Verve INSPIRED SENIOR LIVING

January 2023
Four Elms
Independent Living

FOUR ELMS RETIREMENT RESIDENCE
INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Activity Package Available At Reception (RECE) 10:00 Virtual Exercise (PRIORITY ONE - Getting Started - 106) (A) 10:45 Java Music Club (A) 2:15 Floor Curling (GYM) 3:00 "The Crown" Series (T) 6:00 Scrabble Group (A)	**2** 10:00 Exercise Full Body Workout (GYM) 10:45 Fitminds (A) 2:15 Bowling (GYM) 3:15 Hot Chocolate Social (C) 3:30 America's Got Talent (A)	**3** 9:30 Rick Steve's Travel Video (B) 10:00 Exercise (GYM) 2:00 Bingo (A) 2:00 Bridge Group (L) 2:15 Ladder Ball (GYM) 3:15 Tea & Coffee Social (C) 3:30 Poetry, Creative Writing & Reading Club (A) 6:00 Kalooki Group (A)	**4** 9:15 Morning Meditation (A) 10:00 Exercise (GYM) 10:45 Trivia (A) 2:00 Sheldon's Classic Movies and Talk " Dolly Sisters" (T) 6:00 Andre Rieu (A)	**5** 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:45 Wheel of Fortune (A) 2:15 Floor Curling (GYM) 2:15 Meet Me at MoMA (A) 3:15 Hot Chocolate Social (C) 3:30 Virtual Concert (A)	**6** 10:00 Exercise (GYM) 10:45 Words in a Word (A) 2:15 Darts (GYM) 2:30 Pre-Shabbat Service (A) 3:15 Tea & Coffee Social (C) 6:00 Just for Laughs (A)	**7** 10:00 Virtual Exercise (PRIORITY ONE - Getting Started - 106) (A) 10:45 Wheel of Fortune With Manager on Duty (A) 2:00 Movie Matinee with David Dunn (T) 6:00 Rummy Q Game Session (A)
8 Activity Package Available At Reception (RECE) 10:00 Virtual Exercise (PRIORITY ONE - Getting Started - 106) (A) 10:45 Java Music Club (A) 2:15 Floor Curling (GYM) 3:00 "The Crown" Series (T) 6:00 Scrabble Group (A)	**9** 9:15 Balloon Tennis (A) 10:00 Exercise Full Body Workout (GYM) 10:45 Fitminds (A) 2:00 Sheldon's Classic Movies and Talk: Witness for the Prosecution (T) 2:15 Bowling (GYM) 3:15 Hot Chocolate Social (C) 3:30 America's Got Talent (A)	**10** 9:30 Rick Steve's Travel Video (B) 10:00 Tai Chi with Janny (A) 2:00 Bingo (A) 2:00 Bridge Group (L) 2:15 Ladder Ball (GYM) 3:15 Tea & Coffee Social (C) 3:30 Poetry, Creative Writing & Reading Club (A) 6:00 Kalooki Group (A)	**11** 9:15 Morning Meditation (A) 10:00 Exercise (GYM) 10:45 Trivia (A) 2:00 Piano Concert: Martin Wall (A) 3:30 Virtual Yoga (A) 6:00 Andre Rieu (A)	**12** 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:45 Wheel of Fortune (A) 2:15 Floor Curling (GYM) 3:15 Hot Chocolate Social (C) 3:30 Virtual Concert (A)	**13** 10:00 Exercise (GYM) 10:45 Words in a Word (A) 2:15 Darts (GYM) 2:30 Pre-Shabbat Service (A) 3:15 Tea & Coffee Social (C) 6:00 Just for Laughs (A)	**14** 10:00 Virtual Exercise (PRIORITY ONE - Getting Started - 106) (A) 10:45 Wheel of Fortune With Manager on Duty (A) 2:00 Movie Matinee with David Dunn (T) 6:00 Rummy Q Game Session (A)
15 Activity Package Available At Reception (RECE) 10:00 Virtual Exercise (PRIORITY ONE - Getting Started - 106) (A) 10:45 Java Music Club (A) 2:15 Floor Curling (GYM) 3:00 "The Crown" Series (T) 6:00 Scrabble Group (A)	**16** 9:15 Balloon Tennis (A) 10:00 Exercise Full Body Workout (GYM) 10:45 Fitminds (A) 11:15 Lunch Outing at 168 Sushi Buffet (OU) 2:00 Painting with Sammy (A) 2:15 Bowling (GYM) 3:15 Hot Chocolate Social (C) 3:30 America's Got Talent (A)	**17** 9:30 Rick Steve's Travel Video (B) 10:00 Tai Chi with Janny (A) 2:00 Bridge Group (L) 2:00 Live Concert " Michael Shuster" (A) 3:15 Tea & Coffee Social (C) 3:30 Poetry, Creative Writing & Reading Club (A) 6:00 Kalooki Group (A)	**18** 9:15 Morning Meditation (A) 10:00 Exercise (GYM) 10:45 Trivia (A) 2:00 Live Concert: Robert D'cruz (D) 3:30 Virtual Yoga (A) 6:00 Andre Rieu (A)	**19** 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:30 Educational Presentation: Fraud Prevention and Awareness. (GYM) 2:15 Floor Curling (GYM) 2:15 Meet Me at MoMA (A) 3:15 Hot Chocolate Social (C) 3:30 Virtual Concert (A)	**20** 10:00 Exercise (GYM) 10:45 Words in a Word (A) 2:15 Darts (GYM) 2:30 Pre-Shabbat Service (A) 3:15 Tea & Coffee Social (C) 6:00 Just for Laughs (A)	**21** 10:00 Virtual Exercise (PRIORITY ONE - Getting Started - 106) (A) 10:45 Wheel of Fortune With Manager on Duty (A) 2:00 Movie Matinee with David Dunn (T) 6:00 Rummy Q Game Session (A)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 Activity Package Available At Reception (RECE) 10:00 Virtual Exercise (PRIORITY ONE - Getting Started - 106) (A) 10:45 Java Music Club (A) 2:00 Chinese New Year Party (A) 2:15 Floor Curling (GYM) 3:00 "The Crown" Series (T) 6:00 Scrabble Group (A)	**23** 9:15 Balloon Tennis (A) 10:00 Exercise Full Body Workout (GYM) 10:45 Fitminds (A) 2:00 Sheldon's Classic Movies and Talk "The Great Waltz" (T) 2:15 Bowling (GYM) 3:15 Hot Chocolate Social (C) 3:30 America's Got Talent (A)	**24** 9:30 Rick Steve's Travel Video (B) 10:00 Tai Chi with Janny (A) 2:00 Bingo (A) 2:00 Bridge Group (L) 2:15 Ladder Ball (GYM) 3:15 Tea & Coffee Social (C) 3:30 Poetry, Creative Writing & Reading Club (A) 6:00 Kalooki Group (A)	**25** Robbie Burns Day (BW) 9:15 Morning Meditation (A) 10:00 Exercise (GYM) 10:45 Trivia (A) 1:30 Hearing Clinic with Ian Castor (DRO) 2:00 Live Concert "Bill Dickenson" (A) 3:30 Virtual Yoga (A) 6:00 Andre Rieu (A)	**26** 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:45 Wheel of Fortune (A) 1:30 Bowling Outing (Sign Up required) (OU) 3:15 Hot Chocolate Social (C) 3:30 Virtual Concert (A) 7:00 Marking Live Concert "Sarah" (A)	**27** 10:00 Exercise (GYM) 10:45 Words in a Word (A) 2:15 Darts (GYM) 2:30 Pre-Shabbat Service (A) 3:15 Tea & Coffee Social (C) 6:00 Just for Laughs (A)	**28** 10:00 Virtual Exercise (PRIORITY ONE - Getting Started - 106) (A) 10:45 Wheel of Fortune With Manager on Duty (A) 2:00 Movie Matinee with David Dunn (T) 6:00 Rummy Q Game Session (A)
29 Activity Package Available At Reception (RECE) 10:00 Virtual Exercise (PRIORITY ONE - Getting Started - 106) (A) 10:45 Java Music Club (A) 2:15 Floor Curling (GYM) 3:00 "The Crown" Series (T) 6:00 Scrabble Group (A)	**30** 9:15 Balloon Tennis (A) 10:00 Exercise Full Body Workout (GYM) 10:45 Fitminds (A) 2:00 Monthly Birthday Party with Zack (A) 2:15 Bowling (GYM) 3:15 Hot Chocolate Social (C) 3:30 America's Got Talent (A)	**31** 9:30 Rick Steve's Travel Video (B) 10:00 Tai Chi with Janny (A) 2:00 Bingo (A) 2:00 Bridge Group (L) 2:15 Ladder Ball (GYM) 3:15 Tea & Coffee Social (C) 3:30 Poetry, Creative Writing & Reading Club (A) 6:00 Kalooki Group (A)				

Locations Legend

- Activity Room (Main Level) (A)
- Bar & Bistro (B)
- Gym (Lower Level) (GYM)
- Library (L)
- Legend's Cafe (C)
- Outing (OU)
- Theatre (Lower Level) (T)
- Main Dining Room (D)
- Reception (RECE)
- Building Wide (BW)
- Doctor's Office (DRO)

Calendar Legend

Outing

Special Program

Signature Program

PLEASE NOTE:

All events are subject to change in response to unforeseen circumstances. Every effort will be made to reschedule these events. For updated information please check daily activity sheets.