



INSPIRED SENIOR LIVING

May 2024 Assisted Living

Four Elms Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>9:15 Balloon Tennis (2F) 1</p> <p>10:00 Artful Enrichment (2F)</p> <p>11:05 Parachute Game (2F)</p> <p>1:00 Java Music Club (2F)</p> <p>2:00 Exercise (2F)</p> <p>2:30 Fit Minds (Trivia) (2F)</p> <p>3:00 Bowling (2F)</p> <p>4:00 Life Skills (2F)</p> <p>6:45 Pub Social (B)</p>	<p>9:15 Morning Stretches (2F) 2</p> <p>10:00 Encore Symphonic Concert Band (OS)</p> <p>10:30 Creative Movement (2F)</p> <p>10:45 Karaoke Singing (2F)</p> <p>11:00 Catholic Communion Service (A)</p> <p>1:15 Animal Bingo (2F)</p> <p>2:00 Mini Putting (2F)</p> <p>3:00 Wheel of Fortune (2F)</p> <p>3:15 Robert's Pub Social (B)</p> <p>3:45 Go4Life Walking Club Outside (CY)</p> <p>6:45 Rick Steve's: Ireland (A)</p>	<p>9:15 Seated Zumba (2F) 3</p> <p>10:00 Exercise Full Body Stretches (2F)</p> <p>10:00 Yoga Class (GYM)</p> <p>10:30 History Stories with Lianne Harris (A)</p> <p>10:45 Java Music Club (2F)</p> <p>1:15 Artful Enrichment (2F)</p> <p>2:15 Ladder Ball (2F)</p> <p>3:00 Activities of Daily Living (2F)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>4:00 Drum Fit (2F)</p>	<p>9:00 Balloon Tennis (2F) 4</p> <p>10:00 Exercise (2F)</p> <p>10:45 Fit Minds (2F)</p> <p>1:15 Karaoke Singing (2F)</p> <p>2:00 Movie Matinee with David Dunn (T)</p> <p>2:15 Bean Bag Toss (2F)</p> <p>3:00 Java Music Club with Manager on Duty (2F)</p> <p>3:30 Tea & Coffee Social (A)</p>
<p>Activity Package Available At Reception (RECE) 5</p> <p>3:45 Outdoor Group Walks (CY)</p> <p>9:05 Balloon Tennis (2F)</p> <p>9:35 Exercise (2F)</p> <p>10:15 Trivia (2F)</p> <p>2:00 Mother's Day Concert: The DeeGees (A)</p> <p>6:45 Amercia's Got Talent (A)</p>	<p>9:30 Virtual Zumba (2F) 6</p> <p>10:00 Creative Movement (2F)</p> <p>10:30 Crafts with Sammy (A)</p> <p>10:45 What am I Trivia (2F)</p> <p>1:15 Bingo (2F)</p> <p>2:15 Axe Throw & Darts (2F)</p> <p>3:15 Wine & Cheese Social (B)</p> <p>3:30 Go4Life Walking Club Outside (CY)</p>	<p>9:15 Balloon Tennis (2F) 7</p> <p>10:00 Tai Chi (A)</p> <p>10:00 Drum Fit (2F)</p> <p>11:00 Java Music Club (Singing) (2F)</p> <p>1:15 Word in a Word (2F)</p> <p>2:15 Bean Bag Toss (2F)</p> <p>2:30 Sax Magic (A)</p> <p>3:00 Activities of Daily Living (2F)</p> <p>4:00 Stretches (2F)</p> <p>6:45 Live Concert: David Pikley (A)</p>	<p>9:15 Balloon Tennis (2F) 8</p> <p>10:00 Foot Care Clinic (S)</p> <p>10:00 Artful Enrichment (2F)</p> <p>1:00 Fit Minds (Trivia) (2F)</p> <p>1:30 Exercise (2F)</p> <p>1:45 Food Forum (A)</p> <p>2:00 Music Therapy (2F)</p> <p>3:15 Bowling (2F)</p> <p>4:00 Life Skills (2F)</p> <p>6:45 Live Concert: Bill Dickinson (A)</p>	<p>9:15 Morning Stretches (2F) 9</p> <p>10:00 Covid 19 Booster Clinic (GYM)</p> <p>10:30 Walmart Shopping (OS)</p> <p>10:30 Creative Movement (2F)</p> <p>10:30 Weight Clinic (NS)</p> <p>10:45 Karaoke Singing (2F)</p> <p>11:00 Catholic Communion Service (A)</p> <p>1:15 Animal Bingo (2F)</p> <p>2:00 Mini Putting (2F)</p> <p>3:00 Wheel of Fortune (2F)</p> <p>3:15 Robert's Pub Social (B)</p> <p>3:45 Go4Life Walking Club Outside (CY)</p>	<p>9:15 Seated Zumba (2F) 