



INSPIRED
SENIOR LIVING

March 2025

Don Mills Retirement Residence

Assisted Living

Don Mills
RETIREMENT RESIDENCE

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



SATURDAY
MAR 08
International Women's Day

10:00 Get Moving w/ Seated Zumba (DDH) **2**
10:30 Crafters Corner (B/B)
10:45 Concentration Memory Game (DDH)
11:00 Activity Booklet * Front Desk* (C)
2:00 Fall Prevention w/ Jerome (DDH)
2:00 Classic Movie Sundays: Steel Magnolias (T&L)
2:45 Gentle Fitness w/ Jerome (CC)
3:00 Tea and Coffee Social Hour with Shari (DDH)
4:00 Go for Life Walking Group (MIL)
7:00 Movie Night: Steel Magnolias (T&L)

10:00 Virtual Chair Yoga class with Sherry (ALR) **3**
10:30 Wheel Of Fortune (DDH)
1:30 Short Stories Reading (ALR)
1:30 Musical Movie Mondays: Beatles 64 (T&L)
2:30 Sing Fit (DDH)
3:00 Picture Bingo (DDH)
4:00 Nature Walk and Reflection (MIL)
4:00 Activities Meeting with Life Enrichment Manager Shanay *Share your thoughts* (T&L)
7:00 Musical Movie Mondays: Beatles 64 (T&L)



FRIDAY
MAR 21
Elimination of Racial Discrimination Day

9:45 Fall Prevention w/ Jerome (DDH) **4**
10:30 Gentle Fitness w/ Jerome (CC)
10:30 Word Search, Daily Chronicles and Chit Chat (DDH)
1:30 Artful Corner (DDH)
2:00 Documentary: Poisoned: The Dirty Truth About Your Food (T&L)
2:30 Uno Card Game (CC)
3:30 One-on-One with Life Enrichment (ALR)
7:00 Movie Night: Red Notice (T&L)

9:45 Drumfit (DDH) **5**
10:00 Ash Wednesday Communion and Prayers with Elfrieda and James (T&L)
10:45 National Geographic Series: Americas National Parks 'Olympic' (ALR)
10:45 Functional Exercise with Kelly (CC)
1:30 Group Crossword (DDH)
1:30 Hearing Clinic w/ Martin * Sign-up with at Front Desk* (SPA)
2:00 Card Games and Coffee Time (DDH)
3:30 Physical Game (DDH)
7:00 Movie Night: The Truman Show (T&L)



SATURDAY
MAR 22
Cruise Week Open House

9:45 Seated Badminton (DDH) **6**
10:00 Outing: Walmart * Sign up at the Front Desk* (OUT)
10:30 Java Music Club (DDH)
10:45 Strength and Balance w/ Lorne (CC)
1:30 Gentle Fitness w/ Kaushaljit (DDH)
2:30 Shut the Box Game (DDH)
4:00 Go for Life Walking Group (MIL)
7:00 Movie Night: Me Before You (T&L)

9:45 Fitminds Interactive (DDH) **7**
10:00 Waterfront Cities of the World: Cape Town (T&L)
11:00 Morning Series: Golden Girls (ALR)
11:00 Seated Dance class with Katya (CC)
2:00 Manicures and Hand Masks w/ Relaxing Music (DDH)
2:00 Netflix Series: Mysteries of the Faith ' Holy Cross of Brazil' (T&L)
3:00 Happy Hour (B/B)
7:00 Friday Night Movie and Popcorn: Out of Mind (T&L)

10:15 Stretching and Mobility Exercise (DDH) **1**
10:45 Don Mills Choir w/ Marcus *Sing-a-along* (T&L)
1:30 Sing Along with Susie Q (ALR)
1:30 Gentle Fitness w/ Kaushaljit (DDH)
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 Israel Museum, Jerusalem (T&L)
3:30 Meditation and Mandela (DDH)
7:00 Movie Night: Rustin (T&L)

International Women's Day! **8**
10:15 Stretching and Mobility Exercise (DDH)
10:30 Guest Speaker Lianne Harris: Amazing Women in History ' Hidden Lives' (T&L)
1:30 Sing Along with Susie Q (ALR)
1:30 Gentle Fitness w/ Kaushaljit (DDH)
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 Uffizi Gallery Florence (T&L)
3:30 Meditation and Mandela (DDH)
7:00 Movie Night: Marriage Story (T&L)

