



INSPIRED
SENIOR LIVING

January 2025

Don Mills Retirement Residence

Assisted Living

Don Mills
RETIREMENT RESIDENCE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Massage Therapist Ali * Appointment made via Phone Number Available at Reception* (5:30-7pm) (STS) New Years Day! 9:45 Virtual Fall Prevention (DDH) 10:00 Functional Exercise with Kelly (CC) 10:45 National Geographic Series: Americas National Parks ' Olympic' (ALR) 11:30 New Years Day Brunch Buffet! 1:30 Group Crossword (DDH) 2:00 Movie Matinee: Sully (T&L) 2:30 \$1 Bingo (CC) 3:30 Physical Game : Noddle balloon (DDH) 7:00 Movie Night: Sully (T&L)	2 9:45 Seated Badminton (DDH) 10:15 Communion and Prayers with Elfreida and James (T&L) 10:30 Java Music Club (DDH) 1:30 Virtual Strength and Balance (CC) 2:00 Shut the Box Game (DDH) 3:00 Word Search, Daily Chronicles and Chit Chat (DDH) 3:30 Outing: Dinner and a Movie at Cineplex VIP 'Wicked' (OUT) 4:00 Go for Life Walking Group (MIL) 7:00 Movie Night: The Back-up Plan (T&L)	3 9:45 Fitminds Interactive (DDH) 10:00 Virtual Seated Yoga (CC) 11:00 Morning Series: Golden Girls (ALR) 2:00 Netflix Series: Ancient Apocalypse ' Chapter 4 ' (T&L) 3:00 Happy Hour (B/B) 3:30 Afternoon Entertainment w/ Filipa Sousa (B/B) 7:00 Friday Night Movie and Popcorn: Now You See Me (T&L)	4 10:15 Stretching and Mobility Exercise (DDH) 10:45 Don Mills Choir w/ Marcus *Sing-a-long* (T&L) 1:30 Sing Along with Susie Q (ALR) 1:30 Virtual Gentle Fitness (CC) 2:00 Tea and Coffee Social Hour with Shari (DDH) 2:30 Resident Run Social Bridge *All levels Welcome* (CC) 2:30 Saturday Series: Museum Secrets ' Inside the topkapi Palace Museum Istanbul' (T&L) 2:30 Virtual Fall Prevention (MC) 3:30 Meditation and Mandela (DDH) 7:00 Movie Night: 50 to 1 (T&L)
5 10:00 Get Moving w/ Seated Zumba (DDH) 10:30 Crafters Corner (B/B) 10:45 Concentration Memory Game (DDH) 11:00 Activity Booklet * Front Desk* (C) 11:00 Vendor: Bijoux Treasures (11am to 3pm) (ML) 1:00 Seated Tai Chi (CC) 2:00 Classic Movie Sundays: The Miracle Worker (T&L) 2:00 Tea and Coffee Social Hour with Shari (DDH) 4:00 Go for Life Walking Group (MIL) 7:00 Movie Night: The Miracle Worker (T&L)	6 10:00 Virtual Chair Yoga class with Sherry (ALR) 10:30 Wheel Of Fortune (DDH) 1:30 Musical Movie Mondays: Hairspray (T&L) 1:30 New Program: Short Stories Reading (ALR) 2:30 Sing Fit (DDH) 3:00 Picture Bingo (DDH) 3:30 Activities Meeting with Life Enrichment Manager Shanay *Share your thoughts* (T&L) 4:00 Nature Walk and Reflection (MIL) 7:00 Musical Movie Mondays: Hairspray (T&L)	7 9:45 Fall Prevention w/ Jerome (DDH) 10:30 What Happened This Week (DDH) 10:30 Gentle Fitness w/ Jerome (CC) 11:15 Strength & Balance w/ Jerome (CC) 11:30 Tech Help Sign up at reception (STS) 1:30 The Story of my Life Journaling Workshop Introduction w/ Shelley * Sign up at the Front Desk* (CC) 2:30 Ted Talk Tuesday: Downfall: The Case Against Boeing (T&L) 2:30 Artful Corner (DDH) 3:30 One-on-One with Life Enrichment (ALR) 7:00 Movie Night: Atonement (T&L)	8 Elvis Presley Day! 9:45 Drumfit (CC) 9:45 Outing: Walmart * Sign up at the Front Desk* (OUT) 10:00 Functional Exercise with Kelly (CC) 10:45 National Geographic Series: Americas National Parks ' Yosemite ' (ALR) 1:30 Group Crossword (DDH) 2:00 Guest Speaker Shannon Graham: The Greats ' Comparing