

Your Four Elms Team

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INSPIRED SENIOR LIVING



Four Elms Newsletter





**Happy Passover
& Happy Easter
on behalf of everyone at Four Elms**





**Holiday Buffet Date: Sunday April 5th,
2026**

Time: 11:30 am—1:30 pm

Location: Main Dining Room

Please R.S.V.P your guest with our concierge team by
Thursday, April 2nd. \$33.00 per adult and \$15.00 per
child ages 5—10 years old. Children under 4 years old
are free.

Live Entertainment: 2:00pm—3:00 pm

Activity Room

April Outings

Encore Symphonic Concert Band

Thursday April 2nd 10:30 am—12:30 pm

Join us for a morning of music!



Walmart Shopping Trip

Wednesday April 8th 10:00 am -12:00 pm

Come join us for shopping essentials!



Lunch Outing: Café Landwer

Monday April 20th 11:30 am onwards

Come join us for a nice lunch outing!



Hilcrest Mall

Thursday April 23rd 11:00 am -2:00 pm

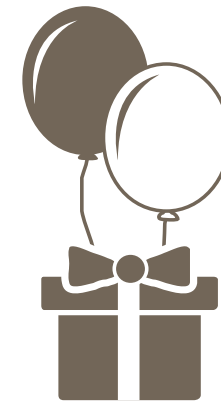
Come join our mall outing!



Please note space is limited for outings and residents are encouraged to sign up early with Concierge.

Please have a look at the monthly calendar for more outings!

Birthdays of the Month



Pat C- April 1

Helen R - April 4

Zarina K - April 4

Maria S - April 5

Antonio D- April 8

Joachim A- April 9

Hyman G - April 11

Violette E- April 12

Aurora S - April 13

Vilma S - April 15

Anna P- April 19

Louis I - April 19

Sally K - April 19

Silvana P- April 22

Gerda E- April 24

Christine G - April 26

Ruth B- April 26



Name: _____

Date: _____

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.



Word Search

APRIL	H	T	J	N	I	B	O	R	K	F	C	K	K	M	M	L	
ARBOR DAY	L	E	A	S	T	E	R	Y	X	I	J	S	C	M	K	S	L
BLOOM	R	D	P	E	R	S	A	E	N	R	P	R	R	I	E	T	I
BLOSSOM	V	L	C	J	N	D	R	C	T	R	H	O	L	E	H	L	D
BUNNY	L	T	D	N	R	I	I	E	I	I	W	D	D	Z	R	C	O
BUTTERFLY	P	H	T	O	H	P	H	N	W	H	K	L	M	A	G	J	F
CATERPILLAR	K	U	B	Q	X	F	G	S	T	O	I	R	I	R	B	P	F
CHICK	L	R	D	K	F	N	L	R	N	N	H	N	A	U	I	V	A
DAFFODIL	A	M	G	D	J	B	A	O	G	U	B	S	T	L	R	Q	D
EARTHWORM	W	X	A	L	L	E	L	S	W	O	S	T	U	Q	L	R	A
EASTER	K	V	R	I	W	E	B	O	W	E	E	T	P	O	N	D	L
FLOWERS	T	K	D	R	V	L	U	T	S	R	R	B	L	O	O	M	L
GARDEN	U	M	E	P	B	M	N	J	F	S	H	S	Z	M	D	Y	E
GRASS	O	R	N	A	L	X	N	L	K	M	O	M	V	N	U	R	R
HATCHING	R	A	L	K	Z	P	Y	D	M	K	R	M	L	V	M	N	B
KITE	P	I	M	B	R	A	L	L	I	P	R	E	T	A	C	C	M
MUD	S	N	G	H	G	H	D	R	G	N	I	H	C	T	A	H	U

- | | | |
|---------|-----------|----------|
| PICNIC | ROBIN | SPROUT |
| POND | SEEDLINGS | SUNSHINE |
| PUDDLE | SHOWERS | TULIP |
| RAIN | SPRING | UMBRELLA |
| RAINBOW | | |



April Highlights

April Fools Live Comedy



Date: Wednesday, April 1st
Time: 10:30 am - 11:30 am
Location: Activity Room

Live Concert: Bruce Tournay



Date: Thursday, April 2nd
Time: 2:00 pm—3:00 pm
Location: Activity Room

Live Concert: Jessica Rios



Date: Sunday, April 5th
Time: 2:00 pm—3:00 pm
Location: Activity Room

Education Presentation with

Lianne Harris



Date: Friday, April 10th
Time: 2:00 pm—3:00 pm
Location: Activity Room

April Highlights

Live Concert with Alisa

Kanda



Date: Monday, April 13th

Time: 2:00 pm—3:00 pm

Location: Activity Room

Pancake Tuesday!

