




INSPIRED SENIOR LIVING

July 2026 Assisted Living

Four Elms Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Canada Day</p>			<p>Canada Day! 1</p> <p>9:30 Balloon Tennis (2F) 10:00 Balloon Tennis (3A) 10:45 Bean Bag Toss (2F) 1:00 Go For Life Walking Club Outside/Off-site (2F) 1:30 Meet me at MoMA Presentation: Lewis Stewart Harris (A) 1:30 Horseshoes in the Courtyard (CY) 2:00 Music Therapy with Tiffany (2F) 3:15 Paint by the Number (2F) 3:30 Canada Day Concert with Jenny James! (A) 6:45 T.V. Series: Bones (A)</p>	<p>HHS Mens Club Thursday! 2</p> <p>9:30 Morning Stretches (2F) 10:00 Tai Chi (GYM) 10:00 Balloon Tennis (2F) 10:00 Outing: Encore Symphonic Concert Band *Sign Up Required* (OS) 10:30 Seated Exercise (3RD) 11:00 Catholic Communion Service (A) 1:30 Bingo (3A) 2:00 Words in a Word with Sandy! (A) 2:15 Puzzles, Sorting, Colouring (2F) 3:15 Robert's Pub Social (A) 6:45 T.V. Series: Season 1: LOST (A)</p>	<p>9:30 Balloon Tennis (2F) 3 10:30 Seated Zumba (2F) 10:30 Education Presentation: Lianne Harris - Rogues & Rebels (A) 1:00 Go4Life Walking Club (BW) 1:15 Karaoke with Robert (2ND) 1:45 Electronic Class (B) 2:00 Jewelry making (A) 2:00 Live Concert with Patricia Barlow (2F) 3:30 Pre-Shabbat Service (A) 5:30 Friday Night Movie! (2F) 7:00 Movie: Pirates of the caribbean (Disney) (A)</p>	<p>10:00 Exercise (GYM) 4 10:35 Java Music Club (2FL) 11:00 Balloon Tennis (2F) 1:00 Go For Life Walking Club (BW) 1:45 Balloon Volleyball (2F) 3:00 Saturday TV Show: Golden Girls (2TV) 3:15 Happy Hour Pub with Manager On Duty! (A)</p>
<p>Activity Package Available At Reception (RECE) 5</p> <p>9:30 Balloon Tennis (2F) 11:00 Exercise (3A) 1:30 Bowling (2F) 2:00 Sunday Movies! (2F) 2:00 Go For Life Walking Club (BW) 7:00 T.V. Series: Grace & Frankie (A)</p>	<p>9:30 Balloon Tennis (2F) 6 10:00 Drum Fit (2F) 10:45 FitMinds Musical Trivia (2F) 2:00 Floor Curling (GYM) 2:00 Bingo with Volunteer (A) 3:15 Go4Life Walking Club Outside (CY) 3:15 Wine & Cheese Social (A) 3:30 Puzzles, Sorting, Colouring (2F) 6:30 Love Story: John F. Kennedy JR. & Carolyn Bessette (A)</p>	<p>National Milk Shake Day! 7</p> <p>9:30 Balloon Tennis (2F) 10:00 Full Body workout! (GYM) 10:00 Walmart Shopping Trip *Sign Up Required* (OS) 10:30 Painting with Sammy (A) 10:45 Balloon Tennis (3A) 1:00 Go4Life Walking Club (CY) 1:30 Clay Art (2F) 2:00 Meet me at MoMA (2F) 2:00 Mini Putting with Volunteer (GYM) 2:00 Concert : Harp & Cello Performance by Emily & Hannah! (A) 2:30 Badminton in the Courtyard! (CY) 3:15 Milkshake Social! (A) 4:00 Java Music Club (Sing Along) (2F) 4:00 Wii Bowling Class with Irving! (A) 6:45 T.V. Series: F.R.I.E.N.D.S (A)</p>	<p>Triple Eight Clothing (LO) 8</p> <p>9:30 Balloon Tennis (2F) 10:00 Balloon Tennis (3A) 10:45 Bean Bag Toss (2F) 1:00 Go For Life Walking Club Outside/Off-site (2F) 1:30 Horseshoes in the Courtyard (CY) 2:00 Music Therapy with Tiffany (2F) 3:00 Seated Bowling (2F) 3:30 The Social Butterflies Womens Club! (A) 6:45 T.V. Series: Bones (A)</p>	<p>HHS Mens Club Thursday! 