



INSPIRED SENIOR LIVING

# December 2023 Assisted Living



## Four Elms Retirement Residence

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>THURSDAY</b> <b>DEC 7</b></p> <p><b>Hanukkah</b></p>	 <p><b>MONDAY</b> <b>DEC 25</b></p> <p><b>Christmas Day</b></p>					
<p>Activity Package Available At Reception (RECE) <b>3</b></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>9:30 Virtual Zumba (2F) <b>4</b></p> <p>10:00 Exercise (2F)</p> <p>10:30 Painting with Sammy (A)</p> <p>10:45 Wheel of Fortune (2F)</p> <p>12:30 The Distillery Winter Village (OU)</p> <p>2:00 Movie Matinee (T)</p> <p>2:15 Bean Bag Toss (2F)</p> <p>3:30 Cognitive Exercises (2F)</p> <p>6:45 Live Concert: Martin Wall (A)</p>	<p>10:00 Tai Chi with Janny (A) <b>5</b></p> <p>10:00 Loila's Fashion (FL)</p> <p>10:00 Ball Toss (2F)</p> <p>10:45 Trivia (2F)</p> <p>1:00 Drum Fit (2F)</p> <p>2:00 Bingo (A)</p> <p>2:00 Creative Painting (A)</p> <p>3:30 Cognitive Exercises (2F)</p> <p>6:45 Live Concert: Brian Larter (A)</p>	<p>10:00 Exercise (2F) <b>6</b></p> <p>10:30 IPAC Presentation by Mackenzie Health (A)</p> <p>10:45 What Am I: Trivia (2F)</p> <p>11:30 Go For Life Walking Club with Philip (2ND)</p> <p>1:00 Seated Bowling (2F)</p> <p>2:00 Music Therpay with Instructor (A)</p> <p>3:00 Knitting Circle (FL)</p> <p>3:30 Cognitive Exercises (2F)</p> <p>6:45 Karaoke with Maryam (A)</p>	<p>Hannukkah Begins <b>7</b></p> <p>9:15 Ball Toss Stretches (2F)</p> <p>9:45 What Am I: Trivia (2F)</p> <p>10:00 Encore Symphonic Concert Band (OS)</p> <p>10:45 Catholic Church Service (A)</p> <p>10:45 Morning Stretches (2F)</p> <p>1:00 Go For Life Walking Club with Roxanne (2ND)</p> <p>2:00 Making Pizza's (A)</p> <p>2:30 Picture Bingo (2F)</p> <p>3:30 Cognitive Exercises (2F)</p> <p>6:45 Card Games (A)</p>	<p>9:15 Seated Zumba (2F) <b>8</b></p> <p>10:00 Morning Stretches (2F)</p> <p>10:45 Trivia (2F)</p> <p>1:15 Go For Life Walking Club (BW)</p> <p>2:00 Creative Painting (2F)</p> <p>2:30 Pre-Shabbat Service (A)</p> <p>2:30 Travelling Menorah Lighting (CY)</p> <p>3:30 Cognitive Exercises (2F)</p>	<p>9:30 Balloon Toss (2F) <b>9</b></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) <b>10</b></p> <p>10:00 Virtual Exercise (A)</p> <p>10:00 Seated Zumba (2F)</p> <p>11:30 Holiday Buffet (D)</p> <p>1:30 Puzzles, Sorting, Coloring (2F)</p> <p>2:00 Holiday Carols with Lilian Thompson (A)</p> <p>3:30 Virtual Exercise (TV)</p> <p>3:30 Cognitive Exercises (2F)</p> <p>5:30 Movie Matinee (2TV)</p>	<p>9:30 Virtual Zumba (2F) <b>11</b></p> <p>10:00 Exercise (2F)</p> <p>10:30 Craft Class with Angelas (A)</p> <p>10:45 Wheel of Fortune (2F)</p> <p>12:00 Max's Restaurant, Cuisine of the Philippines (OS)</p> <p>2:15 Bean Bag Toss (2F)</p> <p>3:30 Cognitive Exercises (2F)</p> <p>6:45 Live