



INSPIRED SENIOR LIVING

November 2023 Assisted Living



Four Elms Retirement Residence

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activity Package Available At Reception (RECE) 5</p> <p>9:30 Exercise (2F)</p> <p>10:45 Wheel of Fortune (A)</p> <p>2:15 Raptors Game Pub Social (B)</p> <p>5:30 Movie Matinee (2TV)</p>	<p>9:00 Virtual Zumba (2F) 6</p> <p>10:30 Crafts with Sammy (A)</p> <p>11:00 Exercise (2F)</p> <p>2:00 Sheldon's Classic Movies and Talk (T)</p> <p>2:30 Live Entertainment with Lilian (2F)</p> <p>3:30 Life Skills: Rolling Cutlery & Setting Tables (2F)</p> <p>4:00 Picture Discussion (2F)</p>	<p>9:30 Ball Toss (2F) 7</p> <p>10:00 Tai Chi with Janny (A)</p> <p>11:00 Activity Calendar Meeting (Planning for December) (A)</p> <p>11:00 1:1 Visits (2ND)</p> <p>2:00 Bingo (A)</p> <p>3:30 Colouring (2F)</p> <p>6:45 Live Concert: Martin Wall (A)</p>	<p>9:30 Seated Zumba (2F) 1</p> <p>10:30 Balloon Tennis (2F)</p> <p>11:00 Go For Life Walking Club with Philip (2ND)</p> <p>1:30 Seated Bowling (2F)</p> <p>3:15 Breast Cancer Screenings: What's New and What's Best? (A)</p> <p>3:30 Life Skills (2TV)</p>	<p>9:00 Ball Toss Stretches (2F) 2</p> <p>10:00 Outing to Encore Symphonic Concert Band (OS)</p> <p>10:00 What Am I: Trivia (2F)</p> <p>10:45 Catholic Church Service (A)</p> <p>11:00 Go For Life Walking Club with Roxanne (2ND)</p> <p>1:30 Picture Bingo (2F)</p> <p>3:00 Drum Fit (2F)</p> <p>3:30 Brain Exercises: Life Skills (2F)</p> <p>6:45 Card Games (A)</p>	<p>9:00 Pool Noodle Game (2F) 3</p> <p>10:30 St. John's Dog Therapy Visit (2ND)</p> <p>10:30 Education Presentation: Lianne Harris (A)</p> <p>11:00 Morning Stretches (2F)</p> <p>1:00 Go For Life Walking Club (2ND)</p> <p>1:00 Group Singing (2TV)</p> <p>2:00 Creative Painting (A)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>3:30 Brain Exercises: Life Skills (2F)</p>	<p>9:30 Balloon Toss (2F) 4</p> <p>10:30 Java Music Club (2F)</p> <p>11:00 Exercise (BW)</p> <p>1:30 Trivia: What's that Sound (A)</p> <p>2:00 Movie Matinee with David Dunn (T)</p> <p>2:15 Drum Fit (2F)</p> <p>3:15 Life Skills (2TV)</p>
<p>Activity Package Available At Reception (RECE) 5</p> <p>9:30 Exercise (2F)</p> <p>10:45 Wheel of Fortune (A)</p> <p>2:15 Raptors Game Pub Social (B)</p> <p>5:30 Movie Matinee (2TV)</p>	<p>9:00 Virtual Zumba (2F) 6</p> <p>10:30 Crafts with Sammy (A)</p> <p>11:00 Exercise (2F)</p> <p>2:00 Sheldon's Classic Movies and Talk (T)</p> <p>2:30 Live Entertainment with Lilian (2F)</p> <p>3:30 Life Skills: Rolling Cutlery & Setting Tables (2F)</p> <p>4:00 Picture Discussion (2F)</p>	<p>9:30 Ball Toss (2F) 7</p> <p>10:00 Tai Chi with Janny (A)</p> <p>11:00 Activity Calendar Meeting (Planning for December) (A)</p> <p>11:00 1:1 Visits (2ND)</p> <p>2:00 Bingo (A)</p> <p>3:30 Colouring (2F)</p> <p>6:45 Live Concert: Martin Wall (A)</p>	<p>9:30 Seated Zumba (2F) 8</p> <p>10:30 