9</p> <p>9:30 Morning Stretches (2F) 10:00 Tai Chi (GYM) 10:00 Balloon Tennis (2F) 10:30 Seated Exercise (3RD) 10:45 Trivial Pursuit (B) 11:00 Catholic Communion Service (A) 1:30 Bingo (3A) 2:00 Words in a Word with Sandy! (A) 2:15 Puzzles, Sorting, Colouring (2F) 3:15 Robert's Pub Social (A) 7:00 Live Concert: Alisa Kanda (A)</p>	<p>National Pina Colada Day! (B) 10</p> <p>9:30 Balloon Tennis (2F) 10:30 Seated Zumba (2F) 1:00 Go4Life Walking Club (BW) 1:15 Karaoke with Robert (2ND) 1:45 Electronic Class (B) 3:15 Pina Colada Social! (B) 3:30 Pre-Shabbat Service (A) 5:30 Friday Night Movie! (2F) 7:00 Movie: Disney: Apollo Mission To The Moon (A)</p>	<p>10:00 Exercise (GYM) 11 10:35 Java Music Club (2FL) 11:00 Balloon Tennis (2F) 1:00 Go For Life Walking Club (BW) 1:45 Balloon Volleyball (2F) 3:00 Saturday TV Show: Golden Girls (2TV) 3:15 Happy Hour Pub with Manager On Duty! (A)</p>
<p>Activity Package Available At Reception (RECE) 12</p> <p>9:30 Balloon Tennis (2F) 11:00 Exercise (3A) 1:30 Bowling (2F) 2:00 Sunday Movies! (2F) 2:00 Go For Life Walking Club (BW) 7:00 T.V. Series: Grace & Frankie (A)</p>	<p>9:30 Balloon Tennis (2F) 13 10:00 Drum Fit (2F) 10:45 FitMinds Musical Trivia (2F) 2:00 Floor Curling (GYM) 2:00 Lecture with Lilian Thompson: Health effects of dietary Fibre, prebiotics & probiotics (A) 2:00 Learn to Play Canasta (GR) 3:15 Go4Life Walking Club Outside (CY) 3:15 Wine & Cheese Social (A) 3:30 Puzzles, Sorting, Colouring (2F)</p>	<p>9:30 Balloon Tennis (2F) 14 10:00 Full Body workout! (GYM) 10:45 Balloon Tennis (3A) 1:00 Go4Life Walking Club (CY) 1:30 Clay Art (2F) 2:00 Meet me at MoMA (2F) 2:00 Mini Putting with Volunteer (GYM) 2:30 Badminton in the Courtyard! (CY) 3:15 Happy Hour Pub! (A) 4:00 Java Music Club (Sing Along) (2F) 4:00 Wii Bowling Class with Irving! (A) 6:45 T.V. Series: F.R.I.E.N.D.S (A)</p>	<p>9:30 Balloon Tennis (2F) 15 10:00 Balloon Tennis (3A) 10:45 Bean Bag Toss (2F) 10:45 Cooking Demo with Chef Jason (A) 1:00 Go For Life Walking Club Outside/Off-site (2F) 1:30 Meet me at MoMA Presentation (A) 1:30 Horseshoes in the Courtyard (CY) 2:00 Music Therapy with Tiffany (2F) 3:00 Seated Bowling (2F) 3:15 Paint by the Number (2F) 3:30 The Social Butterflies Womens Club! (A) 6:45 T.V. Series: Bones (A)</p>	<p>HHS Mens Club Thursday! 