





INSPIRED SENIOR LIVING

May 2026 Assisted Living

Four Elms Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Mother's Day</p>		 <p>Mental Health Awareness Month</p>				
<p>Activity Package Available At Reception (RECE) 3</p> <p>9:30 Balloon Tennis (2F)</p> <p>11:00 Exercise (3A)</p> <p>1:30 Bowling (2F)</p> <p>2:00 Sunday Movies! (2F)</p> <p>2:00 Go For Life Walking Club (BW)</p> <p>2:00 Live Concert: Kristen Prince (A)</p> <p>3:15 Happy Hour Pub with Manager On Duty! (A)</p> <p>6:45 T.V. Series: Netflix - Sienfeld (A)</p>	<p>9:30 Balloon Tennis (2F) 4</p> <p>10:00 Drum Fit (2F)</p> <p>10:45 Words in a Word with Sandy! (A)</p> <p>10:45 FitMinds Musical Trivia (2F)</p> <p>2:00 Live Concert: Mariachi Duo (A)</p> <p>3:15 Go4Life Walking Club Outside (CY)</p> <p>3:15 Wine & Cheese Social - Welcome Social for new student! (A)</p> <p>3:30 Puzzles, Sorting, Colouring (2F)</p> <p>6:30 Resident Run Card Games (A)</p>	<p>Cinco De Mayo Day (BW) 5</p> <p>Eye Care Clinic with Eyecare Express (A)</p> <p>9:30 Balloon Tennis (2F)</p> <p>10:00 Full Body workout! (GYM)</p> <p>10:45 Balloon Tennis (3A)</p> <p>1:00 Go4Life Walking Club (CY)</p> <p>2:00 Meet me at MoMA (2F)</p> <p>2:00 Resident Choir Practice (A)</p> <p>3:15 Cinco De Mayo Pub Social (A)</p> <p>4:00 Java Music Club (Sing Along) (2F)</p> <p>4:00 Wii Bowling Class with Irving! (A)</p> <p>6:45 T.V. Series: F.R.I.E.N.D.S (A)</p>	<p>Roselyn Fashion Vendor! 6</p> <p>9:30 Balloon Tennis (2F)</p> <p>10:00 Balloon Tennis (3A)</p> <p>10:45 Bean Bag Toss (2F)</p> <p>1:00 Go For Life Walking Club Outside/Off-site (2F)</p> <p>1:30 Meet me at MoMA Presentation - Amy Sherald (B)</p> <p>2:00 Music Therapy with Tiffany (2F)</p> <p>2:00 Bingo with Helen! (A)</p> <p>3:00 Seated Bowling (2F)</p> <p>3:15 Paint by the Number (2F)</p> <p>3:30 The Social Butterflies Womens Club! (A)</p> <p>6:45 T.V. Series: Bones (A)</p>	<p>HHS Mens Club Thursday! 7</p> <p>9:30 Morning Stretches (2F)</p> <p>10:00 Tai Chi (GYM)</p> <p>10:00 Balloon Tennis (2F)</p> <p>10:00 HME Walker Maintenance Clinic (A)</p> <p>10:30 Seated Exercise (3RD)</p> <p>10:30 Outing: Encore Symphonic Concert Band *Sign Up Required* (OS)</p> <p>10:45 Trivial Pursuit (B)</p> <p>11:00 Catholic Communion Service (A)</p> <p>1:30 Bingo (3A)</p> <p>2:00 Words in a Word with Sandy! (A)</p> <p>2:15 Puzzles, Sorting, Colouring (2F)</p> <p>3:15 Robert's Pub Social (A)</p> <p>6:45 T.V. Series: Season 1: LOST (A)</p>	<p>9:30 Balloon Tennis (2F) 8</p> <p>10:30 Seated Zumba (2F)</p> <p>1:00 Go4Life Walking Club (BW)</p> <p>1:15 Karaoke with Robert (2ND)</p> <p>2:00 Live Concert: Mina Lin (3A)</p> <p>2:00 Four Elms Talent Show! (A)</p> <p>3:00 Book Club! (L)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>5:30 Friday Night Movie! (2F)</p> <p>6:45 National Geographic - Ocean (A)</p>	<p>10:00 Exercise (GYM) 9</p> <p>10:35 Java Music Club (2FL)</p> <p>11:00 Balloon Tennis (2F)</p> <p>1:00 Go For Life Walking Club (BW)</p> <p>1:45 Balloon Volleyball (2F)</p> <p>2:00 Artful Enrichment - Field of Daisies Painting (A)</p> <p>3:00 Saturday TV Show: Golden Girls (2TV)</p> <p>3:15 Happy Hour Pub with Manager On Duty! (A)</p>
