



INSPIRED SENIOR LIVING

December 2023

Independent Living

Four Elms Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>THURSDAY DEC 7</p> <p>Hanukkah</p>	 <p>MONDAY DEC 25</p> <p>Christmas Day</p>				<p>9:30 Drum Fit (A) 1</p> <p>10:00 Exercise (GYM)</p> <p>10:30 History Stories with Lianne Harris (A)</p> <p>11:00 St. John's Dog Therapy Visit (LO)</p> <p>2:00 Christmas Tree Decorating (LO)</p> <p>2:30 Pre-Shabbat Service (A)</p>	<p>9:30 Balloon Tennis (A) 2</p> <p>10:00 Virtual Seated Zumba (A)</p> <p>2:00 Movie Matinee with David Dunn (T)</p> <p>6:30 Rummy Q Game Session (A)</p>
<p>Activity Package Available At Reception (RECE) 3</p> <p>9:15 Balloon Tennis (A)</p> <p>10:00 Virtual Exercise (A)</p> <p>2:15 Floor Curling with Manager on Duty (GYM)</p> <p>3:15 America's Got Talent (A)</p> <p>6:30 Scrabble Group (A)</p>	<p>9:15 Balloon Tennis (A) 4</p> <p>10:30 Painting with Sammy (A)</p> <p>12:30 The Distillery Winter Village (OU)</p> <p>2:00 Movie Matinee (T)</p> <p>6:45 Live Concert: Martin Wall (A)</p>	<p>9:15 Balloon Tennis (A) 5</p> <p>10:00 Tai Chi with Janny (A)</p> <p>10:00 Loila's Fashion (FL)</p> <p>2:00 Bridge Group (L)</p> <p>2:00 Bingo (A)</p> <p>3:30 Trivia (A)</p> <p>6:45 Live Concert: Brian Larter (A)</p>	<p>9:30 Drum Fit (A) 6</p> <p>10:30 IPAC Presentation by Mackenzie Health (A)</p> <p>2:00 Floor Curling (GYM)</p> <p>3:00 Knitting Circle (FL)</p> <p>3:30 Wheel of Fortune (A)</p> <p>6:45 Karaoke with Maryam (A)</p>	<p>Hannukkah Begins 7</p> <p>9:30 Balloon Tennis (A)</p> <p>10:00 Exercise (GYM)</p> <p>10:00 Encore Symphonic Concert Band (OS)</p> <p>10:45 Catholic Church Service (A)</p> <p>2:00 Making Pizza's (A)</p> <p>3:30 Independent: Go 4 Life Walking Club (CY)</p> <p>6:45 Card Games (A)</p>	<p>9:30 Drum Fit (A) 8</p> <p>10:00 Exercise (GYM)</p> <p>10:45 Words in a Word (GYM)</p> <p>11:00 St. John's Dog Therapy Visit (LO)</p> <p>2:00 Darts (GR)</p> <p>2:30 Pre-Shabbat Service (A)</p> <p>2:30 Travelling Menorah Lighting (CY)</p>	<p>9:30 Balloon Tennis (A) 9</p> <p>10:00 Virtual Seated Zumba (A)</p> <p>2:00 Movie Matinee with David Dunn (T)</p> <p>6:30 Rummy Q Game Session (A)</p>
<p>Activity Package Available At Reception (RECE) 10</p> <p>9:15 Balloon Tennis (A)</p> <p>10:00 Virtual Exercise (A)</p> <p>11:30 Holiday Buffet (D)</p> <p>2:00 Holiday Carols with Lilian Thompson (A)</p> <p>6:30 Scrabble Group (A)</p>	<p>9:15 Balloon Tennis (A) 11</p> <p>10:30 Craft Class with Angelas (A)</p> <p>12:00 Max's Restaurant, Cuisine of the Philippines (OS)</p> <p>2:00 Meet Me at MoMA (A)</p> <p>3:30 Virtual Seated Zumba (A)</p> <p>6:45 Live Concert: Manvir (A)</p>	<p>9:15 Balloon Tennis (A) 12</p> <p>10:00 Tai Chi with Janny (A)</p> <p>11:00 Bais Chaya Mushkah Girls Performance (A)</p> <p>2:00 Bridge Group (L)</p> <p>2:00 Bingo (A)</p> <p>3:30 Trivia (A)</p>	<p>9:15 Balloon Tennis (A) 13</p> <p>10:00 Dance Class (A)</p> <p>2:00 Floor Curling (GYM)</p> <p>3:00 Knitting Circle (FL)</p> <p>3:30 Wheel of Fortune (A)</p> <p>7:00 Raptors Game Pub Social (B)</p>	<p>9:30 Balloon Tennis (A) 14</p> <p>10:00 Exercise (GYM)</p> <p>10:45 Catholic