

Your Four Elms Team

<p>General Manager Robert Lamoureux gm.fe@verveseniorliving.com</p>	<p>Dining Services Manager Jason Bell dsm.fe@verveseniorliving.com</p>
<p>Office Manager Christine Papadopoulos off.mgr.fe@verveseniorliving.com</p>	<p>Dining Services Supervisor Diana Andaya ds.fe@verveseniorliving.com Rosalinda Mateo dss.asst.fe@verveseniorliving.com</p>
<p>Concierge Staff recpt.fe@verveseniorliving.com Iris,Linda, Ally ,Cathy, Hasmina, Aubrey, Maithile</p>	<p>Health & Wellness Manager Daniela Cofaru hw.mgr.fe@verveseniorliving.com</p>
<p>Life Enrichment Manager Chelsea Giacomini lem.fe@verveseniorliving.com</p>	<p>Nursing Team Shiva,Chantal,Reynally,Angelica,Meredeth, Gure, Koovakkatil,Sonal, Idris</p>
<p>Life Enrichment Supervisors les.fe@verveseniorliving.com Tracy, Noza les.fe2@verveseniorliving.com</p>	<p>Environmental Services Manager Ryan Garcia esm.fe@verveseniorliving.com</p>
<p>Community Relations Manager Tashi Lhanzey crm1.fe@verveseniorliving.com Shayna List slist@verveseniorliving.com</p>	<p>Supervisors Joseph Sevilla ess.fe@verveseniorliving.com Eldrin ESS3.FE@verveseniorliving.com</p>
	<p>Housekeeping Renalyne,Marilou, Liane,Glenda,Kaizen, Lidia, Sabita, Marisa,Beverly, Marife</p>



INSPIRED SENIOR LIVING



Four Elms Newsletter



New Signature Program! Golden Moments!



Creating a great day, every day.
One *meaningful* moment at a time.

An opportunity to try something new, revisit a treasured memory,
or finally do that one thing you've always wanted to do.

The Golden Moment program brings it to life. Every team member plays a
role — we listen, we connect, and we turn meaningful moments into reality.



And when your Golden Moment arrives?
We celebrate. You'll wear the golden sash, we'll mark the
moment with the sound of the golden gong.





Niagara On The Lake!

Monday August 24th, 2026

Leaving Four Elms at 8:00 am

Join us for a relaxing day exploring the beauty of Niagara-on-the-Lake and
Niagara Falls!

We'll travel together by private coach and begin our day in the charming historic town of Niagara-on-the-Lake, where you'll have time to browse local shops, enjoy a café, or simply take in the scenery.

Next, we'll enjoy a scenic drive along the Niagara Parkway with photo stops at several famous landmarks before arriving at the spectacular Niagara Falls.

Residents will have free time to explore, shop, admire the Falls, or participate in optional attractions such as the Hornblower Boat Cruise or Skylon Tower.

We'll also stop for a leisurely lunch (meal at residents' expense) before returning home after a wonderful day filled with beautiful views and great company.

Stay tuned for registration details we can't wait to share this memorable adventure with you!

July Outings

Encore Symphonic Concert Band

Thursday July 2nd 10:00 am—12:30 pm

Join us for a morning of music!



Walmart Shopping Trip

Tuesday July 7th 10:00 am -12:00 pm

Come join us for shopping essentials!



Homesense & Winners

Friday July 24th 10:00 am—12:00 pm

Come for all your shopping needs!



Café Landwer

Tuesday July 28th 12:00 pm -2:00 pm

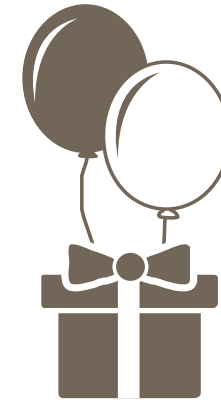
Come join a wonderful lunch with great company!



Please note space is limited for outings and residents are encouraged to sign up early with Concierge.

Please have a look at the monthly calendar for more outings!

