



INSPIRED SENIOR LIVING

# April 2024 Assisted Living

## Four Elms Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Monday Easter (BW) 1</b> 9:15 Zumba Class (2F) 10:00 Creative Movement (2F) 10:45 What am I Trivia (2F) 1:15 Bingo (2F) 2:00 Easter Concert (A) 2:15 Axe Throw & Darts (2F) 3:30 Go4Life Walking Club (BW) 6:45 Rick Steves: European Easter (A)	<b>2</b> 9:15 Balloon Tennis (2F) 10:00 Tai Chi (A) 10:00 Drum Fit (2F) 11:00 Java Music Club (Singing) (2F) 1:15 Word in a Word (2F) 2:00 Baking: Pizza (A) 2:15 Bag Toss (2F) 3:00 Activities of Daily Living (2F) 4:00 Stretches (2F) 6:45 Toronto Raptor's Pub Social (B)	<b>3</b> 9:15 Balloon Tennis (2F) 10:00 Ring Toss (2F) 11:00 Fit Minds (Trivia) (2F) 1:15 Meet me at the MoMA (2F) 2:15 Exercise (2F) 2:45 Life Skills (2F) 3:45 Bowling (2F) 6:45 Toronto Maple Leafs Pub Social (B)	<b>4</b> 9:15 Morning Stretches (2F) 10:00 Creative Movement (2F) 10:00 Outing: Encore Symphonic Concert Band (OS) 10:00 What Am I: Trivia (2F) 10:45 Karaoke Singing (2F) 11:00 Catholic Communion Service (A) 1:15 Animal Bingo (2F) 2:15 Parachute Game (2F) 3:00 Wheel of Fortune (2F) 3:30 Pub Social (B) 4:00 Go4Life Walking Club (BW)	<b>5</b> 9:15 Seated Zumba (2F) 10:00 Exercise Full Body Stretches (2F) 10:45 Java Music Club (2F) 1:15 Artful Enrichment (2F) 2:15 Ladder Ball (2F) 3:00 Activities of Daily Living (2F) 3:30 Pre-Shabbat Service (A) 4:00 Drum Fit (2F)	<b>6</b> 9:00 Balloon Tennis (2F) 10:00 Exercise (2F) 10:45 Fit Minds (2F) 1:15 Karaoke Singing (2F) 2:00 Movie Matinee with David Dunn (T) 2:15 Bean Bag Toss (2F) 3:30 Tea & Coffee Social (A)
<b>7</b> Activity Package Available At Reception (RECE) 9:05 Balloon Tennis (2F) 9:35 Exercise (2F) 10:15 Trivia (2F) 11:05 Go For Life Walking Club (2F) 1:15 MOMA-Painting (2F) 2:15 Bowling (2F) 3:30 Tea & Cofee Social (A) 6:45 Movie Matinee (T)	<b>8</b> 9:15 Zumba Class (2F) 10:45 What am I Trivia (2F) 1:15 Bingo (2F) 2:15 Axe Throw & Darts (2F) 3:30 Wine & Cheese Social (A) 3:30 Go4Life Walking Club (BW) 6:45 Live Concert: Jay (A)	<b>9</b> 9:15 Balloon Tennis (2F) 10:00 Tai Chi (A) 10:00 Drum Fit (2F) 11:00 Java Music Club (Singing) (2F) 1:15 Word in a Word (2F) 2:00 Baking: Pizza (A) 2:15 Bean Bag Toss (2F) 3:00 Activities of Daily Living (2F) 4:00 Stretches (2F) 6:45 Live Concert: Emilo (A)	<b>10</b> 9:15 Balloon Tennis (2F) 10:00 Ring Toss (2F) 11:00 Fit Minds (Trivia) (2F) 1:15 Meet me at the MoMA (2F) 2:30 Exercise (2F) 2:45 Life Skills (2F) 3:45 Bowling (2F) 6:45 Live Concert: David Pikley (A)	<b>11</b> 9:15 Morning Stretches (2F) 