Concert: Manvir (A)</p>	<p>10:00 Tai Chi with Janny (A) <b>12</b></p> <p>10:00 Ball Toss (2F)</p> <p>11:00 Bais Chaya Mushkah Girls Performance (A)</p> <p>1:00 Drum Fit (2F)</p> <p>2:00 Bingo (A)</p> <p>2:00 Creative Painting (A)</p> <p>3:30 Cognitive Exercises (2F)</p>	<p>10:00 Dance Class (A) <b>13</b></p> <p>10:15 Exercise (2F)</p> <p>10:45 What Am I: Trivia (2F)</p> <p>1:00 Seated Bowling (2F)</p> <p>2:00 Karaoke with Maryam (2F)</p> <p>2:45 Ladder Ball (2F)</p> <p>3:00 Knitting Circle (FL)</p> <p>3:30 Cognitive Exercises (2F)</p> <p>4:30 Go For Life Walking Club (2ND)</p> <p>7:00 Raptors Game Pub Social (B)</p>	<p>9:15 Ball Toss Stretches (2F) <b>14</b></p> <p>9:45 What Am I: Trivia (2F)</p> <p>10:45 Catholic Church Service (A)</p> <p>10:45 Morning Stretches (2F)</p> <p>1:00 Go For Life Walking Club with Roxanne (2ND)</p> <p>1:00 Bais Chaya Mushkah Girls Performance (A)</p> <p>1:30 Picture Bingo (2F)</p> <p>2:00 Baking Cookies (A)</p> <p>3:30 Cognitive Exercises (2F)</p> <p>6:45 Card Games (A)</p>	<p>Living Loving Local Dinner <b>15</b></p> <p>9:30 Seated Zumba (2F)</p> <p>10:00 Morning Stretches (2F)</p> <p>10:30 Walmart Shopping Trip (OS)</p> <p>10:45 Trivia (2F)</p> <p>1:15 Go For Life Walking Club (BW)</p> <p>2:00 Creative Painting (2F)</p> <p>2:30 Pre-Shabbat Service (A)</p> <p>3:30 Cognitive Exercises (2F)</p>	<p>10:15 Wheel of Fortune (2F) <b>16</b></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>3:30 Cognitive Exercises (2F)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>17</b> Activity Package Available At Reception (RECE) 10:00 Virtual Exercise (A) 10:00 Seated Zumba (2F) 1:30 Puzzles, Sorting, Coloring (2F) 2:00 Students Piano Recital (A) 3:30 Virtual Exercise (TV) 3:30 Cognitive Exercises (2F) 5:30 Movie Matinee (2TV)	<b>18</b> 9:30 Virtual Zumba (2F) 10:00 Exercise (2F) 10:30 Painting with Sammy (A) 10:45 Wheel of Fortune (2F) 2:00 Staff Holiday Performance (A) 2:15 Bean Bag Toss (2F) 3:30 Cognitive Exercises (2F) 6:30 Christmas Tour of Lights (OS)	<b>19</b> 10:00 Tai Chi with Janny (A) 10:00 Ball Toss (2F) 10:45 Resident Satisfaction Review with Management (GYM) 1:00 Drum Fit (2F) 2:00 Bingo (A) 2:00 Creative Painting (A) 3:30 Cognitive Exercises (2F) 6:45 Live Concert: Emilo (A)	<b>20</b> 10:00 Exercise (2F) 10:30 Cooking with Chef Jason (A) 1:00 Seated Bowling (2F) 1:30 Hearing Clinic with Ian Castor (DRO) 2:00 Music Therapy with Instructor (A) 3:00 Knitting Circle (FL) 3:15 Cognitive Exercises (2F) 4:30 Go For Life Walking Club (2ND) 7:00 Raptors Game Pub Social (B)	<b>21</b> 9:15 Ball Toss Stretches (2F) 9:45 What Am I: Trivia (2F) 10:45 Catholic Church Service (A) 10:45 Morning Stretches (2F) 1:15 Go For Life Walking Club (2ND) 2:00 Monthly Birthday Party with Shannon (A) 2:30 Picture