





INSPIRED SENIOR LIVING

# February 2024

## Four Elms Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>SATURDAY</b> <b>FEB 10</b></p> <p><b>Lunar Year Dragon</b></p>	 <p><b>WEDNESDAY</b> <b>FEB 14</b></p> <p><b>Valentine's Day</b></p>	<p>Activity Packages (RECE) <b>1</b></p> <p>9:15 Ball Toss Stretches (2F) 9:15 Drum Fit (A) 9:30 Balloon Tennis (A) 9:45 What Am I: Trivia (2F) 10:00 Exercise (GYM) 10:00 Encore Symphonic Concert Band (OS) 10:30 Morning Stretches (2F) 10:45 Catholic Church Service (A) 11:00 Go For Life Walking Club (BW) 1:30 Picture Bingo (2F) 2:15 Darts (GR) 3:00 Go For Life Walking Club with Roxanne (2ND) 3:30 Cognitive Exercises (2F) 3:30 Tea &amp; Coffee Social (A) 6:45 Scrabble Group Game (A)</p>	<p><b>2</b></p> <p>9:15 Seated Zumba (2F) 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:00 Morning Stretches (2F) 10:30 History Stories with Lianne Harris (A) 10:45 Trivia (2F) 1:15 Go For Life Walking Club (BW) 2:00 Darts (GR) 2:00 Creative Painting (2F) 2:30 Pre-Shabbat Service (A) 3:30 Cognitive Exercises (2F) 4:00 Trivia (A) 6:45 Movie Night (T)</p>	<p><b>3</b></p> <p>9:30 Balloon Tennis (A) 10:00 Virtual Seated Zumba (A) 10:15 Wheel of Fortune (2F) 10:45 Wheel of Fortune (A) 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) 3:30 Tea &amp; Coffee Social (A) 6:30 Rummy Q Game Session (A)</p>		
<p>Activity Package Available At Reception (RECE) <b>4</b></p> <p>9:15 Balloon Tennis (A) 10:00 Seated Zumba (2F) 10:00 Virtual Exercise (A) 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) 3:30 Tea &amp; Coffee Social (A) 5:30 Movie Matinee (2TV) 6:45 Movie Matinee (T)</p>	<p><b>5</b></p> <p>9:15 Drum Fit (A) 9:30 Virtual Zumba (2F) 10:00 Exercise (2F) 10:30 Famous Black Artists Painting (A) 10:45 Wheel of Fortune (2F) 11:00 Go For Life Walking Club (BW) 1:45 Trivia (A) 2:15 Bean Bag Toss (2F) 2:15 Bowling (GYM) 3:30 Cognitive Exercises (2F) 3:30 Wine &amp; Cheese Social (A) 6:45 Karaoke Singing with Kapil (A)</p>	<p><b>6</b></p> <p>9:15 Balloon Tennis (A) 10:00 Tai Chi with Janny (A) 10:00 Ball Toss (2F) 10:00 Tai Chi (A) 10:45 Trivia (2F) 11:00 Fit Minds: Group Discussion (A) 1:00 Drum Fit (2F) 1:30 Go For Life Walking Club (BW) 2:00 Bridge Group (L) 2:00 Bingo (A) 2:00 Creative Painting (2F) 2:15 Darts (GR) 3:00 Mackenzie Health Education (A) 3:30 Cognitive Exercises (2F) 3:30 Artful Enrichment Painting (A)</p>	<p><b>7</b></p> <p>9:15 Balloon Tennis (A) 10:00 Exercise (2F) 10:00 Dance Class (A) 10:30 Richard Bradshaw Amphitheater Concert (OU) 11:00 Wheel of Fortune (A) 1:00 Seated Bowling (2F) 2:00 Karaoke with Maryam (2F) 2:00 Music Therapy with Instructor (A) 2:00 Cards: Euchre, Bridge, Rummy &amp; Canasta (A) 2:15 Floor Curling (GYM) 2:45 Ladder Ball (2F) 3:30 Cognitive Exercises (2F) 3:30 Go For Life Walking Club (BW) 4:00 Java Music Club (A) 4:30 Go For Life Walking Club (2ND) 6:45 Raptors Game Pub Social (B)</p>	<p><b>8</b></p> <p>9:15 Ball Toss Stretches (2F) 9:15 Drum Fit (A) 9:30 Balloon Tennis (A) 9:45 What Am I: Trivia (2F) 10:00 Exercise (GYM) 10:30 Morning Stretches (2F) 10:45 Catholic Church Service (A) 11:00 Go For Life Walking Club (BW) 1:30 Picture Bingo (2F) 2:00 Baking Pizza's (A) 3:00 Go For Life Walking Club with Roxanne (2ND) 3:30 