



INSPIRED
SENIOR LIVING

January 2025

Don Mills Retirement Residence

Memory Care Household

Don Mills
RETIREMENT RESIDENCE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 WEDNESDAY JAN 29 Lunar New Year (Year of the Snake)			New Years Day! 1 9:45 Virtual Fall Prevention (DDH) 10:00 Evelyn's Baking Corner (MC) 10:15 Finish the Proverbs (MC) 11:30 Daily Chronicles (MC) 11:30 New Years Day Brunch Buffet! 2:00 High Tea Social (MC) 3:00 Life Skill: Folding and Sorting (MC) 3:30 Virtual All in One Exercise (MC) 6:00 Coloring Inn W/ RSA's (MC)	9:45 Life Station: Folding & Sorting (MC) 2 10:30 Going Down Memory Lane Morning Music (MC) 11:00 One-on-One with Life Enrichment (MC) 11:30 Life Skill: Set up for Lunch (MC) 1:30 Group Reading Circle (MC) 2:00 Chef Choice Social (MC) 3:30 Ring Toss (MC) 4:00 Afternoon Sing-A-long (MC) 6:00 Tangrams and Puzzles w/ RSA (MC)	9:45 Seated Tai Chi and Chai Tea (MC) 3 10:30 MOMA Painting (MC) 11:00 Anagrams , Crossword, Word Search and Chit Chat (MC) 11:30 Nature Walk and Reflection (MC) 1:30 Noodle Balloon (MC) 2:00 Munchies and Mocktails Social (MC) 3:00 Meditation and Mandela Coloring (MC) 3:30 Afternoon Entertainment w/ Filipa Sousa (B/B) 4:30 Life Skills: Helping with Dinner (MC) 6:00 Friday Night Movie and Popcorn (MC)	9:45 Drumfit (MC) 4 10:00 Morning Entertainment w/ Marcus (MC) 10:30 Sing Along with Suzzie Q (MC) 11:00 Jigsaw Puzzle w/ RSA (MC) 1:00 Armchair Travel (MC) 2:00 Chef Choice Social (MC) 3:00 Picture Trivia (MC) 4:00 Go for Life Walking Group (MC) 6:00 You and Me Time with the Household Team (MC)
	9:45 Seated Yoga (MC) 6 10:00 Memory Lane Reminiscing (MC) 11:30 Life Skill: Set up for Lunch (MC) 1:30 Bean Bag Toss (MC) 2:00 Freshly Baked Goods Social (MC) 3:00 Picture Bingo (DDH) 4:00 Sticker by Numbers (MC) 6:00 Reading with Household (MC)	9:45 Seated Zumba (MC) 7 10:30 Java Music Club Sing-along (MC) 11:00 Life Skill: Nursery Time (MC) 11:30 How It's Made (MC) 11:30 Nature Walk and Reflection (MC) 1:30 Fitminds Interactive (MC) 2:00 Seasonal Fruit Social (MC) 3:00 Artfull Enrichment Crafternoon (MC) 6:00 What Happened This Week (MC)	Elvis Presley Day! 8 10:00 Evelyn's Baking Corner (MC) 10:15 Finish the Proverbs (MC) 11:30 Daily Chronicles (MC) 1:30 Paint by Numbers (MC) 2:00 High Tea Social (MC) 3:00 Mexican Dominos (MC) 3:30 Virtual All in One Exercise (MC) 4:30 Supper with Stu (MC) 6:00 Coloring Inn W/ RSA's (MC)	9:45 Life Station: Folding & Sorting (MC) 9 10:30 Going Down Memory Lane Morning Music (MC) 11:00 One-on-One with Life Enrichment (MC) 11:30 Life Skill: Set up for Lunch (MC) 1:30 Group Reading Circle (MC) 2:00 Chef Choice Social (MC) 3:30 Hungry Hippo Physical Game (MC) 4:00 Afternoon Sing-A-long (MC) 6:00 Tangrams and Puzzles w/ RSA (MC)	9:45 Seated Tai Chi and Chai Tea (MC) 10 10:30 MOMA Painting (MC) 11:00 Anagrams , Crossword, Word Search and Chit Chat (MC) 11:30 Nature Walk and Reflection (MC) 1:30 Noodle Balloon (MC) 2:00 Munchies and Mocktails Social (MC) 3:00 Meditation and Mandela Coloring (MC) 3:30 Afternoon Entertainment w/ Pianist Martin Wall (DR) 4:30 Life Skills: Helping with Dinner (MC) 6:00 Friday Night Movie and Popcorn (MC)	9:45 Drumfit (MC) 11 10:30 Sing Along with Suzzie Q (MC) 11:00 Jigsaw Puzzle w/ RSA (MC) 1:00 Armchair Travel (MC) 2:00 Chef Choice Social (MC) 3:00 Picture Trivia (MC) 4:00 Go for Life Walking Group (MC) 6:00 You and Me Time with the Household Team (MC)
