



INSPIRED SENIOR LIVING

June 2026

Independent Living

Four Elms Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>10:00 Exercise (GYM) 1</p> <p>10:45 Words in a Word with Sandy! (B)</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 Bingo with Helen! (A)</p> <p>3:15 Wine & Cheese Social (A)</p> <p>4:00 Java Music Club/Karaoke (A)</p> <p>7:00 National Geographic - The Rescue (A)</p>	<p>10:00 Full Body workout! (GYM) 2</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>Vendor: Sonita Jewelry & Clothing (LO) 3</p> <p>9:30 Balloon Tennis (A)</p> <p>10:00 Exercise (GYM)</p> <p>10:45 Words in a Word (A)</p> <p>1:30 Corn Hole in the Courtyard (CY)</p> <p>1:30 Meet me at MoMA Presentation - Kent Monkman (A)</p> <p>2:00 Dime Bingo with Volunteer (A)</p> <p>2:00 Meet me at MoMA (B)</p> <p>3:00 Music Therapy with Tiffany (3A)</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>HHS Mens Club Thursday! 4</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 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>National Donut Day! 5</p> <p>10:00 Seated Zumba (GYM)</p> <p>10:30 Education Presentation: Lianne Harris (A)</p> <p>1:45 Drum Fit (GYM)</p> <p>1:45 Electronic Class (B)</p> <p>2:00 Live Concert with Jessica Rios (A)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>3:30 Words in a Word (B)</p> <p>4:00 Go 4 Life Walking Club (BW)</p> <p>7:00 Movie: - Hidden Figures - Disney+ (A)</p>	<p>10:00 Exercise (GYM) 6</p> <p>10:45 FitMinds with Frances P. (A)</p> <p>1:30 Artful Enrichment - A Single Pear (A)</p> <p>1:45 Saturday Word Search (B)</p> <p>3:15 Happy Hour Pub with Manager On Duty! (A)</p> <p>4:00 Java Music Club/Karaoke (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) 7</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 Dime Bingo with Manager on Duty (A)</p> <p>2:30 Afternoon Movie! (T)</p> <p>3:30 Floor Curling (GYM)</p> <p>6:45 National Geographic - National Parks Episode 1 & 2 (A)</p>	<p>10:00 Exercise (GYM) 8</p> <p>10:45 Words in a Word (A)</p> <p>11:00 Go For Life Walking Club (CY)</p> <p>2:00 Cards: Euchre (L)</p> <p>2:00 Bingo with Helen! (A)</p> <p>2:00 Floor Curling (GYM)</p> <p>3:15 Resident Survey Kick Off Party (A)</p> <p>4:00 Java Music Club/Karaoke (A)</p> <p>6:45 Mini Putting with Chelsea (A)</p>	<p>10:00 Full Body workout! (GYM) 9</p> <p>10:00 Walmart Shopping Trip *Sign Up Required* (OS)</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>2:00 Ice Cream Truck Social (CY)</p> <p>2:30 Badminton in the Courtyard! (CY)</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>VENDOR: EZFITS SHOES 10</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 Corn Hole in the Courtyard (CY)</p> <p>2:00 Artful Enrichment (A)</p> <p>2:00 Dime Bingo with Volunteer (A)</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>HHS Mens Club Thursday! 11</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>10:45 Trivial Pursuit (B)</p> <p>11:00 Catholic Communion Service (A)</p> <p>1:30 Painting with Sammy (A)</p> <p>3:15 Robert's Pub Social (A)</p> <p>7:00 Live Concert: Bruce Tournay (A)</p>	<p>10:00 Seated Zumba (GYM) 12</p> <p>10:45 Philippines history, independence, tourist sites with Lilian Thompson (A)</p> <p>1:45 Drum Fit (GYM)</p> <p>1:45 Electronic Class (B)</p> <p>2:00 Phillipino Performance & Fashion Show (A)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>3:30 Resident Survey (B)</p> <p>4:00 Go 4 Life Walking Club (BW)</p> <p>7:00 Movie: The Thursday Murder Club - Netflix (A)</p>	<p>10:00 Exercise (GYM) 13</p> <p>10:45 FitMinds with Frances P. (A)</p> <p>1:30 Artful Enrichment - Watercolour Avacado (A)</p> <p>1:45 Saturday Word Search (B)</p> <p>3:15 Happy Hour Pub with Manager On Duty! (A)</p> <p>4:00 Java Music Club/Karaoke (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) 14</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: Shir Harmony Choir (A)</p> <p>2:30 Afternoon Movie! (T)</p> <p>3:30 Floor Curling (GYM)</p> <p>6:45 National Geographic - National Parks Episode 3 & 4 (A)</p>	<p>10:00 Exercise (GYM) 15</p> <p>10:45 Words in a Word (A)</p> <p>11:00 Go For Life Walking Club (CY)</p> <p>2:00 Cards: Euchre (L)</p> <p>2:00 Bingo with Helen! (A)</p> <p>2:00 Live Concert: Alisa Kanda (3A)</p> <p>2:00 Floor Curling (GYM)</p> <p>3:15 Wine & Cheese Social (A)</p> <p>4:00 Java Music Club/Karaoke (A)</p> <p>6:30 Resident Run Card Games (A)</p>	<p>Pancake Tuesday! (A) 16</p> <p>8:30 Pancake Tuesday! (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 Mini Putting with Volunteer (GYM)</p> <p>2:00 Resident Choir Practice (A)</p> <p>2:30 Badminton in the Courtyard! (CY)</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>9:30 Balloon Tennis (A) 17</p> <p>10:00 Seated Dance Class with Katya (A)</p> <p>10:45 Cooking Demo with Chef Jason (A)</p> <p>1:30 Corn Hole in the Courtyard (CY)</p> <p>1:30 Meet me at MoMA Presentation - Emily Carr (A)</p> <p>2:00 Dime Bingo with Volunteer (A)</p> <p>2:00 Meet me at MoMA (B)</p> <p>3:00 Music Therapy with Tiffany (3A)</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>HHS Mens Club Thursday! 18</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>10:45 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>10:00 Seated Zumba (GYM) 19</p> <p>10:45 Words in a Word (A)</p> <p>1:45 Drum Fit (GYM)</p> <p>1:45 Electronic Class (B)</p> <p>2:00 Mini Putting with Irving (A)</p> <p>2:00 Jewelry making (B)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>4:00 Go 4 Life Walking Club (BW)</p> <p>7:00 Afternoon Movie: Ocean's Eight (A)</p>	<p>10:00 Exercise (GYM) 20</p> <p>10:45 FitMinds with Frances P. (A)</p> <p>1:30 Artful Enrichment - Strawberry Picnic (A)</p> <p>1:45 Saturday Word Search (B)</p> <p>3:15 Happy Hour Pub with Manager On Duty! (A)</p> <p>4:00 Java Music Club/Karaoke (A)</p> <p>6:45 Bingo with Frances.P (A)</p> <p>6:45 Cards: Euchre, Bridge, Rummy & Canasta (L)</p>



