



INSPIRED SENIOR LIVING

# March 2023

## Four Elms

### Assisted Living



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:00 Balloon Volleyball (2F) <b>1</b> 10:30 Visits 1 on 1 (IN-S) 2:00 Sheldon's Classic Movies and Talk (T) 2:00 Bean Bag Toss (2F) 3:00 Match Up: Memory Recall (2F) 4:00 Exercise (2F) 6:00 Comedy Movie Night (2TV)	10:00 Seated Zumba (2F) <b>2</b> 10:45 Go4Life Walking Club (BW) 1:30 Opera Hour (2F) 2:00 Drum Fit (2F) 3:00 Active Brain Games (2F) 3:15 Hot Chocolate Social (C) 3:45 Artful Enrichment-Colouring (2F)	10:00 Morning Stretch (2F) <b>3</b> 10:45 Music & Dance (2TV) 1:30 Just for Laughs (2F) 2:00 Balloon Toss (2F) 2:30 Pre-Shabbat Service (A) 2:45 Hand Massages (2F) 3:45 Go For Life Walking Club (2ND)	10:05 Seated Morning Exercise (2F) <b>4</b> 10:30 Animal Documentary (2TV) 2:00 Movie Matinee with David Dunn: "Green Card" (T) 2:30 Games Corner (2F) 3:30 Memory Box (2F) 4:00 Just for Laughs (2F)
<b>Activity Package Available At Reception (RECE) 5</b> 10:15 Seated Exercise (2F) <b>2:00 Putim: Intergenerational Talent Show (A)</b> 3:30 Axe Throw (2F) 4:00 Music & Dance (2TV) 6:00 Comedy Movie Night (2TV)	<b>PURIM 6</b> 10:00 Sing Along (2F) 10:45 Exercise (2F) 2:15 Pool Noodle Game (2F) 3:00 Artful Enrichment Painting (2F) <b>3:15 Purim Celebration (A)</b> <b>3:30 Organizing Activities (2F)</b> 4:00 Social Circle (2TV)	<b>PURIM 7</b> 10:00 Seated Zumba (2F) <b>10:30 Outing to Vaughan Mills Mall (OS)</b> 10:45 Artful Enrichment-Colouring (2F) 2:00 Bingo (A) 2:15 Darts (2F) 3:30 Tap into Memories of the Past (2F) 4:15 Go 4 Life Indoor Walking Club (BW) 6:00 Sing Along (2F)	<b>10:00 Balloon Volleyball (2F) 8</b> 10:30 Visits 1 on 1 (IN-S) 2:00 Bean Bag Toss (2F) <b>2:00 International Woman's Day Social (A)</b> 3:00 Match Up: Memory Recall (2F) 3:45 Exercise (2F) 6:00 Comedy Movie Night (2TV)	<b>10:00 Seated Zumba (2F) 9</b> 10:45 Go4Life Walking Club (BW) 1:30 Opera Hour (2F) 2:00 Drum Fit (2F) 3:00 Active Brain Games (2F) 3:15 Hot Chocolate Social (C) 3:45 Artful Enrichment-Colouring (2F)	<b>10:00 Morning Stretch (2F) 10</b> 10:45 Music & Dance (2TV) 1:30 Just for Laughs (2F) 2:00 Balloon Toss (2F) <b>2:00 Marketing Concert: Emilio Zarris (A)</b> 2:30 Pre-Shabbat Service (GYM) 2:45 Hand Massages (2F) 3:45 Go For Life Walking Club (2ND)	<b>10:05 Seated Morning Exercise (2F) 11</b> 10:30 Animal Documentary (2TV) 2:00 Oscar Nomated: Everything Everywhere All at Once (T) 2:30 Games Corner (2F) 3:30 Memory Box (2F) 4:00 Just for Laughs (2F)
