



INSPIRED SENIOR LIVING

June 2026 Assisted Living

Four Elms Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>9:30 Balloon Tennis (2F) 10:00 Drum Fit (2F) 10:45 FitMinds Musical Trivia (2F) 10:45 Words in a Word with Sandy! (B) 2:00 Floor Curling (GYM) 2:00 Bingo with Helen! (A) 2:00 Artful Enrichment - Daffodoli Painting (2F) 3:15 Go4Life Walking Club Outside (CY) 3:15 Wine & Cheese Social (A) 3:30 Puzzles, Sorting, Colouring (2F) 7:00 National Geographic - The Rescue (A)</p>	<p>2</p> <p>9:30 Balloon Tennis (2F) 10:00 Full Body workout! (GYM) 10:45 Balloon Tennis (3A) 1:00 Go4Life Walking Club (CY) 1:30 Clay Art (2F) 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)</p>	<p>3</p> <p>Vendor: Sonita Jewelry & Clothing (LO) 9:30 Balloon Tennis (2F) 10:00 Balloon Tennis (3A) 10:00 Exercise (GYM) 10:45 Bean Bag Toss (2F) 1:00 Go For Life Walking Club Outside/Off-site (2F) 1:30 Corn Hole in the Courtyard (CY) 1:30 Meet me at MoMA Presentation - Kent Monkman (A) 2:00 Music Therapy with Tiffany (2F) 3:00 Seated Bowling (2F) 3:00 Music Therapy with Tiffany (3A) 3:15 Paint by the Number (2F) 3:30 The Social Butterflies Womens Club! (A) 6:45 T.V. Series: Bones (A)</p>	<p>4</p> <p>HHS Mens Club Thursday! 9:30 Morning Stretches (2F) 10:00 Tai Chi (GYM) 10:00 Balloon Tennis (2F) 10:30 Seated Exercise (3RD) 10:30 Outing: Encore Symphonic Concert Band *Sign Up Required* (OS) 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)</p>	<p>5</p> <p>National Donut Day! 9:30 Balloon Tennis (2F) 10:30 Seated Zumba (2F) 10:30 Education Presentation: Lianne Harris (A) 1:00 Go4Life Walking Club (BW) 1:15 Karaoke with Robert (2ND) 1:45 Electronic Class (B) 2:00 Live Concert with Jessica Rios (A) 3:30 Pre-Shabbat Service (A) 5:30 Friday Night Movie! (2F) 7:00 Movie: - Hidden Figures - Disney+ (A)</p>	<p>6</p> <p>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)</p>
<p>7</p> <p>Activity Package Available At Reception (RECE) 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 National Geographic - National Parks Episode 1 & 2 (A)</p>	<p>8</p> <p>9:30 Balloon Tennis (2F) 10:00 Drum Fit (2F) 10:45 FitMinds Musical Trivia (2F) 1:30 Artful Enrichment - Lemon Tree (2F) 2:00 Bingo with Helen! (A) 2:00 Floor Curling (GYM) 3:15 Go4Life Walking Club Outside (CY) 3:15 Resident Survey Kick Off Party (A) 3:30 Puzzles, Sorting, Colouring (2F)</p>	<p>9</p> <p>9:30 Balloon Tennis (2F) 10:00 Full Body workout! (GYM) 10:00 Walmart Shopping Trip *Sign Up Required* (OS) 10:45 Balloon Tennis (3A) 1:00 Go4Life Walking Club (CY) 1:30 Clay Art (2F) 2:00 Meet me at MoMA (2F) 2:00 Mini Putting with Volunteer (GYM) 2:00 Resident Choir Practice (A) 2:00 Ice Cream Truck Social (CY) 2:30 Badminton in the Courtyard! (CY) 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)</p>	<p>10</p> <p>VENDOR: EZFITS SHOES 9:30 Balloon Tennis (2F) 10:00 Balloon Tennis (3A) 10:45 Bean Bag Toss (2F) 1:00 Go For Life Walking Club Outside/Off-site (2F) 1:30 Corn Hole in the Courtyard (CY) 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)</p>	<p>11</p> <p>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) 11:00 Catholic Communion Service (A) 1:30 Bingo (3A) 1:30 Painting with Sammy (A) 2:15 Puzzles, Sorting, Colouring (2F) 3:15 Robert's Pub Social (A) 7:00 Live Concert: Bruce Tournay (A)</p>	<p>12</p> <p>9:30 Balloon Tennis (2F) 10:30 Seated Zumba (2F) 10:45 Philippines history, independence, tourist sites with Lilian Thompson (A) 1:00 Go4Life Walking Club (BW) 1:15 Karaoke with Robert (2ND) 1:45 Electronic Class (B) 2:00 Live Concert: John Kim (2F) 2:00 Phillipino Performance & Fashion Show (A) 3:30 Pre-Shabbat Service (A) 3:30 Resident Survey (B) 5:30 Friday Night Movie! (2F) 7:00 Movie: The Thursday Murder Club - Netflix (A)</p>	<p>13</p> <p>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)</p>
<p>14</p> <p>Activity Package Available At Reception (RECE) 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 Live Concert: Shir Harmony Choir (A) 6:45 National Geographic - National Parks Episode 3 & 4 (A)</p>	<p>15</p> <p>9:30 Balloon Tennis (2F) 10:00 Drum Fit (2F) 10:45 FitMinds Musical Trivia (2F) 2:00 Bingo with Helen! (A) 2:00 Live Concert: Alisa Kanda (3A) 2:00 Floor Curling (GYM) 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)</p>	<p>16</p> <p>Pancake Tuesday! (A) 8:30 Pancake Tuesday! (A) 9:30 Balloon Tennis (2F) 10:00 Full Body workout! (GYM) 10:45 Balloon Tennis (3A) 1:00 Go4Life Walking Club (CY) 1:30 Clay Art (2F) 2:00 Meet me at MoMA (2F) 2:00 Mini Putting with Volunteer (GYM) 2:00 Resident Choir Practice (A) 2:30 Badminton in the Courtyard! (CY) 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)</p>	<p>17</p> <p>9:30 Balloon Tennis (2F) 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 Corn Hole in the Courtyard (CY) 1:30 Meet me at MoMA Presentation - Emily Carr (A) 2:00 Music Therapy with Tiffany (2F) 3:00 Seated Bowling (2F) 3:00 Music Therapy with Tiffany (3A) 3:15 Paint by the Number (2F) 3:30 The Social Butterflies Womens Club! (A) 6:45 T.V. Series: Bones (A)</p>	<p>18</p> <p>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) 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)</p>	<p>19</p> <p>9:30 Balloon Tennis (2F) 10:30 Seated Zumba (2F) 1:00 Go4Life Walking Club (BW) 1:15 Karaoke with Robert (2ND) 1:45 Electronic Class (B) 2:00 Live Concert: Mina Lin (3A) 2:00 Jewelry making (B) 3:30 Pre-Shabbat Service (A) 5:30 Friday Night Movie! (2F) 7:00 Afternoon Movie: Ocean's Eight (A)</p>	<p>20</p> <p>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)</p>