10:00 Get Moving w/ Seated Zumba (DDH) **9**
10:30 Crafters Corner (B/B)
10:45 Concentration Memory Game (DDH)
11:00 Activity Booklet * Front Desk* (C)
2:00 Fall Prevention w/ Jerome (DDH)
2:45 Gentle Fitness w/ Jerome (CC)
3:00 Afternoon Entertainment with Bryan and Mary Ann (DDH)
4:00 Go for Life Walking Group (MIL)
7:00 Movie Night: A Perfect Pairing (T&L)

10:00 Virtual Chair Yoga class with Sherry (ALR) **10**
10:30 Wheel Of Fortune (DDH)
1:30 Short Stories Reading (ALR)
1:30 Musical Movie Mondays: Waking Ned Divine (T&L)
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: Waking Ned Divine (T&L)

9:45 Fall Prevention w/ Jerome (DDH) **11**
10:30 Gentle Fitness w/ Jerome (CC)
10:30 Word Search, Daily Chronicles and Chit Chat (DDH)
11:30 Lunch Outing: Piano Piano The Restaurant (OUT)
1:30 Artful Corner (DDH)
2:00 Ted Talk Tuesday: Butterfly in the Sky: The Story of Reading Rainbow (T&L)
3:30 One-on-One with Life Enrichment (ALR)
7:00 Movie Night: Runaway Jury (T&L)

9:45 Drumfit (DDH) **12**
10:00 Functional Exercise with Kelly (CC)
10:45 EZ Category Trivia (ALR)
11:30 Tech Help Sign up at reception (STS)
1:30 Group Crossword (DDH)
2:00 Card Games and Coffee Time (DDH)
2:00 Movie Matinee: Always Be My Maybe (T&L)
3:30 Get to know you Neighbour * Invitation Only* (T&L)
3:30 Physical Game (DDH)
7:00 Movie Night: Always Be My Maybe (T&L)

Happy Mardi Gras!! Wear Bright Colors **13**
9:45 Seated Badminton (DDH)
10:15 Communion and Prayers with Elfrieda and James (T&L)
10:30 Java Music Club (DDH)
10:45 Strength and Balance w/ Lorne (CC)
1:30 Gentle Fitness w/ Kaushaljit (DDH)
2:30 Shut the Box Game (DDH)
4:00 Go for Life Walking Group (MIL)
6:30 Mardi Gras Celebration with The Sparklettes Duo * featuring special Cocktail the Hurricane ' (B/B)
7:00 Movie Night: Knives Out (T&L)

9:45 Fitminds Interactive (DDH) **14**
10:00 Waterfront Cities of the World: Cape Town (T&L)
10:00 Vendor: Triple Eight Clothing (10am to 3pm) (ML)
11:00 Morning Series: Golden Girls (ALR)
11:00 Seated Dance class with Katya (CC)
2:00 Netflix Series: Mysteries of the Faith ' The Saint Next Door ' (T&L)
3:30 Happy Hour and Entertainment with Pianist Martin Wall (DR)
7:00 Friday Night Movie and Popcorn: Lion (T&L)