Cognitive Exercises (2F)</p>	<p><b>9</b></p> <p>9:15 Seated Zumba (2F) 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:00 Morning Stretches (2F) 10:30 Walmart Outing (OS) 10:45 Trivia (2F) 10:45 Words in a Word (A) 1:15 Go For Life Walking Club (BW) 2:00 Darts (GR) 2:00 Creative Painting (2F) 2:30 Pre-Shabbat Service (A) 3:30 Cognitive Exercises (2F) 4:00 Trivia (A) 6:45 Movie Night (T)</p>	<p><b>10</b></p> <p>Chinese/Lunar New Year Chinese/Lunar New Year</p> <p>9:30 Balloon Tennis (A) 10:00 Virtual Seated Zumba (A) 10:15 Wheel of Fortune (2F) 10:45 Wheel of Fortune (A) 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) 3:30 Tea &amp; Coffee Social (A) 6:30 Rummy Q Game Session (A)</p>
<p>Activity Package Available At Reception (RECE) <b>11</b></p> <p>9:15 Balloon Tennis (A) 10:00 Seated Zumba (2F) 10:00 Virtual Exercise (A) 1:30 Puzzles, Sorting, Coloring (2F) 2:30 Chinese New Year Party (A) 3:30 Virtual Exercise (TV) 3:30 Cognitive Exercises (2F) 5:30 Movie Matinee (2TV) 6:45 Movie Matinee (T)</p>	<p><b>12</b></p> <p>9:15 Balloon Tennis (A) 9:30 Virtual Zumba (2F) 10:00 Exercise (2F) 10:00 Meet me at MoMA Presentation (A) 10:30 Meet Me at MoMA (A) 10:45 Wheel of Fortune (2F) 11:00 Go For Life Walking Club (BW) 1:45 Trivia (A) 2:15 Bean Bag Toss (2F) 2:15 Bowling (GYM) 3:30 Cognitive Exercises (2F) 3:30 Wine &amp; Cheese Social (A) 6:45 Live Concert: Martin Wall (A)</p>	<p><b>13</b></p> <p>9:15 Balloon Tennis (A) 10:00 Tai Chi with Janny (A) 10:00 Ball Toss (2F) 10:00 Tai Chi (A) 10:45 Trivia (2F) 11:00 Fit Minds: Group Discussion (A) 1:00 Drum Fit (2F) 1:30 Go For Life Walking Club (BW) 2:00 Bridge Group (L) 2:00 Bingo (A) 2:00 Creative Painting (2F) 2:15 Darts (GR) 3:30 Cognitive Exercises (2F) 3:30 Artful Enrichment Painting (A) 6:45 Live Concert: Jeff Ewing (Doctor J) (A)</p>	<p><b>14</b></p> <p>9:15 Balloon Tennis (A) 10:00 Exercise (2F) 10:00 Virtual Zumba (A) 11:00 Wheel of Fortune (A) 1:00 Seated Bowling (2F) 2:00 Karaoke with Maryam (2F) 2:00 Valentine's Day Party with Saxophone Player (D) 2:45 Ladder Ball (2F) 3:30 Cognitive Exercises (2F) 3:30 Go For Life Walking Club (BW) 4:00 Java Music Club (A) 4:30 Go For Life Walking Club (2ND) 6:45 Virtual Seated Zumba (A)</p>	<p><b>15</b></p> <p>9:15 Ball Toss Stretches (2F) 9:15 Drum Fit (A) 9:30 Balloon Tennis (A) 9:45 What Am I: Trivia (2F) 10:00 Exercise (GYM) 10:30 Morning Stretches (2F) 10:45 Catholic Church Service (A) 11:00 Go For Life Walking Club (BW) 1:30 Picture Bingo (2F) 2:15 Darts (GR) 3:00 Go For Life Walking Club with Roxanne (2ND) 3:30 Cognitive Exercises (2F) 3:30 Ted Talks: Black History (A) 6:45 Scrabble Group Game (A)</p>	<p><b>16</b></p> <p>9:15 Seated Zumba (2F) 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:00 Morning Stretches (2F) 10:45 Trivia (2F) 10:45 Words in a Word (A) 1:15 Go For Life Walking Club (BW) 2:00 Darts (GR) 2:00 Creative Painting (2F) 2:30 Pre-Shabbat Service (A) 3:30 Cognitive Exercises (2F) 4:00 Trivia (A) 6:45 Movie Night (T)</p>	<p><b>17</b></p> <p>9:30 Balloon Tennis (A) 10:00 Virtual Seated Zumba (A) 10:15 Wheel of Fortune (2F) 10:45 Wheel of Fortune (A) 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) 3:30 Tea &amp; Coffee Social (A) 6:30 Rummy Q Game Session (A)</p>



