

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
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Office Manager
Neethu Mathew
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Kayleen Resurreccion
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Connie Guialdo
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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
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



February Newsletter 2025

Don Mills Retirement Residence



February Outings

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

Fairview Mall Outing

Wednesday Feb 5th at 10am

Woodbine Casino

Tuesday Feb 18th at 10:00am

Walmart Outing

Wednesday Feb 19th at 10am

Royal Ontario Museum

Wednesday Feb. 26th 9:30am

Meetings This Month

Activities Meeting with Shanay

Monday Feb 3rd at 3:30pm in the Theatre

*** Share your Thoughts ***

Residents Forum

Tuesday Feb 11th at 2pm in the Theatre

***Farewell to Chef Lawrence ***



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 Beets

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.

February Highlights**National Margarita Day**

Celebrate Margarita Day with a refreshing Strawberry Margarita on Saturday, February 22nd at 3:00 PM! Join us for an afternoon of fun and delicious drinks!



**Help us Celebrate our
February Birthdays
with a special
Cocktail and Treat on**

Black History Month

February is Black History Month, a time for Canadians to celebrate and recognize the rich diversity, history, and culture of Black people in Canada, while acknowledging the countless contributions made by Black communities around the world.

Throughout the month, we invite you to enjoy a selection of movies and series that highlight Black history, along with two special events outlined below.

Join us for a virtual panel hosted by the Canadian Centre for Diversity and Inclusion, titled *Black History Month*. This insightful webinar will explore the distinction between commemorating and memorializing Black History Month, highlighting how Black history is not just a past to remember, but a living influence that shapes culture, activism, and legacy. The session offers an opportunity to engage with leaders in the field and reflect on ways we can honor Black history year-round, beyond February.



The webinar will be streamed in the theatre from 1:00 PM to 2:00 PM on Tuesday, February 4th.

Join us on Tuesday, February 18th at 2:30 PM in the theatre for a celebration of Black History Month through music! This presentation will explore the diverse genres created and shaped by

African-American artists, including Blues, Jazz, R&B, Motown, and Rock ‘n’ Roll.

Do you know who inspired Elvis's iconic dance moves? Or who truly pioneered Rock ‘n’ Roll? Discover the answers in this engaging and interactive session, featuring captivating visuals, music samples, performance videos, and fun trivia games



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

Concert in Care Ontario Entertainment by Violinist Luri Lee and Violist Hez Leung

Friday Feb 7th at 3:30pm in the Bar Bistro

Afternoon Entertainment w/ Bryan and Mary Ann

Sunday Feb 9th at 3:30pm on the 4th floor

Happy Hour and Entertainment with Pianist Martin Wall

Friday Feb 14th at 3:30pm in the Dining Room

Guest Speaker Andy Nguyen from ME Law Wills

Estate and Financial Planning

Saturday Feb 15th at 2pm in the Theatre

Guest speaker Shannon Graham “Celebrating Black Musicians

Tuesday Feb 18th at 2:30pm in the Theatre

Ent. w/ Vocalist Tony

Friday Feb 21st at 2:30pm in the Bar Bistro

Guest Speaker Ben Stellino “Returning Home to Sicily”

Sunday Feb 23rd at 2pm in the Theatre

Ent. w/ Vocalist John Kim

Friday Feb 28th at 3:30pm in the Bar Bistro

February Highlights

National Pizza Day

Join us in celebrating National Pizza Day with a special pizza lunch! Life Enrichment will be providing pizza for everyone to enjoy on Wednesday, February 19th at 12pm. Don't miss out!

Vendors this month

Piumi Marage (Hair Skin products and more) Vendor (11-3pm)

Monday Feb 10th in the lobby

Atomy Shops Vendor (11-3pm)

Saturday Feb 15th, in the lobby

Bedding and more Vendor (11-3pm)

Thursday Feb 20th, in the lobby

Dental Hygienist

Sunday Feb 16th All Day

Book appointment at the front desk



Happy Chinese New Year

Join us on Thursday, February 6th at 3:30 PM in the theatre for a special celebration of the Chinese New Year!

The Chinese New Year is the most significant holiday in China, lasting about three weeks and marking the start of the New Year on the Lunar Calendar. 2025 will usher in the Year of the Snake. During this event, residents will have the opportunity to learn about the rich culture and traditions associated with this festive occasion.

Additionally, we will have a "Gifts from China" vendor table set up at 1:00 PM, where you can browse unique items. Please note, we accept cash only.

Fitness Classes for the month

Tuesday and Sundays (Starts Feb 9th) Fitness classes with Jerome

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)

Functional Exercise with Kelly on Wednesday Mornings

Seated Dance with Katya

Friday Feb 14th and 21st

Seated Tai Chi * New Day* Saturdays

Gentle Fitness * New Instructor *

Thursday and Saturday at 1:30pm Starting Feb 20th

Please refer to calendar for program times !!

Marketing Events this Month

Wellness Fair

Join us on Wednesday, **February 12th from 2 to 4 PM** for an exciting opportunity to connect with wellness professionals from our community! Get expert advice, tips, and all the health-related information you need to feel your best. Don't miss out on this informative and engaging event!

Family Day Paint and Sip

Join us on **February 17th at 2 PM** at Don Mills Bar Bistro for a lively afternoon of painting and sipping! A professional instructor will guide you through a fun and interactive painting session. This event is perfect for family and friends—sign up at the front desk today!

Kinnected Chain Information session

Kinnected Chain is a health sciences company dedicated to providing health, rehabilitation, and performance resources and services to retirement residences, supporting both staff and residents. The founder, John, has been an active member of the health sciences community since 2007. Through his ongoing education, he earned a Master of Science in Health and Rehabilitation, focusing on the science of human movement and the impact of early cognitive decline on mobility, balance, and physiological factors. One of his main goals is to help people maintain mobility, prevent injuries, and enhance physical performance.

Join us on Thursday, February 27th at 1:30 PM in the theatre to learn more about John, his company, and the services he will be offering to the Don Mills community.

