

Your Don Mills Family

General Manager
Stuart Hammond

Health and Wellness Team
Health and Wellness Manager
Donna Sosito

Environmental and Housekeeping Team
Environmental Manager
Ritish Suman
Environmental Supervisor
Ericka Castaneda
Osman Abdio

Office Manager
Neethu Mathew
Concierge
Kayleen Resurreccion
Michelle Ricketts
Connie Guialdo
Shreya Sahi

Life Enrichment Team
Life Enrichment Manager
Shanay Gosling
Life Enrichment Supervisor
Lily Obeng
Manpreet Kaur

Community Relations Team
Community Relations Manager
Ewa Ilijeska
Robert Haynes

Dining Services Team
Dining Services Manager
Lawrence Gomes
Sous Chef
Casey Shane
Dining Room Supervisor
Yolanda Perez
Divanshu Dawar

The Don Mills Management team has an open door policy! If you need to chat with them at any time please reach out to them. directly!



INSPIRED
SENIOR LIVING



January Newsletter 2025

Don Mills Retirement Residence



January Outings

Please sign up at the Front Desk for all outings and try to arrive 10 minutes before departure.

Outing: Dinner and a Movie at Cineplex VIP 'Wicked'

Thursday Jan 2nd at 3:30pm

Walmart Outing

Wednesday Jan 8th at 9:45am

Bayview Village Mall Outing

Thursday Jan 16th at 10am

Dinner Outing to Asian Legend Northen Chinese Cuisine Set Menu Price range 50– 65 per person

Wednesday Jan 29th 4:30pm

Meetings This Month

Activities Meeting with Shanay

Monday Jan 6th at 3:30pm in the Theatre

*** Share your Thoughts***

Residents Forum

Monday Jan 20th at 10am in the Theatre

Culinary Meeting with Chef Lawrence

Thursday Jan 30th at 1:30pm in the theatre



Living, Loving, Local Activities for January

LLL Social Authentic Jamaican Carrot Juice

Thursday Jan 16th at 1:30pm in the country club

**Living, Loving, Local Culinary Corner
Cooking Demo and
Trivia**

Thursday Jan 23rd at 1:30pm on the Country Club



Good food is made even better when it's locally sourced, expertly prepared, and enjoyed with family and friends, all in a setting that promotes comfort and conversation. Verve's Living, Loving, Local program brings local food to life through delicious meals, inspiring events and lifelong learning.

**This Month let's enjoy the fresh
Carrots**

Go 4 Life Walking Club

Physical and Social Wellness

Go4Life is a fitness program, including walking, that encourages adults to incorporate exercise and physical activity into their daily lives. The National Institute on Aging (NIA) leads the efforts in conducting and supporting research on aging and the health and well-being of older adults. They created Go4Life to try and make a difference by providing information and motivational tools to assist with physical activity and by working with organizations to provide an environment that supports their efforts. A daily walking club was one of the key exercise programs. Go4Life also emphasizes the importance of resistance exercise for the overall goal of achieving overall brain health.

Fitness Classes

Physical Wellness

Physical Activity is Essential to Healthy Aging

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others. Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do. Adults aged 65 and older need:

At least **150 minutes a week** (for example, 30 minutes a day, 5 days a week) of **moderate intensity activity** such as brisk walking.

If chronic conditions affect your ability to meet these recommendations, be as physically active as your abilities and conditions allow.

January Highlights

Get ready for an exciting
showdown!

Join us on **Thursday, January 9th at 2:30 PM** in the Bar Bistro for an afternoon of fun and friendly competition as **Don Mills** faces off against **Canterbury** in a thrilling trivia battle! Let's see who can rack up the most correct answers and claim victory!

Don't miss out – sign up at the front desk to be part of the action!



Let the games begin!



Help us Celebrate our
January Birthdays
with a special
Cocktail and Treat on
Wednesday Jan 29th at 3:30pm
in the Bar Bistro

We're thrilled to introduce
a **new activity space!**

To expand our program offerings, we'll be utilizing the **Meeting Room** located on the first floor, to the left of the receptionist desk. On the calendar, it will be listed as **MR**.