<b>Activity Package Available At Reception (RECE) 12</b> 10:15 Seated Exercise (2F) 2:15 Axe Throw (2F) 3:15 Music & Dance (2TV) 4:15 Go 4 Life Indoor Walking Club (BW) 6:00 Comedy Movie Night (2TV)	<b>10:00 Sing Along (2F) 13</b> 10:45 Exercise (2F) 2:00 Painting with Sammy (A) 2:15 Pool Noodle Game (2F) 3:00 Meet me at MoMA (2F) <b>3:30 Organizing Activities (2F)</b> 4:00 Social Circle (2TV)	<b>10:00 Seated Zumba (2F) 14</b> 10:30 Residents Town Hall (GYM) 10:45 Artful Enrichment-Colouring (2F) 2:00 Bingo (A) 2:15 Darts (2F) 3:30 Tap into Memories of the Past (2F) 4:15 Go 4 Life Indoor Walking Club (BW) 6:00 Sing Along (2F)	<b>10:00 Balloon Volleyball (2F) 15</b> 10:30 Visits 1 on 1 (IN-S) 2:00 Sheldon's Classic Movies and Talk (T) 2:00 Bean Bag Toss (2F) 3:00 Match Up: Memory Recall (2F) 3:45 Exercise (2F) 6:00 Comedy Movie Night (2TV)	<b>10:00 Seated Zumba (2F) 16</b> 10:45 Go4Life Walking Club (BW) 10:45 Food Forum (A) 1:30 Opera Hour (2F) 2:00 Drum Fit (2F) <b>2:00 Lecture with Lillian Thompson: Artificial Sweeteners and the Health Risks (A)</b> 3:00 Active Brain Games (2F) 3:15 Hot Chocolate Social (C) 3:45 Artful Enrichment-Colouring (2F)	<b>10:00 Morning Stretch (2F) 17</b> 10:45 Music & Dance (2TV) 1:30 Just for Laughs (2F) <b>2:00 St.Patrick's Day Party (DINN)</b> 2:30 Pre-Shabbat Service (GYM) 2:30 Balloon Toss (2F) 4:00 Go For Life Walking Club (2ND) 4:30 Living Loving Local Dinner (DINN)	<b>10:05 Seated Morning Exercise (2F) 18</b> 10:30 Animal Documentary (2TV) 2:00 Movie Matinee with David Dunn: " Beyond a Reasonable Doubt" (T) 2:30 Games Corner (2F) 3:30 Memory Box (2F) 4:00 Just for Laughs (2F)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Activity Package Available At Reception (RECE) 19</b> 10:15 Seated Exercise (2F) 2:15 Axe Throw (2F) 3:15 Music & Dance (2TV) 4:15 Go 4 Life Indoor Walking Club (BW) 6:00 Comedy Movie Night (2TV)	<b>20</b> 10:00 Sing Along (2F) 10:45 Exercise (2F) 11:00 Mediterranean Restaurant: SOFRAM (OU) 2:00 Monthly Birthday Party: Martin Wall (A) 2:15 Pool Noodle Game (2F) 3:00 Meet me at MoMA Colouring (2F) 3:30 Organizing Activities (2F) 4:00 Social Circle (2TV)	<b>21</b> 10:00 Seated Zumba (2F) 10:45 Artful Enrichment-Colouring (2F) 2:00 Live Concert: Jukebox Jammers (A) 2:30 Darts (2F) 3:30 Tap into Memories of the Past (2F) 4:15 Go 4 Life Indoor Walking Club (BW) 6:00 Sing Along (2F)	<b>22</b> 10:00 Balloon Volleyball (2F) 10:30 Visits 1 on 1 (IN-S) 2:00 Bean Bag Toss (2F) 2:00 Oscar Nomated: The Fabelmans (T) 3:00 Match Up: Memory Recall (2F) 3:45 Exercise (2F) 6:00 Comedy Movie Night (2TV)	<b>23</b> 10:00 Seated Zumba (2F) 10:45 Go4Life Walking Club (BW) 1:30 Opera Hour (2F) 2:00 Drum Fit (2F) 3:00 Active Brain Games (2F) 3:15 Hot Chocolate Social (C)	<b>24</b> Caribbean Cruise Week Check in: Jamaica 10:00 Morning Stretch on the Deck (2F) 10:45 Music & Dance Caribbean Style (2TV) 1:00 Jamaica Travelog (B) 2:00 Caribbean Carnival Dancers (LO) 2:30 Pre-Shabbat Service (GYM) 