Elvis and Mozart' (T&L) 3:30 \$1 Bingo ** Time Change** (CC) 3:30 Physical Game: Ring Toss (DDH) 7:00 Movie Night: Only the Brave (T&L)	9 9:45 Seated Badminton (DDH) 10:15 Communion and Prayers with Elfreida and James (T&L) 10:30 Java Music Club (DDH) 10:45 Strength and Balance w/ Lorne (CC) 2:00 Shut the Box Game (DDH) 3:00 Word Search, Daily Chronicles and Chit Chat (DDH) 3:30 Timeline Documentary Series: The Ancient City Frozen in Ash Lost world of Pompeii (T&L) 4:00 Go for Life Walking Group (MIL) 7:00 Movie Night: Dan In Real Life (T&L)	10 9:45 Fitminds Interactive (DDH) 11:00 Seated Dance class with Katya (CC) 11:00 Morning Series: Golden Girls (ALR) 2:00 Manicures and Hand Masks w/ Relaxing Music (DDH) 2:00 Netflix Series: Ancient Apocalypse ' Chapter 5 ' (T&L) 3:00 Happy Hour (B/B) 3:30 Afternoon Entertainment w/ Pianist Martin Wall (DR) 7:00 Friday Night Movie and Popcorn: Before We Go (T&L)	11 10:15 Stretching and Mobility Exercise (DDH) 1:30 Sing Along with Susie Q (ALR) 1:30 Virtual Gentle Fitness (CC) 2:00 Card Games and Coffee Time (DDH) 2:30 Resident Run Social Bridge *All levels Welcome* (CC) 2:30 Saturday Series: Museum Secrets ' Inside the American Museum of Natural History, New York' (T&L) 2:30 Virtual Fall Prevention (MC) 3:30 Meditation and Mandela (DDH) 7:00 Movie Night: Before We Go (T&L)
12 10:00 Vendor: Triple Eight Clothing (10am to 3pm) (ML) 10:00 Get Moving w/ Seated Zumba (DDH) 10:30 Crafters Corner (B/B) 10:45 Concentration Memory Game (DDH) 11:00 Activity Booklet * Front Desk* (C) 1:00 Seated Tai Chi (CC) 1:45 Moma Lecture: Christopher Pratt (CC) 2:00 Classic Movie Sundays: Swiss Family Robinson (T&L) 2:00 Tea and Coffee Social Hour with Shari (DDH) 4:00 Go for Life Walking Group (MIL) 7:00 Movie Night: Swiss Family Robinson (T&L)	13 10:00 Virtual Chair Yoga class with Sherry (ALR) 10:30 Wheel Of Fortune (DDH) 1:30 Musical Movie Mondays: Dreamgirls (T&L) 1:30 Hearing Clinic w/ Martin * Sign-up with at Front Desk* (SPA) 1:30 Short Stories Reading (ALR) 2:30 Sing Fit (DDH) 3:00 Picture Bingo (DDH) 3:30 News & Views Discussion Group (T&L) 4:00 Nature Walk and Reflection (MIL) 7:00 Musical Movie Mondays: Dreamgirls (T&L)	14 9:45 Fall Prevention w/ Jerome (DDH) 10:30 What Happened This Week (DDH) 10:30 Gentle Fitness w/ Jerome (CC) 11:15 Strength & Balance w/ Jerome (CC) 11:30 Tech Help Sign up at reception (STS) 1:30 Uno Card Game * Location Change* (B/B) 2:30 Artful Corner (DDH) 3:30 One-on-One with Life Enrichment (ALR) 7:00 Movie Night: 84 Charing Cross Road (T&L)	15 Massage Therapist Ali * Appointment made via Phone Number Available at Reception* (5:30-7pm) (STS) 9:45 Drumfit (CC) 10:00 Functional Exercise with Kelly (CC) 10:45 National Geographic Series: Americas National Parks ' Everglades ' (ALR) 1:30 Group Crossword (DDH) 1:30 Artful Expedition: Discovering China with Shanay (T&L) 2:00 Card Games and Coffee Time (DDH) 2:30 \$1 Bingo (CC) 3:30 Get to know you Neighbour * Invitation Only* (T&L) 3:30 Physical Game: Bean Bag Toss (DDH) 7:00 Movie Night: Worth (T&L)	16 9:45 Seated Badminton (DDH) 10:00 Outing Bayview Mall * Sign up at the Front Desk* (MIL) 10:15 Communion and Prayers with Elfreida and James (T&L) 10:30 Java Music Club (DDH) 10:45 Strength and Balance w/ Lorne (CC) 1:30 Living Loving Local Social Authentic