



INSPIRED SENIOR LIVING

September 2023

Assisted 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>Activity Package Available At Reception (RECE) 3</p> <p>9:45 Virtual Church Service (2TV)</p> <p>11:00 Balloon Tennis (2F)</p> <p>2:15 Reminiscing Circle (2F)</p> <p>2:50 Picture Bingo (2F)</p> <p>3:20 Brain Sensation (2F)</p> <p>4:15 Go 4 Life Indoor Walking Club (BW)</p>	<p>9:40 News Corners (2TV) 4</p> <p>10:00 Morning Stretch (2F)</p> <p>1:30 Life Skills: Rolling Cutlery & Setting Tables (2F)</p> <p>2:00 Sheldon's Classic Movies and Talk (T)</p> <p>2:15 DrumFit Exercise (2F)</p> <p>3:15 Cafe Social (C)</p> <p>4:00 Picture Discussion (2F)</p>	<p>9:40 America's Got Talent! (2TV) 5</p> <p>10:00 Shopping & Lunch at Vaughan Mills Mall (OS)</p> <p>10:00 Ball Toss! (2F)</p> <p>10:45 Music Corner (2F)</p> <p>12:30 1:1 visits (2ND)</p> <p>1:30 Fancy Finger Manicures (2F)</p> <p>2:00 Puzzles (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>3:30 Brain Sensation (2F)</p> <p>4:00 Trivia & Brian Games (2F)</p> <p>5:30 Movie Night (2TV)</p>	<p>9:40 Yee Haw TV Program (2TV) 6</p> <p>10:00 Loila's Fashion (FL)</p> <p>10:00 Power up (2F)</p> <p>10:45 Guessing Words (2F)</p> <p>12:30 1:1 Visits (2ND)</p> <p>2:00 Music Therapy (2F)</p> <p>2:30 Bin Bag Toss (2F)</p> <p>3:00 Infection Prevention & Control Education Presentation by Mackenzie Health IPAC Team (A)</p> <p>3:30 Memory Boost (2F)</p> <p>4:00 Music & Dance (2TV)</p>	<p>9:40 Virtual Concert: "The Three Tenors LONDON 1996" (2TV) 7</p> <p>10:00 Seated Zumba (2F)</p> <p>10:00 Outing: Encore Symphonic Concert Band (OS)</p> <p>10:45 Bag Toss (2F)</p> <p>10:45 Catholic Church Service (A)</p> <p>1:30 Pool Noodle Game (2F)</p> <p>2:30 Picture Bingo (2F)</p> <p>3:15 Cafe Social (C)</p> <p>3:30 Meet me at MoMA (2F)</p>	<p>9:40 Just for Laughs (2TV) 8</p> <p>10:00 DrumFit Exercise (2F)</p> <p>10:30 St. John's Dog Therapy Visit (2ND)</p> <p>10:45 Guessing Words (2F)</p> <p>1:30 Life Skills: Sorting Bin (2TV)</p> <p>2:30 Happy Arts Painting (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 Social Circle (2TV) 9</p> <p>10:30 Animal Documentary (2TV)</p> <p>2:00 Movie Matinee with David Dunn (T)</p> <p>2:15 Exercise (2F)</p> <p>2:45 Game corner (2F)</p> <p>3:15 Artful Enrichment (2F)</p> <p>4:20 Go for life walking club (BW)</p>
<p>Activity Package Available At Reception (RECE) 10</p> <p>Grandparents' Day (BW)</p> <p>9:45 Virtual Church Service (2TV)</p> <p>11:00 Balloon Tennis (2F)</p> <p>2:00 Grandparents Day Celebration Concert (LO)</p> <p>2:50 Picture Bingo (2F)</p> <p>3:30 Picture Bingo (2F)</p> <p>4:15 Go 4 Life Indoor Walking Club (BW)</p>	<p>9:40 News Corners (2TV) 11</p> <p>10:00 Morning Stretch (2F)</p> <p>1:30 Life Skills: Rolling Cutlery & Setting Tables (2F)</p> <p>2:00 Painting with Sammy (A)</p> <p>2:15 DrumFit Exercise (2F)</p> <p>3:15 Cafe Social (C)</p> <p>4:00 Picture Discussion (2F)</p>	<p>9:40 America's Got Talent! (2TV) 12</p> <p>10:00 Ball