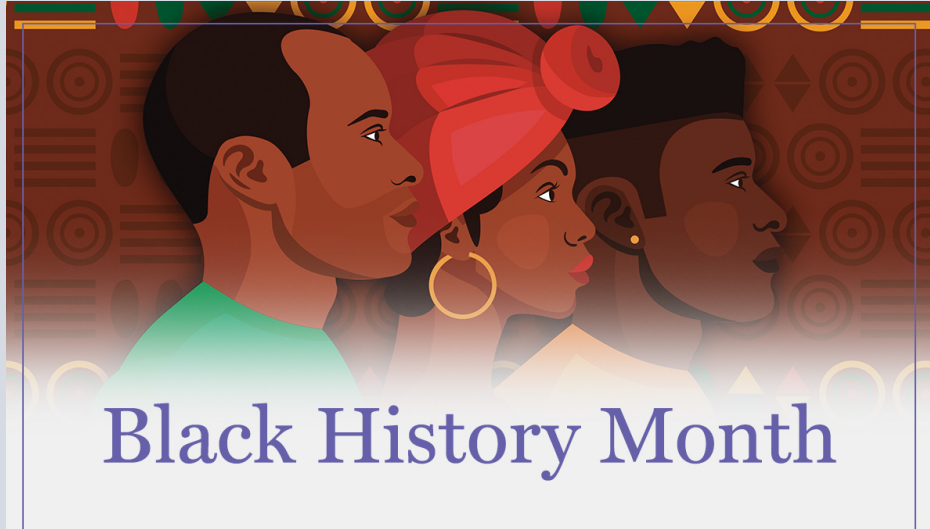
INSPIRED SENIOR LIVING

# February 2024

## Four Elms Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Family Day Buffet (D)</b> <b>18</b> 9:15 Balloon Tennis (A) 10:00 Seated Zumba (2F) 10:00 Virtual Exercise (A) 1:30 Puzzles, Sorting, Coloring (2F) <b>2:00 Live Concert: Shannon (A)</b> <b>3:30 Virtual Exercise (TV)</b> 3:30 Cognitive Exercises (2F) 3:30 Tea & Coffee Social (A) 5:30 Movie Matinee (2TV) 6:45 Movie Matinee (T)	<b>19</b> 9:15 Balloon Tennis (A) 9:30 Virtual Zumba (2F) <b>10:00 Exercise (2F)</b> <b>10:00 Meet me at MoMA Presentation (A)</b> <b>10:30 Meet Me at MoMA (A)</b> 10:45 Wheel of Fortune (2F) <b>11:00 Go For Life Walking Club (BW)</b> 2:00 Movie Matinee (T) 2:15 Bean Bag Toss (2F) 3:30 Cognitive Exercises (2F) 4:00 Virtual Zumba (A) 6:45 Karaoke Singing with Kapil (A)	<b>20</b> 9:15 Balloon Tennis (A) 10:00 Ball Toss (2F) <b>10:00 Toronto History Museum (OS)</b> 10:00 Tai Chi with Janny (A) 10:45 Trivia (2F) <b>11:00 Fit Minds: Group Discussion (A)</b> 1:00 Drum Fit (2F) <b>1:30 Go For Life Walking Club (BW)</b> 2:00 Bridge Group (L) 2:00 Bingo (A) 2:00 Creative Painting (2F) 3:30 Cognitive Exercises (2F) <b>3:30 Artful Enrichment Painting (A)</b> 6:45 Karaoke Singing with Maryam (A)	<b>21</b> 9:15 Balloon Tennis (A) 10:00 Exercise (2F) <b>10:30 Cooking Demo with Chef Jason (A)</b> 1:00 Seated Bowling (2F) 2:00 Cards: Euchre, Bridge, Rummy & Canasta (A) 2:15 Floor Curling (GYM) 2:45 Ladder Ball (2F) 3:30 Cognitive Exercises (2F) 3:30 Go For Life Walking Club (BW) <b>4:00 Java Music Club (A)</b> 4:30 Go For Life Walking Club (2ND)	<b>22</b> 9:15 Ball Toss Stretches (2F) <b>9:15 Drum Fit (A)</b> 9:30 Balloon Tennis (A) 9:45 What Am I: Trivia (2F) 10:00 Exercise (GYM) <b>10:30 Morning Stretches (2F)</b> 10:45 Catholic Church Service (A) <b>11:00 Go For Life Walking Club (BW)</b> 1:30 Picture Bingo (2F) <b>2:00 Live Concert: Caribbean (A)</b> 3:00 Go For Life Walking Club with Roxanne (2ND) 3:30 Cognitive Exercises (2F) 3:30 Tea & Coffee Social (A) 6:45 Scrabble Group Game (A)	<b>23</b> 9:15 Seated Zumba (2F) 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) <b>10:00 Morning Stretches (2F)</b> 10:45 Trivia (2F) <b>10:45 Words in a Word (A)</b> <b>1:15 Go For Life Walking Club (BW)</b> 2:00 Darts (GR) 2:00 Creative Painting (2F) 2:30 Pre-Shabbat Service (A) 3:30 Cognitive Exercises (2F) 4:00 Trivia (A) 6:45 Movie Night (T)	<b>24</b> 9:30 Balloon Tennis (A) 10:00 Virtual Seated Zumba (A) 10:15 Wheel of Fortune (2F) 10:45 Wheel of Fortune (A) <b>11:00 Exercise (BW)</b> 1:30 Trivia: What's that Sound (A) 2:00 Movie Matinee with David Dunn (T) <b>2:15 Drum