10:00 Creative Movement (2F) 10:00 What Am I: Trivia (2F) 10:45 Karaoke Singing (2F) 11:00 Catholic Communion Service (A) 1:15 Animal Bingo (2F) 2:15 Parachute Game (2F) 3:00 Wheel of Fortune (2F) 3:30 Pub Social (B) 4:00 Go4Life Walking Club (BW)	<b>12</b> 9:15 Seated Zumba (2F) 10:00 Exercise Full Body Stretches (2F) 10:15 Walmart Shopping Trip (OS) 10:45 Java Music Club (2F) 1:15 Artful Enrichment (2F) 2:15 Ladder Ball (2F) 3:00 Activities of Daily Living (2F) 3:30 Pre-Shabbat Service (A) 4:00 Drum Fit (2F)	<b>13</b> 9:00 Balloon Tennis (2F) 10:00 Exercise (2F) 10:45 Fit Minds (2F) 1:15 Karaoke Singing (2F) 2:00 Movie Matinee with David Dunn (T) 2:15 Bean Bag Toss (2F) 3:30 Tea & Coffee Social (A)
<b>14</b> Activity Package Available At Reception (RECE) 9:05 Balloon Tennis (2F) 9:35 Exercise (2F) 10:15 Trivia (2F) 1:15 MOMA-Painting (2F) 2:00 Bingo with Manager on Duty (A) 2:15 Bowling (2F) 3:30 Tea & Cofee Social (A) 6:45 Movie Matinee (T)	<b>15</b> 9:15 Zumba Class (2F) 10:00 Gardiner Museum (OU) 10:00 Creative Movement (2F) 10:45 What am I Trivia (2F) 1:15 Bingo (2F) 2:15 Axe Throw & Darts (2F) 3:30 Wine & Cheese Social (A) 3:30 Go4Life Walking Club (BW) 6:45 Rick Steve's: The Best of Israel (A)	<b>16</b> 9:15 Balloon Tennis (2F) 10:00 Tai Chi (A) 10:00 Drum Fit (2F) 11:00 Java Music Club (Singing) (2F) 1:15 Word in a Word (2F) 2:00 Baking: Pizza (A) 2:15 Bean Bag Toss (2F) 3:00 Activities of Daily Living (2F) 4:00 Stretches (2F) 6:45 Live Concert: Jack (A)	<b>17</b> 9:15 Balloon Tennis (2F) 10:00 Ring Toss (2F) 10:30 Cooking Demo with Chef Jason (A) 11:00 Fit Minds (Trivia) (2F) 1:15 Meet me at the MoMA (2F) 2:30 Exercise (2F) 2:45 Life Skills (2F) 3:45 Bowling (2F) 6:45 Toronto Maple Leafs Pub Social (B)	<b>18</b> 9:15 Morning Stretches (2F) 10:00 Creative Movement (2F) 10:00 What Am I: Trivia (2F) 10:45 Karaoke Singing (2F) 11:00 Catholic Communion Service (A) 1:15 Animal Bingo (2F) 2:00 Book Presentation (A) 2:15 Parachute Game (2F) 3:00 Wheel of Fortune (2F) 3:30 Pub Social (B) 4:00 Go4Life Walking Club (BW)	<b>19</b> Living Loving Local Dinner (D) 9:15 Seated Zumba (2F) 10:00 Exercise Full Body Stretches (2F) 10:30 History Stories with Lianne Harris (A) 10:45 Java Music Club (2F) 1:15 Artful Enrichment (2F) 2:15 Ladder Ball (2F) 3:00 Activities of Daily Living (2F) 3:30 Pre-Shabbat Service (A) 4:00 Drum Fit (2F)	<b>20</b> 9:00 Balloon Tennis (2F) 10:00 Exercise (2F) 10:45 Fit Minds (2F) 1:15 Karaoke Singing (2F) 2:00 Movie Matinee with David Dunn (T) 2:15 Bean Bag Toss (2F) 3:30 Tea & Coffee Social (A)





