

Your Four Elms Team

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INSPIRED SENIOR LIVING



Four Elms Newsletter



Happy Mother's Day From Four Elms!



As Mother's Day approaches, we take a moment to celebrate the love, care, and kindness that surrounds us each and every day. While this day traditionally honours mothers, it is also a beautiful opportunity to recognize all those who nurture, support, and uplift others whether as mothers, grandmothers, daughters, friends, or chosen family.

In our community, we are grateful for the many ways compassion and connection are shared. A kind word, a helping hand, or simply spending time together can mean so much. Today, we celebrate everyone who brings warmth and care into the lives of others.

Wishing all of our residents,

families, and staff a joyful and meaningful Mother's Day filled with appreciation, love, and togetherness.





Mother's Day Buffet: Sunday May 10th,
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, May 10th. \$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

May Outings

Encore Symphonic Concert Band

Thursday May 7th 10:30 am—12:30 pm

Join us for a morning of music!



Walmart Shopping Trip

Tuesday May 12th 10:00 am -12:00 pm

Come join us for shopping essentials!



Lunch Outing: Stacked Pancake House

Tuesday May 19th 11:30 am onwards

Come join us for a nice lunch outing!



Hilcrest Mall

Wednesday May 27th 11:00 am -2:00 pm

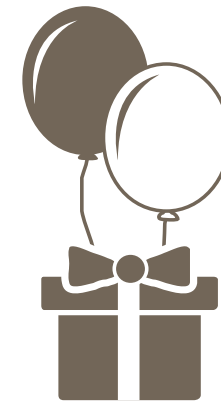
Come join our mall outing!



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



Judy Cott - May 9

Annette N - May 10

Gina A- May 11

Yetta N - May 12

Ann D- May 14

Claire G- May 15

Yuri K - May 15

Sheldon B - May 16

Gloria S- May 17

Sam K - May 17

Sandra N - May 17

Pauline W- May 22

May M - May 24

George S- May 25

Connie To - May 26

Esther K - May 28

Tami R - May 28

Mary K - May 29

Edie T- May 3

Name: _____ Date: _____

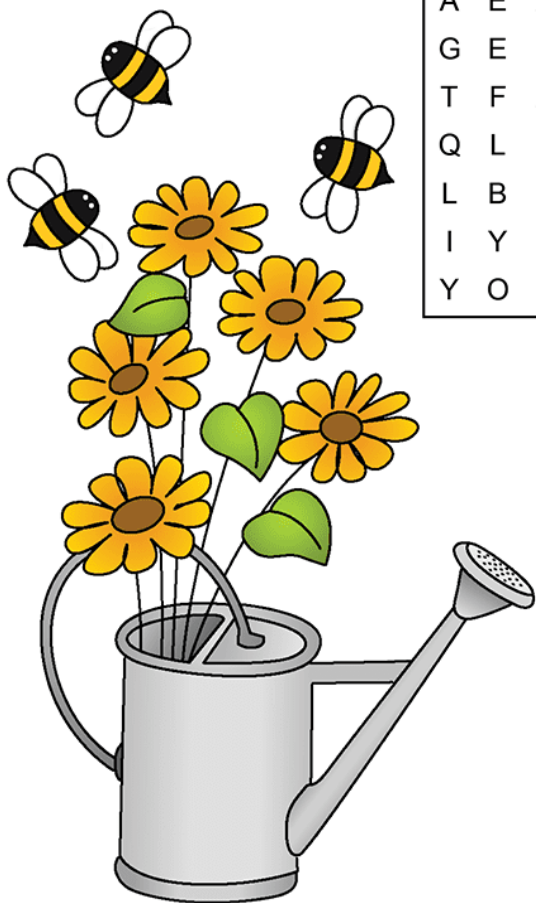
DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

MERRY MONTH OF MAY

Word Search



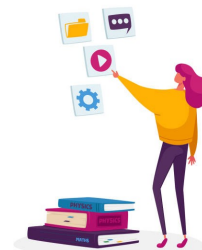
- BASEBALL
- BLOSSOM
- BUMBLEBEE
- BUTTERFLY
- CINCO DE MAYO
- FLOWERS



- | | |
|--------------|--------------|
| GARDEN | MOTHER'S DAY |
| GEMINI | PIÑATA |
| GREEN | PLANT |
| LADYBUG | SEEDS |
| LAWN MOWER | SPRING |
| MAYPOLE | SUNSHINE |
| MEMORIAL DAY | TAURUS |
| MOM | TEACHER |