Jamacian Carrot Juice (CC) 2:00 Shut the Box Game (DDH) 3:00 Word Search, Daily Chronicles and Chit Chat (DDH) 4:00 Go for Life Walking Group (MIL) 7:00 Movie Night: Catch me if you Can (T&L)	17 9:45 Fitminds Interactive (DDH) 10:00 Virtual Seated Yoga (CC) 11:00 Morning Series: Golden Girls (ALR) 2:00 Afternoon Entertainment w/ Ed Cotton (B/B) 3:00 Happy Hour (B/B) 3:30 Netflix Series: Ancient Apocalypse ' Chapter 6 ' (T&L) 7:00 Friday Night Movie and Popcorn: Peace by Chocolate (T&L)	18 10:15 Stretching and Mobility Exercise (DDH) 10:45 Don Mills Choir w/ Marcus *Sing-a-long* (T&L) 1:30 Sing Along with Susie Q (ALR) 1:30 Virtual Gentle Fitness (CC) 2:00 Afternoon Entertainment by Club Django Toronto (Gypsy Swing Band) (B/B) 2:00 Tea and Coffee Social Hour with Shari (DDH) 2:30 Resident Run Social Bridge *All levels Welcome* (CC) 2:30 Virtual Fall Prevention (MC) 3:30 Meditation and Mandela (DDH) 7:00 Movie Night: Lost in Translation (T&L)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dental Hygienist *Sign up at the Front Desk* (SPA) 19 10:00 Get Moving w/ Seated Zumba (DDH) 10:30 Crafters Corner (B/B) 10:45 Concentration Memory Game (DDH) 11:00 Activity Booklet * Front Desk* (C) 1:00 Seated Tai Chi (CC) 2:00 Classic Movie Sundays: The Jewel of the Nile (T&L) 2:00 Tea and Coffee Social Hour with Shari (DDH) 4:00 Go for Life Walking Group (MIL) 7:00 Movie Night: The Jewel of the Nile (T&L)	10:00 Virtual Chair Yoga class with Sherry (ALR) 20 10:00 Resident Forum (IL/AL) (T&L) 10:30 Wheel Of Fortune (DDH) 1:30 Musical Movie Mondays: The Greatest Showman (T&L) 1:30 Short Stories Reading (ALR) 2:30 Sing Fit (DDH) 3:00 Picture Bingo (DDH) 3:30 News & Views Discussion Group (T&L) 4:00 Nature Walk and Reflection (MIL) 7:00 Musical Movie Mondays: The Greatest Showman (T&L)	Home Library Service **Exchange** (C) 21 9:45 Fall Prevention w/ Jerome (DDH) 10:30 What Happened This Week (DDH) 10:30 Gentle Fitness w/ Jerome (CC) 11:15 Strength & Balance w/ Jerome (CC) 11:30 Tech Help Sign up at reception (STS) 1:30 Uno Card Game (CC) 2:00 Artful Workshop: Step by Step Winter Fox Painting (MR) 2:30 Artful Corner (DDH) 3:30 One-on-One with Life Enrichment (ALR) 7:00 Movie Night: Shirley (T&L)	Massage Therapist Ali * Appointment made via Phone Number Available at Reception* (5:30-7pm) (STS) 22 9:45 Drumfit (CC) 10:00 Functional Exercise with Kelly (CC) 10:45 National Geographic Series: Americas National Parks ' Gates of the Arctic ' (ALR) 1:30 Group Crossword (DDH) 2:00 Afternoon Entertainment by Patricia Duffy (DDH) 2:00 Card Games and Coffee Time (DDH) 3:30 Get to know you Neighbour * Invitation Only* (T&L) 3:30 Physical Game: Noddle balloon (DDH) 7:00 Movie Night: The Six Triple Eight (T&L)	9:45 Seated Badminton (DDH) 23 10:15 Communion and Prayers with Elfreida and James (T&L) 10:30 Java Music Club (DDH) 10:45 Strength and Balance w/ Lorne (CC) 1:30 Living, Loving, Local Trivia and Culinary Corner w/ Chef Lawrence (Cooking Demo) (CC) 2:00 Shut the Box Game (DDH) 3:00 Word Search, Daily Chronicles and Chit Chat (DDH) 4:00 Go for Life Walking Group (MIL) 7:00 Movie Night: The Proposal (T&L)	9:45 Fitminds Interactive (DDH) 24 11:00 Seated Dance class with Katya (CC) 11:00 Morning Series: Golden Girls (ALR) 2:00 Manicures and Hand Masks w/ Relaxing Music (DDH) 