



INSPIRED
SENIOR LIVING

June 2025

Don Mills Retirement Residence

Memory Care Household



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45 Ball Toss (MC) 1 10:00 Coloring and Conversation (MC) 10:30 Pet Therapy with Isabelle and Robby (MC) 11:00 Spiritual Eldercare: Hymns (MC) 11:30 Virtual Church Service (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) 2 11:00 EZ Junk Drawer Detective (MC) 11:30 Life Skill: Watering the Gardens (MC) 1:30 Ring Toss (MC) 2:30 How It's Made (MC) 4:00 Sticker by Numbers (MC) 6:00 Reading with Household (MC)	9:45 Seated Zumba (MC) 3 10:30 Fitminds Interactive (MC) 11:00 Outdoor Walking and Streches (MC) 1:30 Life Skill: Nursery Time (MC) 1:30 Java Music Club Sing-along on the Patio (MC) 2:00 Seasonal Fruit Social (MC) 3:00 Artfull Enrichment Crafternoon (MC) 6:00 What Happened This Week (MC)	9:45 Virtual All in One Exercise (MC) 4 10:00 Evelyn's Baking Corner (MC) 10:30 Music Therapy w/ Caleb (MC) 11:30 Daily Chronicles (MC) 1:30 Sing Fit (MC) 2:00 Freshly Baked Goods Social (MC) 3:30 Mexican Dominos (MC) 6:00 Coloring Inn W/ RSA's (MC)	9:45 Life Station: Folding & Sorting (MC) 5 10:30 Going Down Memory Lane Morning Music (MC) 11:00 One-on-One with Life Enrichment (MC) 1:30 Plant Pansy Pots (MC) 2:00 Chef Choice Social (MC) 2:30 Fall Prevention w/ Kaushaljit (MC) 3:30 Afternoon Sing-A-long (MC) 4:00 Seated Badminton (MC) 6:00 Tangrams and Puzzles w/ RSA (MC)	9:45 Seated Tai Chi and Chai Tea (MC) 6 10:30 MOMA Painting (MC) 11:00 Mindful Breathing w/ Aroma Therapy (MC) 1:30 Noodle Balloon (MC) 2:00 Sun Bathing on the Patio with Popsicles (MC) 3:00 Armchair Travel (MC) 3:30 Happy Hour and Entertainment w/ Rosita Stone (DR) 4:30 Life Skills: Helping with Dinner (MC)	9:45 Drumfit w/ RSA (MC) 7 10:00 Morning Entertainment w/ Marcus (MC) 11:00 Jigsaw Puzzle w/ RSA (MC) 1:30 Meditation and Mandela Coloring (MC) 2:00 Chef Choice Social (MC) 2:30 Fall Prevention w/ Kaushaljit (MC) 4:00 Go for Life Walking (MC) 6:00 You and Me Time with the Household Team (MC)
9:45 Ball Toss (MC) 8 10:00 Coloring and Conversation (MC) 10:30 Pet Therapy with Isabelle and Robby (MC) 11:00 Spiritual Eldercare: Hymns (MC) 11:30 Virtual Church Service (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) 9 11:00 EZ Junk Drawer Detective (MC) 11:30 Life Skill: Watering the Gardens (MC) 1:30 Ring Toss (MC) 2:30 How It's Made (MC) 4:00 Sticker by Numbers (MC) 6:00 Reading with Household (MC)	9:45 Seated Zumba (MC) 10 10:30 Java Music Club Sing-along on the Patio (MC) 11:00 Life Skill: Nursery Time (MC) 11:00 Outdoor Walking and Streches (MC) 1:30 Fitminds Interactive (MC) 2:00 Seasonal Fruit Social (MC) 3:00 Artfull Enrichment Crafternoon: Rock Painting (MC) 6:00 What Happened This Week (MC)	9:45 Virtual All in One Exercise (MC) 11 9:45 Outing: Riverdale Farm (OUT) 10:00 Evelyn's Baking Corner (MC) 10:15 Sing Along with Susie Q (MC) 11:30 Daily Chronicles (MC) 1:30 Sing Fit (MC) 2:00 Freshly Baked Goods Social (MC) 2:30 Chair Volleyball (DDH) 6:00 Coloring Inn W/ RSA's (MC)	9:45 Life