



INSPIRED SENIOR LIVING

# August 2023

## Independent Living

### Four Elms Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>9:15 Balloon Tennis (A) <b>1</b></p> <p>9:30 Rick Steve's Travel Video (B)</p> <p>10:00 Tai Chi with Janny (A)</p> <p>10:30 Residents Town Hall (information Session) (GYM)</p> <p>2:00 Bridge Group (L)</p> <p>2:15 Lawn Darts (CY)</p> <p>3:30 Root Beer Floats (A)</p> <p>6:00 Kalooki Group (A)</p>	<p>9:15 Balloon Tennis (A) <b>2</b></p> <p>10:00 Forest Trail Walk Club (CY)</p> <p>1:30 Live Concert "Sarah Papini" (A)</p> <p>2:15 Exercise (GYM)</p> <p>3:00 Ted Talks (A)</p> <p>3:00 Balloon Tennis (GYM)</p> <p>6:45 Virtual Concert (A)</p>	<p>9:15 Balloon Tennis (A) <b>3</b></p> <p>10:00 Exercise (GYM)</p> <p>10:00 Outing: Encore Symphonic Concert Band (OS)</p> <p>2:00 Bingo (A)</p> <p>2:15 Wood Work: Building Raised Garden Beds (GYM)</p> <p>3:30 Independent: Go 4 Life Walking Club (CY)</p> <p>3:30 Fruit Smoothies Social (A)</p>	<p>9:15 Balloon Tennis (A) <b>4</b></p> <p>10:00 Exercise (GYM)</p> <p>10:45 Words in a Word (A)</p> <p>11:00 St. John's Dog Therapy Visit (LO)</p> <p>1:30 Program Meeting (Planning Activity Calendar for September) (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>10:20 Wheel of Fortune (A) <b>5</b></p> <p>11:00 Virtual Exercise (A)</p> <p>2:00 Live Concert with Gilad (A)</p> <p>3:30 Balloon Tennis (A)</p> <p>6:00 Rummy Q Game Session (A)</p>
<p>Activity Package Available At Reception (RECE) <b>6</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 (A)</p>	<p>9:15 Balloon Tennis (A) <b>7</b></p> <p>10:00 Exercise Full Body Workout (GYM)</p> <p>2:00 Sheldon's Classic Movies and Talk (T)</p> <p>6:45 FitMinds: (Brain Activities) (A)</p>	<p>The Resident Satisfaction Survey Begins (BW) <b>8</b></p> <p>9:15 Balloon Tennis (A)</p> <p>9:30 Rick Steve's Travel Video (B)</p> <p>10:00 Tai Chi with Janny (A)</p> <p>2:00 Bridge Group (L)</p> <p>2:00 Bingo (A)</p> <p>2:15 Lawn Darts (CY)</p> <p>3:30 Root Beer Floats (A)</p> <p>3:30 Poetry Club Reading and Group Writing (A)</p> <p>6:00 Kalooki Group (A)</p>	<p>9:15 Balloon Tennis (A) <b>9</b></p> <p>9:30 Eye Care Clinic with Eyecare Express (A)</p> <p>10:00 Exercise (GYM)</p> <p>2:30 Forest Trail Walk Club (CY)</p> <p>3:00 Ted Talks (A)</p> <p>3:00 Balloon Tennis (GYM)</p> <p>3:30 Trivia (A)</p> <p>6:45 Virtual Concert (A)</p>	<p>9:15 Balloon Tennis (A) <b>10</b></p> <p>9:30 Beach Picnic (Sign up) (OU)</p> <p>10:00 Exercise (GYM)</p> <p>2:00 What The Health Documentary (T)</p> <p>3:30 Independent: Go 4 Life Walking Club (CY)</p>	<p>9:15 Balloon Tennis (A) <b>11</b></p> <p>10:00 Exercise (GYM)</p> <p>10:45 Words in a Word (A)</p> <p>11:00 St. John's Dog Therapy Visit (LO)</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>6:45 Live Concert: Emilio (A)</p>	<p>10:20 Wheel of Fortune (A) <b>12</b></p> <p>11:00 Virtual Exercise (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 (A)</p>
<p>Activity Package Available At Reception (RECE) <b>13</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 (A)</p>	<p>9:15 Balloon Tennis (A) <b>14</b></p> <p>10:00 Exercise Full Body Workout (GYM)</p> <p>11:10 Trivia (A)</p> <p>1:30 Meet me at MoMA: Presenting "Norval Morrisseau". (A)</p> <p>2:00 Meet Me at MoMA: Painting Session (A)</p> <p>3:30 Welcome Social of New Residents (A)</p> <p>6:45 Live Concert with Jeffery Ewing (A)</p>	<p>9:15 Balloon Tennis (A) <b>15</b></p> <p>9:30 Rick Steve's Travel Video (B)</p> <p>10:00 Tai Chi with Janny (A)</p> <p>10:00 Walmart Shopping Trip (OS)</p> <p>2:00 Bridge Group (L)</p> <p>2:00 Bingo (A)</p> <p>2:15 Lawn Darts (CY)</p> <p>3:30 Root Beer Floats (A)</p> <p>3:30 Poetry Club Reading and Group Writing (A)</p> <p>6:45 Education Presentation: Lianne Harris (A)</p>	<p>9:15 Balloon Tennis (A) <b>16</b></p> <p>10:00 888 Clothing Vendor (FL)</p> <p>10:30 Cooking Demo with Chef Jason (A)</p> <p>2:15 Exercise (GYM)</p> <p>3:00 Ted Talks (A)</p> <p>3:00 Balloon Tennis (GYM)</p> <p>3:30 Tea &amp; Coffee Social (C)</p> <p>6:45 Virtual Concert (A)</p>	<p>9:15 Balloon Tennis (A) <b>17</b></p> <p>10:30 Senior Safety Session for Your Community (A)</p> <p>2:00 Exercise (A)</p> <p>3:00 Ceiling Tile Painting (A)</p> <p>3:30 Independent: Go 4 Life Walking Club (CY)</p> <p>3:30 Social: Getting to Know Me (A)</p>	<p>9:15 Balloon Tennis (A) <b>18</b></p> <p>10:00 Exercise (GYM)</p> <p>10:45 Words in a Word (A)</p> <p>11:00 St. John's Dog Therapy Visit (LO)</p> <p>11:30 Montana's BBQ &amp; Bar Outing (OU)</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>4:30 Living Loving Local Dinner (DINN)</p>	<p>10:20 Wheel of Fortune (A) <b>19</b></p> <p>11:00 Virtual Exercise (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 (A)</p>