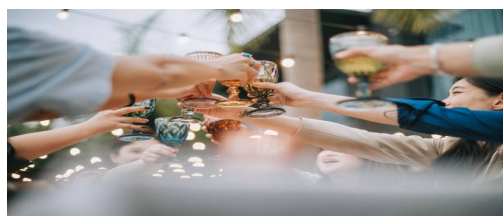


Date: Tuesday, April 21st

Time: 8:30 am - 10:00 am

Location: Activity Room

Robert's Pub Social



Date: Every Thursday!

Time: 3:15 pm—4:00 pm

Location: Activity Room on Thursdays
Please join Robert for a refreshing drink and finger foods!

Painting with Sammy



Date: April 14th & April 30th

Time: 10:30 am Onwards

Location: Activity Room



Eggs have been a source of myth for eons. Around the world different cultures share the egg as a common element in their creation stories, which actually makes good sense when you consider that life is sprung from an egg in so many species around the globe. Seeing as it is a youngling's first protection and source of nourishment, it is not surprising that humans eventually attempted to incorporate eggs into their food selection.

Living, Loving Local

Today it is the chicken egg that is most commonly eaten, however duck, quail and goose eggs are sometimes available. Regardless of which fowl they originate from, all eggs at market must be graded. Eggs are an excellent source of fat, protein and essential nutrients and are an integral part of so many recipes, from scrambled eggs to omelets, quiche, mayonnaise, custards, cakes and soufflés.



This month our Living, Loving, Local dinner will feature Eggs on Friday April 17th. Keep an eye out for the menu, that our Chef Jason will have posted in the menu slots. We look forward to you sampling the various options on the menu.

Our Signature Programs

Fit Minds

Fit Minds programs are evidence-based Cognitive Stimulation Programs based on Language and Music, Visual/ Spatial Orientation, Working & Long Term Memory, Critical Thinking and Computation skills. Because of the concept of brain plasticity, we know the brain can continue to grow as we age. It's important that we continue to challenge our brains every day.

Drumfit

Music, Memory & Motion is a program that is fun, physical, and social. Using drumsticks and a yoga ball, either standing or sitting, participants drum to the beat of popular upbeat music while getting your exercise physically and intellectually.

Art Programs

Emotional and Intellectual Wellness.

Meet Me at the MoMA

Meet Me at the MoMA is an art program utilizing prints, sketches and photography from the Museum of Modern Art. An art lecture series will accompany all art modules in the Meet Me at the MoMA program. You will enjoy working with art in different mediums and have the opportunity to engage in intellectual conversations about art history, the artists and their works. Art alone can be fun and experiential but is not limited to just an artistic endeavour, but you will also enjoy the many health benefits associated with art and will be encouraged and supported in their artistic expression and creativity.

Cooking Demo with Chef

Jason



Date: Wednesday, April 15th

Time: 10:45 am - 11:30 am

Location: Activity Room

Pub Social with MOD!



Date: Every Saturday!

Time: 3:15 pm—4:30 pm

Location: Activity Room

Please join the weekend MOD for a refreshing drink and finger foods!

Karaoke Concert with Alicia

Santos



Date: Saturday, April 18th

Time: 2:00 pm - 3:00 pm

Location: Activity Room

Frank Sinatra themed concert Jay!



Date: Tuesday, April 21st

Time: 2:00 pm - 3:00 pm

Location: Activity Room

April Highlights

Residents Town Hall



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Date: Tuesday, April 28th

Time: 10:30 am- 11:30 am

Location: Activity Room

New Residents Dinner with GM



Date: Every last Wednesday of the month!

Time: 4:30 pm—5:30 pm

Location: Bistro

Resident Choir Practice



Date: Every Tuesday

Time: 1:15 pm—2:15 pm

Location: Activity Room

Hearing Clinic with Ian



Date: Thursday, April 30th

Time: 1:30 pm onwards

Location: Doctors Office

Please sign up at the front desk

Four Elms Got Talent



Tuesday April 28th 2026

We're excited to announce that we will be hosting a Resident Talent Show right here in our community!

Do you sing, dance, play an instrument, tell jokes, recite poetry, or have a special skill you'd love to share? This is your moment to shine! Whether you've performed on stage before or just want to try something new, we would love for you to participate.

The Talent Show will be a wonderful opportunity to celebrate the amazing talents within our community and cheer each other on.

Family and friends may be invited to attend as well.

If you're interested in performing, please sign up with the Life Enrichment Team . We are happy to help you prepare and practice if needed.

Let's make it a fun, supportive, and a memorable event for everyone!