



INSPIRED
SENIOR LIVING

June 2025

Don Mills Retirement Residence

Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45 Spiritual Hymns (ALR) 1 10:15 Get Moving w/ Seated Zumba (DDH) 10:30 Crafters Corner (B/B) 11:00 Activity Booklet * Front Desk* (C) 2:00 Fall Prevention w/ Jerome (DDH) 2:00 Sunday Series: History 101 ep: 1 & 2 (T&L) 2:45 Gentle Fitness w/ Jerome (CC) 3:30 Meditation and Mandela (DDH) 7:00 Movie Night: Forest Gump (T&L)	10:00 Virtual Chair Yoga class with Sherry (ALR) 2 10:30 Wheel Of Fortune (DDH) 11:30 Life Skill: Watering the Gardens (MC) 1:30 Musical Movie Mondays: Kiss Me Kate (T&L) 1:30 Sing Fit (DDH) 2:00 Resident Forum (IL/AL) (T&L) 2:30 Short Stories Reading (ALR) 3:00 Afternoon Tea and Treat Social (B/B) 4:00 Nature Walk and Reflection (MIL) 7:00 Musical Movie Mondays: Kiss Me Kate (T&L)	9:45 Fall Prevention w/ Jerome (DDH) 3 10:30 Word Search, Daily Chronicles and Chit Chat (DDH) 10:30 Gentle Fitness w/ Jerome (B/B) 1:30 Documentary: Joan Didion: The Center Will Not Hold (T&L) 1:30 Physical Game (DDH) 2:30 Artful Corner (DDH) 3:00 Afternoon Tea and Treat Social (B/B) 7:00 Movie Night: The Birdcage (T&L)	9:45 Seated Badminton (DDH) 4 10:00 Functional Exercise with Kelly (B/B) 10:45 National Geographic Series (ALR) 11:30 Tech Help Sign up at reception (STS) 1:30 Sun Bathing on the Patio with Popsicles (DDH) 1:30 Bridge Meeting w/ Shanay * Welcoming new residents to join * (B/B) 2:00 Resident Run Social Bridge *All levels Welcome looking for a second table* (B/B) 2:00 Movie Matinee: Calander Girls (T&L) 2:30 Card Games and Coffee Time (DDH) 3:00 Tunes and Treats: Strawberry Daiquiris on the Patio (B/B) 7:00 Movie Night: Calandar Girls (T&L)	9:45 Drumfit (DDH) 5 10:00 Outing: Real Canadian Superstore * Sign up at the Front Desk* (OUT) 10:15 Communion and Prayers with Elfreida and James (CC) 10:30 Java Music Club (DDH) 1:30 Gentle Fitness w/ Kaushaljit (DDH) 2:30 Shut the Box Game (DDH) 3:00 Afternoon Tea and Treat Social (B/B) 4:00 Go for Life Walking (MIL) 7:00 Movie Night: Nonnas (T&L)	9:45 Fitminds Interactive (DDH) 6 10:00 Waterfront Cities of the World: Tokyo (T&L) 11:00 Morning Series: Golden Girls (ALR) 11:00 Chair Yoga with Sue (CC) 2:00 Netflix Series: Harry and Megan Ep 4 (T&L) 2:30 Outing: Costco Run lets buy flowers for our patio planters (OUT) 2:30 Concentration Memory Game (DDH) 3:30 Happy Hour and Entertainment w/ Rosita Stone (DR) 7:00 Friday Night Movie and Popcorn: An Affair to Remember (T&L)	10:15 Stretching and Mobility Exercise (DDH) 7 10:45 Don Mills Choir w/ Marcus *Sing along* (T&L) 11:00 Vendor: Anish Tradition (11am to 3pm) (ML) 1:30 Gentle Fitness w/ Kaushaljit (DDH) 2:30 Saturday Series: History's Greatest Mysteries S2 Expedition Bermuda Triangle (T&L) 3:00 Social and Art with Shari (DDH) 3:00 Go for Life Walking Group - Toronto Botanical Garden **Sign up at the Front Desk** (MIL) 3:00 Afternoon Tea and Treat Social (B/B) 7:00 Movie Night: Anger Management (T&L)