	9:45 Ball Toss (MC) 5 10:00 Coloring and Conversation (MC) 10:30 Pet Therapy with Isabelle and Rubaba (MC) 11:00 Spiritual Eldercare: Hymns (MC) 11:30 Virtual Church Service (MC) 1:30 Sing Fit (MC) 2:00 Chef Choice Social (MC) 3:00 Hand Massages w/ Relaxing Music (MC) 3:30 Memory Lane (MC) 4:00 Life Skill: Helping Hands (MC) 6:00 Evening Movie (MC)					
9:45 Ball Toss (MC) 12 10:00 Coloring and Conversation (MC) 10:30 Pet Therapy with Isabelle and Rubaba (MC) 11:00 Spiritual Eldercare: Hymns (MC) 11:30 Virtual Church Service (MC) 1:30 Sing Fit (MC) 2:00 Chef Choice Social (MC) 3:00 Hand Massages w/ Relaxing Music (MC) 3:30 Memory Lane (MC) 4:00 Life Skill: Helping Hands (MC) 6:00 Evening Movie (MC)	9:45 Seated Yoga (MC) 13 10:00 Memory Lane Reminiscing (MC) 11:00 EZ Junk Drawer Detective (MC) 11:30 Life Skill: Set up for Lunch (MC) 1:30 Ring Toss (MC) 1:30 Hearing Clinic w/ Martin * Sign-up with at Front Desk* (SPA) 2:00 Freshly Baked Goods Social (MC) 3:00 Picture Bingo (DDH) 4:00 Sticker by Numbers (MC) 6:00 Reading with Household (MC)	9:45 Seated Zumba (MC) 14 10:30 Java Music Club Sing-along (MC) 11:00 Life Skill: Nursery Time (MC) 11:30 How It's Made (MC) 11:30 Nature Walk and Reflection (MC) 1:30 Fitminds Interactive (MC) 2:00 Seasonal Fruit Social (MC) 3:00 Artfull Enrichment Crafternoon (MC) 6:00 What Happened This Week (MC)	10:00 Evelyn's Baking Corner (MC) 15 10:15 Finish the Proverbs (MC) 11:00 Puzzle and Pondering (MC) 11:30 Daily Chronicles (MC) 1:30 Collaborate Colouring (MC) 2:00 High Tea Social (MC) 3:00 Bowling (MC) 3:30 Virtual All in One Exercise (MC) 6:00 Coloring Inn W/ RSA's (MC)	9:45 Life Station: Folding & Sorting (MC) 16 10:30 Going Down Memory Lane Morning Music (MC) 11:00 One-on-One with Life Enrichment (MC) 11:30 Life Skill: Set up for Lunch (MC) 1:30 Group Reading Circle (MC) 2:00 Chef Choice Social (MC) 3:30 Hungry Hippo Physical Game (MC) 4:00 Afternoon Sing-A-long (MC) 6:00 Tangrams and Puzzles w/ RSA (MC)	9:45 Seated Tai Chi and Chai Tea (MC) 17 10:30 MOMA Painting (MC) 11:00 Anagrams , Crossword, Word Search and Chit Chat (MC) 11:30 Nature Walk and Reflection (MC) 1:30 Noodle Balloon (MC) 2:00 Munchies and Mocktails Social (MC) 2:00 Afternoon Entertainment w/ Ed Cotton (B/B) 3:00 Meditation and Mandela Coloring (MC) 4:30 Life Skills: Helping with Dinner (MC) 6:00 Friday Night Movie and Popcorn (MC)	9:45 Drumfit (MC) 18 10:30 Sing Along with Suzzie Q (MC) 11:00 Jigsaw Puzzle w/ RSA (MC) 1:00 Armchair Travel (MC) 2:00 Chef Choice Social (MC) 2:00 Afternoon Entertainment by Club Django Toronto (Gypsy Swing Band) (B/B) 3:00 Picture Trivia (MC) 4:00 Go for Life Walking Group (MC) 6:00 You and Me Time with the Household Team (MC)



