



INSPIRED SENIOR LIVING

September 2023

Independent Living

Four Elms Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>World Alzheimer's Month</p>	<p>Grandparent's Day</p>				<p>9:15 Balloon Tennis (A) 1</p> <p>10:00 Exercise (GYM)</p> <p>10:45 Words in a Word (A)</p> <p>3:00 Lawn Darts (CY)</p> <p>3:30 Tea & Coffee Social (C)</p> <p>3:30 Pre-Shabbat Service (A)</p>	<p>10:20 Wheel of Fortune (A) 2</p> <p>11:00 Virtual Exercise (A)</p> <p>2:00 Concert: Bill (A)</p> <p>3:00 Balloon Tennis (A)</p> <p>6:00 Rummy Q Game Session (A)</p>
<p>Activity Package Available At Reception (RECE) 3</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>10:00 Exercise Full Body Workout (GYM) 4</p> <p>11:10 Trivia (A)</p> <p>2:00 Sheldon's Classic Movies and Talk (T)</p> <p>3:30 Tea & Coffee Social (A)</p> <p>4:00 Interactive Group Fit Minds (A)</p>	<p>9:30 Balloon Tennis (A) 5</p> <p>10:00 Tai Chi with Janny (A)</p> <p>10:00 Shopping & Lunch at Vaughan Mills Mall (OS)</p> <p>2:00 Bridge Group (L)</p> <p>2:00 Bingo (A)</p> <p>3:30 Poetry Club Reading and Group Writing (A)</p> <p>3:30 Root Beer Floats (C)</p> <p>6:00 Kalooki Group (A)</p>	<p>9:30 Drum Fit (A) 6</p> <p>10:00 Loila's Fashion (FL)</p> <p>10:30 Forest Trail Walk Club (CY)</p> <p>10:45 Wheel of Fortune (A)</p> <p>2:15 Exercise (GYM)</p> <p>3:00 Infection Prevention & Control Education Presentation by Mackenzie Health IPAC Team (A)</p>	<p>9:15 Balloon Tennis (A) 7</p> <p>10:00 Virtual Exercise (A)</p> <p>10:00 Outing: Encore Symphonic Concert Band (OS)</p> <p>10:45 Catholic Church Service (A)</p> <p>1:30 Meet me at MoMA: Presentation. (A)</p> <p>2:00 Meet Me at MoMA: Painting Session (A)</p> <p>3:30 Fruit Smoothies Social (A)</p> <p>3:30 Independent: Go 4 Life Walking Club (CY)</p>	<p>9:15 Balloon Tennis (A) 8</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>3:00 Lawn Darts (CY)</p> <p>3:30 Tea & Coffee Social (C)</p> <p>3:30 Pre-Shabbat Service (A)</p>	<p>10:20 Wheel of Fortune (A) 9</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) 10</p> <p>Grandparents' Day (BW)</p> <p>10:00 Exercise (GYM)</p> <p>2:00 Grandparents Day Celebration Concert (LO)</p> <p>3:15 America's Got Talent (A)</p> <p>6:00 Scrabble Group (A)</p>	<p>9:30 Balloon Tennis (A) 11</p> <p>10:00 Exercise Full Body Workout (GYM)</p> <p>11:10 Trivia (A)</p> <p>2:00 Painting with Sammy (A)</p> <p>2:00 Darts (GR)</p> <p>3:30 Tea & Coffee Social (A)</p> <p>4:00 Interactive Group Fit Minds (A)</p>	<p>9:30 Balloon Tennis (A) 12</p> <p>10:00 Tai Chi with Janny (A)</p> <p>2:00 Bridge Group (L)</p> <p>2:00 Bingo (A)</p> <p>3:30 Poetry Club Reading and Group Writing (A)</p> <p>3:30 Root Beer Floats (C)</p> <p>6:00 Kalooki Group (A)</p>	<p>9:30 Drum Fit (A) 13</p> <p>10:00 Exercise (GYM)</p> <p>10:45 Wheel of Fortune (A)</p> <p>2:00 Music Therpay with Instructor (A)</p> <p>3:00 Floor Curling (GYM)</p> <p>6:45 Concert: Emilio Zarris (A)</p>	<p>9:30 Balloon Tennis (A) 14</p> <p>10:00 Exercise (GYM)</p> <p>10:45 Catholic Church Service (A)</p> <p>1:30 Go For Life Walking Trip to Shopper's Drug Mart (Senior's Day). (LO)</p> <p>2:00 Sheldon's Classic Movies and Talk (T)</p> <p>2:15 Wood Work:Building Raised Garden Beds (GYM)</p> <p>3:30 Fruit Smoothies Social (A)</p> <p>3:30 Independent: Go 4 Life Walking Club (CY)</p>	