2:00 Netflix Series: Ancient Apocalypse ' Once There Was a Flood ' (T&L) 3:00 Happy Hour (B/B) 7:00 Friday Night Movie and Popcorn: Call Jane (T&L)	Robbie Burns Day! 25 10:15 Stretching and Mobility Exercise (DDH) 1:30 Sing Along with Susie Q (ALR) 1:30 Virtual Gentle Fitness (CC) 2:30 Resident Run Social Bridge *All levels Welcome* (CC) 2:30 Saturday Series: Museum Secrets (T&L) 2:30 Virtual Fall Prevention (MC) 3:00 Come Celebrate Robbie Burns Day with Entertainment by Briar (B/B) 3:30 Meditation and Mandela (DDH) 7:00 Movie Night: True Spirit (T&L)
10:00 Get Moving w/ Seated Zumba (DDH) 26 10:30 Crafters Corner (B/B) 10:45 Concentration Memory Game (DDH) 11:00 Activity Booklet * Front Desk* (C) 1:00 Seated Tai Chi (CC) 1:45 Moma Lecture: J M W Turner (CC) 2:00 Classic Movie Sundays: Ruthless People (T&L) 4:00 Go for Life Walking Group (MIL) 7:00 Movie Night: Ruthless People (T&L)	10:00 Virtual Chair Yoga class with Sherry (ALR) 27 10:30 Wheel Of Fortune (DDH) 1:30 Musical Movie Mondays: Funny Girl (T&L) 1:30 Short Stories Reading (ALR) 2:00 Come Play Scrabble (B/B) 2:30 Sing Fit (DDH) 3:00 Picture Bingo (DDH) 3:30 News & Views Discussion Group (T&L) 4:00 Nature Walk and Reflection (MIL) 7:00 Musical Movie Mondays: Funny Girl (T&L)	9:45 Fall Prevention w/ Jerome (DDH) 28 10:30 What Happened This Week (DDH) 10:30 Gentle Fitness w/ Jerome (CC) 11:15 Strength & Balance w/ Jerome (CC) 11:30 Tech Help Sign up at reception (STS) 1:30 Uno Card Game (CC) 2:00 Ted Talk Tuesday: What the Health (T&L) 2:30 Artful Corner (DDH) 3:30 One-on-One with Life Enrichment (ALR) 7:00 Movie Night: Breathe (T&L)	Massage Therapist Ali * Appointment made via Phone Number Available at Reception* (5:30-7pm) (STS) 29 9:45 Drumfit (CC) 10:00 Functional Exercise with Kelly (CC) 10:45 National Geographic Series: Americas National Parks ' Yellowstone ' (ALR) 1:30 Group Crossword (DDH) 2:00 Movie Matinee: The Boy Who Harnessed the Wind (T&L) 2:00 Card Games and Coffee Time (DDH) 3:30 Monthly Birthday Happy Hour ' January Birthdays' (B/B) 4:30 Dinner Outing: Asian Legend Chinese Cuisine (OUT) 7:00 Movie Night: The Boy Who Harnessed the Wind (T&L)	9:45 Seated Badminton (DDH) 30 10:15 Communion and Prayers with Elfreida and James (T&L) 10:30 Java Music Club (DDH) 10:45 Strength and Balance w/ Lorne (CC) 1:30 Culinary Meeting (T&L) 2:00 Shut the Box Game (DDH) 3:00 Word Search, Daily Chronicles and Chit Chat (DDH) 4:00 Go for Life Walking Group (MIL) 7:00 Movie Night: Date Night (T&L)	National Hot Chocolate Day! (MC) 31 9:45 Fitminds Interactive (DDH) 10:00 Virtual Seated Yoga (CC) 11:00 Morning Series: Golden Girls (ALR) 2:00 Netflix Series: Ancient Apocalypse ' Chapter 1 ' (T&L) 3:00 Happy Hour Special Kahlua Hot Chocolate (B/B) 3:30 End of Year slide 2023-2024 (B/B) 7:00 Friday Night Movie and Popcorn: On the Basis of Sex (T&L) 7:00 Evening Entertainment with Tim Godfrey (B/B)	

SATURDAY

JAN 25



Robbie Burns Day

Be

Limitless

Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program

Locations Legend

Decadence Dining Hall (DDH)

Great Escapes (T&L)

The Country Club (CC)

Assisted living room (ALR)

Don's Bar/Bistro (B/B)

Meet in the Lobby (MIL)

Suite-to-Suite (STS)

Memory Care (MC)

Concierge (C)

Outing (OUT)

Mills Lobby (ML)

Spa (SPA)

Dining Room (DR)

Meeting Room (MR)