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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Activity Package Available At Reception (RECE) 21</b> 9:05 Balloon Tennis (2F) 9:35 Exercise (2F) 10:15 Trivia (2F) 1:15 MOMA-Painting (2F) 2:00 Bingo with Manager on Duty (A) 2:15 Bowling (2F) 3:30 Tea & Cofee Social (A) 6:45 Movie Matinee (T)	<b>Passover Begins (BW) 22</b> 9:15 Zumba Class (2F) 10:00 Creative Movement (2F) 10:45 What am I Trivia (2F) 1:15 Bingo (2F) 2:00 Monthly Birthday Party with Lilian Thompson (A) 2:15 Axe Throw & Darts (2F) 3:30 Go4Life Walking Club (BW) 6:45 Movie Night (T)	<b>9:15 Balloon Tennis (2F) 23</b> 10:00 Tai Chi (A) 10:00 Drum Fit (2F) 10:00 Richard Bradshaw Amphitheater Concert (OU) 11:00 Java Music Club (Singing) (2F) 1:15 Word in a Word (2F) 2:15 Bean Bag Toss (2F) 3:00 Activities of Daily Living (2F) 4:00 Stretches (2F) 6:45 Live Concert: Jay	<b>9:15 Balloon Tennis (2F) 24</b> 10:00 Ring Toss (2F) 11:00 Fit Minds (Trivia) (2F) 1:15 Meet me at the MoMA (2F) 1:30 Hearing Check with Ian Castor (DRO) 2:00 Passover Celebration Concert (A) 2:30 Exercise (2F) 2:45 Life Skills (2F) 3:45 Bowling (2F) 6:45 Pub Social (B)	<b>9:15 Morning Stretches (2F) 25</b> 10:00 Creative Movement (2F) 10:00 What Am I: Trivia (2F) 10:45 Karaoke Singing (2F) 11:00 Catholic Communion Service (A) 1:15 Animal Bingo (2F) 2:15 Parachute Game (2F) 3:00 Wheel of Fortune (2F) 3:30 Pub Social (B) 4:00 Go4Life Walking Club (BW)	<b>9:15 Seated Zumba (2F) 26</b> 10:00 Exercise Full Body Stretches (2F) 10:45 Java Music Club (2F) 10:45 Nature Walks (OS) 1:15 Artful Enrichment (2F) 2:15 Ladder Ball (2F) 3:00 Activities of Daily Living (2F) 3:30 Pre-Shabbat Service (A) 4:00 Drum Fit (2F)	<b>9:00 Balloon Tennis (2F) 27</b> 10:00 Exercise (2F) 10:45 Fit Minds (2F) 1:15 Karaoke Singing (2F) 2:00 Movie Matinee with David Dunn (T) 2:15 Bean Bag Toss (2F) 3:30 Tea & Coffee Social (A)
<b>Activity Package Available At Reception (RECE) 28</b> 9:05 Balloon Tennis (2F) 9:35 Exercise (2F) 10:15 Trivia (2F) 1:15 MOMA-Painting (2F) 2:00 Bingo with Manager on Duty (A) 2:15 Bowling (2F) 3:30 Tea & Cofee Social (A) 6:45 Movie Matinee (T)	<b>9:30 Virtual Zumba (2F) 29</b> 10:00 Creative Movement (2F) 10:45 What am I Trivia (2F) 11:00 Isaan Der - Thai Kitchen (OU) 1:15 Bingo (2F) 2:15 Axe Throw & Darts (2F) 3:30 Wine & Cheese Social (A) 3:30 Go4Life Walking Club (BW) 6:45 Live Concert: Martin Wall (A)	<b>Passover Ends (BW) 30</b> 9:15 Balloon Tennis (2F) 10:00 Drum Fit (2F) 10:30 Residents Town Hall (GYM) 11:00 Java Music Club (Singing) (2F) 1:15 Word in a Word (2F) 2:00 Baking: Pizza (A) 2:15 Bean Bag Toss (2F) 3:00 Activities of Daily Living (2F) 4:00 Stretches (2F) 6:45 Live Concert: Shannon	<p>Parkinson's Awareness Month</p>		<p>Tea Day</p>	

MONDAY  
APR 22  
Passover

Be Proud

**Locations Legend**

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

**Calendar Legend**

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