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Four Elms Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Package Available 21 At Reception (RECE) Father's Day Buffet! 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)	22 9:30 Balloon Tennis (2F) 10:00 Drum Fit (2F) 10:45 FitMinds Musical Trivia (2F) 2:00 Bingo with Helen! (A) 2:00 Floor Curling (GYM) 3:15 Go4Life Walking Club Outside (CY) 3:15 Fathers Day Cider Tasting (A) 3:30 Puzzles, Sorting, Colouring (2F) 6:30 Resident Run Card Games (A)	23 9:30 Balloon Tennis (2F) 10:00 Full Body workout! (GYM) 10:30 Painting with Sammy (A) 10:45 Balloon Tennis (3A) 1:00 Go4Life Walking Club (CY) 1:30 Clay Art (2F) 2:00 Meet me at MoMA (2F) 2:00 Mini Putting with Volunteer (GYM) 2:00 Outing: Blue Jays Game *Sign Up Required* (OU) 2:30 Badminton in the Courtyard! (CY) 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)	24 9:30 Balloon Tennis (2F) 10:00 Balloon Tennis (3A) 10:00 Full Body workout with Chelsea (GYM) 10:45 Bean Bag Toss (2F) 1:00 Go For Life Walking Club Outside/Off-site (2F) 1:30 Corn Hole in the Courtyard (CY) 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)	25 HHS Mens Club Thursday! Hearing Clinic with Ian Castor (DRO) 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) 7:00 Live Concert: Davis Stevens (A)	26 9:30 Balloon Tennis (2F) 10:30 Seated Zumba (2F) 11:30 Mandarin Lunch Outing *Sign Up Required* (LO) 1:00 Go4Life Walking Club (BW) 1:15 Karaoke with Robert (2ND) 1:45 Electronic Class (B) 2:00 Live Concert: Rosita Stone (2F) 3:30 Pre-Shabbat Service (A) 5:30 Friday Night Movie! (2F) 6:45 Movie: Wake Up Dead Man: A Knives Out Mystery (A)	27 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 28 At Reception (RECE) 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) 6:30 Movie: Avatar (A)	29 9:30 Balloon Tennis (2F) 10:00 Drum Fit (2F) 10:45 FitMinds Musical Trivia (2F) 2:00 Bingo with Helen! (A) 2:00 Floor Curling (GYM) 3:15 Go4Life Walking Club Outside (CY) 3:15 Wine & Cheese Social (A) 3:30 Puzzles, Sorting, Colouring (2F)	30 9:30 Balloon Tennis (2F) 10:00 Full Body workout! (GYM) 10:30 Residents Town Hall (A) 10:45 Balloon Tennis (3A) 1:00 Go4Life Walking Club (CY) 1:30 Clay Art (2F) 2:00 Meet me at MoMA (2F) 2:00 Mini Putting with Volunteer (GYM) 2:00 Resident Choir Practice (A) 2:30 Badminton in the Courtyard! (CY) 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)	<h3>Senior's Month</h3>		<h3>Alzheimer's Brain Awareness Month</h3>	



Locations Legend

2nd Floor Activity Room (2F)	2nd Floor (2ND)
Activity Room (Main Level) (A)	2nd Floor lounge (2FL)
Gym (Lower Level) (GYM)	2F TV Room (2TV)
3rd Floor Activity Room (3A)	Reception (RECE)
Courtyard (CY)	Lobby (LO)
Building Wide (BW)	Outing (OS)
Bar & Bistro (B)	Outing (OU)
3rd Floor Lounge (3RD)	Doctor's Office (DRO)

Calendar Legend

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