May Highlights

Education Presentation with Lianne Harris



Date: Friday May 1st
Time: 10:30 am - 11:30 am
Location: Activity Room

Live Concert: Kristen Prince



Date: Sunday, May 3rd
Time: 2:00 pm—3:00 pm
Location: Activity Room

Live Concert: Mariachi Duo



Date: Monday, May 4th
Time: 2:00 pm—3:00 pm
Location: Activity Room

The Social Butterflies Women's Club



Date: Every Wednesday
Time: 3:00 pm—4:00 pm
Location: Activity Room

May Highlights

HME Walker Repair Clinic



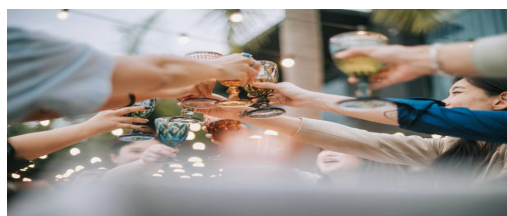
Date: Thursday, May 7th
Time: 10: 00 am Onwards
Location: Activity Room

Pancake Tuesday!



Date: Tuesday, May 26th
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!

Mother's Day Concert



Date: Sunday, May 10th
Time: 2:00 pm - 3:00 pm
Location: Activity Room



Asparagus is like the tulip of spring flowers, from the first true winter thaw, the warm sun and moist soil sprouts the asparagus spear. It is one of the first green edibles to be commercially harvested in our northern Ontario climate.

For locavores it evokes the promise of the delicious harvest season to come.

Asparagus is a source of: Vitamin C, Vitamin A, and folacin.

A leading source of the antioxidant glutathione

Living, Loving Local

For centuries, asparagus was considered a luxury and praised for its distinctive flavour by such famous figures as Julius Caesar, Louis XIV, and

Thomas Jefferson. Despite this, no one is quite sure where it originated, although some believe it derived from a wild plant that grew thousands of years ago in sandy soil native to the eastern Mediterranean and Asia Minor areas.



This month our Living, Loving, Local dinner will feature asparagus on Friday May 22nd. 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, May 20th
Time: 10:45 am - 11:30 am
Location: Activity Room

Bake Sale: For Alzheimer's



Date: Wednesday May 20th
Time: 2:00 pm - 3:00 pm
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!

Courtyard Concert with

Carla



Date: Tuesday, May 19th
Time: 2:00 pm - 3:00 pm
Location: Activity Room

April Highlights

Residents Town Hall



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Date: Tuesday, May 26th

Time: 10:30 am- 11:30 am

Location: Activity Room

New Residents

Pub Social with GM Robert



Date: Every last Thursday of the month!

Time: 3:15 pm—4:00 pm

Location: Activity Room

Resident Choir Practice



Date: Every Tuesday

Time: 2:00 pm - 3:00 pm

Location: Activity Room

Hearing Clinic with Ian



Date: Thursday, May 28th

Time: 1:30 pm onwards

Location: Doctors Office

Please sign up at the front desk

The Social Butterflies

Women's Club



Every Wednesday at 3:30 pm in the Activity Rom

We're excited to introduce a brand-new program The Social Butterflies Women's Group! This special group is designed to bring together the wonderful women in our community for connection, laughter, and meaningful moments.

Each session will offer a welcoming space to socialize, share stories, and enjoy a variety of activities such as light discussions, games, themed gatherings, and creative experiences. We're also thrilled to share that the group will include outings, engaging TED Talk discussions, and many, many more exciting experiences to keep things fresh and inspiring.

Whether you're looking to make new friends, reconnect with others, or simply enjoy some uplifting time together, this group is for you. At the heart of the Social Butterflies is the idea that it's never too late to build friendships and create beautiful memories.

We look forward to seeing our residents spread their wings and enjoy all the joy this group will bring!