



INSPIRED SENIOR LIVING

March 2024 Assisted Living

Four Elms Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>FRIDAY MAR 8 International Women's Day</p>		 <p>SUNDAY MAR 17 St. Patrick's Day</p>				
Activity Package Available At Reception (RECE) 3 9:15 Balloon Tennis (2F) 10:00 Virtual Exercise (A) 1:00 Java Music Club (2F) 1:30 Puzzles, Sorting, Coloring (2F) 2:15 Floor Curling with Manager on Duty (GYM) 3:30 Virtual Exercise (TV) 3:30 Tea & Coffee Social (A) 6:45 Movie Matinee (T)	9:15 Ball Toss (2F) 4 10:00 Virtual Seated Zumba (2F) 10:15 Walmart Shopping Trip (OS) 10:45 What am I Trivia (2F) 1:15 Bingo (2F) 2:15 Axe Throw & Darts (2F) 3:30 Wine & Cheese Social (A) 4:00 Go 4 Life Walking Club (2F) 6:45 Movie Night (T)	9:15 Balloon Tennis (2F) 5 10:00 Tai Chi (A) 10:00 Drum Fit (2F) 11:00 Java Music Club (Singing) (2F) 1:15 Word in a Word (2F) 2:00 Bean Bag Toss (2F) 3:00 Activities of Daily Living (2F) 4:00 Go For Life Walking Club (BW) 6:45 Live Concert: Emilio (A)	9:15 Balloon Tennis (2F) 6 10:00 Ring Toss (2F) 10:45 Fit Minds (Trivia) (2F) 1:15 Meet me at the MoMA (2F) 2:15 Exercise (2F) 3:00 Bowling (2F) 3:30 Tea & Coffee Social (A) 4:00 Go 4 Life Walk Club (2ND) 6:45 Live Concert: Bill Dickinson (A)	9:15 Morning Stretches (2F) 7 10:00 Creative Movement (2F) 10:45 Karaoke Singing (2F) 11:00 Catholic Communion Service (A) 1:15 Bingo (2F) 2:00 Parachute Game (2F) 3:00 Wheel of Fortune (2F) 3:30 Tea & Coffee Social (A) 4:00 Go 4 Life Walk Club (2ND)	9:15 Seated Zumba (2F) 8 10:00 Exercise Full Body Stretches (2F) 10:45 Java Music Club (2F) 1:15 Artful Enrichment (2F) 2:00 International Woman's Day Concert (D) 2:30 Pre-Shabbat Service (GYM) 3:00 Activities of Daily Living (2F) 4:00 Go 4 Life Walk Club (2ND)	9:30 Balloon Tennis (2F) 9 10:15 Drum Fit (2F) 11:00 Fit Minds (2F) 1:15 Activities of Daily Living (2F) 2:00 Movie Matinee with David Dunn (T) 2:15 Bean Bag Toss (2F) 3:30 Tea & Coffee Social (A)
Activity Package Available At Reception (RECE) 10 9:15 Balloon Tennis (2F) 10:00 Virtual Exercise (A) 1:30 Puzzles, Sorting, Coloring (2F) 2:15 Floor Curling with Manager on Duty (GYM) 3:30 Virtual Exercise (TV) 3:30 Tea & Coffee Social (A) 6:45 Movie Matinee (T)	9:30 Virtual Zumba (2F) 11 10:00 Virtual Seated Zumba (2F) 10:45 What am I Trivia (2F) 1:15 Bingo (2F) 2:15 Axe Throw & Darts (2F) 3:30 Wine & Cheese Social (A) 6:45 Movie Night (T)	9:15 Balloon Tennis (2F) 12 10:00 Tai Chi (A) 10:00 Drum Fit (2F) 11:00 Java Music Club (Singing) (2F) 1:15 Word in a Word (2F) 2:00 Bean Bag Toss (2F) 2:15 Bowling (2F) 3:00 Activities of Daily Living (2F) 6:45 Live Concert: Gilad (A)	9:15 Balloon Tennis (2F) 13 10:00 Ring Toss (2F) 10:45 Fit Minds (Trivia) (2F) 1:15 Meet me at the MoMA (2F) 2:15 Exercise (2F) 3:00 Bowling (2F) 