<p>Activity Package Available At Reception (RECE) 10</p> <p>Mother's Day (BW)</p> <p>Mother's Day Buffet! (BW)</p> <p>9:30 Balloon Tennis (2F)</p> <p>11:00 Exercise (3A)</p> <p>1:30 Bowling (2F)</p> <p>2:00 Sunday Movies! (2F)</p> <p>2:00 Go For Life Walking Club (BW)</p> <p>2:00 Mother's Day Live Concert: Mia Praught (A)</p> <p>6:45 T.V. Series: Netflix - Sienfeld (A)</p>	<p>Nursing Week! 11</p> <p>9:30 Balloon Tennis (2F)</p> <p>10:00 Drum Fit (2F)</p> <p>10:45 FitMinds Musical Trivia (2F)</p> <p>2:00 Floor Curling (GYM)</p> <p>2:00 Mother's Day High Tea Party with Violin Player! (A)</p> <p>2:30 Afternoon Movie: Ocean's Thirteen (T)</p> <p>3:15 Go4Life Walking Club Outside (CY)</p> <p>3:30 Puzzles, Sorting, Colouring (2F)</p> <p>6:30 Resident Run Card Games (A)</p>	<p>Triple Eight Clothing (LO) 12</p> <p>9:30 Balloon Tennis (2F)</p> <p>9:30 Walmart Shopping Trip *Sign Up Required* (OS)</p> <p>10:00 Full Body workout! (GYM)</p> <p>10:45 Balloon Tennis (3A)</p> <p>1:00 Go4Life Walking Club (CY)</p> <p>2:00 Meet me at MoMA (2F)</p> <p>2:00 Mini Putting with Volunteer (GYM)</p> <p>2:00 Resident Choir Practice (A)</p> <p>3:15 Happy Hour Pub! (A)</p> <p>4:00 Java Music Club (Sing Along) (2F)</p> <p>4:00 Wii Bowling Class with Irving! (A)</p> <p>6:45 T.V. Series: F.R.I.E.N.D.S (A)</p>	<p>9:30 Balloon Tennis (2F) 13</p> <p>10:00 Balloon Tennis (3A)</p> <p>10:45 Bean Bag Toss (2F)</p> <p>1:00 Go For Life Walking Club Outside/Off-site (2F)</p> <p>2:00 Music Therapy with Tiffany (2F)</p> <p>3:00 Seated Bowling (2F)</p> <p>3:30 The Social Butterflies Womens Club! (A)</p> <p>6:45 T.V. Series: Bones (A)</p>	<p>HHS Mens Club Thursday! 14</p> <p>9:30 Morning Stretches (2F)</p> <p>10:00 Tai Chi (GYM)</p> <p>10:00 Balloon Tennis (2F)</p> <p>10:30 Seated Exercise (3RD)</p> <p>10:30 Painting with Sammy (A)</p> <p>11:00 Catholic Communion Service (T)</p> <p>1:30 Bingo (3A)</p> <p>2:00 Words in a Word with Sandy! (A)</p> <p>2:15 Puzzles, Sorting, Colouring (2F)</p> <p>3:15 Robert's Pub Social (A)</p> <p>6:45 T.V. Series: Season 1: LOST (A)</p>	<p>9:30 Balloon Tennis (2F) 15</p> <p>10:30 Seated Zumba (2F)</p> <p>1:00 Go4Life Walking Club (BW)</p> <p>1:15 Karaoke with Robert (2ND)</p> <p>2:00 Live Concert: Davis Stevens (2F)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>5:30 Friday Night Movie! (2F)</p> <p>6:45 National Geographic - Gladiators warriors of the ancient world Episode 1 & 2 (A)</p>	<p>10:00 Exercise (GYM) 16</p> <p>10:35 Java Music Club (2FL)</p> <p>11:00 Balloon Tennis (2F)</p> <p>1:00 Go For Life Walking Club (BW)</p> <p>1:45 Balloon Volleyball (2F)</p> <p>2:00 Live Concert with Filipa Sousa (A)</p> <p>3:00 Saturday TV Show: Golden Girls (2TV)</p> <p>3:15 Happy Hour Pub with Manager On Duty! (A)</p>