Balloon Tennis (2F)</p> <p>11:00 Go For Life Walking Club with Philip (2ND)</p> <p>2:00 Music Therpay with Instructor (A)</p> <p>3:00 Knitting Circle with Melanie (FL)</p> <p>3:30 Life Skills (2TV)</p> <p>6:45 Toronto Maple Leafs Pub Social (A)</p>	<p>9:00 Ball Toss Stretches (2F) 9</p> <p>10:00 What Am I: Trivia (2F)</p> <p>10:45 Catholic Church Service (A)</p> <p>11:00 Go For Life Walking Club with Roxanne (2ND)</p> <p>2:00 Live Concert: Violinist Rodion (A)</p> <p>2:15 Picture Bingo (2F)</p> <p>3:30 Brain Exercises: Life Skills (2F)</p> <p>6:45 Card Games (A)</p>	<p>9:00 Pool Noodle Game (2F) 10</p> <p>10:30 St. John's Dog Therapy Visit (2ND)</p> <p>10:45 Group Singing (2TV)</p> <p>11:00 Morning Stretches (2F)</p> <p>2:00 Creative Painting (A)</p> <p>2:30 Pre-Shabbat Service (A)</p> <p>3:30 Brain Exercises: Life Skills (2F)</p>	<p>Remembrance Day (BW) 11</p> <p>10:30 Remembrance Day Service (LO)</p> <p>10:30 Java Music Club (2F)</p> <p>1:30 Trivia: What's that Sound (A)</p> <p>2:00 Movie Matinee with David Dunn (T)</p> <p>2:15 Drum Fit (2F)</p> <p>3:15 Life Skills (2TV)</p>
<p>Activity Package Available At Reception (RECE) 12</p> <p>10:00 Seated Zumba (2F)</p> <p>1:30 Puzzles, Sorting, Coloring (2F)</p> <p>2:15 Floor Curling with Manager on Duty (GYM)</p> <p>3:30 Virtual Exercise (TV)</p> <p>5:30 Movie Matinee (2TV)</p>	<p>9:00 Virtual Zumba (2F) 13</p> <p>11:00 Exercise (2F)</p> <p>2:00 Sheldon's Classic Movies and Talk (T)</p> <p>2:30 Wheel of Fortune (2F)</p> <p>3:30 Life Skills: Rolling Cutlery & Setting Tables (2F)</p>	<p>9:30 Ball Toss (2F) 14</p> <p>10:00 Tai Chi with Janny (A)</p> <p>10:30 Walmart Shopping Trip (OS)</p> <p>11:00 Bag Toss (2F)</p> <p>11:00 1:1 Visits (2ND)</p> <p>2:00 Bingo (GYM)</p> <p>3:30 Colouring (2F)</p>	<p>9:30 Seated Zumba (2F) 15</p> <p>10:30 Balloon Tennis (2F)</p> <p>11:00 Go For Life Walking Club with Philip (2ND)</p> <p>1:30 Seated Bowling (2F)</p> <p>3:00 Knitting Circle with Melanie (FL)</p> <p>3:30 Life Skills (2TV)</p>	<p>9:00 Ball Toss Stretches (2F) 16</p> <p>10:00 What Am I: Trivia (2F)</p> <p>10:45 Catholic Church Service (A)</p> <p>11:00 Go For Life Walking Club with Roxanne (2ND)</p> <p>11:30 Dragon Legend (OU)</p> <p>1:30 Picture Bingo (2F)</p> <p>3:30 Brain Exercises: Life Skills (2F)</p> <p>6:45 Card Games (A)</p>	<p>9:00 Pool Noodle Game (2F) 17</p> <p>10:00 Morning Stretches (2F)</p> <p>10:30 St. John's Dog Therapy Visit (2ND)</p> <p>11:00 Group Singing (2TV)</p> <p>2:00 Toronto Maple Leafs Pub Social (B)</p> <p>2:00 Creative Painting (A)</p> <p>2:30 Pre-Shabbat Service (GYM)</p> <p>3:30 Brain Exercises: Life Skills (2F)</p>	<p>9:30 Balloon Toss (2F) 18</p> <p>10:30 Java Music Club (2F)</p> <p>11:00 Exercise (BW)</p> <p>1:30 Trivia: What's that Sound (A)</p> <p>2:00 Movie Matinee with David Dunn (T)</p> <p>2:15 Drum Fit (2F)</p> <p>3:15 Life Skills (2TV)</p>



