



INSPIRED SENIOR LIVING

# June 2024 Independent Living Four Elms Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Senior's Month



Pride Month



Father's Day

9:15 Balloon Tennis (A)	1
10:00 Exercise (GYM)	
10:45 FitMinds with Frances P (A)	
2:00 Movie Maitnee with David Dunn (GYM)	
3:30 Tea & Coffee Social (A)	
4:00 Java Music Club (A)	
6:45 Cards: Euchre, Bridge, Rummy & Canasta (A)	

Activity Package Available At Reception (RECE)	2
9:15 Balloon Tennis (A)	
10:00 Exercise (GYM)	
10:45 Trivia with Frances. P (A)	
2:00 Bingo with Manager on Duty (A)	
3:30 Tea & Cofee Social (C)	
6:45 America's Got Talent (A)	

9:15 Balloon Tennis (A)	3
10:00 Exercise (GYM)	
10:30 Crafts with Sammy (A)	
11:00 Go For Life Walking Club (BW)	
2:00 Bocce Ball (CY)	
3:15 Wine & Cheese Social (B)	
4:00 Java Music Club (A)	
6:45 Rick Steves: Milan and Lake Como (A)	

9:15 Balloon Tennis (A)	4
10:00 Tai Chi (A)	
1:30 Meet Me at The MOMA- Presentation (A)	
2:00 Bridge Group (L)	
2:00 Meet me at MoMA (A)	
2:15 Croquet (CY)	
3:15 Fruit Smoothies Social (B)	
3:30 Words in a Word (A)	
4:00 Go For Life Walking Club (BW)	
6:45 Live Concert: Ken Jones (A)	

9:15 Balloon Tennis (A)	5
10:00 Seated Dance Class with Katya (A)	
2:00 Artful Enrichment (A)	
2:15 Floor Curling (GYM)	
3:15 Milkshake Social (B)	
3:30 Wheel of Fortune (A)	
4:00 Go For Life Walking Club (BW)	
6:45 Virtual Seated Zumba (A)	

9:15 Drum Fit (A)	6
10:00 Exercise (GYM)	
10:00 Encore Symphonic Concert Band (OS)	
10:30 Go For Life Walking Club (BW)	
11:00 Catholic Communion Service (A)	
2:00 Dime Bingo with Charles (A)	
3:15 Robert's Pub Social (B)	
6:45 Rummy-Q (A)	

9:15 Balloon Tennis (A)	7
10:00 Yoga Class (A)	
2:00 Live Conert: Pride Month Celebration with Manvir (A)	
3:30 Pre-Shabbat Service (A)	
4:00 Go 4 Life Walking Club (CY)	
6:45 Scrabble Group Game (A)	

9:15 Balloon Tennis (A)	8
10:00 Exercise (GYM)	
10:45 FitMinds with Frances P (A)	
2:00 Lawn Darts with Manager on Duty (CY)	
3:30 Tea & Coffee Social (A)	
4:00 Java Music Club (A)	
6:45 Cards: Euchre, Bridge, Rummy & Canasta (A)	

Activity Package Available At Reception (RECE)	9
9:15 Balloon Tennis (A)	
10:00 Exercise (GYM)	
10:45 Trivia with Frances. P (A)	
2:00 Live Concert: Andy De Compas (A)	
6:45 America's Got Talent (A)	

Portuguese Day (A)	10
9:15 Balloon Tennis (A)	
10:00 Exercise (GYM)	
10:30 Crafting with Angela (A)	
11:00 Go For Life Walking Club (BW)	
2:00 Bocce Ball (CY)	
3:15 Wine & Cheese Social (B)	
4:00 Java Music Club (A)	
6:45 Rick Steve's: The Best of Southern Spain (A)	

9:15 Balloon Tennis (A)	11
10:00 Tai Chi (A)	
10:15 Walmart Shopping (OS)	
2:00 Bridge Group (L)	
2:15 Croquet (CY)	
3:15 Fruit Smoothies Social (B)	
3:30 Words in a Word (A)	
4:00 Go For Life Walking Club (BW)	
6:45 Live Concert: Emilio (A)	

