



INSPIRED
SENIOR LIVING

April 2024

Independent Living

Four Elms Retirement Residence





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Monday Easter (BW) 1 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:45 What am I Trivia (A) 11:00 Go For Life Walking Club (BW) 2:00 Easter Concert (A) 3:30 Artful Enrichment Painting: Easter (A) 4:00 Words in Word (B) 6:45 Rick Steves: European Easter (A)	2 9:15 Balloon Tennis (A) 10:00 Tai Chi (A) 11:00 Go For Life Walking Club (BW) 2:00 Bridge Group (L) 2:00 Baking: Pizza (A) 3:30 Andre Rieu (FL) 6:45 Toronto Raptor's Pub Social (B)	3 9:15 Balloon Tennis (A) 10:00 Seated Dance Class with Katya (A) 10:45 Wheel of Fortune (B) 1:30 Trivia (A) 2:15 Floor Curling (GYM) 3:00 Go For Life Walking Club (BW) 3:00 Artful Enrichment (A) 3:30 Darts (GR) 6:45 Toronto Maple Leafs Pub Social (B)	4 9:30 Drum Fit (A) 10:00 Exercise (GYM) 10:00 Outing: Encore Symphonic Concert Band (OS) 10:30 Go For Life Walking Club (BW) 11:00 Catholic Communion Service (A) 1:30 Java Music Club (A) 2:00 10 cent Bingo (A) 3:30 Pub Social (B) 6:45 Scrabble Group Game (A)	5 9:15 Balloon Tennis (A) 10:00 Yoga Class (GYM) 10:45 Words in a Word (A) 2:00 Mini Putting (FL) 3:30 Pre-Shabbat Service (A) 3:30 Woodworking: Garden Beds (GYM) 4:00 Go For Life Walking Club (BW) 6:45 Movie Night (T)	6 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) 3:30 Tea & Coffee Social (A) 6:45 Cards: Euchre, Bridge, Rummy & Canasta (A)
Activity Package Available At Reception (RECE) 7 9:15 Balloon Tennis (A) 10:00 Virtual Seated Exercise (A) 2:00 Bingo with Manager on Duty (A) 3:30 Tea & Cofee Social (A) 6:45 Movie Matinee (T)	8 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:30 Meet me at MoMA Presentation (A) 11:00 Go For Life Walking Club (BW) 1:30 Trivia (A) 2:15 Bowling (GYM) 3:30 Wine & Cheese Social (A) 6:45 Live Concert: Jay (A)	9 9:15 Balloon Tennis (A) 10:00 Tai Chi (A) 11:00 Go For Life Walking Club (BW) 2:00 Bridge Group (L) 2:00 Baking: Pizza (A) 3:30 Andre Rieu (FL) 6:45 Live Concert: Emilo (A)	10 9:15 Balloon Tennis (A) 10:00 Seated Dance Class with Katya (A) 10:45 Wheel of Fortune (B) 1:30 Trivia (A) 2:15 Floor Curling (GYM) 3:00 Go For Life Walking Club (BW) 3:00 Artful Enrichment (A) 3:30 Darts (GR) 6:45 Live Concert: David Pikley (A)	11 9:30 Drum Fit (A) 10:00 Exercise (GYM) 10:30 Go For Life Walking Club (BW) 11:00 Catholic Communion Service (A) 1:30 Java Music Club (A) 2:00 10 cent Bingo (A) 3:30 Pub Social (B) 6:45 Scrabble Group Game (A)	12 9:15 Balloon Tennis (A) 10:00 Yoga Class (GYM) 10:15 Walmart Shopping Trip (OS) 2:00 Mini Putting (FL) 3:30 Pre-Shabbat Service (A) 3:30 Woodworking: Garden Beds (GYM) 4:00 Go For Life Walking Club (BW) 6:45 Movie Night (T)	13 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) 3:30 Tea & Coffee Social (A) 6:45 Cards: Euchre, Bridge, Rummy & Canasta (A)