Church Service (A)</p> <p>1:00 Bais Chaya Mushkah Girls Performance (A)</p> <p>2:00 Baking Cookies (A)</p> <p>6:45 Card Games (A)</p>	<p>Living Loving Local Dinner 15</p> <p>9:15 Balloon Tennis (A)</p> <p>10:00 Exercise (GYM)</p> <p>10:30 Walmart Shopping Trip (OS)</p> <p>11:00 St. John's Dog Therapy Visit (LO)</p> <p>2:00 Darts (GR)</p> <p>2:30 Pre-Shabbat Service (A)</p>	<p>9:30 Balloon Tennis (A) 16</p> <p>10:00 Virtual Seated Zumba (A)</p> <p>2:00 Movie Matinee with David Dunn (T)</p> <p>6:30 Rummy Q Game Session (A)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Activity Package Available At Reception (RECE) 17 9:15 Balloon Tennis (A) 10:00 Virtual Exercise (A) 2:00 Students Piano Recital (A) 6:30 Scrabble Group (A)	9:15 Balloon Tennis (A) 18 10:30 Painting with Sammy (A) 2:00 Staff Holiday Performance (A) 4:00 Virtual Seated Zumba (A) 6:30 Christmas Tour of Lights (OS)	9:15 Balloon Tennis (A) 19 10:00 Tai Chi with Janny (A) 10:45 Resident Satisfaction Review with Managment (GYM) 2:00 Bridge Group (L) 2:00 Bingo (A) 3:30 Visit by MPP Laura Smith (A) 6:45 Live Concert: Emilo (A)	9:15 Balloon Tennis (A) 20 10:30 Cooking with Chef Jason (A) 1:30 Hearing Clinic with Ian Castor (DRO) 2:00 Floor Curling (GYM) 3:00 Knitting Circle (FL) 3:30 Wheel of Fortune (A) 7:00 Raptors Game Pub Social (B)	9:30 Balloon Tennis (A) 21 10:00 Exercise (GYM) 10:45 Catholic Church Service (A) 2:00 Monthly Birthday Party with Shannon (A) 6:45 Card Games (A)	9:15 Balloon Tennis (A) 22 10:00 Exercise (GYM) 10:45 Words in a Word (GYM) 11:00 St. John's Dog Therapy Visit (LO) 2:00 Darts (GR) 2:30 Pre-Shabbat Service (A)	9:30 Balloon Tennis (A) 23 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) 24 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)	Christmas Day (BW) 25 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 2:00 Movie Matinee (T) 6:45 Christmas Concert (A)	Boxing Day 26 9:15 Balloon Tennis (A) 10:00 Virtual Exercise (A) 2:00 Bridge Group (L) 2:00 Bingo (A) 6:30 Kalooki Group (GR)	9:15 Balloon Tennis (A) 27 10:00 Dance Class (A) 2:00 Floor Curling (GYM) 3:00 Knitting Circle (FL) 3:30 Wheel of Fortune (A) 7:00 Toronto Maple Leafs Pub Social (B)	9:30 Balloon Tennis (A) 28 10:00 Exercise (GYM) 10:45 Catholic Church Service (A) 2:00 Meet me at MoMA (A) 2:15 Bowling (GYM) 6:45 Live Concert: Martin Wall (A)	9:15 Balloon Tennis (A) 29 10:00 Exercise (GYM) 10:45 Words in a Word (GYM) 11:00 St. John's Dog Therapy Visit (LO) 2:00 Darts (GR) 2:30 Pre-Shabbat Service (A)	9:30 Balloon Tennis (A) 30 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) 31 New Years Eve 9:15 Balloon Tennis (A) 10:00 Virtual Exercise (A) 2:00 New Years Eve Social (A) 6:30 Scrabble Group (A)						Locations Legend Activity Room (Main Level) (A) Gym (Lower Level) (GYM) Theatre (Lower Level) (T) Lobby (LO) Reception (RECE) Fireplace Lounge (FL) Games Room (GR) Library (L) Outing (OS) Courtyard (CY) Bistro Bar (B) Outing (OU) Main Dining Room (D) Doctor's Office (DRO) Building Wide (BW) Bar & Bistro (B)	Calendar Legend Outing Special Program Living, Loving, Local Signature Program