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Memory Care Household



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dental Hygienist *Sign up at the Front Desk* (SPA) 19 9:45 Ball Toss (MC) 10:00 Coloring and Conversation (MC) 10:30 Pet Therapy with Isabelle and Rubaba (MC) 11:00 Spiritual Eldercare: Hymns (MC) 11:30 Virtual Church Service (MC) 1:30 Sing Fit (MC) 2:00 Popcorn Taisting (MC) 3:00 Hand Massages w/ Relaxing Music (MC) 3:30 Memory Lane (MC) 4:00 Life Skill: Helping Hands (MC) 6:00 Evening Movie (MC)	9:45 Seated Yoga (MC) 20 10:00 Memory Lane Reminiscing (MC) 11:30 Life Skill: Set up for Lunch (MC) 1:30 Ring Toss (MC) 2:00 Freshly Baked Goods Social (MC) 3:00 Picture Bingo (DDH) 4:00 Sticker by Numbers (MC) 6:00 Reading with Household (MC)	9:45 Seated Zumba (MC) 21 10:30 Java Music Club Sing-along (MC) 11:00 Life Skill: Nursery Time (MC) 11:30 How It's Made (MC) 11:30 Nature Walk and Reflection (MC) 1:30 Fitminds Interactive (MC) 2:00 Seasonal Fruit Social (MC) 3:00 Artfull Enrichment Crafternoon (MC) 6:00 What Happened This Week (MC)	10:00 Evelyn's Baking Corner (MC) 22 10:15 Finish the Proverbs (MC) 11:00 Puzzle and Pondering (MC) 11:30 Daily Chronicles (MC) 1:30 Cup of Tea Lacing Cards (MC) 2:00 High Tea Social (MC) 2:00 Afternoon Entertainment by Patricia Duffy (DDH) 3:00 Mexican Dominos (MC) 3:30 Virtual All in One Exercise (MC) 6:00 Coloring Inn W/ RSA's (MC)	9:45 Life Station: Folding & Sorting (MC) 23 10:30 Going Down Memory Lane Morning Music (MC) 11:00 One-on-One with Life Enrichment (MC) 11:30 Life Skill: Set up for Lunch (MC) 1:30 Group Reading Circle (MC) 2:00 Chef Choice Social (MC) 3:30 Hungry Hippo Physical Game (MC) 4:00 Afternoon Sing-A-long (MC) 6:00 Tangrams and Puzzles w/ RSA (MC)	9:45 Seated Tai Chi and Chai Tea (MC) 24 10:30 MOMA Painting (MC) 11:00 Anagrams , Crossword, Word Search and Chit Chat (MC) 11:30 Nature Walk and Reflection (MC) 1:30 Noodle Balloon (MC) 2:00 Munchies and Mocktails Social (MC) 3:00 Meditation and Mandela Coloring (MC) 4:30 Life Skills: Helping with Dinner (MC) 5:00 Travel Brief Destination: Oxford England (MC) 6:00 Friday Night Movie and Popcorn (MC)	Robbie Burns Day! 25 9:45 Drumfit (MC) 10:30 Sing Along with Suzzie Q (MC) 11:00 Jigsaw Puzzle w/ RSA (MC) 1:00 Armchair Travel (MC) 2:00 Chef Choice Social (MC) 3:00 Picture Trivia (MC) 3:00 Come Celebrate Robbie Burns Day with Entertainment by Briar (B/B) 4:00 Go for Life Walking Group (MC) 6:00 You and Me Time with the Household Team (MC)