2:30 Beach Balloon Toss (2F) 3:15 All Aboard! - Caribbean Cruise Week Kickoff: Drinks and hors d'ouvres (LO) 3:30 Karaoke Singing (A)	<b>25</b> Cayman Island Open House 10:05 Seated Morning Exercise (2F) 10:30 Animal Documentary (2TV) 2:00 Caribbean Party with Live Entertainment (A) 2:30 Games Corner (2F) 3:15 Arrive in Cayman Island: Cocktail Tiki Bar & Photo Booth (LO) 3:30 Memory Box (2F) 4:00 Just for Laughs (2F)
<b>Activity Package Available At Reception (RECE) 26</b> Aruba (BW) 10:15 Seated Exercise with Aruban Music (2F) 2:15 Deck Games: Axe Throw (2F) 3:15 Music & Dance on the Beach (2TV) 4:15 Go4Life Walking Club: Touring the Cruise Ship (BW) 6:00 Comedy Movie Night (2TV)	<b>27</b> Cuba 10:00 Old Tunes Karaoke (2TV) 10:30 Exercise with Cuban Music (2F) 2:00 Baking: Cuban Shortbread Cookies (A) 2:15 Deck Games: Pool Noodle (2F) 3:00 MOMA Cuban Beaches Painting (2F) 3:15 Arrive in Cuba-Piña Colada Tiki Bar (LO) 3:30 Organizing Seashells (2F) 3:30 Arrive in Cuba Photo Booth (LO) 4:00 Cuban Travel Log (B)	<b>28</b> Trinidad 10:00 Caribbean Seated Zumba (2F) 10:45 Tropical Painting Class (2F) 2:00 Hands on Exotics: Tropical Animal Visits (LO) 2:15 Lower Deck: Dart Competition (2F) 3:15 Arriving in Trinidad and Tobago: Sorrel Drinks and Photo (LO) 3:30 Travelogue-Trinidad and Tobago (2F) 4:15 Go4Life Walking Club: Touring the Cruise Ship (BW) 6:00 West Indies Music (2F)	<b>29</b> Dominican Republic 10:00 Balloon Volleyball on Dominican Republic Beach (2F) 10:30 Visits 1 on 1 (IN-S) 10:30 Cruise Chef Demo (A) 1:30 Hearing Clinic with Ian Castor (DRO) 2:00 Deck games: Bean Bag Toss (2F) 2:15 Seashell Craft (A) 3:00 Match Up: Memory Recall Island Style (2F) 3:15 Arrive in Dominican Republic: Cocktail Tiki Bar & Photo Booth (LO)	<b>30</b> Mexico 10:00 Seated Mexican Style Zumba (2F) 10:45 Go4Life Walking Club: Touring the Cruise Ship (BW) 1:30 Mexican Food Travelogue (2F) 2:00 Arrive in Mexico: Live Entertainment with Micheal Shuster (A) 2:30 Drum Fit: Mexican Music (2F) 3:15 Arrive in Mexico: Margarita & Photo Booth (LO) 3:30 Carribean Trivia (2F)	<b>31</b> 10:00 Morning Stretch on the Deck (2F) 10:45 Music & Dance (2TV) 1:30 Just for Laughs (2F) 2:00 Balloon Toss (2F) 2:30 Pre-Shabbat Service (A) 3:00 Hand Massages (2F) 3:45 Go For Life Walking Club (2ND)	

### Locations Legend

2nd Floor Activity Room (2F)  
 2F TV Room (2TV)  
 Activity Room (Main Level) (A)  
 Building Wide (BW)  
 Lobby (LO)

Theatre (Lower Level) (T)  
 In-Suite (IN-S)  
 Legend's Cafe (C)  
 2nd Floor (2ND)  
 Reception (RECE)

Gym (Lower Level) (GYM)  
 Dinning (DINN)  
 Bar & Bistro (B)  
 Outing (OS)  
 Outing (OU)  
 Doctor's Office (DRO)

### Calendar Legend

Outing  
 Special Program

Cruise Week  
 Signature Program

