



INSPIRED SENIOR LIVING

July 2026

Independent Living

Four Elms Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			<p>Canada Day! 1</p> <p>9:30 Balloon Tennis (A)</p> <p>10:45 Words in a Word with Sandy! (A)</p> <p>1:30 Meet me at MoMA Presentation: Lewis Stewart Harris (A)</p> <p>1:30 Horseshoes in the Courtyard (CY)</p> <p>2:00 Meet me at MoMA (B)</p> <p>2:00 Dime Bingo with Frances (A)</p> <p>3:30 Go For Life Walking Club (BW)</p> <p>3:30 Canada Day Concert with Jenny James! (A)</p> <p>6:45 T.V. Series: Bones (A)</p>		<p>HHS Mens Club Thursday! 2</p> <p>9:30 Balloon Tennis (A)</p> <p>10:00 Tai Chi (GYM)</p> <p>10:00 Outing: Encore Symphonic Concert Band *Sign Up Required* (OS)</p> <p>10:30 Go For Life Walking Club (BW)</p> <p>11:00 Catholic Communion Service (A)</p> <p>2:00 Words in a Word with Sandy! (A)</p> <p>3:15 Robert's Pub Social (A)</p> <p>3:30 Afternoon Word Search (A)</p> <p>6:45 T.V. Series: Season 1: LOST (A)</p> <p>10:30 Ambassador Meeting (B)</p>	<p>10:00 Seated Zumba (GYM) 3</p> <p>10:30 Education Presentation: Lianne Harris - Rogues & Rebels (A)</p> <p>1:45 Drum Fit (GYM)</p> <p>1:45 Electronic Class (B)</p> <p>2:00 Jewelry making (A)</p> <p>2:00 Mini Putting with Irving (GYM)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>4:00 Go 4 Life Walking Club (BW)</p> <p>7:00 Movie: Pirates of the caribbean (Disney) (A)</p>	<p>10:00 Exercise (GYM) 4</p> <p>10:45 FitMinds with Frances P. (A)</p> <p>1:30 Artful Enrichment - Seagull Acrylic Painting (A)</p> <p>1:45 Saturday Word Search (B)</p> <p>3:15 Happy Hour Pub with Manager On Duty! (A)</p> <p>4:00 Java Music Club/Karoke (A)</p> <p>6:45 Bingo with Frances.P (A)</p> <p>6:45 Cards: Euchre, Bridge, Rummy & Canasta (L)</p>
<p>Activity Package Available At Reception (RECE) 5</p> <p>9:15 Balloon Tennis (A)</p> <p>10:00 Exercise (GYM)</p> <p>10:45 Trivia with Frances P. (A)</p> <p>2:00 Dime Bingo with Manager on Duty (A)</p> <p>2:30 Afternoon Movie! The Lion King (T)</p> <p>3:30 Floor Curling (GYM)</p> <p>7:00 T.V. Series: Grace & Frankie (A)</p>	<p>10:00 Exercise (GYM) 6</p> <p>10:45 Words in a Word (A)</p> <p>11:00 Go For Life Walking Club (CY)</p> <p>2:00 Cards: Euchre (L)</p> <p>2:00 Floor Curling (GYM)</p> <p>2:00 Bingo with Volunteer (A)</p> <p>3:15 Wine & Cheese Social (A)</p> <p>4:00 Java Music Club/Karoke (A)</p> <p>6:30 Love Story: John F. Kennedy