<p>9:15 Balloon Tennis (A) 15</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>3:00 Lawn Darts (CY)</p> <p>3:30 Tea & Coffee Social (C)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>6:00 Live Strem: Erev Rosh Hashanah (A)</p>	<p>9:30 Live Strem:Rosh Hashanah Day 1 (B) 16</p> <p>10:20 Wheel of Fortune (A)</p> <p>11:00 Virtual Exercise (A)</p> <p>1:30 Fall Wreath Making (A)</p> <p>3:00 Rosh Hashanah Celebration (A)</p> <p>6:00 Rummy Q Game Session (A)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Package Available At Reception (RECE) 17 Rosh Hashanah Ends (BW) 9:30 Live Stream: Rosh Hashanah Day 2 (B) 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) 18 10:00 Exercise Full Body Workout (GYM) 11:10 Trivia (A) 2:00 Darts (GR) 2:00 Beading with Gladys (A) 4:00 Interactive Group Fit Minds (A) 6:45 Concert: Jeff (A)	9:30 Balloon Tennis (A) 19 10:00 Tai Chi with Janny (A) 2:00 Bridge Group (L) 2:00 Bingo (A) 3:30 Poetry Club Reading and Group Writing (A) 3:30 Root Beer Floats (C) 6:00 Kalooki Group (A)	9:30 Drum Fit (A) 20 10:00 Exercise (GYM) 10:30 Cooking Demo with Chef Jason (A) 10:45 Wheel of Fortune (A) 2:00 Floor Curling (GYM) 3:30 Words in a Word (A) 6:45 Live Concert with Manvir (A)	9:30 Balloon Tennis (A) 21 10:00 Exercise (GYM) 10:45 Roman Catholic Mass (A) 1:30 Meet me at MoMA Presentation (A) 2:00 Meet me at MoMA: Painting (A) 2:15 Wood Work: Building Raised Garden Beds (GYM) 3:30 Fruit Smoothies Social (A) 3:30 Independent: Go 4 Life Walking Club (CY)	9:15 Balloon Tennis (A) 22 10:00 Exercise (GYM) 10:45 Words in a Word (A) 11:00 St. John's Dog Therapy Visit (LO) 3:00 Lawn Darts (CY) 3:30 Tea & Coffee Social (C) 3:30 Pre-Shabbat Service (A)	First Day of Fall! (BW) 23 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)
Activity Package Available At Reception (RECE) 24 Yom Kippur Begins (BW) 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)	Yom Kippur Ends (BW) 25 9:30 Balloon Tennis (A) 10:00 Exercise Full Body Workout (GYM) 11:10 Trivia (A) 2:00 Monthly Birthday Party: Martin Wall (A) 3:30 Tea & Coffee Social (A) 4:00 Interactive Group Fit Minds (A)	9:30 Balloon Tennis (A) 26 10:00 Tai Chi with Janny (A) 11:15 Lunch Outing: Tai Room (OU) 2:00 Bridge Group (L) 2:00 Bingo (A) 3:30 Poetry Club Reading and Group Writing (A) 3:30 Root Beer Floats (C) 6:00 Kalooki Group (A)	9:30 Drum Fit (A) 27 10:00 Exercise (GYM) 10:30 Food Forum (A) 1:30 Hearing Clinic with Ian Castor (DRO) 2:00 Floor Curling (GYM) 3:30 Wheel of Fortune (A)	9:30 Balloon Tennis (A) 28 10:00 Exercise (GYM) 10:45 Catholic Church Service (A) 2:00 Baking Pizza's (A) 3:30 Independent: Go 4 Life Walking Club (CY) 6:45 Live Concert: Marcus (A)	Sukkot Begins (BW) 29 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) 3:00 Lawn Darts (CY) 3:30 Tea & Coffee Social (C) 3:30 Pre-Shabbat Service (A)	10:20 Wheel of Fortune (A) 30 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)



Activity Room (Main Level) (A)
Gym (Lower Level) (GYM)
Courtyard (CY)
Legend's Cafe (C)

Locations Legend

Lobby (LO)
Building Wide (BW)
Theatre (Lower Level) (T)
Reception (RECE)
Library (L)

Outing (OS)
Games Room (GR)
Bar & Bistro (B)
Fireplace Lounge (FL)
Outing (OU)
Doctor's Office (DRO)

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program