10:15 Stretching and Mobility Exercise (DDH) **15**
1:30 Sing Along with Susie Q (ALR)
1:30 Gentle Fitness w/ Kaushaljit (DDH)
2:00 Marketing Event: Dance Performance by Scoil Rince Fainne Chladach Irish Dance Studio (B/B)
2:30 Resident Run Social Bridge *All levels Welcome* (CC)
3:30 Saturday Series: Museum Secrets inside the state historical Museum Moscow (T&L)
3:30 Meditation and Mandela (DDH)
7:00 Movie Night: Midnight in Paris (T&L)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Get Moving w/ Seated Zumba (DDH) 16 10:30 Crafters Corner (B/B) 10:45 Concentration Memory Game (DDH) 11:00 Activity Booklet * Front Desk* (C) 11:00 Vendor: Anish Tradition (11am to 3pm) (ML) 2:00 Fall Prevention w/ Jerome (DDH) 2:45 Gentle Fitness w/ Jerome (CC) 3:00 Shut the Box Game (DDH) 4:00 Go for Life Walking Group (MIL) 7:00 Movie Night: The Iron Lady (T&L)	St Patrick's Day! Wear Green 17 10:00 Virtual Chair Yoga class with Sherry (ALR) 10:30 Wheel Of Fortune (DDH) 1:30 Short Stories Reading (ALR) 1:30 Nature Walk and Reflection (MIL) 2:30 Sing Fit (DDH) 3:00 Picture Bingo (DDH) 3:30 St. Patrick's Day celebration featuring live entertainment from vocalist and guitarist Dexter, alongside fiddler Alex! **Serving Shamrockaritas and Guinness** (B/B) 7:00 Musical Movie Mondays: Walk The Line (T&L)	Home Library Service 18 **Exchange** (C) 9:45 Fall Prevention w/ Jerome (DDH) 10:30 Gentle Fitness w/ Jerome (CC) 10:30 Word Search, Daily Chronicles and Chit Chat (DDH) 1:30 Documentary: Daughters (T&L) 1:30 Artful Corner: Bluebird Door Decor (DDH) 2:00 Resident Forum (IL/AL) (T&L) 3:30 One-on-One with Life Enrichment (ALR) 6:00 Wellness Optimization by Verve Wine and Cheese Presentation *Sign up at the front desk* (T&L)	9:45 Drumfit (DDH) 19 10:00 Functional Exercise with Kelly (CC) 10:45 National Geographic Series: Americas National Parks ' Olympic' (ALR) 11:30 Tech Help Sign up at reception (STS) 1:30 Group Crossword (DDH) 2:00 Card Games and Coffee Time (DDH) 2:00 Cruise Week Passport Drop Off! (Suite to Suite) (STS) 2:30 \$1 Bingo with Stu (CC) 3:30 Monthly Birthday Happy Hour ' February Birthdays' (B/B) 6:30 Evening Travelodge: Monaco Vacation Travel Guide (T&L)	Mediterranean Cruise Week Kick Off! 20 Port One Monaco! * Wear Red and White* 9:30 Outing: Woodbine Casino * Sign up at the front desk* (OUT) 10:00 Seated Badminton (DDH) 10:15 Communion and Prayers with Elfreida and James (T&L) 11:00 Java Music Club (DDH) 1:30 Gentle Fitness w/ Kaushaljit (DDH) 1:30 Guest Speaker: ' Mediterranean Cruise in Flag' with Bill Anderson the Flag Man (T&L) 3:30 Happy Hour: The Monaco * Photo Booth (3:30 to 5:30) (B/B) 4:00 Go for Life Walking Group (MIL) 6:30 Evening Travelodge: Wonders of Morocco (T&L)	Port 1 Welcome to Morocco! *Wear beach hats* 21 9:45 Fitminds Interactive (DDH) 10:00 Documentary: Morocco in the Harsh Land of the Sahara (T&L) 11:00 Seated Dance class with Katya *Location Change Only Today* (B/B) 2:00 Manicures and Hand Masks w/ Relaxing Music (DDH) 2:30 Crafternoon: Mosaic Tile Coasters (DDH) 3:30 Happy Hour: Moroccan Pomegrante Martini Featuring a Belly Dancing Performance (B/B) 6:30 Evening Travelodge: France Vcation Travel Guide (T&L)	Port 2 Welcome to France! **Open house 1-4pm** *Wear Blue* 22 10:15 Stretching and Mobility Exercise (DDH) 11:00 Seated Tai Chi (CC) 1:30 Gentle Fitness w/ Kaushaljit (DDH) 1:30 Saturday Series: Museum Secrets Inside the chateau of Versailles Paris (T&L) 2:00 Tea and Coffee Social Hour with Shari (DDH) 3:30 Afternoon Social w/ Entertainment *Featuring a Special Guest* serving Cafe au Lait and Fresh Crossissants (B/B) 3:30 Meditation and Mandela (DDH) 6:30 Evening Travelodge: Rick Steve's Egypt: Yesterday and Today (T&L)