Bingo (2F) 3:30 Cognitive Exercises (2F) 6:45 Card Games (A)	<b>22</b> 9:30 Seated Zumba (2F) 10:00 Morning Stretches (2F) 10:45 Trivia (2F) 1:15 Go For Life Walking Club (BW) 2:00 Creative Painting (2F) 2:30 Pre-Shabbat Service (A) 3:30 Cognitive Exercises (2F)	<b>23</b> 10:15 Wheel of Fortune (2F) 11:00 Exercise (BW) 1:30 Trivia: What's that Sound (A) 2:00 Movie Matinee with David Dunn (T) 2:15 Drum Fit (2F) 3:15 Life Skills (2TV) 3:30 Cognitive Exercises (2F)
<b>24</b> Activity Package Available At Reception (RECE) 10:00 Virtual Exercise (A) 10:00 Seated Zumba (2F) 1:30 Puzzles, Sorting, Coloring (2F) 2:15 Floor Curling with Manager on Duty (GYM) 3:30 Virtual Exercise (TV) 3:30 Cognitive Exercises (2F) 5:30 Movie Matinee (2TV)	<b>25</b> Christmas Day (BW) 9:30 Virtual Zumba (2F) 10:45 Wheel of Fortune (2F) 1:15 Exercise (2F) 2:00 Movie Matinee (T) 2:15 Bean Bag Toss (2F) 3:30 Cognitive Exercises (2F) 6:45 Christmas Concert (A)	<b>26</b> Boxing Day 10:45 Exercise (2F) 1:00 Drum Fit (2F) 1:45 Movie Matinee (2F) 2:00 Bingo (A) 3:30 Cognitive Exercises (2F)	<b>27</b> 10:00 Dance Class (A) 10:00 Exercise (2F) 1:00 Seated Bowling (2F) 2:00 Karaoke with Maryam (2F) 2:45 Ladder Ball (2F) 3:00 Knitting Circle (FL) 3:30 Cognitive Exercises (2F) 4:30 Go For Life Walking Club (2ND) 7:00 Toronto Maple Leafs Pub Social (B)	<b>28</b> 9:15 Ball Toss Stretches (2F) 9:45 What Am I: Trivia (2F) 10:45 Catholic Church Service (A) 10:45 Morning Stretches (2F) 1:30 Picture Bingo (2F) 3:00 Go For Life Walking Club with Roxanne (2ND) 3:30 Cognitive Exercises (2F) 6:45 Live Concert: Martin Wall (A)	<b>29</b> 9:30 Seated Zumba (2F) 10:00 Morning Stretches (2F) 10:45 Trivia (2F) 1:15 Go For Life Walking Club (BW) 2:00 Creative Painting (2F) 2:30 Pre-Shabbat Service (A) 3:30 Cognitive Exercises (2F)	<b>30</b> 10:15 Wheel of Fortune (2F) 11:00 Exercise (BW) 1:30 Trivia: What's that Sound (A) 2:00 Movie Matinee with David Dunn (T) 2:15 Drum Fit (2F) 3:15 Life Skills (2TV) 3:30 Cognitive Exercises (2F)

<b>31</b> Activity Package Available At Reception (RECE) New Years Eve 10:00 Virtual Exercise (A) 10:00 Seated Zumba (2F) 1:30 Puzzles, Sorting, Coloring (2F) 2:00 New Years Eve Social (A) 3:30 Virtual Exercise (TV) 3:30 Cognitive Exercises (2F) 5:30 Movie Matinee (2TV)
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Locations Legend	
2nd Floor Activity Room (2F)	Outing (OS)
Activity Room (Main Level) (A)	Gym (Lower Level) (GYM)
Building Wide (BW)	Bistro Bar (B)
2F TV Room (2TV)	Lobby (LO)
2nd Floor (2ND)	Outing (OU)
Theatre (Lower Level) (T)	Courtyard (CY)
Reception (RECE)	Main Dining Room (D)
TV Lounge (TV)	Doctor's Office (DRO)
Fireplace Lounge (FL)	Bar & Bistro (B)

Calendar Legend
Outing
Special Program
Living, Loving, Local
Signature Program