



INSPIRED SENIOR LIVING

# March 2024

## Independent Living

### Four Elms Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------



FRIDAY  
**MAR 8**

### International Women's Day



SUNDAY  
**MAR 17**

### St. Patrick's Day

9:15 Balloon Tennis (A) **1**  
 10:00 Exercise (GYM)  
 10:45 Words in a Word (A)  
 2:30 Pre-Shabbat Service (A)  
 3:30 Java Music Club (A)  
 4:00 Go For Life Walking Club (BW)  
 6:45 Movie Night (T)

9:30 Balloon Tennis (A) **2**  
 10:00 Virtual Seated Zumba (A)  
 10:45 FitMinds with Frances P (A)  
 2:00 Movie Matinee with David Dunn (T)  
 3:30 Tea & Coffee Social (A)  
 6:45 Cards: Euchre, Bridge, Rummy & Canasta (A)

Activity Package Available At Reception (RECE) **3**  
 9:15 Balloon Tennis (A)  
 10:00 Virtual Exercise (A)  
 2:15 Floor Curling with Manager on Duty (GYM)  
 3:30 Tea & Coffee Social (A)  
 6:45 Movie Matinee (T)

9:15 Balloon Tennis (A) **4**  
 10:15 Walmart Shopping Trip (OS)  
 10:30 Artful Enrichment Painting (A)  
 11:00 Go For Life Walking Club (BW)  
 1:45 Trivia (A)  
 2:15 Bowling (GYM)  
 3:30 Wine & Cheese Social (A)  
 6:45 Movie Night (T)

9:15 Balloon Tennis (A) **5**  
 10:00 Tai Chi (A)  
 1:30 Go For Life Walking Club (BW)  
 2:00 Bridge Group (L)  
 2:00 Bingo (A)  
 3:30 Artful Enrichment Painting (A)  
 6:45 Live Concert: Emilio (A)

9:15 Balloon Tennis (A) **6**  
 10:00 Seated Dance Class with Katya (A)  
 2:00 Cards: Euchre, Bridge, Rummy & Canasta (A)  
 2:15 Floor Curling (GYM)  
 3:00 Go For Life Walking Club (BW)  
 3:30 Tea & Coffee Social (A)  
 4:00 Java Music Club (A)  
 6:45 Live Concert: Bill Dickinson (A)

9:30 Drum Fit (A) **7**  
 10:00 Exercise (GYM)  
 10:30 Go For Life Walking Club (BW)  
 11:00 Catholic Communion Service (A)  
 2:00 10 cent Bingo (A)  
 3:30 Tea & Coffee Social (A)  
 6:45 Scrabble Group Game (A)

9:15 Balloon Tennis (A) **8**  
 10:00 Exercise (GYM)  
 10:45 Words in a Word (A)  
 2:00 International Woman's Day Concert (D)  
 2:30 Pre-Shabbat Service (GYM)  
 3:30 Java Music Club (A)  
 4:00 Go For Life Walking Club (BW)  
 6:45 Movie Night (T)

9:15 Balloon Tennis (A) **9**  
 10:00 Virtual Seated Zumba (A)  
 10:45 FitMinds with Frances P (A)  
 2:00 Movie Matinee with David Dunn (T)  
 3:30 Tea & Coffee Social (A)  
 6:45 Cards: Euchre, Bridge, Rummy & Canasta (A)

Activity Package Available At Reception (RECE) **10**  
 9:15 Balloon Tennis (A)  
 10:00 Virtual Exercise (A)  
 2:15 Floor Curling with Manager on Duty (GYM)  
 3:30 Tea & Coffee Social (A)  
 6:45 Movie Matinee (T)

9:15 Balloon Tennis (A) **11**  
 10:00 Meet me at MoMA Presentation (A)  
 10:30 Meet me at MoMA (A)  
 11:00 Go For Life Walking Club (BW)  
 1:45 Trivia (A)  
 2:15 Bowling (GYM)  
 3:30 Wine & Cheese Social (A)  
 6:45 Movie Night (T)

9:15 Balloon Tennis (A) **12**  
 10:00 Tai Chi (A)  
 1:30 Go For Life Walking Club (BW)  
 2:00 Bridge Group (L)  
 2:00 Bingo (A)  
 2:15 Darts (GR)  
 3:30 Artful Enrichment Painting (A)  
 6:45 Live Concert: Gilad (A)