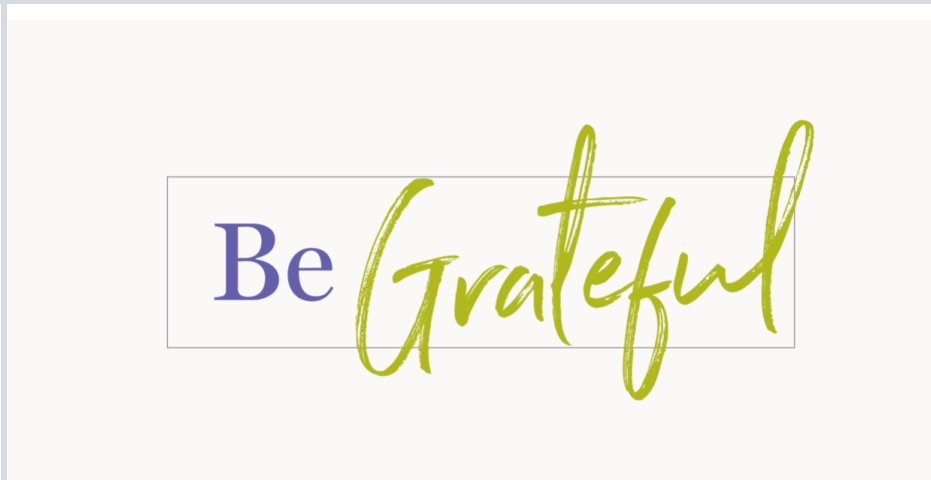
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Four Elms Retirement Residence