Toss! (2F)</p> <p>10:45 Music Corner (2F)</p> <p>12:30 1:1 visits (2ND)</p> <p>1:30 Hand Massages (2F)</p> <p>2:00 Puzzles (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>3:30 Brain Sensation (2F)</p> <p>4:00 Meet me at MoMA Presentation (2TV)</p> <p>5:30 Movie Night (2TV)</p>	<p>9:40 Yee Haw TV Program (2TV) 13</p> <p>10:00 Power up (2F)</p> <p>10:45 Guessing Words (2F)</p> <p>12:30 1:1 Visits (2ND)</p> <p>2:00 Music Therpay with Instructor (A)</p> <p>2:30 Bin Bag Toss (2F)</p> <p>3:30 Memory Boost (2F)</p> <p>4:00 Music & Dance (2TV)</p> <p>6:45 Concert: Emilio Zarris (A)</p>	<p>9:40 Virtual Concert: "The Three Tenors LONDON 1996" (2TV) 14</p> <p>10:00 Seated Zumba (2F)</p> <p>10:45 Bag Toss (2F)</p> <p>10:45 Catholic Church Service (A)</p> <p>1:30 Pool Noodle Game (2F)</p> <p>2:00 Sheldon's Classic Movies and Talk (T)</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>3:30 Meet me at MoMA Painting (2F)</p> <p>4:00 Java Music Club (2F)</p>	<p>9:40 Just for Laughs (2TV) 15</p> <p>10:00 DrumFit Exercise (2F)</p> <p>10:30 St. John's Dog Therapy Visit (2ND)</p> <p>10:45 Guessing Words (2F)</p> <p>1:30 Life Skills: Sorting Bin (2TV)</p> <p>2:30 Happy Arts Painting (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>6:00 Live Strem: Erev Rosh Hashanah (A)</p>	<p>9:30 Live Strem:Rosh Hashanah Day 1 (B) 16</p> <p>9:45 Social Circle (2TV)</p> <p>10:30 Animal Documentary (2TV)</p> <p>1:30 Fall Wreath Making (A)</p> <p>2:15 Exercise (2F)</p> <p>2:45 Game corner (2F)</p> <p>3:00 Rosh Hashanah Celebration (A)</p> <p>3:15 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) 17 Rosh Hashanah Ends (BW) 9:30 Live Stream: Rosh Hashanah Day 2 (B) 9:45 Virtual Church Service (2TV) 11:00 Balloon Tennis (2F) 2:15 Reminiscing Circle (2F) 2:50 Picture Bingo (2F) 3:20 Brain Sensation (2F) 4:15 Go 4 Life Indoor Walking Club (BW)	9:40 News Corners (2TV) 18 10:00 Morning Stretch (2F) 1:30 Life Skills: Rolling Cutlery & Setting Tables (2F) 2:00 Beading with Gladys (A) 2:15 DrumFit Exercise (2F) 3:15 Cafe Social (C) 4:00 Picture Discussion (2F) 6:45 Concert: Jeff (A)	9:40 America's Got Talent! (2TV) 19 10:00 Ball Toss! (2F) 10:45 Music Corner (2F) 12:30 1:1 visits (2ND) 1:30 Fancy Finger Manicures (2F) 2:00 Puzzles (2F) 3:00 Go 4 Life Indoor Walking Club (BW) 3:30 Poetry Club Reading and Group Writing (A) 3:30 Brain Sensation (2F) 4:00 Meet me at MoMA Presentation (2TV) 5:30 Movie Night (2TV)	9:40 Yee Haw TV Program (2TV) 20 10:00 Power up (2F) 10:30 Cooking Demo with Chef Jason (A) 10:45 Guessing Words (2F) 12:30 1:1 Visits (2ND) 2:30 Bin Bag Toss (2F) 3:30 Memory Boost (2F) 4:00 Music & Dance (2TV) 6:45 Live Concert with Manvir (A)	9:40 Virtual Concert: "The Three Tenors LONDON 1996" (2TV) 21 10:00 Seated Zumba (2F) 10:45 Bag Toss (2F) 10:45 Roman Catholic Mass (A) 1:30 Pool Noodle Game (2F) 2:00 Meet me at MoMA: Painting (A) 2:15 Wood Work: Building Raised Garden Beds (GYM) 2:30 Picture Bingo (2F) 3:15 Cafe Social (C) 3:30 Meet me at MoMA