

# Your Four Elms Team

<p><b>General Manager</b> Robert Lamoureux gm.fe@verveseniorliving.com</p>	<p><b>Dining Services Manager</b> Jason Bell dsm.fe@verveseniorliving.com</p>
<p><b>Office Manager</b> Christine Papadopoulos off.mgr.fe@verveseniorliving.com</p>	<p><b>Dining Services Supervisor</b> Diana Andaya ds.fe@verveseniorliving.com Rosalinda Mateo dss.asst.fe@verveseniorliving.com</p>
<p><b>Concierge Staff</b> recpt.fe@verveseniorliving.com Iris,Linda, Ally ,Cathy, Hasmina, Aubrey, Maithile</p>	<p><b>Health &amp; Wellness Manager</b> Daniela Cofaru hw.mgr.fe@verveseniorliving.com</p>
<p><b>Life Enrichment Manager</b> Chelsea Giacomini lem.fe@verveseniorliving.com</p>	<p><b>Nursing Team</b> Shva,Chantal,Reynally,Angelica,Meredeth, Gure, Koovakkatil,Sonal</p>
<p><b>Life Enrichment Supervisors</b> Tracy Khuat Noza les.fe2@verveseniorliving.com</p>	<p><b>Environmental Services Manager</b> Ryan Garcia esm.fe@verveseniorliving.com</p>
<p><b>Community Relations Manager</b> Tashi Lhanzey crm1.fe@verveseniorliving.com Mike Perretta crm3.fe@verveseniorliving.com Shayna List slist@verveseniorliving.com</p>	<p><b>Supervisors</b> Joseph Sevilla ess.fe@verveseniorliving.com Eldrin ESS3.FE@verveseniorliving.com</p> <p><b>Housekeeping</b> Renalyne,Marilou, ,Liane,Glenda,Kaizen, Lidia, ,Sabita, Marisa,Beverly, ,Marife</p>



INSPIRED SENIOR LIVING



# Four Elms Newsletter



# Happy Father's Day From Four Elms!



Today, we celebrate all the fathers, grandfathers, stepfathers, mentors, and father figures who have shared their wisdom, strength, kindness, and unconditional love throughout the years.

Your stories, guidance, laughter, and dedication have helped shape generations and created lasting memories for so many. We are grateful for the warmth and joy you continue to bring to our community each day.

Wishing all of our wonderful gentlemen a very Happy Father's Day filled with love, appreciation, and special moments with family and friends.

- Four Elms





**Father's Day Buffet: Sunday May 21st, 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**

### June Outings

#### **Encore Symphonic Concert Band**

***Thursday June 4th 10:30 am—12:30 pm***

Join us for a morning of music!



#### **Walmart Shopping Trip**

***Tuesday June 9th 10:00 am -12:00 pm***

Come join us for shopping essentials!



#### **Blue Jays Game**

***Tuesday June 23rd 2:00 pm***

Come Join us for an afternoon of baseball!



#### **Lunch Outing: Mandarin**

***Friday June 26th 11:30 am -1:00 pm***

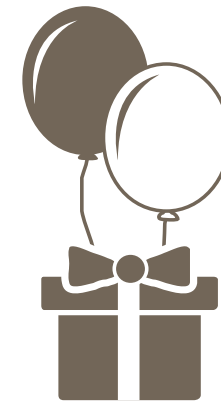
Come join us for a nice lunch outing!



**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**



**Orlando C- June 1**

**Harriet B- June 6**

**Jose F - June 8**

**Sidney K - June 10**

**Leone S - June 11**

**Sylvia P - June 11**

**Irving B - June 13**

**Shirley B- June 14**

**Jillian P - June 16**

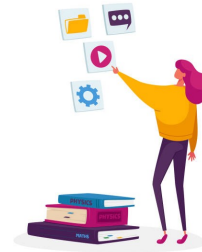
**Lynn C- June 26**

**Minnie S- June 29**

**Ruth R- June 29**

# June Highlights

## Education Presentation with Lianne Harris



**Date:** Friday June 5th  
**Time:** 10:30 am - 11:30 am  
**Location:** Activity Room

## Live Concert: Jessica Rios



**Date:** Friday June 5th  
**Time:** 2:00 pm—3:00 pm  
**Location:** Activity Room

## Painting with Sammy



**Date:** June 11th & June 23rd  
**Time:** please see calendar for time  
**Location:** Activity Room

## The Social Butterflies Women's Club



**Date:** Every Wednesday  
**Time:** 3:30 pm—4:30 pm  
**Location:** Activity Room

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.