3:30 Tea & Coffee Social (A) 6:45 Toronto Maple Leafs Pub Social (B)	9:15 Morning Stretches (2F) 14 9:45 What Am I: Trivia (2F) 10:00 Creative Movement (2F) 10:45 Karaoke Singing (2F) 11:00 Catholic Communion Service (A) 1:15 Bingo (2F) 2:00 Live Concert: Zack Wojtala (A) 2:15 Parachute Game (2F) 3:00 Wheel of Fortune (2F) 3:30 Tea & Coffee Social (A)	Living Loving Local Dinner 15 9:15 Seated Zumba (2F) 10:00 Exercise Full Body Stretches (2F) 10:45 Java Music Club (2F) 1:15 Artful Enrichment (2F) 2:15 Ladder Ball (2F) 2:30 Pre-Shabbat Service (A) 3:00 Activities of Daily Living (2F)	9:30 Balloon Tennis (2F) 16 10:15 Drum Fit (2F) 11:00 Fit Minds (2F) 1:15 Activities of Daily Living (2F) 2:00 Movie Matinee with David Dunn (T) 2:15 Bean Bag Toss (2F) 3:30 Tea & Coffee Social (A)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Package Available At Reception (RECE) 17 9:15 Balloon Tennis (2F) 10:00 Virtual Exercise (A) 1:30 Puzzles, Sorting, Coloring (2F) 2:00 St. Patricks Day Party (D) 3:30 Virtual Exercise (TV) 6:45 Movie Matinee (T)	18 9:30 Virtual Zumba (2F) 10:00 Virtual Seated Zumba (2F) 10:45 What am I Trivia (2F) 1:15 Bingo (2F) 2:00 Lecture with Lillian Thompson: Flaxseed & Prevention/Treatment of Cancer & Other Diseases Update (A) 2:15 Axe Throw & Darts (2F) 3:30 Wine & Cheese Social (A) 6:45 Movie Night (T)	19 9:15 Balloon Tennis (2F) 10:00 Tai Chi (A) 10:00 Drum Fit (2F) 10:30 Toronto Holocaust Museum (OS) 11:00 Java Music Club (Singing) (2F) 1:15 Word in a Word (2F) 2:00 Bean Bag Toss (2F) 3:00 Activities of Daily Living (2F)	20 9:15 Balloon Tennis (2F) 10:00 Ring Toss (2F) 10:30 Cooking Demo with Chef Jason (A) 10:45 Fit Minds (Trivia) (2F) 1:15 Meet me at the MoMA (2F) 2:00 Monthly Birthday Party (A) 2:15 Exercise (2F) 3:00 Bowling (2F) 6:45 Toronto Maple Leafs Pub Social (B)	21 SPAIN (BW) Opening Gala Dinner (BW) 9:15 Morning Stretches (2F) 9:45 What Am I: Trivia (2F) 10:00 Creative Movement (2F) 10:45 Karaoke Singing (2F) 11:00 Catholic Communion Service (A) 1:15 Bingo (2F) 2:00 Live Entertainment with Flamenco (LO) 3:15 Arriving in Spain: Cocktail Hour (B) 3:30 Picasso Paint & Learn (A) 6:45 The life and designs of Antoni Gaudi (A)	22 MOROCCO (BW) 9:15 Seated Zumba (2F) 10:00 Richard Bradshaw Amphitheater Concert (OU) 10:00 Exercise Full Body Stretches (2F) 10:45 Java Music Club (2F) 1:15 Artful Enrichment (2F) 2:15 Ladder Ball (2F) 2:30 Pre-Shabbat Service (A) 3:00 Activities of Daily Living (2F) 3:15 Arriving in Morocco: Cocktail Hour (B) 3:30 Making Couscous (A)	23 ITALY (BW) Purim (BW) 9:30 Balloon Tennis (2F) 10:15 Drum Fit (2F) 10:30 Personalized Sculpture Class (A) 11:00 Fit Minds (2F) 1:00 Artful Enrichment: Italy (2F) 1:15 Arriving in Italy: Wine Tasting (B) 1:15 Activities of Daily Living (2F) 2:00 Masquerade Ball: Opera Singer Sara Papini (D) 2:15 Bean Bag Toss (2F) 3:30 Virtual Italian Church Tour (A)