INSPIRED SENIOR LIVING

May 2026 Assisted Living

Four Elms Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Package Available At Reception (RECE) 17 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: Netflix - Sienfeld (A)	Victoria Day! (BW) 18 9:30 Balloon Tennis (2F) 10:00 Drum Fit (2F) 10:45 FitMinds Musical Trivia (2F) 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)	Foot Care Clinic (S) 19 9:30 Balloon Tennis (2F) 10:00 Full Body workout! (GYM) 10:45 Balloon Tennis (3A) 11:30 Lunch Outing: Stacked Pancake House *Sign Up Required* (OU) 1:00 Go4Life Walking Club (CY) 2:00 Meet me at MoMA (2F) 2:00 Mini Putting with Volunteer (GYM) 2:00 Summer Kick Off Courtyard Party with Carla Gonzalez (CY) 4:00 Java Music Club (Sing Along) (2F) 4:00 Resident Choir Practice (A) 4:00 Wii Bowling Class with Irving! (A) 6:45 T.V. Series: F.R.I.E.N.D.S (A)	9:30 Balloon Tennis (2F) 20 10:00 Balloon Tennis (3A) 10:45 Bean Bag Toss (2F) 10:45 Cooking Demo with Chef Jason (A) 1:00 Go For Life Walking Club Outside/Off-site (2F) 1:30 Meet me at MoMA Presentation - Florence Day (A) 2:00 Music Therapy with Tiffany (2F) 2:00 Staff Bake Sale: Walk For Alzheimer (A) 3:00 Seated Bowling (2F) 3:15 Paint by the Number (2F) 3:30 The Social Butterflies Womens Club! (A) 6:45 T.V. Series: Bones (A)	HHS Mens Club Thursday! 21 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) 2:00 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)	Living Loving Local Dinner! 22 9:30 Balloon Tennis (2F) 10:30 Seated Zumba (2F) 1:00 Go4Life Walking Club (BW) 1:15 Karaoke with Robert (2ND) 1:30 Activity Planning Meeting (A) 2:00 Live Concert: Samira Yeo (3A) 3:00 Book Club! (L) 3:30 Pre-Shabbat Service (A) 5:30 Friday Night Movie! (2F) 6:45 National Geographic - Gladiators warriors of the ancient world Episode 2 & 3 (A)	10:00 Exercise (GYM) 23 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) 24 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: Netflix - Sienfeld (A)	9:30 Balloon Tennis (2F) 25 10:00 Drum Fit (2F) 10:45 FitMinds Musical Trivia (2F) 11:00 Outing: Hillcrest Mall *Sign Up Required* (LO) 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)	Pancake Tuesday! (A) 26 9:30 Balloon Tennis (2F) 10:45 Residents Town Hall (A) 1:00 Go4Life Walking Club (CY) 1:00 Scenic Drive (OU) 2:00 Meet me at MoMA (2F) 2:00 Mini Putting with Volunteer (GYM) 2:00 Resident Choir Practice (A) 3:15 Happy Hour Pub! (A) 4:00 Java Music Club (Sing Along) (2F) 4:00 Wii Bowling Class with Irving! (A) 6:45 T.V. Series: F.R.I.E.N.D.S (A)	9:30 Balloon Tennis (2F) 27 10:00 Balloon Tennis (3A) 10:45 Bean Bag Toss (2F) 1:00 Go For Life Walking Club Outside/Off-site (2F) 2:00 Music Therapy with Tiffany (2F) 3:00 Seated Bowling (2F) 3:30 The Social Butterflies Womens Club! (A) 6:45 T.V. Series: Bones (A)	HHS Mens Club Thursday! Hearing Clinic with Ian Castor (DRO) 28 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) 2:00 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)	9:30 Balloon Tennis (2F) 29 10:30 Seated Zumba (2F) 1:00 Go4Life Walking Club (BW) 1:15 Karaoke with Robert (2ND) 2:00 Monthly Birthday Party with Shannon Graham (A) 3:30 Pre-Shabbat Service (A) 5:30 Friday Night Movie! (2F) 6:45 National Geographic - Gladiators warriors of the ancient world Episode 4 & 5 (A)	Walk for Alzheimers! (OU) 30 10:00 Exercise (GYM) 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) 31
 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: Netflix - Sienfeld (A)



Locations Legend
 2nd Floor Activity Room (2F)
 Activity Room (Main Level) (A)
 Building Wide (BW)
 3rd Floor Activity Room (3A)
 Gym (Lower Level) (GYM)
 Courtyard (CY)
 2nd Floor (2ND)
 2nd Floor lounge (2FL)
 2F TV Room (2TV)

Locations Legend
 Reception (RECE)
 Bar & Bistro (B)
 3rd Floor Lounge (3RD)
 Outing (OU)
 Outing (OS)
 Library (L)
 Theatre (Lower Level) (T)
 Lobby (LO)
 Spa (S)
 Doctor's Office (DRO)

Calendar Legend
 Outing
 Special Program
 Cruise Week
 Living, Loving, Local
 Signature Program