Station: Folding & Sorting (MC) 12 10:30 Going Down Memory Lane Morning Music (MC) 11:00 One-on-One with Life Enrichment (MC) 1:00 Walker Clinic Cleaning, Repair and Adjustments - *Sign up at the front desk* (T&L) 1:30 Group Reading Circle (MC) 2:00 Chef Choice Social (MC) 2:30 Fall Prevention w/ Kaushaljit (MC) 3:30 Afternoon Sing-A-long (MC) 4:00 Seated Badminton (MC) 6:00 Tangrams and Puzzles w/ RSA (MC)	Men's Health Day * Wear Blue* 13 9:45 Seated Tai Chi and Chai Tea (MC) 10:30 MOMA Painting (MC) 11:00 Mindful Breathing w/ Aroma Therapy (MC) 1:30 Noodle Balloon (MC) 2:00 Sun Bathing on the Patio with Popsicles (MC) 3:00 Armchair Travel (MC) 3:30 Happy Hour and Entertainment with Pianist Martin Wall (DR) 4:30 Life Skills: Helping with Dinner (MC) 6:00 Friday Night Movie and Popcorn (MC)	9:45 Drumfit w/ RSA (MC) 14 10:30 Sing Along with Suzzie Q (MC) 11:00 Jigsaw Puzzle w/ RSA (MC) 1:30 Meditation and Mandela Coloring (MC) 2:00 Chef Choice Social (MC) 2:30 Fall Prevention w/ Kaushaljit (MC) 4:00 Go for Life Walking (MC) 6:00 You and Me Time with the Household Team (MC)
Happy Fathers Day! 15 9:45 Ball Toss (MC) 10:00 Coloring and Conversation (MC) 11:00 Spiritual Eldercare: Hymns (MC) 11:30 Virtual Church Service (MC) 11:30 Fathers Day BBQ (Make Reservations at the Front Desk) (DR) 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) 16 11:00 EZ Junk Drawer Detective (MC) 11:30 Life Skill: Watering the Gardens (MC) 1:30 Ring Toss (MC) 2:30 How It's Made (MC) 4:00 Sticker by Numbers (MC) 6:00 Reading with Household (MC)	9:45 Seated Zumba (MC) 17 10:30 Java Music Club Sing-along on the Patio (MC) 11:00 Life Skill: Nursery Time (MC) 11:00 Outdoor Walking and Streches (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)	9:45 Virtual All in One Exercise (MC) 18 10:00 Evelyn's Baking Corner (MC) 10:30 Music Therapy w/ Caleb (MC) 11:30 Daily Chronicles (MC) 1:30 Sing Fit (MC) 2:00 Freshly Baked Goods Social (MC) 6:00 Coloring Inn W/ RSA's (MC)	9:45 Life Station: Folding & Sorting (MC) 19 10:30 Going Down Memory Lane Morning Music (MC) 11:00 One-on-One with Life Enrichment (MC) 1:30 Plant your own Strawberries (MC) 2:00 Chef Choice Social (MC) 2:30 Fall Prevention w/ Kaushaljit (MC) 3:30 Afternoon Sing-A-long (MC) 4:00 Seated Badminton (MC) 6:00 Tangrams and Puzzles w/ RSA (MC) 6:30 Evening Entertainment with Tim Godfrey (B/B)	Wear Bright Colours for Pride Month 20 9:45 Seated Tai Chi and Chai Tea (MC) 10:30 MOMA Painting (MC) 11:00 Mindful Breathing w/ Aroma Therapy (MC) 1:30 Noodle Balloon (MC) 2:00 Sun Bathing on the Patio with Popsicles (MC) 3:00 Armchair Travel (MC) 4:30 Life Skills: Helping with Dinner (MC) 6:00 Friday Night Movie and Popcorn (MC)	9:45 Drumfit w/ RSA (MC) 21 10:00 Morning Entertainment w/ Marcus (MC) 11:00 Jigsaw Puzzle w/ RSA (MC) 1:30 Meditation and Mandela Coloring (MC) 2:00 Chef Choice Social (MC) 2:30 Fall Prevention w/ Kaushaljit (MC) 4:00 Go for Life Walking (MC) 6:00 You and Me Time with the Household Team (MC)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Mobile