Verve INSPIRED SENIOR LIVING

# July 2024

## Don Mills Retirement Residence
## Independent and Assisted Living

Don Mills RETIREMENT RESIDENCE

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | Happy Canada Day! **1**<br>10:00 Wheel Of Fortune (DDH)<br>10:30 Canada Day Activity Booklet * Pick up at the front desk* (ML)<br>11:00 Go for Life Walking Group (MIL)<br>2:00 Canada Day Celebration with Ed Cotton (B/B)<br>7:00 Movie Night: Blue Jasmine (T&L) | 10:15 Drumfit (easy) (CC) **2**<br>10:30 Community Puzzle w/ Rsa (DDH)<br>11:00 Drumfit (Intermediate) (CC)<br>11:30 Tech Help Sign up at reception (STS)<br>1:30 Uno Card Game w/ Hazel (CC)<br>2:30 Artful Corner (DDH)<br>3:30 What's in a word ? (B/B)<br>6:00 What Happened This Week (DDH)<br>7:00 Movie Night: The Whale (T&L) | 9:45 Fall Prevention (DDH) **3**<br>10:30 Gentle Fitness (CC)<br>10:45 American Funniest Home Videos (ALR)<br>11:15 Strength & Balance (CC)<br>1:30 Group Crossword (DDH)<br>2:30 $1 Bingo * Bring a Dollar Per Card* (CC)<br>3:30 Cocktail Hour On the Patio (DMP)<br>6:30 New Program: Chess Connections (CC)<br>7:00 Evening Series: Self Made: Life of Madam C.J. Walker ep3 (T&L) | 9:45 Seated Badminton (DDH) **4**<br>10:30 Java Music Club (DDH)<br>11:30 Tech Help Sign up at reception (STS)<br>1:30 Gentle Fitness (CC)<br>2:30 Shut the Box Game (DDH)<br>4:00 One Year Anniversary Cocktail Hour (MIL)<br>7:00 Movie Night: Four Weddings and Funeral (T&L) | 10:00 Gentle Fitness w/ Lorne (CC) **5**<br>10:30 Fitminds Interactive (DDH)<br>10:30 Go for Life Walking Group - Moccasin Trail **Sign up at the Front Desk** (MIL)<br>11:00 Strength and Balance w/ Lorne (CC)<br>1:30 Come Play Euchre (CC)<br>2:00 Rick Stevens Travelodge's " Rome: Ancient Glory " (T&L)<br>2:30 Happy Hour ' Spiked Lemonade' (B/B)<br>3:30 Entertainment w/ Bruce Tournay (B/B)<br>7:00 Friday Night Movie and Popcorn: Charade (T&L) | 10:00 Word Game: Wordle (CC) **6**<br>10:45 Don Mills Choir w/ Marcus *Sing-a-along* (T&L)<br>1:30 Gentle Fitness (CC)<br>2:00 Physical Games (DDH)<br>2:30 Saturday Series: Genius Martin Luther King/ Malcom X S4 EP 8 (T&L)<br>3:30 Meditation and Mandela (DDH)<br>3:30 Table Top Games - Grab a friend and play a game (Scrabble, Rummikub Five Crowns etc.) (B/B)<br>7:00 Movie Night: Black or White (T&L) |
| 10:00 Stretching and Mobility Exercise (DDH) **7**<br>10:30 Seated Tai Chi (CC)<br>10:45 Concentration Memory Game (DDH)<br>11:00 Activity Booklet * Front Desk* (C)<br>1:30 Rummikub (B/B)<br>2:30 Sing Fit (DDH)<br>4:00 Go for Life Walking Group (MIL)<br>7:00 Movie Night: The Wife (T&L) | 10:00 Family Feud (DDH) **8**<br>10:30 Better your Mind - Fit Minds (CC)<br>11:00 Go for Life Walking Group (MIL)<br>1:45 Fall Prevention (DDH)<br>2:30 Gentle Fitness (CC)<br>2:30 Daily Chronicles (DDH)<br>3:15 Strength & Balance (CC)<br>4:00 Activities Meeting with Life Enrichment Manager Shanay *Share your thoughts* (T&L)<br>7:00 Movie Night: Happiness for Beginners (T&L) | 10:15 Drumfit (easy) (CC) **9**<br>10:30 Community Puzzle w/ Rsa (DDH)<br>11:00 Drumfit (Intermediate) (CC)<br>11:30 Tech Help Sign up at reception (STS)<br>1:30 Uno Card Game w/ Hazel (CC)<br>2:30 Artful Corner (DDH)<br>3:30 What's in a word ? (B/B)<br>6:00 What Happened This Week (DDH)<br>7:00 Movie Night: I am Sam (T&L) | 9:45 Fall Prevention (DDH) **10**<br>10:30 Gentle Fitness (CC)<br>10:45 American Funniest Home Videos (ALR)<br>11:15 Strength & Balance (CC)<br>1:30 Group Crossword (DDH)<br>2:30 $1 Bingo * Bring a Dollar Per Card* (CC)<br>3:30 Cocktail Hour On the Patio (DMP)<br>6:30 Chess Connections (CC)<br>7:00 Evening Series: Self Made: Life of Madam C.J. Walker ep4 (T&L) | 9:45 Noodle Balloon (DDH) **11**<br>10:15 Outing Fairview Mall * Sign up