24 Purim (BW) TURKEY (BW) 9:15 Balloon Tennis (2F) 10:00 Virtual Exercise (A) 10:30 Hot Air Balloon Painting Class (A) 1:30 Puzzles, Sorting, Coloring (2F) 2:00 Live Entertainment; Belly Dancer (LO) 3:30 Virtual Exercise (TV) 3:30 Arriving in Turkey: Trukish Coffee & Baklava (A) 4:00 Mosaic: Presentation Ceiling Art (A) 6:45 Movie Matinee (T)	25 GREECE (BW) 9:30 Virtual Zumba (2F) 10:00 Virtual Seated Zumba (2F) 10:30 Painting: Greek Alphabet Initial's (A) 10:45 What am I Trivia (2F) 12:00 Cruise Captain's Lunch (D) 1:15 Bingo (2F) 2:00 Making Greek Salad (A) 2:15 Axe Throw & Darts (2F) 3:15 Arriving in Greece: Cocktail Hour (B) 3:30 Greek Gods Presentation (A) 6:45 Movie: My Big Fat Greek Wedding (T)	26 CROATIA (BW) 9:15 Balloon Tennis (2F) 10:00 Deck Tai Chi with Janny (GYM) 10:00 Drum Fit (2F) 10:30 Residents Town Hall (GYM) 11:00 Java Music Club (Singing) (2F) 1:15 Word in a Word (2F) 2:00 Beach Picnic Party (A) 2:15 Bean Bag Toss (2F) 3:00 Activities of Daily Living (2F) 3:15 Arriving in Croatia Cocktail Hour (LO)	27 FRANCE (BW) 9:15 Balloon Tennis (2F) 10:00 Ring Toss (2F) 10:45 Fit Minds (Trivia) (2F) 1:15 Meet me at the MoMA (2F) 1:30 Hearing Clinic with Ian Castor (DRO) 2:00 Resident & Staff Fashion Show (A) 3:00 Bowling (2F) 3:15 Croissant Station (B) 4:30 Cruise Gala Dinner (DINN)	28 CANADA (BW) 9:15 Morning Stretches (2F) 9:45 What Am I: Trivia (2F) 10:00 Creative Movement (2F) 10:45 Karaoke Singing (2F) 11:00 Catholic Communion Service (A) 1:15 Bingo (2F) 2:15 Parachute Game (2F) 3:00 Wheel of Fortune (2F) 3:30 Pub Social (B)	29 Good Friday (BW) 9:15 Seated Zumba (2F) 10:15 Exercise Full Body Stretches (2F) 10:45 Java Music Club (2F) 1:15 Artful Enrichment (2F) 2:15 Ladder Ball (2F) 2:30 Pre-Shabbat Service (A) 4:00 Activities of Daily Living (2F)	30 9:30 Balloon Tennis (2F) 10:15 Drum Fit (2F) 11:00 Fit Minds (2F) 1:15 Activities of Daily Living (2F) 2:00 Movie Matinee with David Dunn (T) 2:15 Bean Bag Toss (2F) 3:30 Tea & Coffee Social (A)

Activity Package Available At Reception (RECE) 31 9:15 Balloon Tennis (2F) 10:00 Virtual Exercise (A) 1:30 Puzzles, Sorting, Coloring (2F) 2:15 Floor Curling with Manager on Duty (GYM) 3:30 Virtual Exercise (TV) 3:30 Tea & Coffee Social (A) 6:45 Movie Matinee (T)



Locations Legend	
2nd Floor Activity Room (2F)	Reception (RECE)
Activity Room (Main Level) (A)	Main Dining Room (D)
Building Wide (BW)	2nd Floor (2ND)
Theatre (Lower Level) (T)	Lobby (LO)
Bar & Bistro (B)	Outing (OS)
Gym (Lower Level) (GYM)	Outing (OU)
TV Lounge (TV)	Doctor's Office (DRO)
	Dinning (DINN)
	Bistro Bar (B)

Calendar Legend
Outing
Special Program
Living, Loving, Local
Signature Program