Artful Enrichment this Month



Artful Expedition: Discovering China

Join us on **Wednesday, January 15th at 1:30 PM** in the theatre for an immersive armchair travel experience. Through a stunning slideshow, we'll take you on a journey through China's awe-inspiring landscapes, fascinating history, vibrant traditions, and world-famous landmarks.

Don't miss out on this exciting exploration – it's going to be a trip of a lifetime!

Artful Workshop Step by step Winter Fox

Join us on **Tuesday, January 21st at 2:00 PM** in the Meeting Room for a fun virtual art class. Together, we'll guide you through each step as you paint a stunning winter fox.



Let's celebrate the highlights of 2023 and 2024 with our End of Year Slide Show!

Join us on **Friday, January 31st at 3:30 PM** for a fun-filled trip down memory lane, as we showcase all the amazing photos from the past year. Let's relive the unforgettable moments and memories we made together!

Our Signature Programs

Fit Minds

Intellectual and Social Wellness

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

Physical and Emotional Wellness

A Music, Memory & Motion 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 their 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 but is not limited to just an artistic endeavour, you will also enjoy the many health benefits associated with art and will be encouraged and supported in your artistic expression and creativity.

Artful Enrichment

High-quality art programs that promote creative expression, social connectivity, and lifelong learning. All of the programs are uniquely designed to empower everyone, and enhance your community's overall creative culture.



Welcome To
Don Mills
Retirement Residence

Musical Performances This Month

Ent. w/ Filipa Sousa

Friday Jan 3rd at 3:30pm in the Bar Bistro

Guest Speaker Shannon Graham: The Greats ‘Comparing Elvis and Mozart’

Wednesday Jan 8th at 2pm in the Theatre

Ent. w/ Pianist Martin Wall

Friday Jan 10th at 3:30pm in the Bar Bistro

Ent. W/ Ed Cotton

Friday Jan 17th at 2pm in the Bar Bistro

Ent. w/ Club Django Toronto (Gypsy Swing band)

Saturday Jan 18th at 2pm in the Bar Bistro

Robbie Burns Day Celebration with Briar

Saturday Jan 25th at 3pm in the Bar Bistro

Evening Ent. w/ Tim Godfrey

Friday Jan 31st at 7pm in the Bar Bistro

January Highlights

Ready to test your luck? Join us for our new program

Texas Hold'em Poker!

On Wednesday, January 22nd at 1:30 PM, come to the

Meeting Room to learn the game, have fun, and compete for the pot! Don't forget to bring \$2 to join in on the action.

It's going to be a thrilling time – let's see who comes out on top!



Notice: New Date!

Drum fit will now be held on **Mondays at 2:30 PM** in the Country Club,

starting **January 6th.**

Mark your calendars and get ready to drum up some fun

Vendors this month

Hearing clinic w/Martin

Monday Jan 13th at 1:30pm

*****Book appointment at the front desk *****

Bijoux Treasures Vendor (11-3pm)

Sunday Jan 5th, in the lobby

Triple Eight Clothing Vendor (10-3pm)

Sunday Jan 12th, in the lobby

Dental Hygienist

Sunday Jan 19th All Day

*****Book appointment at the front desk *****

Fitness Class for the month

Tuesday Fitness class with Jerome * New Instructor*

Fall prevention—low intensity (4th floor)

Gentle Fitness— Low to moderate intensity (2nd floor county club)

Strength and balance—Moderate intensity (2nd floor county club)

Funtional Exercise with Kelly on Wednesday Morning

**** Jan 1st NO Class Holiday****

Strength and Balance with Lorne on Thursday

**** New day ****

Moderate Intensity

Seated Dance with Katya

Friday Jan 10th and 25th at New Time 11am
in the country club

**Please refer to calendar for
program times !!**

**The Story of my Life Journaling Workshop Introduction w/
Shelley**

The Story of my Life is a series of Interactive sessions that will help individuals put pen to paper to produce their story. Using creative expression, fun, Inspiration, reflection, and shared storytelling to guide writer’s and non-writers to journal their life history. For some, this may be a healing journey. The validation of ones self is empowering and ultimately will one day be a legacy gift for surviving family members

Get ready for an exciting experience!

Join us on **Tuesday, January 7th at 1:30 PM** in the **Country Club** for this fantastic program you won’t want to miss