9:15 Balloon Tennis (A)	12
10:00 Seated Dance Class with Katya (A)	
10:30 Philippines History Lecture with Lilian Thompson (A)	
2:00 Filipino Dance Preformance (LO)	
2:00 Artful Enrichment (A)	
3:15 Milkshake Social (B)	
3:30 Wheel of Fortune (A)	
4:00 Go For Life Walking Club (BW)	

9:15 Drum Fit (A)	13
10:00 Exercise (GYM)	
10:30 Go For Life Walking Club (BW)	
11:00 Catholic Communion Service (A)	
11:00 Lunch at Mandarin (OU)	
2:00 Dime Bingo with Charles (A)	
3:15 Robert's Pub Social (B)	
6:45 Rummy-Q (A)	

9:15 Balloon Tennis (A)	14
10:30 History Stories with Lianne Harris (A)	
2:00 Mini Putting (CY)	
3:30 Pre-Shabbat Service (A)	
4:00 Go 4 Life Walking Club (CY)	
6:45 Scrabble Group Game (A)	

9:15 Balloon Tennis (A)	15
10:00 Exercise (GYM)	
10:45 FitMinds with Frances P (A)	
2:00 Live Concert: Jay Vazquez (A)	
3:30 Tea & Coffee Social (A)	
4:00 Java Music Club (A)	
6:45 Cards: Euchre, Bridge, Rummy & Canasta (A)	



