



INSPIRED SENIOR LIVING

# April 2026 Assisted Living

## Four Elms Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**Activity Package Available At Reception (RECE) 5**  
**Easter Holiday Buffet! (D)**  
 9:30 Balloon Tennis (2F)  
 11:00 Exercise (3A)  
 1:30 Bowling (2F)  
 2:00 Sunday Movies! (2F)  
 2:00 Go For Life Walking Club (BW)  
 2:00 Easter Sunday Concert with Jessica Rios (A)  
 6:45 T.V. Series:Crave Season 1: Be Witched (A)

**Nelly's Comfort Shoes (FL) 6**  
 9:30 Balloon Tennis (2F)  
 10:00 Drum Fit (2F)  
 10:30 Reminiscing Circle (2F)  
 1:15 Bingo (2F)  
 2:00 Floor Curling (GYM)  
 2:00 Live Concert: Ana Rosa (A)  
 3:15 Go4Life Walking Club Outside (CY)  
 3:15 Wine & Cheese Social (A)  
 3:30 Puzzles, Sorting, Colouring (2F)  
 6:30 Resident Run Card Games (A)

**National Coffee Cake Day! 7**  
 9:30 Balloon Tennis (2F)  
 10:00 Full Body workout with Chelsea (GYM)  
 10:45 Balloon Tennis (3A)  
 1:00 Go4Life Walking Club (CY)  
 1:15 Resident Choir Practice (A)  
 2:00 Meet me at MoMA (2F)  
 2:00 Mini Putting with Volunteer (A)  
 2:00 Heads Up Game (B)  
 3:15 Coffee Cake Pub! (A)  
 4:00 Java Music Club (Sing Along) (2F)  
 6:45 T.V. Series: F.R.I.E.N.D.S (A)

**9:30 Balloon Tennis (2F) 8**  
 10:00 Balloon Tennis (3A)  
 10:00 Walmart Shopping Trip \*Sign Up Required\* (OS)  
 10:45 Bean Bag Toss (2F)  
 1:00 Go For Life Walking Club Outside/Off-site (2F)  
 1:30 Meet me at MoMA Presentation: Camille Pissarro (B)  
 2:00 Music Therapy with Tiffany (2F)  
 3:00 Seated Bowling (2F)  
 3:15 Paint by the Number (2F)  
 4:00 Technology Class! (A)  
 6:45 T.V. Series: Bones (A)

**Passover Ends (BW) 9**  
**HHS Mens Club Thursday!**  
 9:30 Morning Stretches (2F)  
 10:00 Tai Chi (GYM)  
 10:00 Balloon Tennis (2F)  
 10:30 Seated Exercise (3RD)  
 10:45 Trivial Pursuit (B)  
 1:30 Bingo (3A)  
 2:15 Puzzles, Sorting, Colouring (2F)  
 3:15 Robert's Pub Social (A)  
 6:45 T.V. Series: Season 1: LOST (A)

**9:30 Balloon Tennis (2F) 10**  
 10:00 Drum Fit (GYM)  
 10:30 Seated Zumba (2F)  
 10:30 Education Presentation: Lianne Harris (A)  
 12:30 Vendor:Mary Kate Pampering Skin Care (3A)  
 1:00 Go4Life Walking Club (BW)  
 1:15 Karaoke with Robert (2ND)  
 2:00 Live Concert: Alisa Kanda (3A)  
 2:00 Bingo with Helen! (A)  
 3:00 Book Club! (L)  
 3:30 Pre-Shabbat Service (A)  
 5:30 Friday Night Movie! (2F)  
 6:30 Movie: Crave - The Theory Of Everything (A)

**10:00 Exercise (GYM) 11**  
 10:35 Java Music Club (2FL)  
 11:00 Balloon Tennis (2F)  
 1:00 Go For Life Walking Club (BW)  
 1:45 Balloon Volleyball (2F)  
 3:00 Saturday TV Show: Golden Girls (2TV)  
 3:15 Happy Hour Pub with Manager On Duty! (A)

**Activity Package Available At Reception (RECE) 12**  
 9:30 Balloon Tennis (2F)  
 11:00 Exercise (3A)  
 1:30 Bowling (2F)  
 2:00 Sunday Movies! (2F)  
 2:00 Go For Life Walking Club (BW)  
 6:45 T.V. Series:Crave Season 1: Be Witched (A)

**National Scrabble Day! 13**  
 9:30 Balloon Tennis (2F)  
 10:00 Drum Fit (2F)  
 10:30 Reminiscing Circle (2F)  
 1:15 Bingo (2F)  
 2:00 Floor Curling (GYM)  
 2:00 Live Concert: Alisa Kanda (A)  
 3:15 Go4Life Walking Club Outside (CY)  
 3:15 Wine & Cheese Social (A)  
 3:30 Puzzles, Sorting, Colouring (2F)  
 6:30 Resident Run Card Games (A)