JR. & Carolyn Bessette (A)</p>	<p>National Milk Shake Day! 7</p> <p>10:00 Full Body workout! (GYM)</p> <p>10:00 Walmart Shopping Trip *Sign Up Required* (OS)</p> <p>10:30 Painting with Sammy (A)</p> <p>11:00 Go For Life Walking Club - (Resident's Run) (BW)</p> <p>2:00 Bridge Group (L)</p> <p>2:00 Mini Putting with Volunteer (GYM)</p> <p>2:00 Concert : Harp & Cello Performance by Emily & Hannah! (A)</p> <p>2:30 Badminton in the Courtyard! (CY)</p> <p>3:15 Milkshake Social! (A)</p> <p>4:00 Wii Bowling Class with Irving! (A)</p> <p>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 (A)</p> <p>10:00 Seated Dance Class with Katya (A)</p> <p>10:45 Words in a Word (A)</p> <p>1:30 Horseshoes in the Courtyard (CY)</p> <p>2:00 Artful Enrichment (A)</p> <p>2:00 Dime Bingo with Volunteer (A)</p> <p>3:30 Go For Life Walking Club (BW)</p> <p>3:30 The Social Butterflies Womens Club! (A)</p> <p>6:45 T.V. Series: Bones (A)</p>	<p>HHS Mens Club Thursday! 9</p> <p>9:30 Balloon Tennis (A)</p> <p>10:00 Tai Chi (GYM)</p> <p>10:30 Go For Life Walking Club (BW)</p> <p>10:45 Trivial Pursuit (B)</p> <p>11:00 Catholic Communion Service (A)</p> <p>2:00 Words in a Word with Sandy! (A)</p> <p>3:15 Robert's Pub Social (A)</p> <p>3:30 Afternoon Word Search (A)</p> <p>7:00 Live Concert: Alisa Kanda (A)</p>	<p>National Pina Colada Day! (B) 10</p> <p>10:00 Seated Zumba (GYM)</p> <p>10:45 Words in a Word (A)</p> <p>1:45 Drum Fit (GYM)</p> <p>1:45 Electronic Class (B)</p> <p>2:00 Mini Putting with Irving (A)</p> <p>3:15 Pina Colada Social! (B)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>4:00 Go 4 Life Walking Club (BW)</p> <p>7:00 Movie: Disney: Apollo Mission To The Moon (A)</p>	<p>10:00 Exercise (GYM) 11</p> <p>10:45 FitMinds with Frances P. (A)</p> <p>1:30 Artful Enrichment - Summer Sunset (A)</p> <p>1:45 Saturday Word Search (B)</p> <p>3:15 Happy Hour Pub with Manager On Duty! (A)</p> <p>4:00 Java Music Club/Karoke (A)</p> <p>6:45 Bingo with Frances.P (A)</p> <p>6:45 Cards: Euchre, Bridge, Rummy & Canasta (L)</p>	
