45 Bag Toss (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>9:40 Just for Laughs (2TV) <b>18</b></p> <p>10:00 Upper Body Stretching (2F)</p> <p>10:30 St. John's Dog Therapy Visit (2ND)</p> <p>10:40 1:1 Visits Outdoor Walks (BW)</p> <p>11:30 Montana's BBQ &amp; Bar Outing (OU)</p> <p>1:30 Life Skills: Sorting Bin (2TV)</p> <p>2:30 Chair Soccer (2F)</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>4:30 Living Loving Local Dinner (DINN)</p>	<p>9:45 Exercise (2F) <b>19</b></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
<b>20</b> Activity Package Available At Reception (RECE) 9:45 Virtual Church Service (2TV) 11:00 Balloon Tennis (2F) 2:15 Reminiscing Circle (2F) 3:30 Picture Bingo (2F) 4:00 Travelogue (2TV) 4:15 Go 4 Life Indoor Walking Club (BW)	<b>21</b> 9:40 News Corners (2TV) 10:00 Morning Stretch (2F) 1:30 Life Skills: Rolling Cutlery & Setting Tables (2F) 2:15 Exercise (2F) 3:15 Cafe Social (C) 3:30 Milkshake Social (A) 4:00 Meet me at the MoMA: Painting & Discussion (2F)	<b>22</b> 9:40 America's Got Talent! (2TV) 10:00 Puzzles (2F) 10:45 Music Corner (2F) 12:00 Summer BBQ (CY) 2:00 Live Concert with Pepper Shakers Band (CY) 3:00 Go 4 Life Indoor Walking Club (BW) 3:30 Poetry Club Reading and Group Writing (A) 5:30 Movie Night (2TV)	<b>23</b> 9:40 Yee Haw TV Program (2TV) 11:00 Exercise (2F) 1:30 Music Therapy (2F) 2:00 Lawn Darts (CY) 2:00 Movie Matinee "The Intern" (T) 3:30 Brain Games (2TV) 4:00 Music & Dance (2TV)	<b>24</b> 9:40 Virtual Concert: "The Three Tenors LONDON 1996" (2TV) 10:00 Seated Zumba (2F) 10:45 Bag Toss (CY) 11:00 Catholic Mass Service (A) 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) 6:45 Live Concert with Martin Wall (A)	<b>25</b> 9:40 Just for Laughs (2TV) 10:00 Upper Body Stretching (2F) 10:30 St. John's Dog Therapy Visit (2ND) 10:40 1:1 Visits Outdoor Walks (BW) 1:30 Life Skills: Sorting Bin (2TV) 2:30 Chair Soccer (2F) 3:30 Go For Life Walking Club (2ND) 3:30 Pre-Shabbat Service (A) 4:00 Sing Along Songs (2TV)	<b>26</b> 9:45 Exercise (2F) 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)
<b>27</b> Activity Package Available At Reception (RECE) 9:45 Virtual Church Service (2TV) 11:00 Balloon Tennis (2F) 2:15 Reminiscing Circle (2F) 3:30 Picture Bingo (2F) 4:00 Travelogue (2TV) 4:15 Go 4 Life Indoor Walking Club (BW)	<b>28</b> 9:40 News Corners (2TV) 10:00 Morning Stretch (2F) 1:30 Life Skills: Rolling Cutlery & Setting Tables (2F) 2:15 Exercise (2F) 2:15 Sheldon's Classic Movies and Talk (T) 3:15 Cafe Social (C) 3:30 Milkshake Social (A)	<b>29</b> 9:40 America's Got Talent! (2TV) 10:00 Puzzles (2F) 10:45 Music Corner (2F) 1:30 Hand Massages (2F) 2:00 Monthly Birthday Party (A) 2:30 Drum Fit (2F) 3:00 Go 4 Life Indoor Walking Club (BW) 3:30 Poetry Club Reading and Group Writing (A) 4:00 Trivia & Brian Games (2F) 5:30 Movie Night (2TV)	<b>30</b> 9:40 Yee Haw TV Program (2TV) 10:00 Balloon Volleyball (2F) 10:30 Resident Forum Meeting (A) 10:40 1:1 Visits Outdoor Walks (BW) 1:30 Hearing Clinic with Ian Castor (DRO) 2:00 Lawn Darts (CY) 3:30 Brain Games (2TV) 4:00 Music & Dance (2TV)	<b>31</b> 9:30 Beach Picnic (Sign up) (OU) 9:40 Virtual Concert: "The Three Tenors LONDON 1996" (2TV) 10:45 Exercise (2F) 2:00 Sheldon's Classic Movies and Talk (T) 2:30 Picture Bingo (2F) 3:15 Cafe Social (C) 4:00 Java Music Club (2F)	 Help us learn how we can improve!	



Locations Legend			
2nd Floor Activity Room (2F)	Building Wide (BW)	Theatre (Lower Level) (T)	Outing (OS)
2F TV Room (2TV)	Courtyard (CY)	Reception (RECE)	Fireplace Lounge (FL)
Activity Room (Main Level) (A)	Legend's Cafe (C)	Gym (Lower Level) (GYM)	Dinning (DINN)
	2nd Floor (2ND)	Outing (OU)	Doctor's Office (DRO)

Calendar Legend
Outing
Special Program
Living, Loving, Local
Signature Program