Painting (2F) 4:00 Java Music Club (2F)	9:40 Just for Laughs (2TV) 22 10:00 DrumFit Exercise (2F) 10:30 St. John's Dog Therapy Visit (2ND) 10:45 Guessing Words (2F) 1:30 Life Skills: Sorting Bin (2TV) 2:30 Happy Arts Painting (2F) 3:30 Go For Life Walking Club (2ND) 3:30 Pre-Shabbat Service (A) 4:00 Sing Along Songs (2TV)	First Day of Fall! (BW) 23 9:45 Social Circle (2TV) 10:30 Animal Documentary (2TV) 2:00 Movie Matinee with David Dunn (T) 2:15 Exercise (2F) 2:45 Game corner (2F) 3:15 Artful Enrichment (2F) 4:20 Go for life walking club (BW)
Activity Package Available At Reception (RECE) 24 Yom Kippur Begins (BW) 9:45 Virtual Church Service (2TV) 11:00 Balloon Tennis (2F) 2:15 Reminiscing Circle (2F) 2:50 Picture Bingo (2F) 3:20 Brain Sensation (2F) 4:15 Go 4 Life Indoor Walking Club (BW)	Yom Kippur Ends (BW) 25 9:40 News Corners (2TV) 10:00 Morning Stretch (2F) 1:30 Life Skills: Rolling Cutlery & Setting Tables (2F) 2:00 Monthly Birthday Party: Martin Wall (A) 2:15 DrumFit Exercise (2F) 3:15 Cafe Social (C) 4:00 Picture Discussion (2F)	9:40 America's Got Talent! (2TV) 26 10:00 Ball Toss! (2F) 10:45 Music Corner (2F) 11:15 Lunch Outing: Tai Room (OU) 12:30 1:1 visits (2ND) 1:30 Hand Massages (2F) 2:00 Puzzles (2F) 3:00 Go 4 Life Indoor Walking Club (BW) 3:30 Poetry Club Reading and Group Writing (A) 3:30 Brain Sensation (2F) 4:00 Meet me at MoMA Presentation (2TV) 5:30 Movie Night (2TV)	9:40 Yee Haw TV Program (2TV) 27 10:00 Power up (2F) 10:30 Food Forum (A) 10:45 Guessing Words (2F) 12:30 1:1 Visits (2ND) 1:30 Hearing Clinic with Ian Castor (DRO) 2:00 Music Therapy with Instructor (A) 2:30 Bin Bag Toss (2F) 3:30 Memory Boost (2F) 4:00 Music & Dance (2TV)	9:40 Virtual Concert: "The Three Tenors LONDON 1996" (2TV) 28 10:00 Seated Zumba (2F) 10:45 Bag Toss (2F) 10:45 Catholic Church Service (A) 1:30 Pool Noodle Game (2F) 2:00 Baking Pizza's (A) 2:30 Picture Bingo (2F) 3:00 Drum Fit (2F) 3:15 Cafe Social (C) 3:30 Meet me at MoMA Painting (2F) 4:00 Java Music Club (2F) 6:45 Live Concert: Marcus (A)	Sukkot Begins (BW) 29 9:40 Just for Laughs (2TV) 10:00 DrumFit Exercise (2F) 10:30 St. John's Dog Therapy Visit (2ND) 10:45 Guessing Words (2F) 1:30 Life Skills: Sorting Bin (2TV) 2:30 Happy Arts Painting (2F) 3:30 Go For Life Walking Club (2ND) 3:30 Pre-Shabbat Service (A) 4:00 Sing Along Songs (2TV)	9:45 Social Circle (2TV) 30 10:30 Animal Documentary (2TV) 2:00 Movie Matinee with David Dunn (T) 2:15 Exercise (2F) 2:45 Game corner (2F) 3:15 Artful Enrichment (2F) 4:20 Go for life walking club (BW)

Locations Legend

- 2nd Floor Activity Room (2F)
- 2F TV Room (2TV)
- Activity Room (Main Level) (A)
- Building Wide (BW)
- 2nd Floor (2ND)
- Legend's Cafe (C)
- Theatre (Lower Level) (T)
- Reception (RECE)
- Outing (OS)
- Gym (Lower Level) (GYM)
- Bar & Bistro (B)
- Fireplace Lounge (FL)
- Lobby (LO)
- Outing (OU)
- Doctor's Office (DRO)

Calendar Legend

- Outing
- Special Program
- Living, Loving, Local
- Signature Program