16</p> <p>9:30 Morning Stretches (2F) 10:00 Tai Chi (GYM) 10:00 Balloon Tennis (2F) 10:30 Seated Exercise (3RD) 10:45 Trivial Pursuit (B) 11:00 Catholic Communion Service (A) 1:30 Bingo (3A) 2:00 Live Concert: Natalie Wong (A) 2:15 Puzzles, Sorting, Colouring (2F) 3:15 Robert's Pub Social (A) 6:45 T.V. Series: Season 1: LOST (A)</p>	<p>9:30 Balloon Tennis (2F) 17 10:30 Seated Zumba (2F) 10:30 Education Presentation with Lorne! (A) 1:00 Go4Life Walking Club (BW) 1:15 Karaoke with Robert (2ND) 1:45 Electronic Class (B) 2:00 Live Concert with Jessica Rios (3A) 3:30 Pre-Shabbat Service (A) 5:30 Friday Night Movie! (2F) 7:00 Movie: Pirates of the caribbean deadmans Chest(Disney) (A)</p>	<p>10:00 Exercise (GYM) 18 10:35 Java Music Club (2FL) 11:00 Balloon Tennis (2F) 1:00 Go For Life Walking Club (BW) 1:00 Summer Fair! (CY) 1:45 Balloon Volleyball (2F) 2:00 Courtyard Concert with Jay Vasquez & Leah! (Weather Permitted) (CY) 3:00 Saturday TV Show: Golden Girls (2TV)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Package Available At Reception (RECE) 19 9:30 Balloon Tennis (2F) 11:00 Exercise (3A) 1:30 Bowling (2F) 2:00 Sunday Movies! (2F) 2:00 Go For Life Walking Club (BW) 7:00 T.V. Series: Grace & Frankie (A)	20 9:30 Balloon Tennis (2F) 10:00 Drum Fit (2F) 10:45 FitMinds Musical Trivia (2F) 2:00 Floor Curling (GYM) 2:00 Bingo with Volunteer (A) 3:15 Go4Life Walking Club Outside (CY) 3:15 Wine & Cheese Social (A) 3:30 Puzzles, Sorting, Colouring (2F) 6:30 Resident Run Card Games (A)	21 8:30 Pancake Tuesday! (A) 9:30 Balloon Tennis (2F) 10:00 Full Body workout! (GYM) 10:45 Balloon Tennis (3A) 12:00 Outing: Movie Theatre! (Movie to be determined) *Sign Up Required* (LO) 1:00 Go4Life Walking Club (CY) 1:30 Clay Art (2F) 2:00 Meet me at MoMA (2F) 2:00 Mini Putting with Volunteer (GYM) 2:30 Badminton in the Courtyard! (CY) 3:15 Ice Cream Bar: Make your own Sundae! (A) 4:00 Java Music Club (Sing Along) (2F) 4:00 Wii Bowling Class with Irving! (A) 6:45 T.V. Series: F.R.I.E.N.D.S (A)	22 9:30 Balloon Tennis (2F) 10:00 Balloon Tennis (3A) 10:45 Bean Bag Toss (2F) 1:00 Go For Life Walking Club Outside/Off-site (2F) 1:30 Horseshoes in the Courtyard (CY) 2:00 Music Therapy with Tiffany (2F) 3:00 Seated Bowling (2F) 3:30 The Social Butterflies Womens Club! (A) 6:45 T.V. Series: Bones (A)	23 HHS Mens Club Thursday! 9:30 Morning Stretches (2F) 10:00 Tai Chi (GYM) 10:00 Balloon Tennis (2F) 10:30 Seated Exercise (3RD) 10:45 Trivial Pursuit (B) 11:00 Catholic Communion Service (A) 1:30 Bingo (3A) 2:00 Live Concert: Andre Anthony (A) 2:15 Puzzles, Sorting, Colouring (2F) 3:15 Robert's Pub Social (A) 3:15 Golden Moment Celebration! (A) 6:45 T.V. Series: Season 1: LOST (A)	24 9:30 Balloon Tennis (2F) 10:00 Homesense & Winners Outing *Sign up Required* (OU) 10:30 Seated Zumba (2F) 1:00 Go4Life Walking Club (BW) 1:15 Karaoke with Robert (2ND) 1:45 Electronic Class (B) 3:30 Pre-Shabbat Service (A) 5:30 Friday Night Movie! (2F) 7:00 Movie:Prime : The Proposal (A)	25 10:00 Exercise (GYM) 10:35 Java Music Club (2FL) 11:00 Balloon Tennis (2F) 1:00 Go For Life Walking Club (BW) 1:45 Balloon Volleyball (2F) 3:00 Saturday TV Show: Golden Girls (2TV) 3:15 Happy Hour Pub with Manager On Duty! (A)