with the Front Desk* (MIL)<br>10:30 Java Music Club (DDH)<br>11:00 Vendor: Lavucci Apparel (Scarfs, Jewelry, etc) (ML)<br>11:30 Tech Help Sign up at reception (STS)<br>1:30 Gentle Fitness (CC)<br>2:00 Shut the Box Game (DDH)<br>3:00 Bridge Meeting w/ Shanay (CC)<br>3:15 Fall Prevention (DDH)<br>7:00 Movie Night: The Son (T&L) | 10:00 Gentle Fitness w/ Lorne (CC) **12**<br>10:30 Fitminds Interactive (DDH)<br>11:00 Strength and Balance w/ Lorne (CC)<br>11:30 Go for Life Walking Group (MIL)<br>1:30 Come Play Euchre (CC)<br>2:00 Rick Stevens Travelodge's " Rome: Baroque Brilliance" (T&L)<br>2:30 Happy Hour ' Coconut Pineapple Spritz' (B/B)<br>3:45 Evening Entertainment with Pianist Martin Wall (DR)<br>7:00 Friday Night Movie and Popcorn: The Fortune Cookie (T&L) | 10:00 Word Game: Wordle (CC) **13**<br>10:45 Don Mills Choir w/ Marcus *Sing-a-along* (T&L)<br>1:30 Gentle Fitness (CC)<br>2:00 Physical Games (DDH)<br>2:30 Saturday Series: Sherlock ' A Study in Pink' (T&L)<br>3:30 Meditation and Mandela (DDH)<br>3:30 Table Top Games - Grab a friend and play a game (Scrabble, Rummikub Five Crowns etc.) (B/B)<br>7:00 Movie Night: The Ugly Truth (T&L) |
| 10:00 Seated Dance (CC) **14**<br>10:15 Stretching and Mobility Exercise (DDH)<br>10:45 Concentration Memory Game (DDH)<br>11:00 Activity Booklet * Front Desk* (C)<br>1:30 Rummikub (B/B)<br>1:45 Moma Lecture 'Robert Bateman' (DDH)<br>2:00 Moma Painting Session (CC)<br>2:30 Sing Fit (DDH)<br>4:00 Go for Life Walking Group (MIL)<br>7:00 Movie Night: Ordinary Angles (T&L) | 10:00 Wheel Of Fortune (DDH) **15**<br>10:30 Better your Mind - Fit Minds (CC)<br>11:00 Go for Life Walking Group (MIL)<br>1:45 Fall Prevention (DDH)<br>2:30 Gentle Fitness (CC)<br>2:30 Daily Chronicles (DDH)<br>3:15 Strength & Balance (CC)<br>3:45 News & Views Discussion Group (T&L)<br>7:00 Movie Night: My Best Friend's Wedding (T&L) | 10:00 Resident Forum (IL/AL) (T&L) **16**<br>10:30 Community Puzzle w/ Rsa (DDH)<br>11:00 Drumfit (CC)<br>11:30 Tech Help Sign up at reception (STS)<br>1:30 Uno Card Game w/ Hazel (CC)<br>2:00 Better Living IRIDE info session and Registration (T&L)<br>2:30 Artful Corner (DDH)<br>3:30 What's in a word ? (B/B)<br>6:00 What Happened This Week (DDH)<br>7:00 Movie Night: Twelve Angry Men (T&L) | 9:45 Fall Prevention (DDH) **17**<br>10:30 Gentle Fitness (CC)<br>10:45 American Funniest Home Videos (ALR)<br>11:15 Strength & Balance (CC)<br>1:00 Group Crossword (DDH)<br>2:30 Summer Berry High Tea Social * Sign up at the front desk* (B/B)<br>6:30 Chess Connections (CC)<br>7:00 Evening Documentary: I am: Celion Dion (T&L) | 9:45 Seated Badminton (DDH) **18**<br>10:30 Culinary Meeting (T&L)<br>10:30 Java Music Club (DDH)<br>11:30 Tech Help Sign up at reception (STS)<br>1:30 Gentle Fitness (CC)<br>2:00 Shut the Box Game (DDH)<br>3:00 Resident Run Bridge (CC)<br>3:15 Fall Prevention (DDH)<br>4:30 Outing: Eataly *Sign up at the front desk* (OUT)<br>7:00 Movie Night: Awakening (T&L) | 10:00 Gentle Fitness w/ Lorne (CC) **19**<br>10:30 Fitminds Interactive (DDH)<br>11:00 Strength and Balance w/ Lorne (CC)<br>11:30 Go for Life Walking Group (MIL)<br>1:30 Come Play Euchre (CC)<br>2:00 Entertainment with Tim Godfrey (B/B)<br>3:30 Happy Hour " Fun on the Beach Cocktail' (B/B)<br>7:00 Friday Night Movie and Popcorn: My Man Godfrey (T&L) | 10:00 Word Game: Wordle (CC) **20**<br>10:30 Physical Games (DDH)<br>1:30 Gentle Fitness (CC)<br>2:00 Guest Speaker Linda and Michael Hutcheon: From Medici Madness to Vanderbilt Vanity: An Opera Tour (T&L)<br>2:30 Picture Bingo (DDH)<br>3:30 Meditation and Mandela (DDH)<br>3:30 Table Top Games - Grab a friend and play a game (Scrabble, Rummikub Five Crowns etc.) (B/B)<br>7:00 Movie Night: When In Rome (T&L) |