9:45 Spiritual Hymns (ALR) 8 10:15 Get Moving w/ Seated Zumba (DDH) 10:30 Crafters Corner (B/B) 11:00 Activity Booklet * Front Desk* (C) 2:00 Fall Prevention w/ Jerome (DDH) 2:00 Sunday Series: History 101 ep: 3 & 4 (T&L) 2:45 Gentle Fitness w/ Jerome (CC) 3:00 Afternoon Tea and Treat Social (B/B) 3:30 Meditation and Mandela (DDH) 7:00 Movie Night: Here (T&L)	10:00 Virtual Chair Yoga class with Sherry (ALR) 9 10:30 Wheel Of Fortune (DDH) 11:30 Life Skill: Watering the Gardens (MC) 1:30 Musical Movie Mondays: The King and I (T&L) 1:30 Sing Fit (DDH) 2:30 Short Stories Reading (ALR) 3:00 Afternoon Tea and Treat Social (B/B) 3:30 Activities Meeting with LEM Shanay (T&L) 4:00 Nature Walk and Reflection (MIL) 7:00 Musical Movie Mondays: The King and I (T&L)	9:30 Outing: Bata Shoe Museum * \$\$ per resident * Sign up at tje Front Desk (OUT) 10 9:45 Fall Prevention w/ Jerome (DDH) 10:30 Word Search, Daily Chronicles and Chit Chat (DDH) 10:30 Gentle Fitness w/ Jerome (B/B) 1:30 Documentary: Buried Truth Of The Maya (T&L) 1:30 Physical Game (DDH) 2:30 Afternoon Sing-A-long (DDH) 2:30 Artful Corner (DDH) 3:00 Afternoon Tea and Treat Social (B/B) 7:00 Movie Night: The Fundamentals of Caring (T&L)	9:45 Seated Badminton (DDH) 11 10:00 Functional Exercise with Kelly (B/B) 10:30 Music Therapy w/ Caleb (DDH) 11:00 Tech Class with LE Team (CC) 1:30 Resident Run Social Bridge *All levels Welcome looking for a second table* (B/B) 1:30 Sun Bathing on the Patio with Popsicles (DDH) 2:00 Movie Matinee: In & Out (T&L) 2:30 Chair Volleyball (DDH) 3:00 Tunes and Treats: Strawberry Mojito on the Patio (B/B) 7:00 Movie Night: In & Out (T&L)	9:45 Drumfit (DDH) 12 10:15 Communion and Prayers with Elfreida and James (T&L) 10:30 Java Music Club (DDH) 1:00 Walker Clinic Cleaning, Repair and Adjustments - *Sign up at the front desk* (T&L) 1:30 Gentle Fitness w/ Kaushaljit (DDH) 2:30 Snakes and Ladders (MC) 3:00 Afternoon Tea and Treat Social (B/B) 4:00 Go for Life Walking (MIL) 7:00 Movie Night: One Flew Over the Cuckoo's Nest (T&L)	Men's Health Day * Wear Blue* 13 9:45 Fitminds Interactive (DDH) 10:00 Outing: Pickering Casino * Sign-up at Front desk* (OUT) 10:00 Waterfront Cities of the World: Vancouver (T&L) 11:00 Morning Series: Golden Girls (ALR) 2:00 Manicures and Hand Masks w/ Relaxing Music (DDH) 2:00 Netflix Series: Harry and Megan Ep 5 (T&L) 2:30 Concentration Memory Game (DDH) 3:30 Happy Hour and Entertainment with Pianist Martin Wall (DR) 7:00 Friday Night Movie and Popcorn: Rain Man (T&L)	10:15 Stretching and Mobility Exercise (DDH) 14 11:00 Sing Along with Susie Q (ALR) 1:30 Gentle Fitness w/ Kaushaljit (DDH) 2:30 Saturday Series: History's Greatest Mysteries S2 Houdini's Lost Diaries (T&L) 3:00 Social and Art with Shari (DDH) 3:00 Go for Life Walking (MIL) 3:00 Afternoon Tea and Treat Social (B/B) 7:00 Movie Night: The Proposal (T&L)
Happy Fathers Day! 15 9:45 Spiritual Hymns (ALR) 10:15 Get Moving w/ Seated Zumba (DDH) 10:30 Crafters Corner (B/B) 11:00 Activity Booklet * Front Desk* (C) 11:30 Fathers Day BBQ (Make Reservations at the Front Desk) (DR) 2:00 Sunday Series: History 101 ep: 5 & 6 (T&L) 3:30 Meditation and Mandela (DDH) 3:30 Lets Celebrate Fathers Day with Live Entertainment by The Ross Wooldridge Quintet and Happy Hour (B/B) 7:00 Movie Night: Fatherhood (T&L)	10:00 Virtual Chair Yoga class with Sherry (ALR) 16 10:30 Wheel Of Fortune (DDH) 11:00 Vendor: Loila's Fashion Women and Men's Clothing Fashion Jewelry and accessories. (11am to 3pm) (ML) 11:30 Life Skill: Watering the