



INSPIRED SENIOR LIVING

November 2023 Independent Living

Four Elms Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 Drum Fit (A) 10:00 Exercise (GYM) 10:45 Wheel of Fortune (B) 2:00 Floor Curling (GYM) 3:15 Breast Cancer Screenings: What's New and What's Best? (A) 6:45 Virtual Seated Zumba (A)	2 10:00 Outing to Encore Symphonic Concert Band (OS) 10:45 Catholic Church Service (A) 2:00 Meet me at MoMA (A) 2:15 Darts (GR) 3:30 Independent: Go 4 Life Walking Club (CY) 6:45 Card Games (A)	3 9:30 Drum Fit (A) 10:00 Exercise (GYM) 10:30 Education Presentation: Lianne Harris (A) 11:00 St. John's Dog Therapy Visit (LO) 3:30 Pre-Shabbat Service (A)	4 9:30 Balloon Tennis (A) 10:00 Virtual Seated Zumba (A) 2:00 Movie Matinee with David Dunn (T) 6:30 Rummy Q Game Session (A)
5 Activity Package Available At Reception (RECE) 9:15 Balloon Tennis (A) 10:00 Virtual Exercise (A) 2:15 Raptors Game Pub Social (B) 6:30 Scrabble Group (A)	6 9:30 Balloon Tennis (A) 10:00 Exercise Full Body Workout (GYM) 10:30 Crafts with Sammy (A) 2:00 Sheldon's Classic Movies and Talk (T) 3:00 Virtual Seated Zumba (A) 4:00 Independent Walks (BW)	7 9:30 Balloon Tennis (A) 10:00 Tai Chi with Janny (A) 11:00 Activity Calendar Meeting (Planning for December) (A) 2:00 Bridge Group (L) 2:00 Bingo (A) 6:30 Kalooki Group (GR) 6:45 Live Concert: Martin Wall (A)	8 9:30 Drum Fit (A) 10:00 Exercise (GYM) 10:45 Wheel of Fortune (A) 2:00 Floor Curling (GYM) 3:00 Knitting Circle with Melanie (FL) 6:45 Toronto Maple Leafs Pub Social (A)	9 9:30 Balloon Tennis (A) 10:00 Exercise (GYM) 10:45 Catholic Church Service (A) 2:00 Live Concert: Violinist Rodion (A) 3:30 Independent: Go 4 Life Walking Club (CY) 6:45 Card Games (A)	10 9:30 Drum Fit (A) 10:00 Exercise (GYM) 10:45 Words in a Word (A) 11:00 St. John's Dog Therapy Visit (LO) 2:00 Bowling (GYM) 2:30 Pre-Shabbat Service (A)	11 Remembrance Day (BW) 9:30 Balloon Tennis (GYM) 10:30 Remembrance Day Service (LO) 2:00 Movie Matinee with David Dunn (T) 6:30 Rummy Q Game Session (A)
12 Activity Package Available At Reception (RECE) 9:15 Balloon Tennis (A) 2:15 Floor Curling with Manager on Duty (GYM) 6:30 Scrabble Group (A)	13 9:30 Balloon Tennis (GYM) 10:00 Exercise Full Body Workout (GYM) 10:45 Fit Minds with Frances.P (L) 2:00 Sheldon's Classic Movies and Talk (T) 4:00 Independent Walks (BW)	14 9:30 Balloon Tennis (GYM) 10:00 Tai Chi with Janny (GYM) 10:30 Walmart Shopping Trip (OS) 2:00 Bridge Group (L) 2:00 Bingo (GYM) 6:30 Kalooki Group (L)	15 9:30 Drum Fit (GYM) 10:00 Exercise (GYM) 10:45 Wheel of Fortune (A) 2:00 Floor Curling (GYM) 3:00 Knitting Circle with Melanie (FL) 4:00 America's Got Talent (GYM) 6:45 Virtual Seated Zumba (A)	16 9:30 Balloon Tennis (GYM) 10:00 Exercise (GYM) 10:45 Catholic Church Service (A) 11:30 Dragon Legend (OU) 2:00 Meet me at MoMA (GYM) 2:15 Darts (GR) 3:30 Independent: Go 4 Life Walking Club (CY) 6:45 Card Games (A)	17 9:30 Drum Fit (GYM) 10:00 Exercise (GYM) 10:45 Words in a Word (GYM) 11:00 St. John's Dog Therapy Visit (LO) 2:00 Toronto Maple Leafs Pub Social (B) 2:30 Pre-Shabbat Service (GYM)	18 9:30 Balloon Tennis (GYM) 10:00 Virtual Seated Zumba (GYM) 2:00 Movie Matinee with David Dunn (T) 6:30 Rummy Q Game Session (L)