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activity Package Available At Reception (RECE) 19</p> <p>10:00 Seated Zumba (2F)</p> <p>1:30 Puzzles, Sorting, Coloring (2F)</p> <p>2:15 Floor Curling with Manager on Duty (GYM)</p> <p>3:30 Virtual Exercise (TV)</p> <p>5:30 Movie Matinee (2TV)</p>	<p>20</p> <p>9:00 Virtual Zumba (2F)</p> <p>10:00 Exercise (2F)</p> <p>10:45 Painting with Sammy (A)</p> <p>10:50 Wheel of Fortune (2F)</p> <p>1:15 Fancy Finger Manicures (2F)</p> <p>2:00 Sheldon's Classic Movies and Talk (T)</p> <p>2:30 Live Entertainment with Lilian (2F)</p> <p>3:30 Life Skills: Rolling Cutlery & Setting Tables (2F)</p> <p>6:45 Live Concert: Jeff Ewing (A)</p>	<p>21</p> <p>9:30 Ball Toss (2F)</p> <p>10:00 Science Center (OU)</p> <p>10:00 Tai Chi with Janny (A)</p> <p>11:00 Bag Toss (2F)</p> <p>11:00 1:1 Visits (2ND)</p> <p>2:00 Bingo (A)</p> <p>2:00 Seated Soccer (2F)</p> <p>3:30 Colouring (2F)</p>	<p>22</p> <p>9:30 Seated Zumba (2F)</p> <p>10:30 Balloon Tennis (2F)</p> <p>11:00 Go For Life Walking Club with Philip (2ND)</p> <p>2:00 Music Therapy with Instructor (A)</p> <p>3:00 Knitting Circle with Melanie (FL)</p> <p>3:15 The future of Regenerative Agriculture in a changing world (A)</p> <p>3:30 Life Skills (2TV)</p>	<p>23</p> <p>9:00 Ball Toss Stretches (2F)</p> <p>10:00 888 Clothing Sale (FL)</p> <p>10:00 What Am I: Trivia (2F)</p> <p>10:45 Catholic Church Service (A)</p> <p>11:00 Go For Life Walking Club with Roxanne (2ND)</p> <p>2:00 Magic Show with Michael (A)</p> <p>3:30 Brain Exercises: Life Skills (2F)</p> <p>6:45 Card Games (A)</p>	<p>24</p> <p>9:00 Pool Noodle Game (2F)</p> <p>10:00 Morning Stretches (2F)</p> <p>10:30 St. John's Dog Therapy Visit (2ND)</p> <p>11:00 Group Singing (2TV)</p> <p>2:00 Toronto Maple Leafs Pub Social (B)</p> <p>2:00 Creative Painting (A)</p> <p>2:30 Pre-Shabbat Service (A)</p> <p>3:30 Brain Exercises: Life Skills (2F)</p>	<p>25</p> <p>9:30 Balloon Toss (2F)</p> <p>10:30 Java Music Club (2F)</p> <p>11:00 Exercise (BW)</p> <p>1:30 Trivia: What's that Sound (A)</p> <p>2:00 Movie Matinee with David Dunn (T)</p> <p>2:15 Drum Fit (2F)</p> <p>3:15 Life Skills (2TV)</p>
<p>Activity Package Available At Reception (RECE) 26</p> <p>10:00 Virtual Exercise (A)</p> <p>10:00 Seated Zumba (2F)</p> <p>1:30 Puzzles, Sorting, Coloring (2F)</p> <p>2:15 Floor Curling with Manager on Duty (GYM)</p> <p>3:30 Virtual Exercise (TV)</p> <p>5:30 Movie Matinee (2TV)</p>	<p>27</p> <p>9:00 Virtual Zumba (2F)</p> <p>10:00 Bata Shoe Museum (OU)</p> <p>10:45 Exercise (2F)</p> <p>1:15 Fancy Finger Manicures (2F)</p> <p>2:00 Sheldon's Classic Movies and Talk (T)</p> <p>2:30 Wheel of Fortune (2F)</p> <p>3:30 Life Skills: Rolling Cutlery & Setting Tables (2F)</p>	<p>28</p> <p>9:30 Ball Toss (2F)</p> <p>10:00 Designs by Gina: Jewelry Vendor (FL)</p> <p>10:00 Tai Chi with Janny (A)</p> <p>11:00 Bag Toss (2F)</p> <p>11:00 1:1 Visits (2ND)</p> <p>2:00 Bingo (A)</p> <p>2:00 Seated Soccer (2F)</p> <p>3:15 Nutritional Strategies, gut microbiome, and mitigating COVID-19 outcomes (A)</p> <p>3:30 Colouring (2F)</p> <p>6:45 Live Concert: Shannon (A)</p>	<p>29</p> <p>9:30 Seated Zumba (2F)</p> <p>10:30 Balloon Tennis (2F)</p> <p>11:00 Go For Life Walking Club with Philip (2ND)</p> <p>11:15 Me-Va-Me Restaurant (OU)</p> <p>2:00 Seated Bowling (2F)</p> <p>3:00 Knitting Circle with Melanie (FL)</p> <p>3:30 Life Skills (2TV)</p> <p>7:15 Raptors Game Pub Social (B)</p>	<p>30</p> <p>9:00 Ball Toss Stretches (2F)</p> <p>10:00 What Am I: Trivia (2F)</p> <p>10:45 Catholic Church Service (A)</p> <p>11:00 Go For Life Walking Club with Roxanne (2ND)</p> <p>1:30 Picture Bingo (2F)</p> <p>3:30 Brain Exercises: Life Skills (2F)</p> <p>6:45 Live Concert with Emilio (A)</p>		



Locations Legend

2nd Floor Activity Room (2F)	Reception (RECE)
Activity Room (Main Level) (A)	Outing (OU)
2nd Floor (2ND)	TV Lounge (TV)
2F TV Room (2TV)	Outing (OS)
Theatre (Lower Level) (T)	Bistro Bar (B)
Fireplace Lounge (FL)	Bar & Bistro (B)
Gym (Lower Level) (GYM)	Lobby (LO)
Building Wide (BW)	

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program