



INSPIRED  
SENIOR LIVING

# January 2024 Assisted Living



## Four Elms Retirement Residence

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   |
|--|---|---|--|---|--|--|
|  | <p>9:15 Virtual Zumba (2F) <b>1</b></p> <p>10:45 Exercise (2F)</p> <p>2:00 Live Concert: Gilad (A)</p> <p>3:30 Cognitive Exercises (2F)</p>   | <p>10:10 Ball Toss (2F) <b>2</b></p> <p>1:00 Drum Fit (2F)</p> <p>2:00 Bingo (A)</p> <p>2:00 Creative Painting (2F)</p> <p>3:30 Cognitive Exercises (2F)</p>  | <p>10:30 IPAC Presentation by Mackenzie Health (A) <b>3</b></p> <p>10:45 Exercise (2F)</p> <p>1:00 Seated Bowling (2F)</p> <p>1:45 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 Toronto Maple Leafs Pub Social (B)</p> | <p>9:15 Ball Toss Stretches (2F) <b>4</b></p> <p>9:45 What Am I: Trivia (2F)</p> <p>10:45 Morning Stretches (2F)</p> <p>10:45 Fit Minds with Frances.P (A)</p> <p>1:30 Picture Bingo (2F)</p> <p>3:00 Go For Life Walking Club with Roxanne (2ND)</p> <p>3:30 Cognitive Exercises (2F)</p> <p>6:45 Card Games (A)</p>                                   | <p>9:30 Seated Zumba (2F) <b>5</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>3:30 Cognitive Exercises (2F)</p>  | <p>10:15 Wheel of Fortune (2F) <b>6</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>  |
| <p>Activity Package Available At Reception (RECE) <b>7</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>3:30 Cognitive Exercises (2F)</p> <p>5:30 Movie Matinee (2TV)</p>  | <p>9:30 Virtual Zumba (2F) <b>8</b></p> <p>10:00 Exercise (2F)</p> <p>10:45 Wheel of Fortune (2F)</p> <p>2:00 Movie Matinee (T)</p> <p>2:15 Bean Bag Toss (2F)</p> <p>3:30 Cognitive Exercises (2F)</p>           | <p>10:00 Ball Toss (2F) <b>9</b></p> <p>10:45 Trivia (2F)</p> <p>12:00 Lunch Outing: Tai Room (OU)</p> <p>1:00 Drum Fit (2F)</p> <p>2:00 Live Concert: Pepper Shakers (A)</p> <p>2:30 Creative Painting (2F)</p> <p>3:30 Cognitive Exercises (2F)</p> | <p>10:30 Tena Home Product Selection Education (A) <b>10</b></p> <p>10:45 Exercise (2F)</p> <p>1:00 Seated Bowling (2F)</p> <p>2:00 Karaoke with Maryam (2F)</p> <p>2:00 Music Therpay with Instructor (A)</p> <p>3:00 Knitting Circle (FL)</p> <p>3:15 Ladder Ball (2F)</p> <p>4:30 Go For Life Walking Club (2ND)</p>                                      | <p>9:15 Ball Toss Stretches (2F) <b>11</b></p> <p>9:45 What Am I: Trivia (2F)</p> <p>10:45 Morning Stretches (2F)</p> <p>10:45 Fit Minds with Frances.P (A)</p> <p>1:30 Picture Bingo (2F)</p> <p>3:00 Go For Life Walking Club with Roxanne (2ND)</p> <p>3:30 Cognitive Exercises (2F)</p> <p>6:45 Live Concert: Brian Larter (A)</p>                  | <p>9:30 Seated Zumba (2F) <b>12</b></p> <p>10:00 Morning Stretches (2F)</p> <p>10:15 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>13</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> |
| <p>Activity Package Available At Reception (RECE) <b>14</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>3:30 Cognitive Exercises (2F)</p> <p>5:30 Movie Matinee (2TV)</p> | <p>9:30 Virtual Zumba (2F) <b>15</b></p> <p>10:00 Exercise (2F)</p> <p>10:45 Wheel of Fortune (2F)</p> <p>2:15 Bean Bag Toss (2F)</p> <p>3:30 Cognitive Exercises (2F)</p> <p>6:45 Live Concert with Zack (A)</p> | <p>10:00 Ball Toss (2F) <b>16</b></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 (2F)</p> <p>3:30 Cognitive Exercises (2F)</p> <p>7:00 Toronto Maple Leafs Pub Social (B)</p>                 | <p>10:00 Exercise (2F) <b>17</b></p> <p>10:00 Dance Class (A)</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>6:45 Live Concert: Manvir (A)</p>                                    | <p>9:15 Ball Toss Stretches (2F) <b>18</b></p> <p>9:45 What Am I: Trivia (2F)</p> <p>10:30 Markville Mall (OU)</p> <p>10:45 Morning Stretches (2F)</p> <p>10:45 Fit Minds with Frances.P (A)</p> <p>1:30 Picture Bingo (2F)</p> <p>3:00 Go For Life Walking Club with Roxanne (2ND)</p> <p>3:30 Cognitive Exercises (2F)</p> <p>6:45 Card Games (A)</p> | <p>9:30 Seated Zumba (2F) <b>19</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>3:30 Cognitive Exercises (2F)</p>   | <p>10:15 Wheel of Fortune (2F) <b>20</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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## Four Elms Retirement Residence