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Activity Package Available At Reception (RECE) 19 9:15 Balloon Tennis (GYM) 2:15 Floor Curling with Manager on Duty (GYM) 6:30 Scrabble Group (A)	9:30 Balloon Tennis (A) 20 10:00 Exercise Full Body Workout (GYM) 10:45 Painting with Sammy (A) 2:00 Sheldon's Classic Movies and Talk (T) 3:00 Virtual Seated Zumba (A) 4:00 Independent Walks (BW) 6:45 Live Concert: Jeff Ewing (A)	9:30 Balloon Tennis (A) 21 10:00 Tai Chi with Janny (A) 10:00 Science Center (OU) 2:00 Bridge Group (L) 2:00 Bingo (A) 6:30 Kalooki Group (GR)	9:30 Drum Fit (A) 22 10:00 Exercise (GYM) 10:45 Wheel of Fortune (A) 2:00 Floor Curling (GYM) 3:00 Knitting Circle with Melanie (FL) 3:15 The future of Regenerative Agriculture in a changing world (A) 6:45 Virtual Seated Zumba (A)	9:30 Balloon Tennis (A) 23 10:00 Exercise (GYM) 10:00 888 Clothing Sale (FL) 10:45 Catholic Church Service (A) 2:00 Magic Show with Michael (A) 3:30 Independent: Go 4 Life Walking Club (CY) 6:45 Card Games (A)	9:30 Drum Fit (A) 24 10:00 Exercise (GYM) 10:45 Words in a Word (GYM) 11:00 St. John's Dog Therapy Visit (LO) 2:00 Toronto Maple Leafs Pub Social (B) 2:30 Pre-Shabbat Service (A)	9:30 Balloon Tennis (A) 25 10:00 Virtual Seated Zumba (A) 2:00 Movie Matinee with David Dunn (T) 6:30 Rummy Q Game Session (A)
Activity Package Available At Reception (RECE) 26 9:15 Balloon Tennis (A) 10:00 Virtual Exercise (A) 2:15 Floor Curling with Manager on Duty (GYM) 3:15 America's Got Talent (A) 6:30 Scrabble Group (A)	9:30 Balloon Tennis (A) 27 10:00 Exercise Full Body Workout (GYM) 10:00 Bata Shoe Museum (OU) 2:00 Sheldon's Classic Movies and Talk (T) 3:00 Virtual Seated Zumba (A) 4:00 Independent Walks (BW)	9:30 Balloon Tennis (A) 28 10:00 Tai Chi with Janny (A) 10:00 Designs by Gina: Jewelry Vendor (FL) 2:00 Bridge Group (L) 2:00 Bingo (A) 3:15 Nutritional Strategies, gut microbiome, and mitigating COVID-19 outcomes (A) 6:45 Live Concert: Shannon (A)	9:30 Drum Fit (A) 29 10:00 Exercise (GYM) 10:45 Wheel of Fortune (A) 11:15 Me-Va-Me Restaurant (OU) 2:00 Floor Curling (GYM) 3:00 Knitting Circle with Melanie (FL) 6:45 Virtual Seated Zumba (A) 7:15 Raptors Game Pub Social (B)	9:30 Balloon Tennis (A) 30 10:00 Exercise (GYM) 10:45 Catholic Church Service (A) 2:00 Meet me at MoMA (A) 2:15 Darts (GR) 3:30 Independent: Go 4 Life Walking Club (CY) 6:45 Live Concert with Emilio (A)		



Locations Legend

Activity Room (Main Level) (A)	Lobby (LO)
Gym (Lower Level) (GYM)	Building Wide (BW)
Theatre (Lower Level) (T)	Reception (RECE)
Library (L)	Outing (OU)
Fireplace Lounge (FL)	Bar & Bistro (B)
Games Room (GR)	Outing (OS)
Courtyard (CY)	Bistro Bar (B)

Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program