Dental Hygiene Services w/ Joanna *Sign up at the front desk* (SPA) 22 9:45 Ball Toss (MC) 10:00 Coloring and Conversation (MC) 10:30 Pet Therapy with Isabelle and Robby (MC) 11:00 Spiritual Eldercare: Hymns (MC) 11:30 Virtual Church Service (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) 23 11:00 EZ Junk Drawer Detective (MC) 11:30 Life Skill: Watering the Gardens (MC) 1:30 Ring Toss (MC) 2:30 How It's Made (MC) 4:00 Sticker by Numbers (MC) 6:00 Reading with Household (MC)	9:45 Seated Zumba (MC) 24 10:30 Java Music Club Sing-along on the Patio (MC) 11:00 Life Skill: Nursery Time (MC) 11:00 Outdoor Walking and Streches (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)	9:45 Virtual All in One Exercise (MC) 25 10:00 Evelyn's Baking Corner (MC) 10:15 Sing Along with Susie Q (MC) 11:30 Daily Chronicles (MC) 1:30 Sing Fit (MC) 2:00 Freshly Baked Goods Social (MC) 3:00 Ice Cream Truck Visit ** Come get a free Ice Cream Cone on us while we celebrate the June Birthdays ** (ML) 6:00 Coloring Inn W/ RSA's (MC)	9:45 Life Station: Folding & Sorting (MC) 26 10:30 Going Down Memory Lane Morning Music (MC) 11:00 One-on-One with Life Enrichment (MC) 1:30 Group Reading Circle (MC) 2:00 Chef Choice Social (MC) 2:30 Fall Prevention w/ Kaushaljit (MC) 3:30 Afternoon Sing-A-long (MC) 4:00 Seated Badminton (MC) 6:00 Tangrams and Puzzles w/ RSA (MC)	9:45 Seated Tai Chi and Chai Tea (MC) 27 10:00 Duck Love * Visit from Baby Ducks (DDH) 10:30 MOMA Painting (MC) 11:00 Mindful Breathing w/ Aroma Therapy (MC) 1:30 Noodle Balloon (MC) 2:00 Sun Bathing on the Patio with Popsicles (MC) 3:00 Armchair Travel (MC) 3:30 Happy Hour and Entertainment with Violinist Ruza (DR) 4:30 Life Skills: Helping with Dinner (MC) 6:00 Friday Night Movie and Popcorn (MC)	9:45 Drumfit w/ RSA (MC) 28 10:00 Morning Entertainment with Zack Erickson (MC) 11:00 Jigsaw Puzzle w/ RSA (MC) 1:30 Meditation and Mandela Coloring (MC) 2:00 Chef Choice Social (MC) 2:30 Fall Prevention w/ Kaushaljit (MC) 4:00 Go for Life Walking (MC) 6:00 You and Me Time with the Household Team (MC)	
9:45 Ball Toss (MC) 29 10:00 Coloring and Conversation (MC) 10:30 Pet Therapy with Isabelle and Robby (MC) 11:00 Spiritual Eldercare: Hymns (MC) 11:30 Virtual Church Service (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) 30 11:00 EZ Junk Drawer Detective (MC) 11:30 Life Skill: Watering the Gardens (MC) 1:30 Ring Toss (MC) 2:30 How It's Made (MC) 4:00 Sticker by Numbers (MC) 6:00 Reading with Household (MC)	SUNDAY JUNE 15  Father's Day		Calendar Legend Outing Special Program Cruise Week Living, Loving, Local Signature Program	Locations Legend Memory Care (MC) Dining Room (DR) Decadence Dining Hall (DDH) Outing (OUT) Great Escapes (T&L) Don's Bar/Bistro (B/B) Spa (SPA) Mills Lobby (ML)		
Calendar Legend Outing Special Program Cruise Week Living, Loving, Local Signature Program			Be Heard		 Senior's Month		Locations Legend Memory Care (MC) Dining Room (DR) Decadence Dining Hall (DDH) Outing (OUT) Great Escapes (T&L) Don's Bar/Bistro (B/B) Spa (SPA) Mills Lobby (ML)