



INSPIRED
SENIOR LIVING

November 2022

Four Elms Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Locations Legend</p> <p>2nd Floor Activity Room (2F) 2F TV Room (2TV) Courtyard (CY) Activity Room (Main Level) (A)</p> <p>Legend's Cafe (C) Theatre (Lower Level) (T) Building Wide (BW) Fireplace Lounge (FL) Doctor's Office (DRO)</p>		<p>9:45 Go 4 Life Walking Club (CY) 1</p> <p>10:00 Seated Exercise (2F)</p> <p>11:00 Java Music Club (2TV) 2:15 Pool Noodle Game (2F)</p> <p>4:00 Montessori Activities (2F)</p> <p>6:00 Sing Along with Susie Q (2F)</p>	<p>9:45 Go 4 Life Walking Club (CY) 2</p> <p>10:00 Exercises (2F)</p> <p>11:00 Sing along! (2F) 2:15 Balloon Tennis (2F)</p> <p>3:30 Book Club and More! (A)</p> <p>4:00 Hand Massages (2F)</p> <p>6:00 Comedy Movie Night (2TV)</p>	<p>9:45 Go 4 Life Walking Club (CY) 3</p> <p>10:30 DrumFit Exercise (2F)</p> <p>1:00 Opera Hour (2F) 2:00 Live Concert: Shannon (A)</p> <p>2:15 Ball Toss (2F)</p> <p>3:15 Hot Chocolate Social (C)</p> <p>4:00 Artful Enrichment-Coloring (2F)</p>	<p>9:45 Go For Life Walking Club (CY) 4</p> <p>10:30 Morning Stretch (2F) 1:30 Just for Laughs (2F) 2:15 Music & Dance (2TV)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>4:00 Hand Massages (2F)</p> <p>6:00 America's Got Talent (2F)</p>	<p>10:00 Animal Documentary (2TV) 5</p> <p>10:30 Exercise Full Body Stretch (2F)</p> <p>2:00 Movie Matinee with David Dunn (T) 2:15 Sing A longs (2TV)</p> <p>3:00 Just for Laughs (2F)</p>
<p>9:45 Go 4 Life Walking Club (CY) 6</p> <p>10:30 Seated Exercise (2F) 2:15 Bingo with Manager's on Duty (A)</p> <p>3:30 Music & Dance (2TV)</p> <p>6:00 Comedy Movie Night (2TV)</p>	<p>9:45 America's Got Talent (2F) 7</p> <p>10:30 Exercise (2F) 10:30 Education Presentation: Lianne Harris (T)</p> <p>2:15 Music & Dance (2F)</p> <p>3:15 Hot Chocolate Social (C)</p> <p>4:00 Social Circle (2TV)</p>	<p>9:45 Go 4 Life Walking Club (CY) 8</p> <p>10:00 Seated Zumba (2F)</p> <p>11:00 Java Music Club (2TV) 2:15 Pool Noodle Game (2F)</p> <p>4:00 Montessori Activities (2F)</p> <p>6:00 Sing Along with Susie Q (2F)</p>	<p>9:45 Go 4 Life Walking Club (CY) 9</p> <p>10:00 Exercises (2F)</p> <p>11:00 Sing along! (2F)</p> <p>2:00 Classical Movies with Sheldon (T) 2:15 Balloon Tennis (2F) 2:15 Pictionary (2F)</p> <p>3:30 Book Club and More! (A)</p> <p>4:00 Hand Massages (2F)</p> <p>6:00 Comedy Movie Night (2TV)</p>	<p>9:45 Go 4 Life Walking Club (CY) 10</p> <p>10:30 DrumFit Exercise (2F)</p> <p>1:00 Opera Hour (2F) 2:15 Ball Toss (2F)</p> <p>3:15 Hot Chocolate Social (C)</p> <p>4:00 Artful Enrichment-Coloring (2F)</p>	<p>Remembrance Day (BW) 11</p> <p>9:45 Go For Life Walking Club (CY)</p> <p>10:30 Morning Stretch (2F) 10:30 Remembrance Day Service (A)</p> <p>1:30 Just for Laughs (2F) 2:15 Remembrance Day Music (2TV)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>4:00 Remembrance Day Coloring Pages (2F)</p> <p>6:00 America's Got Talent (2F)</p>	<p>10:00 Animal Documentary (2TV) 12</p> <p>10:30 Exercise Full Body Stretch (2F)</p> <p>2:00 Movie Matinee with David Dunn (T) 2:15 Sing A longs (2TV)</p> <p>3:00 Just for Laughs (2F)</p>