<p>Activity Package Available At Reception (RECE) 12</p> <p>9:15 Balloon Tennis (A)</p> <p>10:00 Exercise (GYM)</p> <p>10:45 Trivia with Frances P. (A)</p> <p>2:00 Dime Bingo with Manager on Duty (A)</p> <p>2:30 Afternoon Movie! (T)</p> <p>3:30 Floor Curling (GYM)</p> <p>7:00 T.V. Series: Grace & Frankie (A)</p>	<p>10:00 Exercise (GYM) 13</p> <p>10:45 Words in a Word (A)</p> <p>11:00 Go For Life Walking Club (CY)</p> <p>2:00 Cards: Euchre (L)</p> <p>2:00 Floor Curling (GYM)</p> <p>2:00 Lecture with Lilian Thompson: Health effects of dietary Fibre, probiotics & probiotics (A)</p> <p>2:00 Learn to Play Canasta (GR)</p> <p>3:15 Wine & Cheese Social (A)</p> <p>4:00 Java Music Club/Karoke (A)</p> <p>6:45 Mini Putting with Chelsea (A)</p>	<p>10:00 Full Body workout! (GYM) 14</p> <p>11:00 Go For Life Walking Club - (Resident's Run) (BW)</p> <p>2:00 Bridge Group (L)</p> <p>2:00 Mini Putting with Volunteer (GYM)</p> <p>2:30 Badminton in the Courtyard! (CY)</p> <p>3:15 Happy Hour Pub! (A)</p> <p>4:00 Wii Bowling Class with Irving! (A)</p> <p>6:45 T.V. Series: F.R.I.E.N.D.S (A)</p>	<p>9:30 Balloon Tennis (A) 15</p> <p>10:00 Seated Dance Class with Katya (A)</p> <p>10:45 Words in a Word (A)</p> <p>10:45 Cooking Demo with Chef Jason (A)</p> <p>1:30 Meet me at MoMA Presentation (A)</p> <p>1:30 Horseshoes in the Courtyard (CY)</p> <p>2:00 Dime Bingo with Volunteer (A)</p> <p>2:00 Meet me at MoMA (B)</p> <p>3:30 Go For Life Walking Club (BW)</p> <p>3:30 The Social Butterflies Womens Club! (A)</p> <p>6:45 T.V. Series: Bones (A)</p>	<p>HHS Mens Club Thursday! 16</p> <p>9:30 Balloon Tennis (A)</p> <p>10:00 Tai Chi (GYM)</p> <p>10:30 Go For Life Walking Club (BW)</p> <p>10:45 Trivial Pursuit (B)</p> <p>11:00 Catholic Communion Service (A)</p> <p>2:00 Live Concert: Natalie Wong (A)</p> <p>3:15 Robert's Pub Social (A)</p> <p>3:30 Afternoon Word Search (A)</p> <p>6:45 T.V. Series: Season 1: LOST (A)</p>	<p>10:00 Seated Zumba (GYM) 17</p> <p>10:30 Education Presentation with Lorne! (A)</p> <p>1:45 Drum Fit (GYM)</p> <p>1:45 Electronic Class (B)</p> <p>2:00 Mini Putting with Irving (A)</p> <p>2:00 Live Concert with Jessica Rios (3A)</p> <p>3:30 Pre-Shabbat Service (A)</p> <p>4:00 Go 4 Life Walking Club (BW)</p> <p>7:00 Movie: Pirates of the caribbean deadmans Chest(Disney) (A)</p>	<p>10:00 Exercise (GYM) 18</p> <p>10:45 FitMinds with Frances P. (A)</p> <p>1:00 Summer Fair! (CY)</p> <p>1:30 Artful Enrichment - A Single Pear (A)</p> <p>1:45 Saturday Word Search (B)</p> <p>2:00 Courtyard Concert with Jay Vasquez & Leah! (Weather Permitted) (CY)</p> <p>4:00 Java Music Club/Karoke (A)</p> <p>6:45 Bingo with Frances.P (A)</p> <p>6:45 Cards: Euchre, Bridge, Rummy & Canasta (L)</p>	