Port 4 Welcome to Egypt! * Wear White and Black* 23 10:00 Get Moving w/ Seated Zumba (DDH) 10:30 Crafters Corner (B/B) 10:45 Travel Brief Destination:The Nile River Egypt (DDH) 11:00 Activity Booklet * Front Desk* (C) 1:30 Documentary: Egypt's Lost Wonders ' Drain the Oceans' (T&L) 2:00 Fall Prevention w/ Jerome (DDH) 2:45 Gentle Fitness w/ Jerome (CC) 3:00 Egyptian Tea Social Hour with Shari (DDH) 4:00 Go for Life Walking Group (MIL) 6:30 Evening Travelodge: Greece' Athens and the islands Travel documentary (T&L)	Port 5 Welcome to Greece! * Wear white* 24 10:00 Virtual Chair Yoga class with Sherry (ALR) 10:30 Olympic Crowns (ALR) 11:30 Captins Lunch with Management Team 1:30 Short Stories Reading: The Mysteries of Ancient Egypt (ALR) 2:30 Sing Fit (DDH) 2:30 Greek Bingo (DDH) 3:30 Toga Party Happy Hour: Greek Mimosa Staff Paper Toga Competition (T&L) 4:00 Nature Walk and Reflection (MIL) 6:30 Evening Travelodge: Slovenija Vacation Travel Guide (T&L)	Port 5 Welcome to Slovenia! * Wear Blue and White* 25 9:45 Fall Prevention w/ Jerome (DDH) 10:30 Gentle Fitness w/ Jerome (CC) 10:30 Word Search, Daily Chronicles and Chit Chat (DDH) 1:30 Documentary: The Triglay National Park (T&L) 1:30 Lets Make it: Create your own Soap, Lotion and Lip Balm * Sign up at the Front Desk* (CC) 3:30 One-on-One with Life Enrichment (ALR) 4:00 Happy Hour: Woo Woo Cocktail (B/B) 6:30 Evening Travelodge: Napoli and Beyond Italy Travel Documentary (T&L)	Port 6 Welcome to Italy! * Wear Green* 26 9:45 Drumfit (DDH) 10:00 Functional Exercise with Kelly (CC) 10:45 National Geographic Series: The Rise of the Roman Empire (ALR) 11:00 Vendor: Vivace Clothing (11am to 4pm) (ML) 11:30 Tech Help Sign up at reception (STS) 1:30 Deck Game: Beach Volleyball (DDH) 3:30 Happy Hour- Aperol Spritz w/ Live Music by Baritone Michael and Pianist Jill (DR) 5:30 Gelato Bar (B/B) 6:30 Evening Travelodge: Canada- Geography, History and Attractions (T&L)	Last Stop Welcome Back to Canada! * Red and White* 27 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) 1:30 Gentle Fitness w/ Kaushaljit (DDH) 1:30 Outing: Don Mills Shops Shuttle Drop off * Sign up at the front desk* (OUT) 2:30 Shut the Box Game (DDH) 4:00 Go for Life Walking Group (MIL) 7:00 Movie Night: The Peanut Butter Falcon (T&L)	9:45 Fitminds Interactive (DDH) 28 10:00 Waterfront Cities of the World: Cape Town (T&L) 11:00 Morning Series: Golden Girls (ALR) 11:00 Virtual Zumba (CC) 2:00 Netflix Series: Inside Bill's Brain Decoding Bills Gates (Part 1) (T&L) 3:00 Happy Hour (B/B) 7:00 Friday Night Movie and Popcorn: Falling Inn Love (T&L)	10:15 Stretching and Mobility Exercise (DDH) 29 1:30 Sing Along with Susie Q (ALR) 1:30 Gentle Fitness w/ Kaushaljit (DDH) 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 Smithsonian Institution Washinton DC (T&L) 3:30 Meditation and Mandela (DDH) 7:00 Movie Night: The Age of Adaline (T&L)
10:00 Get Moving w/ Seated Zumba (DDH) 30 10:30 Crafters Corner (B/B) 10:45 Concentration Memory Game (DDH) 11:00 Activity Booklet * Front Desk* (C) 2:00 Movie Mantine: Doubt (T&L) 2:00 Fall Prevention w/ Jerome (DDH) 2:45 Gentle Fitness w/ Jerome (CC) 3:00 Tea and Coffee Social Hour with Shari (DDH) 4:00 Go for Life Walking Group (MIL) 7:00 Movie Night: Doubt (T&L)	10:00 Virtual Chair Yoga class with Sherry (ALR) 31 10:30 Wheel Of Fortune (DDH) 1:30 Short Stories Reading (ALR) 1:30 Musical Movie Mondays: American Symphony (T&L) 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: Maria (T&L)	Be Limitless		Calendar Legend Outing Special Program Cruise Week 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) Concierge (C) Outing (OUT) Suite-to-Suite (STS) Mills Lobby (ML) Dining Room (DR) Spa (SPA)