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday   |
|---|--|--|---|---|--|--|
| <b>Activity Package Available At Reception (RECE) 21</b><br>10:00 Virtual Exercise (A)<br>10:00 Seated Zumba (2F)<br>1:30 Puzzles, Sorting, Coloring (2F)<br>2:15 Floor Curling with Manager on Duty (GYM)<br>3:30 Virtual Exercise (TV)<br>3:30 Cognitive Exercises (2F)<br>5:30 Movie Matinee (2TV) | <b>9:30 Virtual Zumba (2F) 22</b><br><b>10:00 Exercise (2F)</b><br>10:45 Wheel of Fortune (2F)<br>2:00 Movie Night (2TV)<br>2:15 Bean Bag Toss (2F)<br>3:30 Cognitive Exercises (2F)<br>7:15 Raptors Game Pub Social (B) | <b>10:00 Tai Chi with Janny (A) 23</b><br>10:00 Ball Toss (2F)<br>10:45 Trivia (2F)<br>1:00 Drum Fit (2F)<br>2:00 Bingo (A)<br>2:00 Creative Painting (2F)<br>3:30 Cognitive Exercises (2F)  | <b>10:00 Exercise (2F) 24</b><br>1:00 Seated Bowling (2F)<br><b>2:00 Karaoke with Maryam (2F)</b><br><b>2:00 Music Therapy with Instructor (A)</b><br>2:45 Ladder Ball (2F)<br>3:00 Knitting Circle (FL)<br>3:30 Cognitive Exercises (2F)<br>4:30 Go For Life Walking Club (2ND)<br><b>6:45 Live Concert with James (A)</b> | <b>9:15 Ball Toss Stretches (2F) 25</b><br>9:45 What Am I: Trivia (2F)<br><b>10:30 Casino Rama (OU)</b><br><b>10:45 Morning Stretches (2F)</b><br>10:45 Fit Minds with Frances.P (A)<br>1:30 Picture Bingo (2F)<br>3:00 Go For Life Walking Club with Roxanne (2ND)<br>3:30 Cognitive Exercises (2F)<br><b>6:45 Live Concert: Zack Harrison (A)</b> | <b>9:30 Seated Zumba (2F) 26</b><br><b>10:00 Morning Stretches (2F)</b><br>10:45 Trivia (2F)<br>1:15 Go For Life Walking Club (BW)<br>2:00 Creative Painting (2F)<br>2:30 Pre-Shabbat Service (A)<br>3:30 Cognitive Exercises (2F) | <b>10:15 Wheel of Fortune (2F) 27</b><br>11:00 Exercise (BW)<br>1:30 Trivia: What's that Sound (A)<br>2:00 Movie Matinee with David Dunn (T)<br><b>2:15 Drum Fit (2F)</b><br>3:15 Life Skills (2TV)<br>3:30 Cognitive Exercises (2F) |
| <b>Activity Package Available At Reception (RECE) 28</b><br>10:00 Virtual Exercise (A)<br>10:00 Seated Zumba (2F)<br>1:30 Puzzles, Sorting, Coloring (2F)<br>2:15 Floor Curling with Manager on Duty (GYM)<br>3:30 Virtual Exercise (TV)<br>3:30 Cognitive Exercises (2F)<br>5:30 Movie Matinee (2TV) | <b>9:30 Virtual Zumba (2F) 29</b><br><b>10:00 Exercise (2F)</b><br>10:45 Wheel of Fortune (2F)<br>2:15 Bean Bag Toss (2F)<br>3:30 Cognitive Exercises (2F)<br><b>6:45 Live Concert: Martin (A)</b>                       | <b>10:00 Tai Chi with Janny (A) 30</b><br>10:00 Ball Toss (2F)<br>10:45 Trivia (2F)<br><b>11:30 Lunch Outing: Dragon Legend (OU)</b><br>1:00 Drum Fit (2F)<br>2:00 Bingo (A)<br>2:00 Creative Painting (2F)<br>3:30 Cognitive Exercises (2F) | <b>10:00 Exercise (2F) 31</b><br><b>10:00 Dance Class (A)</b><br>1:00 Seated Bowling (2F)<br><b>2:00 Karaoke with Maryam (2F)</b><br>2:45 Ladder Ball (2F)<br>3:00 Knitting Circle (FL)<br>3:30 Cognitive Exercises (2F)<br>4:30 Go For Life Walking Club (2ND)   |   |  |  |

MONDAY  
JAN 1  
New Year's Day

MONDAY  
JAN 15  
Martin Luther King Jr. Day

### Locations Legend

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

### Calendar Legend

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