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|---|---|---|---|---|---|---|
| **21**<br>National Cream Day!<br>10:00 Stretching and Mobility Exercise (DDH)<br>10:30 Seated Tai Chi (CC)<br>10:45 Concentration Memory Game (DDH)<br>11:00 Activity Booklet * Front Desk* (C)<br>1:30 Rummikub (B/B)<br>2:00 Ice Cream Truck! ** Come get a free Ice Cream Cone on us** (ML)<br>3:00 Sing Fit (DDH)<br>4:00 Go for Life Walking Group (MIL)<br>7:00 Movie Night: Pieces of a Women (T&L) | **22**<br>10:00 Family Feud (DDH)<br>10:30 Better your Mind - Fit Minds (CC)<br>11:00 Go for Life Walking Group (MIL)<br>1:45 Fall Prevention (DDH)<br>2:30 Gentle Fitness (CC)<br>2:30 Daily Chronicles (DDH)<br>3:00 Movie Club * Lets pick our Movies for Next Month, bring your suggestions* (T&L)<br>3:15 Strength & Balance (CC)<br>3:45 Jeopardy (B/B)<br>7:00 Movie Night: The Burial (T&L) | **23**<br>10:15 Drumfit (easy) (CC)<br>10:30 Community Puzzle w/ Rsa (DDH)<br>11:00 Drumfit (Intermediate) (CC)<br>11:30 Tech Help Sign up at reception (STS)<br>1:30 Uno Card Game w/ Hazel (CC)<br>1:30 Hearing Clinic w/ Martin * Sign-up with at Front Desk* (SPA)<br>2:30 Artful Corner (DDH)<br>3:30 What's in a word ? (B/B)<br>6:00 What Happened This Week (DDH)<br>7:00 Movie Night: Gold (T&L) | **24**<br>National Cowboy and Cowgirl Day ! ***Wear jeans and plaid***<br>9:45 Fall Prevention (DDH)<br>10:30 Gentle Fitness (CC)<br>10:45 American Funniest Home Videos (ALR)<br>11:15 Strength & Balance (CC)<br>1:30 Group Crossword (DDH)<br>2:30 $1 Bingo * Bring a Dollar Per Card* (CC)<br>3:30 Western Party w/ Entertianment by Kevin Beeby ** Photo Booth** (DMP)<br>6:30 Chess Connections (CC)<br>7:00 Evening Documentary: Federer ' Twelve Final Day' (T&L) | **25**<br>9:45 Noodle Balloon (DDH)<br>10:15 Outing: Don Mills Shops Shuttle Drop off * Sign up at the front desk* (OUT)<br>10:30 Java Music Club (DDH)<br>11:30 Tech Help Sign up at reception (STS)<br>1:30 Gentle Fitness (CC)<br>2:00 Shut the Box Game (DDH)<br>3:00 Resident Run Bridge (CC)<br>3:15 Fall Prevention (DDH)<br>3:30 Learn how to play Shuffleboard **Limited space sign up at the front desk** (SP)<br>7:00 Movie Night: Living (T&L) | **26**<br>Paris Olympics 2024 Begins!!! Lets go Canada<br>10:00 Gentle Fitness w/ Lorne (CC)<br>10:30 Fitminds Interactive (DDH)<br>11:00 Strength and Balance w/ Lorne (CC)<br>11:30 Go for Life Walking Group (MIL)<br>1:30 Come Play Euchre (CC)<br>1:30 Opening Ceremony Olympics (T&L)<br>2:30 