Activity Package Available At Reception (RECE) 26 9:30 Balloon Tennis (2F) 11:00 Exercise (3A) 1:30 Bowling (2F) 2:00 Sunday Movies! (2F) 2:00 Go For Life Walking Club (BW) 7:00 T.V. Series: Grace & Frankie (A)	27 9:30 Balloon Tennis (2F) 10:00 Drum Fit (2F) 10:45 FitMinds Musical Trivia (2F) 2:00 Floor Curling (GYM) 2:00 Bingo with Volunteer (A) 3:15 Go4Life Walking Club Outside (CY) 3:15 Wine & Cheese Social (A) 3:30 Puzzles, Sorting, Colouring (2F)	28 9:30 Balloon Tennis (2F) 10:00 Full Body workout! (GYM) 10:30 Residents Town Hall (A) 10:45 Balloon Tennis (3A) 12:00 Lunch Outing: Cafe Landwer * Sign Up Required* (OU) 1:00 Go4Life Walking Club (CY) 1:30 Clay Art (2F) 2:00 Meet me at MoMA (2F) 2:00 Education Presentation: InMotion - Technology & Innovations of assistive devices (A) 2:30 Badminton in the Courtyard! (CY) 3:15 Happy Hour Pub! (A) 4:00 Java Music Club (Sing Along) (2F) 4:00 Wii Bowling Class with Irving! (A) 6:45 T.V. Series: F.R.I.E.N.D.S (A)	29 9:30 Balloon Tennis (2F) 10:00 Balloon Tennis (3A) 10:30 Painting with Sammy (A) 10:45 Bean Bag Toss (2F) 1:00 Go For Life Walking Club Outside/Off-site (2F) 1:30 Meet me at MoMA Presentation: Winnifred Petcheymarsh (A) 1:30 Horseshoes in the Courtyard (CY) 2:00 Music Therapy with Tiffany (2F) 3:00 Seated Bowling (2F) 3:15 Paint by the Number (2F) 3:30 The Social Butterflies Womens Club! (A) 6:45 T.V. Series: Bones (A)	30 HHS Mens Club Thursday! Hearing Clinic with Ian Castor (DRO) 9:30 Morning Stretches (2F) 10:00 Tai Chi (GYM) 10:00 Balloon Tennis (2F) 10:30 Seated Exercise (3RD) 10:45 Trivial Pursuit (B) 11:00 Catholic Communion Service (A) 1:30 Bingo (3A) 2:00 Monthly Birthday Party with Filipa Sousa (A) 2:15 Puzzles, Sorting, Colouring (2F) 3:15 Robert's Pub Social (A) 6:45 T.V. Series: Season 1: LOST (A)	31 9:30 Balloon Tennis (2F) 10:30 Seated Zumba (2F) 1:00 Go4Life Walking Club (BW) 1:15 Karaoke with Robert (2ND) 1:45 Electronic Class (B) 2:00 Live Concert with Madeleine (2F) 3:30 Pre-Shabbat Service (A) 5:30 Friday Night Movie! (2F) 7:00 Movie: Bohemian Rhapsody (A)	



Locations Legend

2nd Floor Activity Room (2F)	2nd Floor (2ND)
Activity Room (Main Level) (A)	2nd Floor lounge (2FL)
Gym (Lower Level) (GYM)	2F TV Room (2TV)
3rd Floor Activity Room (3A)	Reception (RECE)
Courtyard (CY)	Outing (OS)
Building Wide (BW)	Lobby (LO)
Bar & Bistro (B)	Outing (OU)
3rd Floor Lounge (3RD)	Games Room (GR)
	Doctor's Office (DRO)

Calendar Legend

- Outing
- Special Program
- Cruise Week
- Living, Loving, Local
- Signature Program