INSPIRED SENIOR LIVING

June 2026

Independent Living

Four Elms Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Package Available At Reception (RECE) 21 Father's Day Buffet! 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:45 Trivia with Frances P. (A) 2:00 Father's Day Celebration with Clyde Ababa (B) 2:30 Afternoon Movie! (T) 3:30 Floor Curling (GYM)	22 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) 2:00 Floor Curling (GYM) 3:15 Fathers Day Cider Tasting (A) 4:00 Java Music Club/Karaoke (A) 6:30 Resident Run Card Games (A)	23 10:00 Full Body workout! (GYM) 10:30 Painting with Sammy (A) 11:00 Go For Life Walking Club - (Resident Run) (BW) 2:00 Bridge Group (L) 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 Wii Bowling Class with Irving! (A) 6:45 T.V. Series: F.R.I.E.N.D.S (A)	24 9:30 Balloon Tennis (A) 10:00 Full Body workout with Chelsea (GYM) 10:45 Words in a Word (A) 1:30 Corn Hole in the Courtyard (CY) 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)	25 HHS Mens Club Thursday! 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) 7:00 Live Concert: Davis Stevens (A)	26 10:00 Seated Zumba (GYM) 10:45 Words in a Word (A) 11:30 Mandarin Lunch Outing *Sign Up Required* (LO) 1:45 Drum Fit (GYM) 1:45 Electronic Class (B) 2:00 Mini Putting with Irving (A) 3:30 Pre-Shabbat Service (A) 4:00 Go 4 Life Walking Club (BW) 6:45 Movie: Wake Up Dead Man: A Knives Out Mystery (A)	27 10:00 Exercise (GYM) 10:45 FitMinds with Frances P. (A) 1:30 Artful Enrichment - Lemon Tree (A) 1:45 Saturday Word Search (B) 3:15 Happy Hour Pub with Manager On Duty! (A) 4:00 Java Music Club/Karaoke (A) 6:45 Bingo with Frances.P (A) 6:45 Cards: Euchre, Bridge, Rummy & Canasta (L)
Activity Package Available At Reception (RECE) 28 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) 6:30 Movie: Avatar (A)	29 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) 2:00 Floor Curling (GYM) 3:15 Wine & Cheese Social (A) 4:00 Java Music Club/Karaoke (A) 6:45 Trivia with Frances P. (A)	30 10:00 Full Body workout! (GYM) 10:30 Residents Town Hall (A) 11:00 Go For Life Walking Club - (Resident Run) (BW) 2:00 Bridge Group (L) 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 Wii Bowling Class with Irving! (A) 6:45 T.V. Series: F.R.I.E.N.D.S (A)	<p>Senior's Month</p>		<p>Pride Month</p>	



Locations Legend

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

Calendar Legend

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