## Word Search

BARBECUE	P	S	T	L	R	S	A	N	D	C	A	S	T	L	E	B	K	L	T
BEACH	O	E	H	F	P	L	K	R	S	U	M	M	E	R	F	B	L	V	L
BUTTERFLY	T	S	U	I	F	D	T	N	P	W	P	R	K	I	R	I	S	T	Z
FATHER'S DAY	K	S	N	R	B	U	T	T	E	R	F	L	Y	K	L	E	E	N	N
FIREFLY	N	A	D	E	K	R	P	Q	J	E	N	J	D	Y	S	P	L	Y	T
FLIP-FLOPS	A	L	E	F	N	Y	F	T	S	U	R	T	K	O	N	M	K	F	C
GERANIUM	T	G	R	L	H	M	E	A	A	W	N	C	R	C	A	Q	C	M	R
HAT	G	N	S	Y	M	R	U	H	T	H	I	E	S	E	X	W	U	S	S
HONEYSUCKLE	N	U	T	P	Y	L	C	C	R	H	K	M	R	N	L	J	S	U	O
ICE CREAM	I	S	O	M	C	D	E	Q	K	V	E	C	M	T	U	F	Y	N	L
IRIS	N	L	R	Y	V	P	B	D	A	T	E	R	L	I	L	S	E	D	S
JUNE	T	E	M	M	G	T	R	C	G	C	Y	J	S	I	N	L	N	R	T
LEMONADE	H	M	T	S	Y	M	A	L	I	T	G	T	P	D	T	G	O	E	I
LIGHTNING	G	O	C	R	H	T	B	T	K	Q	W	F	R	R	A	W	H	S	C
LILY	I	N	M	I	O	Y	V	H	Y	L	M	L	N	B	Y	K	S	E	
PEONY	L	A	Q	O	N	C	R	C	L	O	M	U	I	N	A	R	E	G	T
PICNIC	W	D	N	Q	B	C	A	T	P	N	O	L	E	M	R	E	T	A	W
ROSE	Y	E	T	M	L	E	I	S	S	V	G	J	K	K	M	B	R	D	Q
SANDCASTLE	N	N	W	B	B	P	R	P	Y	Q	Y	N	O	E	P	P	P	R	R
SHORTS																			
SOLSTICE																			
SUMMER																			



## June Highlights

### Pilipino independence day lecture with Lilian Thompson

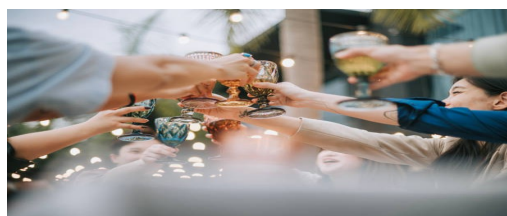


**Date:** Friday June 12th

**Time:** 10:30 am—11:30 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!

### Pancake Tuesday!



**Date:** Tuesday, June 16th

**Time:** 8:30 am - 10:00 am

**Location:** Activity Room

### Father's Day Concert with

Clyde Abba



**Date:** Sunday, June 21st

**Time:** 2:00 pm - 3:00 pm

**Location:** Activity Room



Strawberries are not really berries or fruit, but are instead the enlarged ends of the plant's stamen. The small tan spots are actually the fruit. Strawberries are a member of the Rose family. Strawberries are grown in all provinces of Canada with the largest areas of production in Quebec (36%), Ontario (32%), British Columbia (15%) and Nova Scotia (8%). Most strawberries in Canada are June bearing varieties picked in June and July, but there is some production of day-neutral varieties, which have a longer harvest season.

### Living, Loving Local



Ontario is now growing greenhouse strawberries throughout the winter

months. They are super fresh picked in the morning and in the stores that same afternoon – and taste like strawberries should, sweet and delicious. Look for them at Loblaws, Farm Boy and other major grocery chains. Wild strawberries can be found in low cut grasses, in places such as along trails and roadsides, embankments, hillsides,

This month our Living, Loving, Local dinner will feature strawberries on Friday June 19th. 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, June 17th

**Time:** 10:45 am - 11:30 am

**Location:** Activity Room

### Pub Social with MOD!



**Date:** Every Saturday!

**Time:** 3:15 pm onwards

**Location:** Activity Room

Please join the weekend MOD for a refreshing drink and finger foods!

### Live Concert: Shir Harmony



**Date:** Sunday June 14th

**Time:** 2:00 pm - 3:00 pm

**Location:** Activity Room

### Live Concert with

#### Clyde Abba



**Date:** Sunday June 21st

**Time:** 2:00 pm - 3:00 pm

**Location:** Activity Room

## June Highlights

### Residents Town Hall



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**Date:** Tuesday, June 30th

**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, June 25th

**Time:** 1:30 pm onwards

**Location:** Doctors Office

Please sign up at the front desk



June is Pride Month, a time to celebrate love, acceptance, diversity, and the importance of being true to ourselves. It is also an opportunity to recognize the contributions, stories, and resilience of the LGBTQ+ community throughout history and today.

In our community, we believe everyone deserves to feel respected, valued, and welcomed. Pride Month reminds us of the importance of kindness, inclusion, and creating spaces where people can share their lives and experiences openly.

This month, we encourage residents, families, and staff to celebrate individuality, learn from one another, and continue fostering a community built on compassion and connection. Happy Pride Month to all!