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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>20</b> Activity Package Available At Reception (RECE) 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)	<b>21</b> 10:00 Exercise Full Body Workout (GYM) 11:10 Trivia (A) 1:30 Meet me at MoMA: Presenting "Grant Wood". (A) 2:00 Meet Me at MoMA: Painting Session (A) 3:30 Milkshake Social (A) 6:45 FitMinds: (Brain Activities) (A)	<b>22</b> 9:30 Rick Steve's Travel Video (B) 10:00 Tai Chi with Janny (A) 12:00 Summer BBQ (CY) 2:00 Bridge Group (L) 2:00 Live Concert with Pepper Shakers Band (CY) 3:30 Poetry Club Reading and Group Writing (A) 6:00 Kalooki Group (A)	<b>23</b> 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 2:00 Movie Matinee "The Intern" (T) 3:00 Balloon Tennis (GYM) 6:45 Virtual Concert (A)	<b>24</b> 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 11:00 Catholic Mass Service (A) 2:00 Ceiling Tile Painting (A) 2:15 Wood Work:Building Raised Garden Beds (GYM) 3:30 Independent: Go 4 Life Walking Club (CY) 3:30 Fruit Smoothies Social (A) 6:45 Live Concert with Martin Wall (A)	<b>25</b> 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:45 Words in a Word (A) 11:00 St. John's Dog Therapy Visit (LO) 2:15 Bocce Ball (CY) 3:30 Tea & Coffee Social (C) 3:30 Pre-Shabbat Service (A)	<b>26</b> 10:20 Wheel of Fortune (A) 11:00 Virtual Exercise (A) 2:00 Movie Matinee with David Dunn (T) 3:00 Balloon Tennis (A) 6:00 Rummy Q Game Session (A)
<b>27</b> Activity Package Available At Reception (RECE) 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)	<b>28</b> 10:00 Exercise Full Body Workout (GYM) 11:10 Trivia (A) 2:15 Sheldon's Classic Movies and Talk (T) 3:30 Milkshake Social (A) 6:45 FitMinds: (Brain Activities) (A)	<b>29</b> 9:30 Rick Steve's Travel Video (B) 10:00 Tai Chi with Janny (A) 2:00 Bridge Group (L) 2:00 Monthly Birthday Party (A) 3:30 Poetry Club Reading and Group Writing (A) 3:30 Root Beer Floats (C) 6:00 Kalooki Group (A)	<b>30</b> 9:15 Balloon Tennis (A) 10:30 Forest Trail Walk Club (CY) 10:30 Resident Forum Meeting (A) 1:30 Hearing Clinic with Ian Castor (DRO) 2:15 Exercise (GYM) 3:00 Balloon Tennis (GYM) 6:45 Virtual Concert (A)	<b>31</b> 9:15 Balloon Tennis (A) 9:30 Beach Picnic (Sign up) (OU) 10:00 Exercise (GYM) 2:00 Sheldon's Classic Movies and Talk (T) 3:30 Independent: Go 4 Life Walking Club (CY)	 Help us learn how we can improve!	



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