



INSPIRED SENIOR LIVING

May 2024

Independent Living

Four Elms Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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			<p>9:15 Balloon Tennis (A) 1</p> <p>10:00 Seated Dance Class with Katya (A)</p> <p>11:05 Wheel of Fortune (B)</p> <p>2:15 Floor Curling (GYM)</p> <p>3:00 Artful Enrichment (A)</p> <p>4:00 Go For Life Walking Club (BW)</p> <p>6:45 Pub Social (B)</p>	<p>9:15 Drum Fit (A) 2</p> <p>10:00 Exercise (GYM)</p> <p>10:00 Encore Symphonic Concert Band (OS)</p> <p>10:30 Go For Life Walking Club (BW)</p> <p>11:00 Catholic Communion Service (A)</p> <p>1:30 Trivia (A)</p> <p>2:00 Dime Bingo with Charles (A)</p> <p>3:15 Robert's Pub Social (B)</p>	<p>9:15 Balloon Tennis (A) 3</p> <p>10:00 Yoga Class (GYM)</p> <p>10:30 History Stories with Lianne Harris (A)</p> <p>1:30 Java Music Club (A)</p> <p>2:15 Mini Putting (A)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>4:00 Go 4 Life Walking Club (CY)</p> <p>6:45 Scrabble Group Game (A)</p>	<p>9:15 Balloon Tennis (A) 4</p> <p>10:00 Exercise (GYM)</p> <p>10:45 FitMinds with Frances P (A)</p> <p>1:30 Trivia (A)</p> <p>2:00 Movie Matinee with David Dunn (T)</p> <p>3:30 Tea & Coffee Social (A)</p> <p>6:45 Cards: Euchre, Bridge, Rummy & Canasta (A)</p>
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<p>Activity Package Available At Reception (RECE) 5</p> <p>9:15 Balloon Tennis (A)</p> <p>10:00 Virtual Exercise (A)</p> <p>10:45 Wheel of Fortune (A)</p> <p>2:00 Mother's Day Concert: The DeeGees (A)</p> <p>3:30 Tea & Coffee Social (A)</p> <p>6:45 Amercia's Got Talent (A)</p>	<p>9:15 Balloon Tennis (A) 6</p> <p>10:00 Virtual Balance Exercise (GYM)</p> <p>10:30 Crafts with Sammy (A)</p> <p>11:00 Go For Life Walking Club (BW)</p> <p>1:30 Java Music Club (A)</p> <p>2:15 Forest Trail Walking Club (OU)</p> <p>3:15 Wine & Cheese Social (B)</p> <p>6:45 Andre Rieu (B)</p>	<p>9:15 Balloon Tennis (A) 7</p> <p>10:00 Tai Chi (A)</p> <p>10:15 Woodworking: Building Garden Beds (GYM)</p> <p>2:00 Bridge Group (L)</p> <p>2:30 Sax Magic (A)</p> <p>3:30 Family Feud (A)</p> <p>4:00 Go For Life Walking Club (BW)</p> <p>6:45 Live Concert: David Pikley (A)</p>	<p>9:15 Balloon Tennis (A) 8</p> <p>10:00 Seated Dance Class with Katya (A)</p> <p>10:00 Foot Care Clinic (S)</p> <p>11:05 Wheel of Fortune (B)</p> <p>1:45 Food Forum (A)</p> <p>3:00 Artful Enrichment (A)</p> <p>4:00 Go For Life Walking Club (BW)</p> <p>6:45 Live Concert: Bill Dickinson (A)</p>	<p>9:15 Drum Fit (A) 9</p> <p>10:00 Covid 19 Booster Clinic (GYM)</p> <p>10:00 Exercise (A)</p> <p>10:30 Go For Life Walking Club (BW)</p> <p>10:30 Walmart Shopping (OS)</p> <p>10:30 Weight Clinic (NS)</p> <p>11:00 Catholic Communion Service (A)</p> <p>1:30 Trivia (A)</p> <p>2:00 Dime Bingo with Charles (A)</p> <p>3:15 Robert's Pub Social (B)</p> <p>6:45 Rick Steves Egypt: Yesterday and Today (A)</p>	<p>9:15 Balloon Tennis (A) 10</p> <p>10:00 Yoga Class (A)</p> <p>11:05 Words in a Word (A)</p> <p>1:30 Java Music Club (A)</p> <p>2:15 Mini Putting (A)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>4:00 Go 4 Life Walking Club (CY)</p> <p>6:45 Scrabble Group Game (A)</p>	<p>9:15 Balloon Tennis (A) 11</p> <p>10:00 Exercise (GYM)</p> <p>10:45 FitMinds with Frances P (A)</p> <p>2:00 Live Concert: Zack Wojtala (A)</p> <p>3:30 Billiard Game (GR)</p> <p>6:45 Cards: Euchre, Bridge, Rummy & Canasta (A)</p>