Activity Package Available At Reception (RECE) 14 9:15 Balloon Tennis (A) 2:00 Bingo with Manager on Duty (A) 3:30 Tea & Cofee Social (A) 6:45 Movie Matinee (T)	15 9:15 Balloon Tennis (A) 10:00 Gardiner Museum (OU) 10:00 Virtual Exercise (A) 10:45 America's Got Talent (A) 11:00 Go For Life Walking Club (BW) 1:30 Trivia (A) 2:00 Meet me at MoMA (A) 3:30 Wine & Cheese Social (A) 6:45 Rick Steve's: The Best of Israel (A)	16 9:15 Balloon Tennis (A) 10:00 Tai Chi (A) 11:00 Go For Life Walking Club (BW) 2:00 Bridge Group (L) 2:00 Baking: Pizza (A) 3:30 Andre Rieu (FL) 6:45 Live Concert: Jack (A)	17 9:15 Balloon Tennis (A) 10:00 Seated Dance Class with Katya (A) 10:30 Cooking Demo with Chef Jason (A) 10:45 Wheel of Fortune (B) 1:30 Trivia (A) 2:15 Floor Curling (GYM) 3:00 Go For Life Walking Club (BW) 3:00 Artful Enrichment (A) 3:30 Darts (GR) 6:45 Toronto Maple Leafs Pub Social (B)	18 9:30 Drum Fit (A) 10:00 Exercise (GYM) 10:30 Go For Life Walking Club (BW) 11:00 Catholic Communion Service (A) 1:30 Java Music Club (FL) 2:00 Book Presentation (A) 3:30 Pub Social (B) 3:30 Artful Enrichment (A) 6:45 Scrabble Group Game (A)	19 Living Loving Local Dinner (D) 9:15 Balloon Tennis (A) 10:30 History Stories with Lianne Harris (A) 2:00 Mini Putting (FL) 3:30 Pre-Shabbat Service (A) 3:30 Woodworking: Garden Beds (GYM) 4:00 Go For Life Walking Club (BW) 6:45 Movie Night (T)	20 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) 3:30 Tea & Coffee Social (A) 6:45 Cards: Euchre, Bridge, Rummy & Canasta (A)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Package Available At Reception (RECE) 21 9:15 Balloon Tennis (A) 2:00 Bingo with Manager on Duty (A) 3:30 Tea & Cofee Social (A) 6:45 Movie Matinee (T)	Passover Begins (BW) 22 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:30 Meet me at MoMA Presentation (A) 11:00 Go For Life Walking Club (BW) 2:00 Monthly Birthday Party with Lilian Thompson (A) 3:30 Wine & Cheese Social (B) 6:45 Movie Night (T)	9:15 Balloon Tennis (A) 23 10:00 Tai Chi (A) 10:00 Richard Bradshaw Amphitheater Concert (OU) 11:00 Go For Life Walking Club (BW) 2:00 Bridge Group (L) 2:00 Meet me at MoMA (A) 3:30 Andre Rieu (FL) 6:45 Live Concert: Jay Vazquez (A)	9:15 Balloon Tennis (A) 24 10:00 Seated Dance Class with Katya (A) 10:45 Wheel of Fortune (B) 1:30 Hearing Check with Ian Castor (DRO) 1:30 Trivia (A) 2:00 Passover Celebration Concert (A) 3:00 Go For Life Walking Club (BW) 6:45 Pub Social (B)	9:30 Drum Fit (A) 25 10:00 Exercise (GYM) 10:30 Go For Life Walking Club (BW) 11:00 Catholic Communion Service (A) 1:30 Java Music Club (A) 2:00 10 cent Bingo (A) 3:30 Pub Social (B) 6:45 Scrabble Group Game (A)	9:15 Balloon Tennis (A) 26 10:00 Yoga Class (GYM) 10:45 Nature Walks (OS) 2:00 Mini Putting (FL) 3:30 Pre-Shabbat Service (A) 3:30 Woodworking: Garden Beds (GYM) 4:00 Go For Life Walking Club (BW) 6:45 Movie Night (T)	9:15 Balloon Tennis (A) 27 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) 28 9:15 Balloon Tennis (A) 2:00 Bingo with Manager on Duty (A) 3:30 Tea & Cofee Social (A) 6:45 Movie Matinee (T)	9:15 Balloon Tennis (A) 29 10:00 Virtual Exercise (A) 11:00 Go For Life Walking Club (BW) 11:00 Isaan Der - Thai Kitchen (OU) 1:30 Trivia (A) 2:15 Bowling (GYM) 3:30 Wine & Cheese Social (A) 6:45 Live Concert: Martin Wall (A)	Passover Ends (BW) 30 9:15 Balloon Tennis (A) 10:30 Residents Town Hall (GYM) 11:00 Go For Life Walking Club (BW) 2:00 Bridge Group (L) 2:00 Baking: Pizza (A) 3:30 Andre Rieu (FL) 6:45 Live Concert: Shannon (A)	 <p>Parkinson's Awareness Month</p>		 <p>SUNDAY APR 21 Tea Day</p>	



MONDAY
APR 22
Passover

Be Proud

Locations Legend

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

Calendar Legend

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