9:15 Balloon Tennis (A) **13**  
 10:00 Virtual Seated Exercise (A)  
 10:45 Wheel of Fortune (A)  
 2:00 Meet me at MoMA- Painting (A)  
 2:15 Floor Curling (GYM)  
 3:00 Go For Life Walking Club (BW)  
 3:30 Tea & Coffee Social (A)  
 4:00 Java Music Club (A)  
 6:45 Toronto Maple Leafs Pub Social (B)

9:30 Drum Fit (A) **14**  
 10:00 Exercise (GYM)  
 10:30 Go For Life Walking Club (BW)  
 11:00 Catholic Communion Service (A)  
 1:45 Trivia (FL)  
 2:00 Live Concert: Zack Wojtala (A)  
 3:30 Tea & Coffee Social (A)  
 6:45 Scrabble Group Game (A)

Living Loving Local Dinner **15**  
 9:15 Balloon Tennis (A)  
 10:00 Exercise (GYM)  
 10:45 Words in a Word (A)  
 11:00 Mandarin Lunch Outing (LO)  
 2:15 Mini Putting (GYM)  
 2:30 Pre-Shabbat Service (A)  
 3:30 Java Music Club (A)  
 4:00 Go For Life Walking Club (BW)  
 6:45 Movie Night (T)

9:15 Balloon Tennis (A) **16**  
 10:00 Virtual Seated Zumba (A)  
 10:45 FitMinds with Frances P (A)  
 2:00 Movie Matinee with David Dunn (T)  
 3:30 Tea & Coffee Social (A)  
 6:45 Cards: Euchre, Bridge, Rummy & Canasta (A)