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<p>Mother's Day (BW) 12</p> <p>9:15 Balloon Tennis (A)</p> <p>10:00 Virtual Exercise (A)</p> <p>10:45 Wheel of Fortune (A)</p> <p>2:00 Mother's Day Concert with Andy Decompas (A)</p> <p>6:45 America's Got Talent (A)</p>	<p>9:15 Balloon Tennis (A) 13</p> <p>10:00 Virtual Balance Exercise (GYM)</p> <p>10:30 Crafting with Angela (A)</p> <p>10:30 Foot Care Clinic (S)</p> <p>11:00 Go For Life Walking Club (BW)</p> <p>1:30 Meet me at MoMA (A)</p> <p>2:00 Meet me at MoMA Presentation (A)</p> <p>3:15 Wine & Cheese Social (B)</p> <p>6:45 Andre Rieu (B)</p>	<p>9:15 Balloon Tennis (A) 14</p> <p>10:00 Tai Chi (A)</p> <p>11:05 Activity Meeting with the Life Enrichment (A)</p> <p>1:30 Meet me at MoMA Presentation (A)</p> <p>2:00 Bridge Group (L)</p> <p>2:00 Meet me at MoMA (A)</p> <p>2:00 Forest Trail Walking Club (CY)</p> <p>3:15 Fruit Smoothies Social (B)</p> <p>3:30 Family Feud (A)</p> <p>4:00 Go For Life Walking Club (BW)</p> <p>6:45 Live Concert: Emilio (A)</p>	<p>9:15 Balloon Tennis (A) 15</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>2:15 Floor Curling (GYM)</p> <p>3:00 Artful Enrichment (A)</p> <p>4:00 Go For Life Walking Club (BW)</p> <p>6:45 Wine & Paint (A)</p>	<p>9:15 Drum Fit (A) 16</p> <p>10:00 Exercise (GYM)</p> <p>10:30 Go For Life Walking Club (BW)</p> <p>11:00 Catholic Communion Service (A)</p> <p>1:30 Trivia (A)</p> <p>2:00 Dime Bingo with Charles (A)</p> <p>3:15 Robert's Pub Social (B)</p> <p>6:45 Rick Steve's: Best of the Alps (A)</p>	<p>Living Loving Local Dinner (D) 17</p> <p>9:15 Balloon Tennis (A)</p> <p>10:00 Yoga Class (A)</p> <p>11:05 Words in a Word (A)</p> <p>1:30 Live Concert: Sara Papini (A)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>4:00 Go 4 Life Walking Club (CY)</p> <p>6:45 Scrabble Group Game (A)</p>	<p>9:15 Balloon Tennis (A) 18</p> <p>10:00 Exercise (GYM)</p> <p>10:45 FitMinds with Frances P (A)</p> <p>1:30 Trivia (A)</p> <p>2:00 Movie Matinee with David Dunn (T)</p> <p>3:30 Tea & Coffee Social (A)</p> <p>6:45 Cards: Euchre, Bridge, Rummy & Canasta (A)</p>
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Package Available At Reception (RECE) 19 9:15 Balloon Tennis (A) 10:00 Virtual Exercise (A) 10:45 Wheel of Fortune (A) 2:00 Bingo with Manager on Duty (A) 3:30 Tea & Coffee Social (C) 6:45 America's Got Talent (A)	20 9:15 Balloon Tennis (A) 10:00 Virtual Balance Exercise (GYM) 10:30 Crafts with Sammy (A) 11:00 Go For Life Walking Club (BW) 2:00 Live Concert: Shannon Graham (A) 3:00 Meet me at MoMA (A) 3:30 Meet me at MoMA (A) 3:30 Billiard Game (GR) 6:45 Documentary: The	21 9:15 Balloon Tennis (A) 10:00 Tai Chi (A) 10:30 