



INSPIRED SENIOR LIVING

May 2026

Independent Living

Four Elms Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Mental Health Awareness Month</p>		 <p>Arthritis Awareness Month</p>			<p>10:00 Virtual: Seated Zumba (GYM) 1</p> <p>10:30 Education Presentation: Lianne Harris (A)</p> <p>1:45 Drum Fit (GYM)</p> <p>2:00 Mini Putting with Irving (A)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>4:00 Go 4 Life Walking Club (BW)</p> <p>6:45 National Geographic - Ghost Elephants (A)</p>	<p>2 10:00 Exercise (GYM)</p> <p>10:45 FitMinds with Frances P. (A)</p> <p>1:30 Saturday Word Search (A)</p> <p>2:00 Artful Enrichment - Spring tulips (A)</p> <p>3:15 Happy Hour Pub with Manager On Duty! (A)</p> <p>4:00 Java Music Club/Karoke (A)</p> <p>6:45 Bingo with Frances.P (A)</p> <p>6:45 Cards: Euchre, Bridge, Rummy & Canasta (L)</p>
<p>Activity Package Available At Reception (RECE) 3</p> <p>9:15 Balloon Tennis (A)</p> <p>10:00 Exercise (GYM)</p> <p>10:45 Trivia with Frances P. (A)</p> <p>2:00 Live Concert: Kristen Prince (A)</p> <p>2:30 Afternoon Movie! (T)</p> <p>3:15 Happy Hour Pub with Manager On Duty! (A)</p> <p>3:30 Floor Curling (GYM)</p> <p>6:45 T.V. Series: Netflix - Sienfeld (A)</p>	<p>4 10:00 Exercise (GYM)</p> <p>10:45 Words in a Word with Sandy! (A)</p> <p>11:00 Go For Life Walking Club (CY)</p> <p>2:00 Cards: Euchre (L)</p> <p>2:00 Live Concert: Mariachi Duo (A)</p> <p>3:15 Wine & Cheese Social - Welcome Social for new student! (A)</p> <p>4:00 Java Music Club/Karoke (A)</p> <p>6:30 Resident Run Card Games (A)</p>	<p>5 Cinco De Mayo Day (BW)</p> <p>Eye Care Clinic with Eyecare Express (A)</p> <p>10:00 Full Body workout! (GYM)</p> <p>11:00 Go For Life Walking Club - (Residen't Run) (BW)</p> <p>2:00 Bridge Group (L)</p> <p>2:00 Resident Choir Practice (A)</p> <p>3:15 Cinco De Mayo Pub Social (A)</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>6 Roselyn Fashion Vendor!</p> <p>9:30 Balloon Tennis (A)</p> <p>10:00 Seated Dance Class with Katya (A)</p> <p>10:45 Words in a Word (A)</p> <p>1:30 Meet me at MoMA Presentation - Amy Sherald (B)</p> <p>2:00 Bingo with Helen! (A)</p> <p>2:00 Meet me at MoMA (B)</p> <p>3:30 Go For Life Walking Club (BW)</p> <p>3:30 The Social Butterflies Womens Club! (A)</p> <p>6:45 T.V. Series: Bones (A)</p>	<p>7 HHS Mens Club Thursday!</p> <p>9:30 Balloon Tennis (A)</p> <p>10:00 Tai Chi (GYM)</p> <p>10:00 HME Walker Maintenance Clinic (A)</p> <p>10:30 Go For Life Walking Club (BW)</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>2:00 Words in a Word with Sandy! (A)</p> <p>3:15 Robert's Pub Social (A)</p> <p>6:45 T.V. Series: Season 1: LOST (A)</p>	<p>8 10:00 Virtual: Seated Zumba (GYM)</p> <p>10:45 Words in a Word (A)</p> <p>1:45 Drum Fit (GYM)</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>4:00 Go 4 Life Walking Club (BW)</p> <p>6:45 National Geographic - Ocean (A)</p>	<p>9 10:00 Exercise (GYM)</p> <p>10:45 FitMinds with Frances P. (A)</p> <p>1:30 Saturday Word Search (A)</p> <p>2:00 Artful Enrichment - Field of Daisies Painting (A)</p> <p>3:15 Happy Hour Pub with Manager On Duty! (A)</p> <p>4:00 Java Music Club/Karoke (A)</p> <p>6:45 Bingo with Frances.P (A)</p> <p>6:45 Cards: Euchre, Bridge, Rummy & Canasta (L)</p>