<p>9:45 Go 4 Life Walking Club (CY) 13</p> <p>10:30 Seated Exercise (2F) 2:15 Bingo with Manager's on Duty (A)</p> <p>3:30 Music & Dance (2TV)</p> <p>6:00 Comedy Movie Night (2TV)</p>	<p>9:45 America's Got Talent (2F) 14</p> <p>10:30 Exercise (2F) 2:15 Music & Dance (2F)</p> <p>3:15 Hot Chocolate Social (C)</p> <p>4:00 Social Circle (2TV)</p>	<p>9:45 Go 4 Life Walking Club (CY) 15</p> <p>10:00 Seated Zumba (2F)</p> <p>11:00 Java Music Club (2TV) 2:15 Pool Noodle Game (2F)</p> <p>4:00 Montessori Activities (2F)</p> <p>6:00 Sing Along with Susie Q (2F)</p>	<p>9:45 Go 4 Life Walking Club (CY) 16</p> <p>10:00 Exercises (2F)</p> <p>10:30 Cooking Demo with Chef Jason (A)</p> <p>11:00 Sing along! (2F) 2:15 Balloon Tennis (2F)</p> <p>3:30 Book Club and More! (A)</p> <p>4:00 Hand Massages (2F)</p> <p>6:00 Comedy Movie Night (2TV)</p>	<p>9:45 Go 4 Life Walking Club (CY) 17</p> <p>10:00 Clothing Vendor (FL)</p> <p>10:30 DrumFit Exercise (2F)</p> <p>1:00 Opera Hour (2F) 2:15 Ball Toss (2F)</p> <p>3:15 Hot Chocolate Social (C)</p> <p>4:00 Artful Enrichment-Coloring (2F)</p>	<p>9:45 Go For Life Walking Club (CY) 18</p> <p>10:30 Morning Stretch (2F) 1:30 Just for Laughs (2F) 2:15 Music & Dance (2TV)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>4:00 Hand Massages (2F)</p> <p>6:00 America's Got Talent (2F)</p>	<p>10:00 Animal Documentary (2TV) 19</p> <p>10:30 Exercise Full Body Stretch (2F)</p> <p>2:00 Movie Matinee with David Dunn (T) 2:15 Sing A longs (2TV)</p> <p>3:00 Just for Laughs (2F)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45 Go 4 Life Walking Club (CY) 20 10:30 Seated Exercise (2F) 2:15 Bingo with Manager's on Duty (A) 3:30 Music & Dance (2TV) 6:00 Comedy Movie Night (2TV)	9:45 America's Got Talent (2F) 21 10:30 Exercise (2F) 2:15 Music & Dance (2F) 3:15 Hot Chocolate Social (C) 4:00 Social Circle (2TV)	9:45 Go 4 Life Walking Club (CY) 22 10:00 Seated Zumba (2F) 11:00 Java Music Club (2TV) 2:15 Pool Noodle Game (2F) 4:00 Montessori Activities (2F) 6:00 Sing Along with Susie Q (2F)	9:45 Go 4 Life Walking Club (CY) 23 10:00 Exercises (2F) 11:00 Sing along! (2F) 2:00 Classical Movies with Sheldon (T) 2:15 Balloon Tennis (2F) 2:15 Pictionary (2F) 3:30 Book Club and More! (A) 4:00 Hand Massages (2F) 6:00 Comedy Movie Night (2TV)	9:45 Go 4 Life Walking Club (CY) 24 10:30 DrumFit Exercise (2F) 1:00 Opera Hour (2F) 2:00 Live Concert: Choir (A) 2:15 Ball Toss (2F) 3:15 Hot Chocolate Social (C) 4:00 Artful Enrichment-Coloring (2F)	9:45 Go For Life Walking Club (CY) 25 10:30 Morning Stretch (2F) 1:30 Just for Laughs (2F) 2:15 Music & Dance (2TV) 3:30 Pre-Shabbat Service (A) 4:00 Hand Massages (2F) 6:00 America's Got Talent (2F)	10:00 Animal Documentary (2TV) 26 10:30 Exercise Full Body Stretch (2F) 1:30 Hearing Clinic with Ian Castor (DRO) 2:00 Movie Matinee with David Dunn (T) 2:15 Sing A longs (2TV) 3:00 Just for Laughs (2F)
9:45 Go 4 Life Walking Club (CY) 27 10:30 Seated Exercise (2F) 2:15 Bingo with Manager's on Duty (A) 3:30 Music & Dance (2TV) 6:00 Comedy Movie Night (2TV)	9:45 America's Got Talent (2F) 28 10:30 Resident General Forum (A) 10:30 Exercise (2F) 2:00 Monthly Birthday Party: Martin Wall (A) 2:15 Music & Dance (2F) 3:15 Hot Chocolate Social (C) 4:00 Social Circle (2TV)	9:45 Go 4 Life Walking Club (CY) 29 10:00 Seated Zumba (2F) 11:00 Java Music Club (2TV) 2:15 Pool Noodle Game (2F) 4:00 Montessori Activities (2F) 6:00 Sing Along with Susie Q (2F)	9:45 Go 4 Life Walking Club (CY) 30 10:00 Exercises (2F) 10:00 Food Forum Meeting (A) 11:00 Sing along! (2F) 2:15 Balloon Tennis (2F) 3:30 Book Club and More! (A) 4:00 Hand Massages (2F) 4:00 Virtual Presentation: Ethnicity & Immigration (A) 6:00 Comedy Movie Night (2TV)	Locations Legend 2nd Floor Activity Room (2F) 2F TV Room (2TV) Courtyard (CY) Activity Room (Main Level) (A) Legend's Cafe (C)		Calendar Legend Outing Special Program Signature Program

11 NOVEMBER
REMEMBRANCE DAY

Lest we forget



Locations Legend	
2nd Floor Activity Room (2F)	Theatre (Lower Level) (T)
2F TV Room (2TV)	Building Wide (BW)
Courtyard (CY)	Fireplace Lounge (FL)
Activity Room (Main Level) (A)	Doctor's Office (DRO)
Legend's Cafe (C)	