Woodworking: Building Garden Beds (GYM) 2:00 Bridge Group (L) 2:30 High Tea Party (B) 3:30 Family Feud (A) 4:00 Go For Life Walking Club (BW) 6:45 Live Concert: Pepper Shaker's (A)	22 9:15 Balloon Tennis (A) 10:00 Seated Dance Class with Katya (A) 11:05 Wheel of Fortune (B) 2:00 Walk for Alzheimer's (CY) 3:00 Artful Enrichment (A) 4:00 Go For Life Walking Club (BW) 6:45 Pub Social (B)	23 9:15 Drum Fit (A) 10:00 Exercise (GYM) 10:30 Go For Life Walking Club (BW) 11:00 Catholic Communion Service (A) 1:30 Trivia (A) 2:00 Dime Bingo with Charles (A) 3:15 Robert's Pub Social (B) 6:45 Rick Steve's: Art of the Middle Ages (A)	24 9:15 Balloon Tennis (A) 10:00 Yoga Class (A) 10:00 Triple Eight Clothing (FL) 11:05 Words in a Word (A) 1:30 Java Music Club (A) 2:15 Mini Putting (A) 3:30 Pre-Shabbat Service (A) 4:00 Go 4 Life Walking Club (CY) 6:45 Scrabble Group Game (A)	25 7:30 Lake Wilcox Oak Ridges Community Centre (OU) 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:45 FitMinds with Frances P (A) 1:30 Trivia (A) 2:00 Movie Matinee with David Dunn (T) 3:30 Tea & Coffee Social (A) 6:45 Cards: Euchre, Bridge, Pummy & Canasta (A)
Activity Package Available At Reception (RECE) 26 9:15 Balloon Tennis (A) 10:00 Virtual Exercise (A) 10:45 Trivia with Frances.P (A) 2:00 Bingo with Manager on Duty (A) 3:30 Tea & Coffee Social (C) 6:45 America's Got Talent (A)	27 9:15 Balloon Tennis (A) 10:00 Foot Care Clinic (S) 10:00 Virtual Balance Exercise (GYM) 10:30 Crafting with Angela (A) 11:00 Go For Life Walking Club (BW) 1:30 Meet me at MoMA Presentation (A) 2:00 Meet me at MoMA (A) 3:15 Wine & Cheese Social (B) 6:45 Live Concert: Martin Wall (A)	28 9:15 Balloon Tennis (A) 10:30 Residents Town Hall (GYM) 2:00 Bridge Group (L) 2:00 Forest Trail Walking Club (CY) 3:15 Fruit Smoothies Social (B) 3:30 Family Feud (A) 4:00 Go For Life Walking Club (BW) 6:45 Pub Social (B)	29 9:15 Balloon Tennis (A) 10:00 Seated Dance Class with Katya (A) 11:05 Wheel of Fortune (B) 1:30 Hearing Check with Ian Castor (DRO) 2:15 Floor Curling (GYM) 3:00 Artful Enrichment (A) 4:00 Go For Life Walking Club (BW) 6:45 Live Concert: Zack Wojtala (A)	30 9:15 Drum Fit (A) 10:00 Exercise (GYM) 10:30 Go For Life Walking Club (BW) 11:00 Catholic Communion Service (A) 2:00 Hands on Exotics: Tropical Animal Visits (LO) 3:15 Robert's Pub Social (B) 6:45 Rick Steve's: The Best of Slovenia (A)	31 9:15 Balloon Tennis (A) 10:00 Yoga Class (A) 11:05 Words in a Word (A) 2:00 Monthly Birthday Party with Bill Dickinson (A) 3:30 Pre-Shabbat Service (A) 4:00 Go 4 Life Walking Club (CY) 6:45 Scrabble Group Game (A)	



Locations Legend

Activity Room (Main Level) (A)	Spa (S)
Gym (Lower Level) (GYM)	Outing (OU)
Building Wide (BW)	Nursing Station(Lobby) (NS)
Bar & Bistro (B)	Games Room (GR)
Courtyard (CY)	Legend's Cafe (C)
Library (L)	Main Dining Room (D)
Bistro Bar (B)	Fireplace Lounge (FL)
Outing (OS)	Doctor's Office (DRO)
Theatre (Lower Level) (T)	Lobby (LO)
Reception (RECE)	

Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program