Happy Hour ' Strawberry Daiquiris ' (B/B)<br>3:30 Entertainment w/ Shannon Graham (B/B)<br>4:30 Night in Paris Special Dinner (DR)<br>7:00 Friday Night Movie and Popcorn: Manhattan (T&L) | **27**<br>10:00 Word Game: Wordle (CC)<br>10:30 Physical Games (DDH)<br>1:30 Gentle Fitness (CC)<br>2:00 Picture Bingo (DDH)<br>2:30 Saturday Series: Sherlock 'The Blind Banker' (T&L)<br>3:30 Meditation and Mandela (DDH)<br>3:30 Table Top Games - Grab a friend and play a game (Scrabble, Rummikub Five Crowns etc.) (B/B)<br>7:00 Movie Night: Mary and Martha (T&L) |
| **28**<br>10:00 Seated Dance (CC)<br>10:15 Stretching and Mobility Exercise (DDH)<br>10:45 Concentration Memory Game (DDH)<br>11:00 Activity Booklet * Front Desk* (C)<br>1:30 Rummikub (B/B)<br>1:45 Moma Lecture 'Brian Donnelly' (DDH)<br>2:00 Moma Painting Session (CC)<br>2:30 Sing Fit (DDH)<br>4:00 Go for Life Walking Group (MIL)<br>7:00 Movie Night: Chevalier (T&L) | **29**<br>10:00 Wheel Of Fortune (DDH)<br>10:30 Better your Mind - Fit Minds (CC)<br>11:00 Go for Life Walking Group (MIL)<br>1:45 Fall Prevention (DDH)<br>2:30 Gentle Fitness (CC)<br>2:30 Daily Chronicles (DDH)<br>3:15 Strength & Balance (CC)<br>3:45 News & Views Discussion Group (T&L)<br>7:00 Movie Night: Long Story Short (T&L) | **30**<br>10:15 Drumfit (CC)<br>10:30 Community Puzzle w/ Rsa (DDH)<br>11:00 Outing: Peller's Estate Lunch and Wine Tasting *Sign-up at the front desk* $$$ (OUT)<br>11:30 Tech Help Sign up at reception (STS)<br>1:30 Uno Card Game w/ Hazel (CC)<br>2:30 Artful Talks (DDH)<br>3:30 What's in a word ? (B/B)<br>6:00 What Happened This Week (DDH)<br>7:00 Movie Night: Out of the Blue (T&L) | **31**<br>9:45 Fall Prevention (DDH)<br>10:30 Gentle Fitness (CC)<br>10:45 American Funniest Home Videos (ALR)<br>11:15 Strength & Balance (CC)<br>1:30 Group Crossword (DDH)<br>2:00 Prize Bingo (CC)<br>3:00 Monthly Birthday Happy Hour * Come Celebrate the July Birthday's with Sponsored Entertainment* (DR)<br>4:30 Living Loving Local Special Dinner<br>6:30 Chess Connections (CC)<br>7:00 Evening Documentary: Abba Super Troupe (T&L) | | |










## Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program

## Locations Legend

Decadence Dining Hall (DDH)
The Country Club (CC)
Great Escapes (T&L)
Don's Bar/Bistro (B/B)
Meet in the Lobby (MIL)
Suite-to-Suite (STS)
Assisted living room (ALR)
Concierge (C)
Mills Lobby (ML)
Don Mills Patio (DMP)
Dining Room (DR)
Outing (OUT)
Spa (SPA)
Spa Terrace (SP)