Fit (2F)</b> 3:15 Life Skills (2TV) 3:30 Cognitive Exercises (2F) <b>3:30 Tea &amp; Coffee Social (A)</b> 6:30 Rummy Q Game Session (A)
<b>Activity Package Available At Reception (RECE)</b> <b>25</b> 9:15 Balloon Tennis (A) 10:00 Seated Zumba (2F) 10:00 Virtual Exercise (A) 1:30 Puzzles, Sorting, Coloring (2F) <b>2:00 Live Concert: Bill (A)</b> <b>3:30 Virtual Exercise (TV)</b> 3:30 Cognitive Exercises (2F) 3:30 Tea & Coffee Social (A) 5:30 Movie Matinee (2TV) 6:45 Movie Matinee (T)	<b>26</b> 9:15 Balloon Tennis (A) 9:30 Virtual Zumba (2F) <b>10:00 Exercise (2F)</b> <b>10:30 Crafts with Sammy (A)</b> 10:45 Wheel of Fortune (2F) <b>11:00 Go For Life Walking Club (BW)</b> <b>1:45 Trivia (A)</b> 2:15 Bean Bag Toss (2F) 2:15 Bowling (GYM) 3:30 Cognitive Exercises (2F) <b>3:30 Wine &amp; Cheese Social (A)</b> <b>6:45 Live Concert: Martin Wall (A)</b>	<b>27</b> 9:15 Balloon Tennis (A) 10:00 Tai Chi with Janny (A) 10:00 Ball Toss (2F) <b>10:00 Tai Chi (A)</b> 10:45 Trivia (2F) <b>11:00 Fit Minds: Group Discussion (A)</b> <b>11:00 Me Va Me Mediterranean Restaurant (OS)</b> 1:00 Drum Fit (2F) <b>1:30 Go For Life Walking Club (BW)</b> 2:00 Bridge Group (L) 2:00 Bingo (A) 2:00 Creative Painting (2F) 2:15 Darts (GR) 3:30 Cognitive Exercises (2F) <b>3:30 Artful Enrichment Painting (A)</b> <b>6:45 Toronto Maple Leafs Pub Social (B)</b>	<b>28</b> 9:15 Balloon Tennis (A) 10:00 Exercise (2F) <b>10:00 Dance Class (A)</b> 11:00 Wheel of Fortune (A) 1:00 Seated Bowling (2F) 1:30 Hearing Clinic with Ian Castor (DRO) <b>2:00 Karaoke with Maryam (2F)</b> <b>2:00 Live Concert: Marcus (A)</b> 2:45 Ladder Ball (2F) 3:30 Cognitive Exercises (2F) 3:30 Go For Life Walking Club (BW) <b>4:00 Java Music Club (A)</b> 4:30 Go For Life Walking Club (2ND) 6:45 Karaoke Singing with Maryam (A)	<b>29</b> 9:15 Ball Toss Stretches (2F) <b>9:15 Drum Fit (A)</b> 9:30 Balloon Tennis (A) 9:45 What Am I: Trivia (2F) 10:00 Exercise (GYM) <b>10:30 Morning Stretches (2F)</b> 10:45 Catholic Church Service (A) <b>11:00 Go For Life Walking Club (BW)</b> 1:30 Picture Bingo (2F) <b>2:00 Monthly Birthday Party (A)</b> 3:00 Go For Life Walking Club with Roxanne (2ND) 3:30 Cognitive Exercises (2F) 6:45 Scrabble Group Game (A)		



Be your best self

**Locations Legend**

Activity Room (Main Level) (A)	Reception (RECE)
2nd Floor Activity Room (2F)	Outing (OS)
Building Wide (BW)	TV Lounge (TV)
Gym (Lower Level) (GYM)	Library (L)
Theatre (Lower Level) (T)	Main Dining Room (D)
Games Room (GR)	Outing (OU)
2nd Floor (2ND)	Bistro Bar (B)
2F TV Room (2TV)	Bar & Bistro (B)
	Doctor's Office (DRO)

**Calendar Legend**

Outing

Special Program

Living, Loving, Local

Signature Program