**9:30 Balloon Tennis (2F) 14**  
 10:00 Full Body workout with Chelsea (GYM)  
 10:30 Painting with Sammy (A)  
 10:45 Balloon Tennis (3A)  
 1:00 Go4Life Walking Club (CY)  
 1:15 Resident Choir Practice (A)  
 2:00 Meet me at MoMA (2F)  
 2:00 Mini Putting with Volunteer (A)  
 3:15 Farwell Pub Social to Volunteer Noza & Sanam! (A)  
 4:00 Java Music Club (Sing Along) (2F)  
 6:45 T.V. Series: F.R.I.E.N.D.S (A)

**National Titanic Remembrance Day 15**  
 9:30 Balloon Tennis (2F)  
 10:00 Balloon Tennis (3A)  
 10:45 Bean Bag Toss (2F)  
 10:45 Chef Demo with Jason! (A)  
 1:00 Go For Life Walking Club Outside/Off-site (2F)  
 2:00 Music Therapy with Tiffany (2F)  
 3:00 Seated Bowling (2F)  
 3:00 Farwell Pub Social to Volunteer Mizuki! (A)  
 3:30 Titanic Movie First Half (T)  
 6:30 Titanic Movie Second Half (A)

**HHS Mens Club Thursday! 16**  
 9:30 Morning Stretches (2F)  
 10:00 Tai Chi (GYM)  
 10:00 Balloon Tennis (2F)  
 10:30 Seated Exercise (3RD)  
 10:45 Trivial Pursuit (B)  
 11:00 Catholic Communion Service (A)  
 1:30 Bingo (3A)  
 2:15 Puzzles, Sorting, Colouring (2F)  
 3:15 Robert's Pub Social (A)  
 6:45 T.V. Series: Season 1: LOST (A)

**Living Loving Local Dinner! 17**  
 9:30 Balloon Tennis (2F)  
 10:30 Seated Zumba (2F)  
 1:00 Go4Life Walking Club (BW)  
 1:15 Karaoke with Robert (2ND)  
 2:00 Live Concert with Patricia Barlow (2F)  
 3:30 Pre-Shabbat Service (A)  
 5:30 Friday Night Movie! (2F)  
 6:30 Resident Run Card Games (A)

**10:00 Exercise (GYM) 18**  
 10:35 Java Music Club (2FL)  
 11:00 Balloon Tennis (2F)  
 1:00 Go For Life Walking Club (BW)  
 1:45 Balloon Volleyball (2F)  
 2:00 Karoke with Alicia Santos (A)  
 3:00 Saturday TV Show: Golden Girls (2TV)  
 3:15 Happy Hour Pub with Manager On Duty! (A)