<p>Activity Package Available At Reception (RECE) 10</p> <p>Mother's Day (BW)</p> <p>Mother's Day Buffet! (BW)</p> <p>9:15 Balloon Tennis (A)</p> <p>10:00 Exercise (GYM)</p> <p>10:45 Trivia with Frances P. (A)</p> <p>2:00 Mother's Day Live Concert: Mia Praught (A)</p> <p>2:30 Afternoon Movie! (T)</p> <p>3:30 Floor Curling (GYM)</p> <p>6:45 T.V. Series: Netflix - Sienfeld (A)</p>	<p>11 Nursing Week!</p> <p>10:00 Exercise (GYM)</p> <p>10:45 Words in a Word (A)</p> <p>11:00 Go For Life Walking Club (CY)</p> <p>2:00 Floor Curling (GYM)</p> <p>2:00 Cards: Euchre (L)</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>4:00 Java Music Club/Karoke (A)</p> <p>6:30 Resident Run Card Games (A)</p>	<p>12 Triple Eight Clothing (LO)</p> <p>9:30 Walmart Shopping Trip *Sign Up Required* (OS)</p> <p>10:00 Full Body workout! (GYM)</p> <p>11:00 Go For Life Walking Club - (Residen't Run) (BW)</p> <p>2:00 Bridge Group (L)</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 Wii Bowling Class with Irving! (A)</p> <p>6:45 T.V. Series: F.R.I.E.N.D.S (A)</p>	<p>13 9:30 Balloon Tennis (A)</p> <p>10:00 Seated Dance Class with Katya (A)</p> <p>10:45 Words in a Word (A)</p> <p>2:00 Dime Bingo with Volunteer (A)</p> <p>2:00 Artful Enrichment - Peony Painting (B)</p> <p>3:30 Go For Life Walking Club (BW)</p> <p>3:30 The Social Butterflies Womens Club! (A)</p> <p>6:45 T.V. Series: Bones (A)</p>	<p>14 HHS Mens Club Thursday!</p> <p>9:30 Balloon Tennis (A)</p> <p>10:00 Tai Chi (GYM)</p> <p>10:30 Go For Life Walking Club (BW)</p> <p>10:30 Painting with Sammy (A)</p> <p>11:00 Catholic Communion Service (T)</p> <p>2:00 Words in a Word with Sandy! (A)</p> <p>3:15 Robert's Pub Social (A)</p> <p>6:45 T.V. Series: Season 1: LOST (A)</p>	<p>15 10:00 Virtual: Seated Zumba (GYM)</p> <p>10:45 Words in a Word (A)</p> <p>1:45 Drum Fit (GYM)</p> <p>2:30 Mini Putting with Irving (A)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>4:00 Go 4 Life Walking Club (BW)</p> <p>6:45 National Geographic - Gladiators warriors of the ancient world Episode 1 & 2 (A)</p>	<p>16 10:00 Exercise (GYM)</p> <p>10:45 FitMinds with Frances P. (A)</p> <p>1:30 Saturday Word Search (A)</p> <p>2:00 Live Concert with Filipa Sousa (A)</p> <p>2:00 Artful Enrichment - Daffodoli Painting (B)</p> <p>3:15 Happy Hour Pub with Manager On Duty! (A)</p> <p>4:00 Java Music Club/Karoke (A)</p> <p>6:45 Bingo with Frances.P (A)</p> <p>6:45 Cards: Euchre, Bridge, Rummy & Canasta (L)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Package Available At Reception (RECE) 17 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:45 Trivia with Frances P. (A) 2:00 Dime Bingo with Manager on Duty (A) 2:30 Afternoon Movie! (T) 3:30 Floor Curling (GYM) 6:45 T.V. Series: Netflix - Sienfeld (A)	Victoria Day! (BW) 18 10:00 Exercise (GYM) 10:45 Words in a Word (A) 11:00 Go For Life Walking Club (CY) 2:00 Cards: Euchre (L) 2:00 Bingo with Helen! (A) 3:15 Wine & Cheese Social (A) 4:00 Java Music Club/Karoke (A) 6:30 Resident Run Card Games (A)	Foot Care Clinic (S) 19 10:00 Full Body workout! (GYM) 11:00 Go For Life Walking Club - (Residen't Run) (BW) 11:30 Lunch Outing: Stacked Pancake House * Sign Up Required* (OU) 2:00 Bridge Group (L) 2:00 Mini Putting with Volunteer (GYM) 2:00 Summer Kick Off Courtyard Party with Carla Gonzalez (CY) 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 (A) 20 10:00 Seated Dance Class with Katya (GYM) 10:45 Cooking Demo with Chef Jason (A) 1:30 Meet me at MoMA Presentation - Florence Day (A) 2:00 Meet me at MoMA (B) 2:00 Staff Bake Sale: Walk For Alzheimer (A) 3:30 Go For Life Walking Club (BW) 3:30 The Social Butterflies Womens Club! (A) 6:45 T.V. Series: Bones (A)	HHS Mens Club Thursday! 