Birthdays of the Month



Bev Potasky - July 2

Noshir Mistry - July 4

Linda Magled - July 7

Edith Gelbard - July 8

Eleanor Carpen - July 9

Adele Kibel - July 11

Gertie Bulkin - July 14

Marc Leff - July 14

Michael Somer - July 14

Rick Ross - July 18

Sextus Muttiah - July 24

Michael Elinson - July 29



If your birthday is missing or incorrect please let Chelsea know! :)

Name: _____ Date: _____

- BARBECUE
- BEACH
- COOKOUT
- FIRECRACKER
- FIREWORKS
- FLAG
- FLIP FLOPS
- FOURTH
- FREEDOM
- HEAT
- HIKING
- ICE CREAM
- INDEPENDENCE
- LEMONADE
- OUTDOOR
- PARADE
- PARK
- PATRIOTIC
- S'MORES
- SUMMER
- SUNBURN
- SUNSCREEN
- SUNSHINE
- SWIMMING
- TRAVEL
- WATERMELON
- WATERPARK



WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

S	C	F	S	N	Z	T	K	U	C	X	W	S	E	R	O	M	S	S
H	U	D	Y	Z	L	V	T	U	G	L	L	P	R	S	X	P	P	S
M	K	N	S	U	N	B	U	R	N	E	E	M	N	Y	X	A	O	U
E	L	H	S	L	K	V	H	K	Y	M	M	P	W	T	E	R	L	N
P	C	G	D	C	B	O	U	T	D	O	O	R	F	W	A	K	F	S
W	W	N	H	M	R	A	P	V	T	N	S	P	L	G	G	Z	P	H
A	D	S	E	O	I	E	R	Z	Z	A	F	K	A	P	H	A	I	I
T	U	K	G	D	I	S	E	B	X	D	R	L	M	A	T	H	L	N
E	W	R	B	E	N	D	K	N	E	E	F	G	J	R	R	S	F	E
R	A	O	L	E	T	E	R	M	W	C	I	W	I	A	U	Z	M	D
M	T	W	K	R	U	T	P	A	D	B	U	O	T	D	O	Q	B	I
E	E	E	Y	F	A	S	N	E	A	B	T	E	R	E	F	Z	Y	K
L	R	R	S	E	S	W	T	R	D	I	N	D	A	A	F	Q	S	T
O	P	I	H	F	S	I	S	C	C	N	H	S	V	H	C	A	E	B
N	A	F	U	U	E	M	V	E	A	I	I	S	E	W	V	K	B	W
S	R	F	M	C	G	M	D	C	K	N	J	W	L	E	M	K	R	Y
U	K	M	E	M	C	I	D	I	L	D	N	J	Z	C	Y	O	J	I
X	E	B	M	Y	E	N	N	C	W	A	Z	T	U	O	K	O	O	C
R	W	M	K	I	P	G	F	I	R	E	C	R	A	C	K	E	R	M

July Highlights

Live Concert: Jenny James



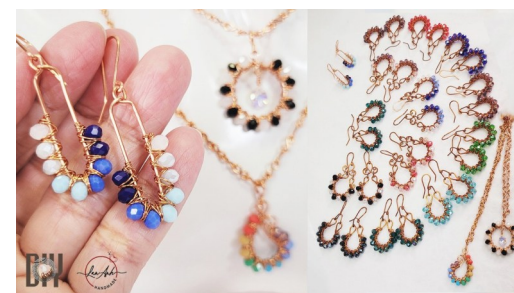
Date: Wednesday, July 1st
Time: 3:30 pm—4:30 pm
Location: Activity Room

Education Presentation with Lianne Harris



Date: Friday July 3rd
Time: 10:30 am - 11:30 am
Location: Activity Room

Jewelry Making: Earrings



Date: Friday July 3rd
Time: 2:00 pm—3:00 pm
Location: Activity Room

The Social Butterflies Women's Club



Date: Every Wednesday
Time: 3:00 pm—4:00 pm
Location: Activity Room

July Highlights

Live Concert with Hannah & Emily!



Date: Tuesday, July 7th

Time: 2:00 pm - 3:00 pm

Location: Activity Room

Pancake Tuesday!

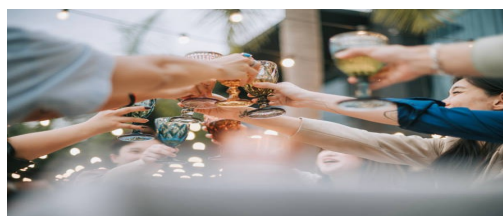


Date: Tuesday, July 21st

Time: 8:30 am - 10:00 am

Location: Activity Room

Robert's Pub Social



Date: Every Thursday!

Time: 3:15 pm—4:00 pm

Location: Activity Room on Thursdays

Please join Robert for a refreshing drink and finger foods!

Painting with Sammy!



Date: July 7th & 29th

Time: 10:30 am

Location: Activity Room



Most likely native to Asia, wild raspberries have been eaten since prehistoric times. The Crusaders wrote poems about raspberries “that delicious fruit with the heady perfume” which they discovered on their way to Jerusalem. Cultivation began in England and France, probably in the 1600s. In North America, raspberries were considered a luxury well into the mid-1800s. Raspberries are members of the Rose family.

Raspberry varieties produce black, yellow and purple fruit, it is red raspberries that form the majority of the commercial crop.

Living, Loving Local

Raspberries are a source of vitamin C, vitamin A and fibre. Their bright colour means that they are packed with powerful antioxidants, which can keep your body healthy. Honey bees love raspberries due to the high volume of nectar. Everbearing raspberries provide a spring and fall harvest, bearing fruit for 4 months, from July to October.



This month our Living, Loving, Local dinner will feature Raspberries on Friday July 17th. Keep an eye out for the menu, that our Chef Jason will have posted in the menu slots. We look forward to you sampling the various options on the menu.

Our Signature Programs

Fit Minds

Fit Minds programs are evidence-based Cognitive Stimulation Programs based on Language and Music, Visual/ Spatial Orientation, Working & Long Term Memory, Critical Thinking and Computation skills. Because of the concept of brain plasticity, we know the brain can continue to grow as we age. It's important that we continue to challenge our brains every day.

Drumfit

Music, Memory & Motion is a program that is fun, physical, and social. Using drumsticks and a yoga ball, either standing or sitting, participants drum to the beat of popular upbeat music while getting your exercise physically and intellectually.

Art Programs

Emotional and Intellectual Wellness.

Meet Me at the MoMA

Meet Me at the MoMA is an art program utilizing prints, sketches and photography from the Museum of Modern Art. An art lecture series will accompany all art modules in the Meet Me at the MoMA program. You will enjoy working with art in different mediums and have the opportunity to engage in intellectual conversations about art history, the artists and their works. Art alone can be fun and experiential but is not limited to just an artistic endeavour, but you will also enjoy the many health benefits associated with art and will be encouraged and supported in their artistic expression and creativity.

Cooking Demo with Chef

Jason



Date: Wednesday, July 15th

Time: 10:45 am - 11:30 am

Location: Activity Room

Live Concert with

Alisa Kanda



Date: Thursday July 9th

Time: 7:00 pm - 8:00 pm

Location: Activity Room

Pub Social with MOD!



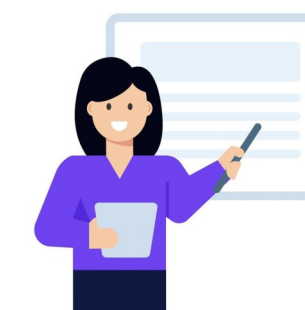
Date: Every Saturday!

Time: 3:15 pm—4:30 pm

Location: Activity Room

Please join the weekend MOD for a refreshing drink and finger foods!

Lecture with Lilian Thompson: Health effects of dietary fiber, prebiotics & probiotics



Date: Monday July 13th

Time: 2:00 pm - 3:00 pm

Location: Activity Room

July Highlights

Residents Town Hall



shutterstock.com · 2329586059

Date: Tuesday, July 28th

Time: 10:30 am- 11:30 am

Location: Activity Room

New Residents

Pub Social with GM Robert



Date: Every last Thursday of the month!

Time: 3:15 pm—4: 00 pm

Location: Activity Room

Education Presentation:

InMotion: Technology &

innovation of assistive devices



Date: Tuesday July 28th

Time: 2:00 pm - 3:00 pm

Location: Activity Room

Hearing Clinic with Ian



Date: Thursday, July 30th

Time: 1:30 pm onwards

Location: Doctors Office

Please sign up at the front desk



Happy Canada Day!

Wishing you a joyful celebration filled with pride, unity, and gratitude for this beautiful country we call home. May your day be filled with laughter, maple syrup, fireworks, and the true spirit of being Canadian! Kindness, resilience, and community. Here's to all the beauty, diversity, and strength that makes Canada shine.

Cheers to the red and white!