INSPIRED SENIOR LIVING

# April 2026 Assisted Living

## Four Elms Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Activity Package Available At Reception (RECE) 19</b> <b>Volunteer Appreciation Week!</b> 9:30 Balloon Tennis (2F) 11:00 Exercise (3A) 1:30 Bowling (2F) 2:00 Sunday Movies! (2F) 2:00 Go For Life Walking Club (BW) 6:45 T.V. Series:Crave Season 1: Be Witched (A)	<b>20</b> 9:30 Balloon Tennis (2F) 10:00 Drum Fit (2F) 10:30 Reminiscing Circle (2F) <b>11:30 Lunch Outing: Cafe Landwer (OU)</b> 1:15 Bingo (2F) 2:00 Floor Curling (GYM) 2:00 Bingo with Helen! (A) 3:15 Go4Life Walking Club Outside (CY) 3:15 Wine & Cheese Social (A) 3:30 Puzzles, Sorting, Colouring (2F) 6:30 Resident Run Card Games (A)	<b>Pancake Tuesday! (A) 21</b> 9:30 Balloon Tennis (2F) 10:00 Full Body workout with Chelsea (GYM) 10:45 Balloon Tennis (3A) 1:00 Go4Life Walking Club (CY) <b>1:15 Resident Choir Practice (A)</b> 2:00 Meet me at MoMA (2F) 2:00 Mini Putting with Volunteer (A) <b>2:00 Live Concert Frank Sinatra themed with Jay Vazquez (A)</b> 3:15 Happy Hour Pub! (A) 4:00 Java Music Club (Sing Along) (2F) 6:45 T.V. Series: F.R.I.E.N.D.S (A)	<b>VENDOR: EZFITS SHOES Earth Day 22</b> 9:30 Balloon Tennis (2F) 10:00 Balloon Tennis (3A) 10:30 Global Warning: Youtube - Inside the Planets Most Urgent Climate Warning (A) 10:45 Bean Bag Toss (2F) 1:00 Go For Life Walking Club Outside/Off-site (2F) 1:30 Meet me at MoMA Presentation: Georgia O'Keefe (A) 2:00 Music Therapy with Tiffany (2F) 3:00 Seated Bowling (2F) 3:00 "Worms in Dirt" Social (A) 3:15 Paint by the Number (2F) 4:00 Spirit Day: Wear Green, Floral Prints, Gardening Hats & Overalls 6:45 T.V. Series: Bones (A)	<b>HHS Mens Club Thursday! 23</b> <b>9:30 Morning Stretches (2F)</b> 10:00 Tai Chi (GYM) 10:00 Balloon Tennis (2F) 10:30 Seated Exercise (3RD) 10:45 Trivial Pursuit (B) 11:00 Catholic Communion Service (A) <b>11:00 Outing: Hillcrest Mall *Sign Up Required* (LO)</b> 1:30 Bingo (3A) <b>2:00 Live Concert: Samira Yeo (A)</b> 2:00 TV Show: Season 1: Bewitched (T) 2:15 Puzzles, Sorting, Colouring (2F) 3:15 Robert's Pub Social (A) 6:45 T.V. Series: Season 1: LOST (A)	<b>24</b> 9:30 Balloon Tennis (2F) 10:30 Seated Zumba (2F) <b>1:00 Go4Life Walking Club (BW)</b> <b>1:15 Karaoke with Robert (2ND)</b> <b>2:00 Live Concert: Davis Stevens (3A)</b> 3:00 Book Club! (L) 3:30 Pre-Shabbat Service (A) 5:30 Friday Night Movie! (2F) 6:30 Resident Run Card Games (A)	<b>25</b> 10:00 Exercise (GYM) 10:30 Residents Town Hall (A) 10:35 Java Music Club (2FL) 11:00 Balloon Tennis (2F) 1:00 Go For Life Walking Club (BW) 1:45 Balloon Volleyball (2F) 3:00 Saturday TV Show: Golden Girls (2TV) 3:15 Happy Hour Pub with Manager On Duty! (A)
<b>Activity Package Available At Reception (RECE) 26</b> 9:30 Balloon Tennis (2F) 11:00 Exercise (3A) 1:30 Bowling (2F) 2:00 Sunday Movies! (2F) 2:00 Go For Life Walking Club (BW) 6:45 T.V. Series:Crave Season 1: Be Witched (A)	<b>Artful Enrichment Week! April 27th - May 1st (B) 27</b> 9:30 Balloon Tennis (2F) 10:00 Drum Fit (2F) 10:30 Reminiscing Circle (2F) 1:15 Bingo (2F) 2:00 Floor Curling (GYM) <b>2:00 Monthly Birthday Party with Davis Stevens (A)</b> 3:15 Go4Life Walking Club Outside (CY) 3:15 Wine & Cheese Social (A) 3:30 Puzzles, Sorting, Colouring (2F)	<b>28</b> 9:30 Balloon Tennis (2F) 10:00 Full Body workout with Chelsea (GYM) <b>10:30 Residents Town Hall (A)</b> 10:45 Balloon Tennis (3A) 1:00 Go4Life Walking Club (CY) 2:00 Meet me at MoMA (2F) <b>2:00 Four Elms Talent Show! (A)</b> 3:15 Happy Hour Pub! (A) 4:00 Java Music Club (Sing Along) (2F) 6:45 T.V. Series: F.R.I.E.N.D.S (A)	<b>29</b> 9:30 Balloon Tennis (2F) 10:00 Balloon Tennis (3A) <b>10:45 Bean Bag Toss (2F)</b> 1:00 Go For Life Walking Club Outside/Off-site (2F) 2:00 Music Therapy with Tiffany (2F) 3:00 Seated Bowling (2F) 4:00 Technology Class! (A) 6:45 T.V. Series: Bones (A)	<b>HHS Mens Club Thursday! Hearing Clinic with Ian Castor (DRO) 30</b> <b>9:30 Morning Stretches (2F)</b> 10:00 Tai Chi (GYM) 10:00 Balloon Tennis (2F) 10:30 Seated Exercise (3RD) <b>10:30 Painting with Sammy (A)</b> 10:45 Trivial Pursuit (B) 11:00 Catholic Communion Service (A) 1:30 Bingo (3A) 2:00 TV Show: Season 1: Bewitched (T) 2:00 Words in a Word with Sandy! (A) 2:15 Puzzles, Sorting, Colouring (2F) 3:15 Robert's Pub Social (A) 6:45 T.V. Series: Season 1: LOST (A)	 <p style="text-align: center;"><b>Administrative Professionals Day</b></p>	



Locations Legend

2nd Floor Activity Room (2F)	2nd Floor lounge (2FL)
Activity Room (Main Level) (A)	2F TV Room (2TV)
3rd Floor Activity Room (3A)	Reception (RECE)
Gym (Lower Level) (GYM)	Outing (OS)
Building Wide (BW)	Library (L)
Bar & Bistro (B)	Main Dining Room (D)
Courtyard (CY)	Fireplace Lounge (FL)
Theatre (Lower Level) (T)	Outing (OU)
3rd Floor Lounge (3RD)	Lobby (LO)
2nd Floor (2ND)	Doctor's Office (DRO)

Calendar Legend

**Outing**

**Special Program**

**Cruise Week**

**Living, Loving, Local Signature Program**