21 9:30 Balloon Tennis (A) 10:00 Tai Chi (GYM) 10:30 Go For Life Walking Club (BW) 10:45 Trivial Pursuit (B) 11:00 Catholic Communion Service (A) 2:00 Words in a Word with Sandy! (A) 3:15 Robert's Pub Social (A) 6:45 T.V. Series: Season 1: LOST (A)	Living Loving Local Dinner! 22 10:00 Virtual: Seated Zumba (GYM) 10:45 Words in a Word (A) 1:30 Activity Planning Meeting (A) 1:45 Drum Fit (GYM) 2:00 Mini Putting with Irving (A) 2:00 Live Concert: Samira Yeo (3A) 3:00 Book Club! (L) 3:30 Pre-Shabbat Service (A) 4:00 Go 4 Life Walking Club (BW) 6:45 National Geographic - Gladiators warriors of the ancient world Episode 2 & 3 (A)	10:00 Exercise (GYM) 23 10:45 FitMinds with Frances P. (A) 1:30 Saturday Word Search (A) 3:15 Happy Hour Pub with Manager On Duty! (A) 4:00 Java Music Club/Karoke (A) 6:45 Bingo with Frances.P (A) 6:45 Cards: Euchre, Bridge, Rummy & Canasta (L)
Activity Package Available At Reception (RECE) 24 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:45 Trivia with Frances P. (A) 2:00 Dime Bingo with Manager on Duty (A) 2:30 Afternoon Movie! (T) 3:30 Floor Curling (GYM) 6:45 T.V. Series: Netflix - Sienfeld (A)	10:00 Exercise (GYM) 25 10:45 Words in a Word (A) 11:00 Go For Life Walking Club (CY) 11:00 Outing: Hillcrest Mall *Sign Up Required* (LO) 2:00 Floor Curling (GYM) 2:00 Cards: Euchre (L) 2:00 Bingo with Helen! (A) 3:15 Wine & Cheese Social (A) 4:00 Java Music Club/Karoke (A) 6:45 Trivia with Frances P. (A)	Pancake Tuesday! (A) 26 10:45 Residents Town Hall (A) 11:00 Go For Life Walking Club - (Residen't Run) (BW) 2:00 Bridge Group (L) 2:00 Mini Putting with Volunteer (GYM) 2:00 Resident Choir Practice (A) 3:15 Happy Hour Pub! (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 (A) 27 10:00 Seated Dance Class with Katya (A) 10:45 Words in a Word (A) 2:00 Artful Enrichment (A) 2:00 Dime Bingo with Volunteer (A) 3:30 Go For Life Walking Club (BW) 3:30 The Social Butterflies Womens Club! (A) 6:45 T.V. Series: Bones (A)	HHS Mens Club Thursday! 28 Hearing Clinic with Ian Castor (DRO) 9:30 Balloon Tennis (A) 10:00 Tai Chi (GYM) 10:30 Go For Life Walking Club (BW) 10:45 Trivial Pursuit (B) 11:00 Catholic Communion Service (A) 2:00 Words in a Word with Sandy! (A) 3:15 Robert's Pub Social (A) 6:45 T.V. Series: Season 1: LOST (A)	10:00 Virtual: Seated Zumba (GYM) 29 10:45 Words in a Word (A) 1:45 Drum Fit (GYM) 2:00 Monthly Birthday Party with Shannon Graham (A) 3:30 Pre-Shabbat Service (A) 4:00 Go 4 Life Walking Club (BW) 6:45 National Geographic - Gladiators warriors of the ancient world Episode 4 & 5 (A)	Walk for Alzheimers! (OU) 30 10:00 Exercise (GYM) 10:45 FitMinds with Frances P. (A) 1:30 Saturday Word Search (A) 3:15 Happy Hour Pub with Manager On Duty! (A) 4:00 Java Music Club/Karoke (A) 6:45 Bingo with Frances.P (A) 6:45 Cards: Euchre, Bridge, Rummy & Canasta (L)

Activity Package Available At Reception (RECE) **31**
 9:15 Balloon Tennis (A)
 10:00 Exercise (GYM)
 10:45 Trivia with Frances P. (A)
 2:00 Dime Bingo with Manager on Duty (A)
 2:30 Afternoon Movie! (T)
 3:30 Floor Curling (GYM)
 6:45 T.V. Series: Netflix - Sienfeld (A)



Mother's Day

Locations Legend

Activity Room (Main Level) (A)	Courtyard (CY)
Gym (Lower Level) (GYM)	Outing (OS)
Building Wide (BW)	Lobby (LO)
Library (L)	Outing (OU)
Bar & Bistro (B)	Spa (S)
Theatre (Lower Level) (T)	3rd Floor Activity Room (3A)
Reception (RECE)	Doctor's Office (DRO)

Calendar Legend

- Outing
- Special Program
- Cruise Week
- Living, Loving, Local Signature Program