10</p> <p>10:00 Exercise Full Body Stretches (2F)</p> <p>10:00 Yoga Class (A)</p> <p>10:45 Java Music Club (2F)</p> <p>1:15 Artful Enrichment (2F)</p> <p>2:15 Ladder Ball (2F)</p> <p>3:00 Activities of Daily Living (2F)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>4:00 Drum Fit (2F)</p>	<p>9:00 Balloon Tennis (2F) 11</p> <p>10:45 Exercise (2F)</p> <p>1:10 Fit Minds (2F)</p> <p>2:00 Live Concert: Zack Wojtala (A)</p> <p>3:00 Java Music Club with Manager on Duty (2F)</p> <p>3:15 MOMA-Painting (2F)</p>
<p>Mother's Day (BW) 12</p> <p>9:05 Balloon Tennis (2F)</p> <p>9:35 Exercise (2F)</p> <p>10:15 Trivia (2F)</p> <p>1:15 Parachute Game (2F)</p> <p>2:00 Mother's Day Concert with Andy Decompas (A)</p> <p>6:45 America's Got Talent (A)</p>	<p>9:30 Virtual Zumba (2F) 13</p> <p>10:00 Creative Movement (2F)</p> <p>10:30 Foot Care Clinic (S)</p> <p>10:45 What am I Trivia (2F)</p> <p>1:15 Bingo (2F)</p> <p>2:00 Meet me at MoMA Presentation (A)</p> <p>2:15 Axe Throw & Darts (2F)</p> <p>3:15 Wine & Cheese Social (B)</p> <p>3:30 Go4Life Walking Club Outside (CY)</p>	<p>9:15 Balloon Tennis (2F) 14</p> <p>10:00 Tai Chi (A)</p> <p>10:00 Drum Fit (2F)</p> <p>11:00 Java Music Club (Singing) (2F)</p> <p>1:15 Word in a Word (2F)</p> <p>2:15 Bean Bag Toss (2F)</p> <p>3:00 Activities of Daily Living (2F)</p> <p>4:00 Stretches (2F)</p> <p>6:45 Live Concert: Emilio (A)</p>	<p>9:15 Balloon Tennis (2F) 15</p> <p>10:00 Artful Enrichment (2F)</p> <p>10:30 Cooking Demo with Chef Jason (A)</p> <p>10:30 Weight Clinic (NS)</p> <p>11:30 Boston Pizza (OS)</p> <p>1:00 Java Music Club (2F)</p> <p>2:00 Exercise (2F)</p> <p>2:30 Fit Minds (Trivia) (2F)</p> <p>3:00 Bowling (2F)</p> <p>4:00 Life Skills (2F)</p>	<p>9:15 Morning Stretches (2F) 16</p> <p>10:30 Creative Movement (2F)</p> <p>10:45 Karaoke Singing (2F)</p> <p>11:00 Catholic Communion Service (A)</p> <p>1:15 Animal Bingo (2F)</p> <p>2:00 Mini Putting (2F)</p> <p>3:00 Wheel of Fortune (2F)</p> <p>3:15 Robert's Pub Social (B)</p> <p>3:45 Go4Life Walking Club Outside (CY)</p>	<p>Living Loving Local Dinner (D) 17</p> <p>9:15 Seated Zumba (2F)</p> <p>10:00 Exercise Full Body Stretches (2F)</p> <p>10:00 Yoga Class (A)</p> <p>10:45 Java Music Club (2F)</p> <p>1:30 Live Concert: Sara Papini (A)</p> <p>2:15 Ladder Ball (2F)</p> <p>3:00 Activities of Daily Living (2F)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>4:00 Drum Fit (2F)</p>	<p>9:00 Balloon Tennis (2F) 18</p> <p>10:45 Exercise (2F)</p> <p>1:15 Karaoke Singing (2F)</p> <p>2:00 Movie Matinee with David Dunn (T)</p> <p>2:15 Bean Bag Toss (2F)</p> <p>3:00 Java Music Club with Manager on Duty (2F)</p> <p>3:30 Tea & Coffee Social (A)</p> <p>3:30 Fit Minds (2F)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Package Available At Reception (RECE) 19 9:05 Balloon Tennis (2F) 9:35 Exercise (2F) 10:15 Trivia (2F) 2:00 Bingo with Manager on Duty (A) 2:15 Bowling (2F) 3:15 MOMA-Painting (2F) 6:45 America's Got Talent (A)	20 9:30 Virtual Zumba (2F) 10:00 Creative Movement (2F) 10:30 Crafts with Sammy (A) 10:45 What am I Trivia (2F) 2:00 Live Concert: Shannon Graham (A) 2:15 Axe Throw & Darts (2F) 