9:45 Ball Toss (MC) 26 10:00 Coloring and Conversation (MC) 10:30 Pet Therapy with Isabelle and Rubaba (MC) 11:00 Spiritual Eldercare: Hymns (MC) 11:30 Virtual Church Service (MC) 1:30 Sing Fit (MC) 2:00 Chef Choice Social (MC) 3:00 Hand Massages w/ Relaxing Music (MC) 3:30 Memory Lane (MC) 4:00 Life Skill: Helping Hands (MC) 6:00 Evening Movie (MC)	9:45 Seated Yoga (MC) 27 10:00 Memory Lane Reminiscing (MC) 11:00 EZ Junk Drawer Detective (MC) 11:30 Life Skill: Set up for Lunch (MC) 1:30 Ring Toss (MC) 2:00 Freshly Baked Goods Social (MC) 3:00 Picture Bingo (DDH) 4:00 Sticker by Numbers (MC) 6:00 Reading with Household (MC)	9:45 Seated Zumba (MC) 28 10:30 Java Music Club Sing-along (MC) 11:00 Life Skill: Nursery Time (MC) 11:30 How It's Made (MC) 11:30 Nature Walk and Reflection (MC) 1:30 Fitminds Interactive (MC) 2:00 Seasonal Fruit Social (MC) 3:00 Artfull Enrichment Crafternoon (MC) 6:00 What Happened This Week (MC)	10:00 Evelyn's Baking Corner (MC) 29 10:15 Finish the Proverbs (MC) 11:00 Puzzle and Pondering (MC) 11:30 Daily Chronicles (MC) 1:30 Bluebonnet Painting (MC) 2:00 High Tea Social (MC) 3:00 Mexican Dominos (MC) 3:30 Virtual All in One Exercise (MC) 3:30 Monthly Birthday Happy Hour ' January Birthdays' (B/B) 6:00 Coloring Inn W/ RSA's (MC)	9:45 Life Station: Folding & Sorting (MC) 30 10:30 Going Down Memory Lane Morning Music (MC) 11:00 One-on-One with Life Enrichment (MC) 11:30 Life Skill: Set up for Lunch (MC) 1:30 Group Reading Circle (MC) 2:00 Chef Choice Social (MC) 3:30 Hungry Hippo Physical Game (MC) 4:00 Afternoon Sing-A-long (MC) 6:00 Tangrams and Puzzles w/ RSA (MC)	National Hot Chocolate Day! (MC) 31 9:45 Seated Tai Chi and Chai Tea (MC) 10:30 MOMA Painting (MC) 11:00 Anagrams , Crossword, Word Search and Chit Chat (MC) 11:30 Nature Walk and Reflection (MC) 1:30 Noodle Balloon (MC) 2:00 National Hot Chocolate Day! 3:00 Meditation and Mandela Coloring (MC) 4:30 Life Skills: Helping with Dinner (MC) 6:00 Friday Night Movie and Popcorn (MC) 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

Memory Care (MC)

Decadence Dining Hall (DDH)

Don's Bar/Bistro (B/B)

Spa (SPA)

Dining Room (DR)