INSPIRED SENIOR LIVING

# March 2024

## Independent Living

### Four Elms Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Activity Package Available At Reception (RECE) 17</b> 9:15 Balloon Tennis (A) 10:00 Virtual Exercise (A) <b>2:00 St.Patrick's Day Party (D)</b> 3:30 Rick Steve's: Ireland (B) 6:45 Movie Matinee (T)	<b>18</b> 9:15 Balloon Tennis (A) 10:30 Artful Enrichment Painting (A) 11:00 Go For Life Walking Club (BW) <b>2:00 Lecture with Lillian Thompson: Flaxseed &amp; Prevention/Treatment of Cancer &amp; Other Diseases Update (A)</b> 3:30 Wine & Cheese Social (A) 6:45 Movie Night (T)	<b>19</b> 9:15 Balloon Tennis (A) 10:00 Tai Chi (A) <b>10:30 Toronto Holocaust Museum (OS)</b> 1:30 Go For Life Walking Club (BW) 2:00 Bridge Group (L) 2:00 Bingo (A) 2:15 Darts (GR) 3:30 Artful Enrichment Painting (A)	<b>20</b> 9:15 Balloon Tennis (A) 10:30 Cooking Demo with Chef Jason (A) <b>2:00 Monthly Birthday Party (A)</b> 3:00 Go For Life Walking Club (BW) 3:15 Floor Curling (GYM) 4:00 Java Music Club (A) <b>6:45 Toronto Maple Leafs Pub Social (B)</b>	<b>21</b> SPAIN (BW) Opening Gala Dinner (BW) 9:30 Drum Fit (A) 10:00 Exercise with Spanish Music (GYM) 10:30 Go For Life Walking Club (BW) 11:00 Catholic Communion Service (A) 1:45 Spain Trivia (FL) 2:00 Live Entertainment with Flamenco (LO) 3:15 Arriving in Spain: Cocktail Hour (B) 3:30 Picasso Paint & Learn (A) 6:45 The life and designs of Antoni Gaudi (A)	<b>22</b> MOROCCO (BW) 9:15 Deck Games: Balloon Tennis (A) 10:00 Exercise with Moroccan Music (GYM) <b>10:00 Richard Bradshaw Amphitheater Concert (OU)</b> 2:00 Mini Putting (GYM) 2:30 Pre-Shabbat Service (A) 3:15 Arriving in Morocco: Cocktail Hour (B) 3:30 Making Couscous (A) 3:30 Java Music Club (A) 4:00 Go For Life Walking Club (BW) 6:45 Morocco: A Country Of Captivating Colors And Cultures (T)	<b>23</b> ITALY (BW) Purim (BW) 9:15 Deck Drum Fit (A) 9:15 Balloon Tennis (A) 10:00 Virtual Seated Zumba (A) 10:30 Personalized Sculpture Class (A) 10:45 FitMinds with Frances P (A) 1:15 Arriving in Italy: Wine Tasting (B) 2:00 Masquerade Ball: Opera Singer Sara Papini (D) 3:30 Virtual Italian Church Tour (A) 6:45 Cards: Euchre, Bridge, Rummy & Canasta (A)
<b>24</b> Purim (BW) TURKEY (BW) 9:15 Deck Games: Balloon Tennis (A) 10:00 Virtual Exercise (A) 10:30 Hot Air Ballon Painting Class (A) 2:00 Live Entertainment; Belly Dancer (LO) 3:30 Arriving in Turkey:Trukish Coffee & Baklava (A) 4:00 Mosaic: Presentation Ceiling Art (A) 6:45 Movie Matinee (T)	<b>25</b> GREECE (BW) 9:15 Deck Games: Balloon Tennis (A) 10:30 Painting: Greek Alphabet Initial's (A) 12:00 Cruise Captain's Lunch (D) 2:00 Making Greek Salad (A) 3:15 Arriving in Greece: Cocktail Hour (B) 3:30 Greek Gods Presentation (A) 6:45 Movie:My Big Fat Greek Wedding (T)	<b>26</b> CROATIA (BW) 9:15 Deck Games: Balloon Tennis (A) 10:00 Deck Tai Chi with Janny (GYM) <b>10:30 Residents Town Hall (GYM)</b> 2:00 Beach Picnic Party (A) 2:00 Bingo (A) 3:15 Arriving in Croatia Cocktail Hour (LO) 3:30 Mediterranean Trivia (A)	<b>27</b> FRANCE (BW) 9:15 Deck Games: Balloon Tennis (A) 10:30 Eiffel Tower Painting Class (A) 1:30 Hearing Clinic with Ian Castor (DRO) 2:00 Resident & Staff Fashion Show (A) 3:00 Go For Life Walking Club (BW) 3:15 Croissant Station (B) 3:30 Rick Steve's; France (B) 4:30 Cruise Gala Dinner (DINN)	<b>28</b> CANADA (BW) 9:30 Drum Fit (A) 10:00 Deck Exercise (GYM) 10:30 Go For Life Walking Club (BW) 11:00 Catholic Communion Service (A) 1:45 Canada Trivia (FL) 2:00 10 cent Bingo (A) 3:30 Pub Social (B) 6:45 Scrabble Group Game (A)	<b>29</b> Good Friday (BW) 9:15 Balloon Tennis (A) 10:00 Virtual Exercise (A) <b>1:30 Meet Me at The MOMA Presentation (A)</b> 2:30 Pre-Shabbat Service (A) <b>3:30 Meet me at MoMA (A)</b> 4:00 Go For Life Walking Club (BW) 6:45 Movie Night (T)	<b>30</b> 9:15 Balloon Tennis (A) 10:00 Virtual Seated Zumba (A) 10:45 FitMinds with Frances P (A) 2:00 Movie Matinee with David Dunn (T) <b>3:30 Tea &amp; Coffee Social (A)</b> 6:45 Cards: Euchre, Bridge, Rummy & Canasta (A)

<b>Activity Package Available At Reception (RECE) 31</b> 9:15 Balloon Tennis (A) 10:00 Virtual Exercise (A) 2:15 Floor Curling with Manager on Duty (GYM) 3:30 Tea & Cofee Social (A) 6:45 Movie Matinee (T)
---



**Locations Legend**

Activity Room (Main Level) (A)	Library (L)
Building Wide (BW)	Fireplace Lounge (FL)
Gym (Lower Level) (GYM)	Outing (OS)
Theatre (Lower Level) (T)	Games Room (GR)
Bar & Bistro (B)	Outing (OU)
Reception (RECE)	Doctor's Office (DRO)
Main Dining Room (D)	Dinning (DINN)
Lobby (LO)	Bistro Bar (B)

**Calendar Legend**

Outing

Special Program

Living, Loving, Local

Signature Program