3:30 Go4Life Walking Club Outside (CY) 6:45 Documentary: The Royals (A)	21 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) 2:15 Bean Bag Toss (2F) 2:30 High Tea Party (B) 3:00 Activities of Daily Living (2F) 4:00 Stretches (2F) 6:45 Live Concert: Pepper Shaker's (A)	22 9:15 Balloon Tennis (2F) 10:00 Artful Enrichment (2F) 1:00 Fit Minds (Trivia) (2F) 1:30 Exercise (2F) 2:00 Walk for Alzheimer's (CY) 2:00 Music Therapy (2F) 3:15 Bowling (2F) 4:00 Life Skills (2F) 6:45 Live Concert: Jeff Ewing (A)	23 9:15 Morning Stretches (2F) 10:30 Creative Movement (2F) 10:45 Karaoke Singing (2F) 11:00 Catholic Communion Service (A) 1:15 Animal Bingo (2F) 2:00 Mini Putting (2F) 3:00 Wheel of Fortune (2F) 3:15 Robert's Pub Social (B) 3:45 Go4Life Walking Club Outside (CY)	24 9:15 Seated Zumba (2F) 10:00 Exercise Full Body Stretches (2F) 10:00 Yoga Class (A) 10:00 Triple Eight Clothing (FL) 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)	25 7:30 Lake Wilcox Oak Ridges Community Centre (OU) 9:00 Balloon Tennis (2F) 10:45 Exercise (2F) 1:15 Karaoke Singing (2F) 2:00 Movie Matinee with David Dunn (T) 2:15 Bean Bag Toss (2F) 3:00 Java Music Club with Manager on Duty (2F) 3:30 Tea & Coffee Social (A) 3:30 Fit Minds (2F)
Activity Package Available At Reception (RECE) 26 9:05 Balloon Tennis (2F) 9:35 Exercise (2F) 10:15 Trivia (2F) 2:00 Bingo with Manager on Duty (A) 2:15 Bowling (2F) 3:15 MOMA-Painting (2F) 6:45 America's Got Talent (A)	27 9:30 Virtual Zumba (2F) 10:00 Foot Care Clinic (S) 10:00 Creative Movement (2F) 10:45 What am I Trivia (2F) 2:15 Axe Throw & Darts (2F) 3:15 Wine & Cheese Social (B) 3:30 Go4Life Walking Club Outside (CY) 6:45 Live Concert: Martin Wall (A)	28 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) 2:15 Bean Bag Toss (2F) 3:00 Activities of Daily Living (2F) 4:00 Stretches (2F) 6:45 Pub Social (B)	29 9:15 Balloon Tennis (2F) 10:00 Artful Enrichment (2F) 1:00 Java Music Club (2F) 1:30 Hearing Check with Ian Castor (DRO) 2:00 Exercise (2F) 2:30 Fit Minds (Trivia) (2F) 3:00 Bowling (2F) 4:00 Life Skills (2F) 6:45 Live Concert: Zack Wojtala (A)	30 9:15 Morning Stretches (2F) 10:30 Creative Movement (2F) 10:45 Karaoke Singing (2F) 11:00 Catholic Communion Service (A) 1:15 Animal Bingo (2F) 2:00 Hands on Exotics: Tropical Animal Visits (LO) 2:00 Mini Putting (2F) 3:00 Wheel of Fortune (2F) 3:15 Robert's Pub Social (B) 3:45 Go4Life Walking Club Outside (CY)	31 9:15 Seated Zumba (2F) 10:00 Exercise Full Body Stretches (2F) 10:00 Yoga Class (A) 10:45 Java Music Club (2F) 1:15 Artful Enrichment (2F) 2:00 Monthly Birthday Party with Bill Dickinson (A) 2:15 Ladder Ball (2F) 3:00 Activities of Daily Living (2F) 3:30 Pre-Shabbat Service (A) 4:00 Drum Fit (2F)	



Locations Legend

2nd Floor Activity Room (2F)	Bistro Bar (B)
Activity Room (Main Level) (A)	Nursing Station(Lobby) (NS)
Courtyard (CY)	Building Wide (BW)
Bar & Bistro (B)	Main Dining Room (D)
Outing (OS)	Fireplace Lounge (FL)
Gym (Lower Level) (GYM)	Outing (OU)
Theatre (Lower Level) (T)	Doctor's Office (DRO)
Reception (RECE)	Lobby (LO)
Spa (S)	

Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program