Gardens (MC) 1:30 Musical Movie Mondays: The Adventures of Priscilla (T&L) 1:30 Sing Fit (DDH) 2:30 Short Stories Reading (ALR) 3:00 Afternoon Tea and Treat Social (B/B) 3:30 News & Views Discussion Group (T&L) 4:00 Nature Walk and Reflection (MIL) 7:00 Musical Movie Mondays: The Adventures of Priscilla (T&L)	Home Library Service **Exchange** (C) 17 9:45 Fall Prevention w/ Jerome (DDH) 10:30 Word Search, Daily Chronicles and Chit Chat (DDH) 10:30 Gentle Fitness w/ Jerome (B/B) 11:00 Vendor: Bijoux Treasures (11am to 3pm) (ML) 1:30 Physical Game (DDH) 2:30 Artful Corner (DDH) 3:00 Afternoon Tea and Treat Social (B/B) 7:00 Movie Night: When a Man Loves a Woman (T&L)	9:45 Seated Badminton (DDH) 18 10:00 Functional Exercise with Kelly (B/B) 10:45 National Geographic Series (ALR) 11:30 Tech Help Sign up at reception (STS) 1:30 Resident Run Social Bridge *All levels Welcome looking for a second table* (B/B) 1:30 Sun Bathing on the Patio with Popsicles (DDH) 2:00 \$1 Bingo with Stu (CC) 3:00 Guest Speaker Lianne Harris: ' Steeped in the History of : The Story of Tea' (T&L) 7:00 Movie Night: Notting Hill (T&L)	9:45 Drumfit (DDH) 19 10:15 Communion and Prayers with Elfreida and James (T&L) 10:30 Java Music Club (DDH) 1:30 Gentle Fitness w/ Kaushaljit (DDH) 2:30 Shut the Box Game (DDH) 3:00 Afternoon Tea and Treat Social (B/B) 4:00 Go for Life Walking (MIL) 6:30 Evening Entertainment with Tim Godfrey (B/B)	Wear Bright Colours for Pride Month 20 9:45 Fitminds Interactive (DDH) 10:00 Waterfront Cities of the World: Valencia (T&L) 11:00 Morning Series: Golden Girls (ALR) 11:00 Seated Dance class with Katya (B/B) 2:15 Pride Month Happy Hour (B/B) 2:30 Marketing Event: Pride Month Party ' 5\$ Bingo & Entertainment Hour with Drag Queen Nikki Chin ' (B/B) 7:00 Friday Night Movie and Popcorn: Mission Impossible: Dead Reckoning (T&L)	10:15 Stretching and Mobility Exercise (DDH) 21 10:45 Don Mills Choir w/ Marcus *Sing-a-along* (T&L) 1:30 Gentle Fitness w/ Kaushaljit (DDH) 2:30 Saturday Series: History's Greatest Mysteries S2 Hunting Hitler's U-Boats (T&L) 3:00 Social and Art with Shari (DDH) 3:00 Go for Life Walking Group - Moccasin Trail **Sign up at the Front Desk** (MIL) 3:00 Afternoon Tea and Treat Social (B/B) 7:00 Movie Night: The Curious Case of Benjamin Button (T&L)



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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 Spiritual Hymns (ALR) 10:15 Get Moving w/ Seated Zumba (DDH) 10:30 Crafters Corner (B/B) 11:00 Activity Booklet * Front Desk* (C) 2:00 Fall Prevention w/ Jerome (DDH) 2:00 Sunday Series: History 101 ep: 7 & 8 (T&L) 2:45 Gentle Fitness w/ Jerome (CC) 3:00 Afternoon Tea and Treat Social (B/B) 3:30 Meditation and Mandela (DDH) 7:00 Movie Night: Inferno (T&L)	10:00 Virtual Chair Yoga class with Sherry (ALR) 23 10:30 Wheel Of Fortune (DDH) 11:30 Life Skill: Watering the Gardens (MC) 11:45 Lunch Outing: The Queen Seafood Cuisine (OUT) 1:30 Sing Fit (DDH) 1:45 Culinary Meeting (T&L) 2:30 Short Stories Reading (ALR) 3:00 Afternoon Tea and Treat Social (B/B) 4:00 Nature Walk and Reflection (MIL) 4:45 Dinner Outing: The Queen Seafood Cuisine (OUT) 7:00 Musical Movie Mondays: The Full Monty (T&L)	9:45 Fall Prevention w/ Jerome (DDH) 24 10:30 Gentle