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Package Available 19 At Reception (RECE) 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:45 Trivia with Frances P. (A) 2:00 Dime Bingo with Manager on Duty (A) 2:30 Afternoon Movie! (T) 3:30 Floor Curling (GYM) 7:00 T.V. Series: Grace & Frankie (A)	20 10:00 Exercise (GYM) 10:45 Words in a Word (A) 11:00 Go For Life Walking Club (CY) 2:00 Cards: Euchre (L) 2:00 Floor Curling (GYM) 2:00 Bingo with Volunteer (A) 3:15 Wine & Cheese Social (A) 4:00 Java Music Club/Karoke (A) 6:30 Resident Run Card Games (A)	21 8:30 Pancake Tuesday! (A) 10:00 Full Body workout! (GYM) 11:00 Go For Life Walking Club - (Residen't Run) (BW) 12:00 Outing: Movie Theatre! (Movie to be determined) *Sign Up Required* (LO) 2:00 Bridge Group (L) 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 Wii Bowling Class with Irving! (A) 6:45 T.V. Series: F.R.I.E.N.D.S (A)	22 9:30 Balloon Tennis (A) 10:00 Seated Dance Class with Katya (A) 10:45 Words in a Word (A) 1:30 Horseshoes in the Courtyard (CY) 2:00 Dime Bingo with Volunteer (A) 2:00 Artful Enrichment (B) 3:30 Go For Life Walking Club (BW) 3:30 The Social Butterflies Womens Club! (A) 6:45 T.V. Series: Bones (A)	23 HHS Mens Club Thursday! 9:30 Balloon Tennis (A) 10:00 Tai Chi (GYM) 10:30 Go For Life Walking Club (BW) 10:45 Trivial Pursuit (B) 11:00 Catholic Communion Service (A) 2:00 Live Concert: Andre Anthony (A) 3:15 Robert's Pub Social (A) 3:15 Golden Moment Celebration! (A) 3:30 Afternoon Word Search (A) 6:45 T.V. Series: Season 1: LOST (A)	24 10:00 Seated Zumba (GYM) 10:00 Homesense & Winners Outing *Sign up Required* (OU) 10:45 Words in a Word (A) 1:45 Drum Fit (GYM) 1:45 Electronic Class (B) 2:00 Mini Putting with Irving (A) 3:30 Pre-Shabbat Service (A) 4:00 Go 4 Life Walking Club (BW) 7:00 Movie:Prime : The Proposal (A)	25 10:00 Exercise (GYM) 10:45 FitMinds with Frances P. (A) 1:30 Artful Enrichment - Wild Flower Mountain (A) 1:45 Saturday Word Search (B) 3:15 Happy Hour Pub with Manager On Duty! (A) 4:00 Java Music Club/Karoke (A) 6:45 Bingo with Frances.P (A) 6:45 Cards: Euchre, Bridge, Rummy & Canasta (L)
Activity Package Available 26 At Reception (RECE) 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:45 Trivia with Frances P. (A) 2:00 Dime Bingo with Manager on Duty (A) 2:30 Afternoon Movie! (T) 3:30 Floor Curling (GYM) 7:00 T.V. Series: Grace & Frankie (A)	27 10:00 Exercise (GYM) 10:45 Words in a Word (A) 11:00 Go For Life Walking Club (CY) 2:00 Cards: Euchre (L) 2:00 Floor Curling (GYM) 2:00 Bingo with Volunteer (A) 3:15 Wine & Cheese Social (A) 4:00 Java Music Club/Karoke (A) 6:45 Mini Putting with Chelsea (A)	28 10:00 Full Body workout! (GYM) 10:30 Residents Town Hall (A) 11:00 Go For Life Walking Club - (Residen't Run) (BW) 12:00 Lunch Outing: Cafe Landwer * Sign Up Required* (OU) 2:00 Bridge Group (L) 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 Wii Bowling Class with Irving! (A) 6:45 T.V. Series: F.R.I.E.N.D.S (A)	29 9:30 Balloon Tennis (A) 10:00 Seated Dance Class with Katya (GYM) 10:30 Painting with Sammy (A) 10:45 Words in a Word (B) 1:30 Meet me at MoMA Presentation: Winnifred Petcheymarsh (A) 1:30 Horseshoes in the Courtyard (CY) 2:00 Dime Bingo with Volunteer (A) 2:00 Meet me at MoMA (B) 3:30 Go For Life Walking Club (BW) 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 Balloon Tennis (A) 10:00 Tai Chi (GYM) 10:30 Go For Life Walking Club (BW) 10:45 Trivial Pursuit (B) 11:00 Catholic Communion Service (A) 2:00 Monthly Birthday Party with Filipa Sousa (A) 3:15 Robert's Pub Social (A) 3:30 Afternoon Word Search (A) 6:45 T.V. Series: Season 1: LOST (A)	31 10:00 Seated Zumba (GYM) 10:45 Words in a Word (A) 1:45 Drum Fit (GYM) 1:45 Electronic Class (B) 2:00 Mini Putting with Irving (A) 3:30 Pre-Shabbat Service (A) 4:00 Go 4 Life Walking Club (BW) 7:00 Movie: Bohemian Rhapsody (A)	



Locations Legend

Activity Room (Main Level) (A)	Theatre (Lower Level) (T)
Gym (Lower Level) (GYM)	Outing (OS)
Bar & Bistro (B)	Lobby (LO)
Building Wide (BW)	Outing (OU)
Courtyard (CY)	Games Room (GR)
Library (L)	3rd Floor Activity Room (3A)
Reception (RECE)	Doctor's Office (DRO)

Calendar Legend

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