INSPIRED SENIOR LIVING

# June 2024

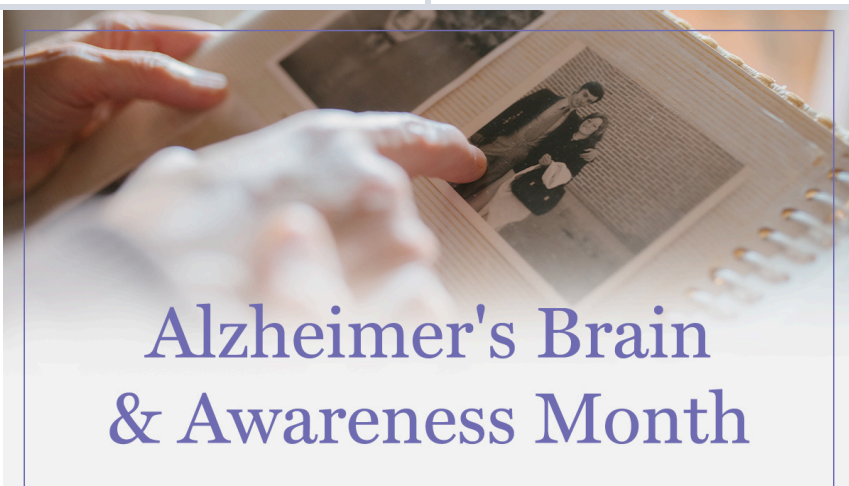
## Independent Living

### Four Elms Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Father's Day (BW) 16</b> 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) <b>11:30 Father's Day Buffet (DINN)</b> 2:00 Live Concert: The DeeGees (A) 6:45 America's Got Talent (A)	<b>17</b> 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:30 Crafts with Sammy (A) 11:00 Go For Life Walking Club (BW) 1:45 Program Planning Meeting (A) 2:15 Bocce Ball (CY) <b>3:15 Wine &amp; Cheese Social (B)</b> 4:00 Java Music Club (A) 6:45 Rick Steve's: Ethiopia: A Development Story (A)	<b>18</b> 9:15 Balloon Tennis (A) <b>9:30 Beach Picnic (OU)</b> 10:00 Tai Chi (A) 1:30 Meet Me at The MOMA-Presentation (A) 2:00 Bridge Group (L) 2:00 Meet me at MoMA (A) 2:15 Croquet (CY) <b>3:15 Fruit Smoothies Social (B)</b> 3:30 Words in a Word (A) 4:00 Go For Life Walking Club (BW)	<b>19</b> 9:15 Balloon Tennis (A) 10:30 Cooking Demo with Chef Jason (A) 2:00 Artful Enrichment (A) 2:00 Floor Curling (GYM) 3:15 Milkshake Social (B) 3:30 Wheel of Fortune (A) 4:00 Go For Life Walking Club (BW) <b>6:45 Live Concert: Zack Wojtala (A)</b>	<b>20</b> 9:15 Drum Fit (A) 10:00 Exercise (GYM) 10:30 Go For Life Walking Club (BW) 11:00 Catholic Communion Service (A) <b>12:00 Summer BBQ (CY)</b> <b>2:00 Live Concert: Pepper Shaker's (CY)</b> <b>3:15 Robert's Pub Social (B)</b> 6:45 Rummy-Q (A)	<b>21</b> <b>World Music Day (CY)</b> 9:15 Balloon Tennis (A) 10:00 Yoga Class (GYM) <b>10:30 Educational Presentation: Balance Exercise/Fall/Prevention (A)</b> <b>2:00 Live Concert: World Music Day (CY)</b> <b>2:45 Ice-Cream Truck: Happy Senior's Month (CY)</b> 3:30 Pre-Shabbat Service (A) 4:00 Go 4 Life Walking Club (CY)	<b>22</b> 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:45 FitMinds with Frances P (A) 2:00 Lawn Darts with Manager on Duty (CY) <b>3:30 Tea &amp; Coffee Social (A)</b> 4:00 Java Music Club (A) 6:45 Cards: Euchre, Bridge, Rummy & Canasta (A)
<b>Activity Package Available At Reception (RECE) 23</b> 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:45 Trivia with Frances. P (A) 2:00 Bingo with Manager on Duty (A) 3:30 Tea & Cofee Social (C) 6:45 America's Got Talent (A)	<b>24</b> 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:30 Crafting with Angela (A) 11:00 Go For Life Walking Club (BW) 2:00 Bocce Ball (CY) <b>3:15 Wine &amp; Cheese Social (B)</b> 4:00 Java Music Club (A) 6:45 Rick Steve's: Portugal's Heartland (A)	<b>25</b> 9:15 Balloon Tennis (A) 10:00 Tai Chi (A) 10:30 Residents Town Hall (GYM) 2:00 Bridge Group (L) 2:15 Croquet (CY) <b>3:15 Fruit Smoothies Social (B)</b> <b>3:30 Java Music Club (A)</b> 3:30 Words in a Word (A) 4:00 Go For Life Walking Club (BW)	<b>26</b> <b>8:30 Niagra on the Lake (OU)</b> 9:15 Balloon Tennis (A) <b>10:00 Seated Dance Class with Katya (A)</b> 1:30 Hearing Clinic with Ian Castor (DRO) 2:00 Artful Enrichment (A) 2:00 Floor Curling (GYM) 3:15 Milkshake Social (B) 3:30 Wheel of Fortune (A) 4:00 Go For Life Walking Club (BW) 6:45 Virtual Seated Zumba (A)	<b>27</b> 9:15 Drum Fit (A) 10:00 Exercise (GYM) 10:30 Go For Life Walking Club (BW) 11:00 Catholic Communion Service (A) 2:00 Dime Bingo with Charles (A) <b>3:15 Robert's Pub Social (B)</b> 6:45 Rummy-Q (A)	<b>28</b> 9:15 Balloon Tennis (A) 10:00 Yoga Class (A) 2:00 Mini Putting (CY) 3:30 Pre-Shabbat Service (A) <b>4:00 Go 4 Life Walking Club (CY)</b> 6:45 Scrabble Group Game (A)	<b>29</b> 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:45 FitMinds with Frances P (A) <b>2:00 Live Concert: Shannon (A)</b> 4:00 Java Music Club (A) 6:45 Cards: Euchre, Bridge, Rummy & Canasta (A)

<b>Activity Package Available At Reception (RECE) 30</b> 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:45 Trivia with Frances. P (A) 2:00 Bingo with Manager on Duty (A) 3:30 Tea & Cofee Social (C) 6:45 America's Got Talent (A)
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Locations Legend
Activity Room (Main Level) (A)
Gym (Lower Level) (GYM)
Courtyard (CY)
Building Wide (BW)
Bar & Bistro (B)
Reception (RECE)
Library (L)
Legend's Cafe (C)
Outing (OU)
Outing (OS)
Lobby (LO)
Dinning (DINN)
Doctor's Office (DRO)

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