Fitness w/ Jerome (B/B) 10:30 Word Search, Daily Chronicles and Chit Chat (DDH) 1:30 Guest Speaker: Fall Prevention and Wellness Presentation By Care RX (T&L) 1:30 Physical Game (DDH) 2:30 Artful Corner (DDH) 3:00 Afternoon Tea and Treat Social (B/B) 7:00 Movie Night: The Meyerowitz Stories (T&L)	9:45 Seated Badminton (DDH) 25 10:00 Functional Exercise with Kelly (B/B) 10:30 Music Therapy w/ Caleb (DDH) 11:00 Tech Class with LE Team (CC) 1:30 Resident Run Social Bridge *All levels Welcome looking for a second table* (B/B) 1:30 Sun Bathing on the Patio with Popsicles (DDH) 2:00 Culinary Corner (Cooking Demo) with Chef Cesar (CC) 2:00 Movie Matinee: Queen Bee (T&L) 2:30 Card Games and Coffee Time (DDH) 3:00 Ice Cream Truck Visit ** Come get a free Ice Cream Cone on us while we celebrate the June Birthdays ** (ML) 7:00 Movie Night: Queen Bees (T&L)	9:45 Drumfit (DDH) 26 10:15 Communion and Prayers with Elfreida and James (T&L) 10:30 Java Music Club (DDH) 1:30 Gentle Fitness w/ Kaushaljit (DDH) 2:30 Snakes and Ladders (MC) 3:00 Afternoon Tea and Treat Social (B/B) 4:00 Go for Life Walking (MIL) 7:00 Movie Night: The Life List (T&L)	10:00 Waterfront Cities of the World: Salvador De Bahia (T&L) 27 10:00 Duck Love * Visit from Baby Ducks (DDH) 11:00 Morning Series: Golden Girls (ALR) 11:00 Seated Dance class with Katya (B/B) 2:00 Manicures and Hand Masks w/ Relaxing Music (DDH) 2:00 Netflix Series: Harry and Megan Ep 6 (T&L) 2:30 Concentration Memory Game (DDH) 3:30 Happy Hour and Entertainment with Violinist Ruza (DR) 7:00 Friday Night Movie and Popcorn: Greyhound (T&L)	10:15 Stretching and Mobility Exercise (DDH) 28 11:00 Outing: City Brunch Cruise around Toronto ** Sign up for Front Desk** (OUT) 11:00 Sing Along with Susie Q (ALR) 1:30 Gentle Fitness w/ Kaushaljit (DDH) 2:30 Saturday Series: History's Greatest Mysteries S2 The Death of Bruce Lee (T&L) 3:00 Social and Art with Shari (DDH) 3:00 Go for Life Walking (MIL) 3:00 Afternoon Tea and Treat Social (B/B) 7:00 Movie Night: Instant Family (T&L)
9:45 Spiritual Hymns (ALR) 29 10:15 Get Moving w/ Seated Zumba (DDH) 10:30 Crafters Corner (B/B) 11:00 Activity Booklet * Front Desk* (C) 2:00 Fall Prevention w/ Jerome (DDH) 2:00 Sunday Series: History 101 ep: 9 & 10 (T&L) 2:45 Gentle Fitness w/ Jerome (CC) 3:00 Afternoon Tea and Treat Social (B/B) 3:30 Meditation and Mandela (DDH) 7:00 Movie Night: Apollo 13 (T&L)	10:00 Virtual Chair Yoga class with Sherry (ALR) 30 10:30 Wheel Of Fortune (DDH) 11:30 Life Skill: Watering the Gardens (MC) 1:30 Sing Fit (DDH) 1:30 Musical Movie Mondays: Sister Act 2 (T&L) 2:30 Short Stories Reading (ALR) 3:00 Afternoon Tea and Treat Social (B/B) 3:30 News & Views Discussion Group (T&L) 4:00 Nature Walk and Reflection (MIL) 7:00 Musical Movie Mondays: Sister Act 2 (T&L)	FRIDAY JUNE 13 Men's Health (Wear Blue Day)		SUNDAY JUNE 15 Father's Day		
 Senior's Month		Be Heard		Calendar Legend Outing Special Program Cruise Week Living, Loving, Local Signature Program Highlight		Locations Legend Decadence Dining Hall (DDH) Great Escapes (T&L) Don's Bar/Bistro (B/B) Assisted living room (ALR) Meet in the Lobby (MIL) The Country Club (CC) Memory Care (MC) Outing (OUT) Concierge (C) Dining Room (DR) Mills Lobby (ML) Suite-to-Suite (STS) