Verve | INSPIRED SENIOR LIVING

November 2026
Assisted Living
Four Elms Retirement Residence

FOUR ELMS RETIREMENT RESIDENCE
INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Activity Package Available At Reception (RECE) 9:30 Balloon Tennis (2F) 10:45 Trivia (A) 11:00 Exercise (3A) 1:30 Bowling (2F) 2:00 Go For Life Walking Club (BW) 2:00 Sunday Movies! (2F) 7:00 T.V. Series: Dancing With The Stars! (A)	**2** 9:00 Morning Walking with Student Vicky! (2F) 9:30 Balloon Tennis (2F) 10:00 Drum Fit (2F) 10:30 Seated Exercise (3RD) 10:30 Guided Painting with Sammy (A) 10:45 FitMinds Musical Trivia (2F) 1:00 Finish the Phrase (2F) 2:00 Bingo with Volunteer (A) 3:15 Wine & Cheese Social (A) 3:15 Go4Life Walking Club Outside (CY) 3:30 Puzzles, Sorting, Colouring (2F) 3:30 Giant Jenga (A) 6:45 Movie: Exodus (A)	**3** 9:00 Morning Walking with Student Vicky! (2F) 9:30 Balloon Tennis (2F) 10:00 Full Body Workout (GYM) 10:45 Balloon Tennis (3A) 10:45 Wheel of Fortune (A) 11:30 Seated Exercise (3RD) 11:30 Outing: Pine Farms Apple Orchard! (OS) 1:00 Go4Life Walking Club (CY) 1:00 Name That Tune (2F) 2:00 Meet me at MoMA (2F) 2:00 Bingo (2F) 3:00 Mini Putting (2F) 3:15 Happy Hour Pub! (A) 4:00 Java Music Club (Sing Along) (2F)	**4** 9:00 Morning Walking with Student Vicky! (2F) 9:30 Morning Word Search (A) 9:30 Balloon Tennis (2F) 10:00 Balloon Tennis (3A) 10:45 Bean Bag Toss (2F) 11:00 Nail Salon (2F) 1:00 Go For Life Walking Club Outside/Off-site (2F) 1:30 Meet me at MoMA Presentation (A) 2:00 Music Therapy with Tiffany (2F) 2:00 Starkmans Health Care Depot: Walker Tea & Tune Up (A) 2:00 Herbal Tea Work Shop with Cathy! (B) 3:00 Seated Bowling (2F) 3:15 Tea & Coffee Social (C) 3:15 Paint by the Number (2F) 6:45 Movie: Footloose (A)	**5** HHS Mens Club Thursday! National Donut Day! 9:00 Morning Walking with Student Vicky! (2F) 9:30 Morning Stretches (2F) 10:00 Balloon Tennis (2F) 10:00 Tai Chi with Shiva (GYM) 10:00 Outing: Encore Symphonic Concert Band *Sign Up Required* (OS) 10:30 Seated Exercise (3RD) 10:45 Trivial Pursuit (B) 11:00 Catholic Communion Service (A) 1:30 Bingo (3A) 2:00 Live Concert: Andy Philips (A) 2:15 Puzzles, Sorting, Colouring (2F) 3:15 Robert's Pub Social with Donuts! (A) 6:45 Movie: Dirty Dancing (A)	**6** 9:00 Morning Walking with Student Vicky! (2F) 9:30 Balloon Tennis (2F) 10:00 Full Body Workout (GYM) 10:30 Education Presentation: Lianne Harris (A) 10:30 Baking Corner: Bread Making (2F) 11:00 Famous Faces (2F) 1:15 Paint by the Number (2F) 1:15 Go4Life Walking Club with Noza (BW) 2:00 Seated Zumba (2F) 2:30 Wheel of Fortune (A) 2:30 Pre-Shabbat Service (T) 3:00 Mini Putting (2F) 5:30 Friday Night Movie! (2F)	**7** 10:00 Exercise (GYM) 10:35 Java Music Club (2FL) 10:35 Balloon Tennis (2F) 11:00 Seated Bowling (2F) 11:00 Vendor: Fifth Avenue Jewelry! (LO) 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)
8 Activity Package Available At Reception (RECE) 9:30 Balloon Tennis (2F) 10:45 Trivia (A) 11:00 Exercise (3A) 1:30 Bowling (2F) 2:00 Go For Life Walking Club (BW) 2:00 Sunday Movies! (2F) 2:00 Live Concert: Shir Harmony Choir (A) 7:00 T.V. Series: Dancing With The Stars! (A)	**9** 9:00 Morning Walking with Student Vicky! (2F) 9:30 Balloon Tennis (2F) 10:00 Drum Fit (2F) 10:30 Seated Exercise (3RD) 10:30 Baking Cookies (A) 10:45 FitMinds Musical Trivia (2F) 1:00 Finish the Phrase (2F) 2:00 Bingo with Volunteer (A) 3:15 Wine & Cheese Social (A) 3:15 Go4Life Walking Club Outside (CY) 3:30 Puzzles, Sorting, Colouring (2F) 3:30 Giant Jenga (A)	**10** Vendor: Loila Fashion 9:00 Morning Walking with Student Vicky! (2F) 9:30 Balloon Tennis (2F) 10:00 Walmart Shopping Trip *Sign Up Required* (OS) 10:00 Full Body Workout (GYM) 10:45 Balloon Tennis (3A) 10:45 Wheel of Fortune (A) 11:30 Seated Exercise (3RD) 1:00 Go4Life Walking Club (CY) 1:00 Name That Tune (2F) 2:00 Meet me at MoMA (2F) 2:00 Bingo (2F) 3:00 Mini Putting (2F) 3:15 Happy Hour Pub! (A) 4:00 Java Music Club (Sing Along) (2F) 4:00 Wii Bowling Class with Irving! (A)	**11** Remembrance Day! (BW) 9:00 Morning Walking with Student Vicky! (2F) 9:30 Morning Word Search (A) 9:30 Balloon Tennis (2F) 10:00 Balloon Tennis (3A) 10:30 Remembrance Day Service (A) 10:45 Bean Bag Toss (2F) 11:00 Nail Salon (2F) 1:00 Go For Life Walking Club Outside/Off-site (2F) 2:00 Music Therapy with Tiffany (2F) 2:00 Remembrance Day Presentation with Rebecca Berlin! (A) 3:00 Seated Bowling (2F) 3:15 Tea & Coffee Social (C) 3:30 The Social Butterflies Womens Club! : Tea Party (A) 6:00 Resident Run Card/Board Games (A)	**12** HHS Mens Club Thursday! 9:00 Morning Walking with Student Vicky! (2F) 9:30 Morning Stretches (2F) 10:00 Balloon Tennis (2F) 10:00 Tai Chi with Shiva (GYM) 10:30 Seated Exercise (3RD) 10:45 Trivial Pursuit (B) 11:00 Catholic Communion Service (A) 1:30 Bingo (3A) 2:00 Live Concert with Jessica Rios (A) 2:15 Puzzles, Sorting, Colouring (2F) 3:15 Robert's Pub Social (A) 6:45 Movie: A League of thier own (A)	**13** 9:00 Morning Walking with Student Vicky! (2F) 9:30 Balloon Tennis (2F) 10:00 Full Body Workout (GYM) 10:30 Baking Corner: Bread Making (2F) 11:00 Outing: Aga Khan Museum*Sign Up Required* Admission $15 (OU) 11:00 Famous Faces (2F) 1:15 Paint by the Number (2F) 1:15 Go4Life Walking Club with Noza (BW) 2:00 Seated Zumba (2F) 2:30 Pre-Shabbat Service (A) 3:00 Mini Putting (2F) 3:30 Wheel of Fortune (A) 5:30 Friday Night Movie! (2F)	**14** National Pickle Day! 10:00 Exercise (GYM) 10:35 Java Music Club (2FL) 10:35 Balloon Tennis (2F) 11:00 Seated Bowling (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 - Pickle Tasting! (A)
15 Activity Package Available At Reception (RECE) 9:30 Balloon Tennis (2F) 10:45 Trivia (A) 11:00 Exercise (3A) 1:30 Bowling (2F) 2:00 Go For Life Walking Club (BW) 2:00 Sunday Movies! (2F) 7:00 T.V. Series: Dancing With The Stars! (A)	**16** 9:00 Morning Walking with Student Vicky! (2F) 9:30 Balloon Tennis (2F) 10:00 Drum Fit (2F) 10:30 Seated Exercise (3RD) 10:45 FitMinds Musical Trivia (2F) 1:00 Finish the Phrase (2F) 2:00 Bingo with Volunteer (A) 3:15 Wine & Cheese Social (A) 3:15 Go4Life Walking Club Outside (CY) 3:30 Puzzles, Sorting, Colouring (2F) 3:30 Giant Jenga (A)	**17** 9:00 Morning Walking with Student Vicky! (2F) 9:30 Balloon Tennis (2F) 10:00 Full Body Workout (GYM) 10:45 Balloon Tennis (3A) 10:45 Wheel of Fortune (A) 11:00 Outing: Yorkdale *Sign Up Required* (OU) 11:30 Seated Exercise (3RD) 1:00 Go4Life Walking Club (CY) 1:00 Name That Tune (2F) 2:00 Meet me at MoMA (2F) 2:00 Bingo (2F) 3:00 Mini Putting (2F) 3:15 Happy Hour Pub! (A) 4:00 Java Music Club (Sing Along) (2F)	**18** 9:00 Morning Walking with Student Vicky! (2F) 9:30 Morning Word Search (A) 9:30 Balloon Tennis (2F) 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) 2:00 Music Therapy with Tiffany (2F) 2:00 Salsa Dance Class with Amir! (A) 3:00 Seated Bowling (2F) 3:15 Tea & Coffee Social (C) 3:15 Paint by the Number (2F) 6:45 Movie: The Shawshank Redemption (A)	**19** HHS Mens Club Thursday! 9:00 Morning Walking with Student Vicky! (2F) 9:30 Morning Stretches (2F) 10:00 Balloon Tennis (2F) 10:00 Tai Chi with Shiva (GYM) 10:30 Seated Exercise (3RD) 10:45 Trivial Pursuit (B) 11:00 Catholic Communion Service (A) 1:30 Bingo (3A) 2:00 Live Concert: Davis Stevens (A) 2:15 Puzzles, Sorting, Colouring (2F) 3:00 Learn to Play!: Mahjong with Nanette (GR) 3:15 Robert's Pub Social (A) 6:45 Amazon: Movie: Casalanca (A)	**20** 9:00 Morning Walking with Student Vicky! (2F) 9:30 Balloon Tennis (2F) 10:00 Full Body Workout (GYM) 10:30 Baking Corner: Bread Making (2F) 11:00 Famous Faces (2F) 1:15 Paint by the Number (2F) 1:15 Go4Life Walking Club with Noza (BW) 1:30 Activity Planning Meeting (A) 2:00 Seated Zumba (2F) 2:30 Pre-Shabbat Service (A) 3:00 Mini Putting (2F) 3:30 Wheel of Fortune (A) 5:30 Friday Night Movie! (2F) 6:30 Packages of love club (A)	**21** Healthy Holiday Market! 10:00 Exercise (GYM) 10:35 Java Music Club (2FL) 10:35 Balloon Tennis (2F) 11:00 Seated Bowling (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)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 Activity Package Available At Reception (RECE) 9:30 Balloon Tennis (2F) 10:45 Trivia (A) 11:00 Exercise (3A) 1:30 Bowling (2F) 2:00 Go For Life Walking Club (BW) 2:00 Sunday Movies! (2F) 2:00 Live Concert: Alicia Santos (A) 7:00 T.V. Series: Dancing With The Stars! (A)	**23** 9:00 Morning Walking with Student Vicky! (2F) 9:30 Balloon Tennis (2F) 10:00 Drum Fit (2F) 10:30 Seated Exercise (3RD) 10:45 FitMinds Musical Trivia (2F) 1:00 Finish the Phrase (2F) 2:00 Bingo with Volunteer (A) 3:15 Wine & Cheese Social (A) 3:15 Go4Life Walking Club Outside (CY) 3:30 Puzzles, Sorting, Colouring (2F) 3:30 Giant Jenga (A) 5:30 The Social Butterflies Womens Club Pizza & Movie Night (A)	**24** 9:00 Morning Walking with Student Vicky! (2F) 9:30 Balloon Tennis (2F) 10:00 Full Body Workout (GYM) 10:30 Painting with Sammy (A) 10:30 Residents Town Hall (T) 10:45 Balloon Tennis (3A) 11:00 Outing: Movie Theatre! I Play Rocky *Sign Up Required* Admission $5 (OU) 11:30 Seated Exercise (3RD) 1:00 Go4Life Walking Club (CY) 1:00 Name That Tune (2F) 2:00 Meet me at MoMA (2F) 2:00 Bingo (2F) 3:00 Mini Putting (2F) 3:15 Happy Hour Pub! (A) 4:00 Java Music Club (Sing Along) (2F) 4:00 Wii Bowling Class with Irving! (A)	**25** 9:00 Morning Walking with Student Vicky! (2F) 9:30 Morning Word Search (A) 9:30 Balloon Tennis (2F) 10:00 Balloon Tennis (3A) 10:45 Bean Bag Toss (2F) 11:00 Nail Salon (2F) 1:00 Go For Life Walking Club Outside/Off-site (2F) 2:00 Music Therapy with Tiffany (2F) 3:00 Seated Bowling (2F) 3:15 Tea & Coffee Social (C) 3:30 The Social Butterflies Womens Club: Bracelet Making (A)	**26** HHS Mens Club Thursday! Hearing Clinic with Ian Castor *Sign Up Required* (DRO) 9:00 Morning Walking with Student Vicky! (2F) 9:30 Morning Stretches (2F) 10:00 Balloon Tennis (2F) 10:00 Tai Chi with Shiva (GYM) 10:30 Seated Exercise (3RD) 10:45 Trivial Pursuit (B) 11:00 Catholic Communion Service (A) 1:30 Bingo (3A) 1:30 Hearing Clinic with Ian Castor (DRO) 2:00 Live Concert: Samira Yeo (A) 2:15 Puzzles, Sorting, Colouring (2F) 3:15 Robert's Pub Social (A) 6:45 Movie: The King & I (A)	**27** Vendor: Triple Eight Clothing (LO) 9:00 Morning Walking with Student Vicky! (2F) 9:30 Balloon Tennis (2F) 10:00 Full Body Workout (GYM) 10:30 Baking Corner: Bread Making (2F) 11:00 Famous Faces (2F) 12:00 Woodbine Casino *Sign Up Required* (OU) 1:15 Paint by the Number (2F) 1:15 Go4Life Walking Club with Noza (BW) 2:00 Seated Zumba (2F) 2:30 Pre-Shabbat Service (A) 3:00 Mini Putting (2F) 3:30 Wheel of Fortune (A) 5:30 Friday Night Movie! (2F)	**28** 10:00 Exercise (GYM) 10:35 Java Music Club (2FL) 10:35 Balloon Tennis (2F) 11:00 Seated Bowling (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)
29 Activity Package Available At Reception (RECE) 9:30 Balloon Tennis (2F) 10:45 Trivia (A) 11:00 Exercise (3A) 1:30 Bowling (2F) 2:00 Go For Life Walking Club (BW) 2:00 Sunday Movies! (2F) 7:00 T.V. Series: Dancing With The Stars! (A)	**30** 9:00 Morning Walking with Student Vicky! (2F) 9:30 Balloon Tennis (2F) 10:00 Drum Fit (2F) 10:30 Seated Exercise (3RD) 10:45 FitMinds Musical Trivia (2F) 1:00 Finish the Phrase (2F) 2:00 Bingo with Volunteer (A) 3:00 Monthly Birthday Party with Carla Bianchi (A) 3:15 Wine & Cheese Social (A) 3:15 Go4Life Walking Club Outside (CY) 3:30 Puzzles, Sorting, Colouring (2F) 3:30 Giant Jenga (A)					









Locations Legend

2nd Floor Activity Room (2F)
Activity Room (Main Level) (A)
3rd Floor Activity Room (3A)
Gym (Lower Level) (GYM)
Building Wide (BW)
3rd Floor Lounge (3RD)
Courtyard (CY)
Reception (RECE)
Bar & Bistro (B)
Legend's Cafe (C)
2nd Floor lounge (2FL)
2F TV Room (2TV)
Outing (OU)
Outing (OS)
Theatre (Lower Level) (T)
Lobby (LO)
Doctor's Office (DRO)
Games Room (GR)

Calendar Legend

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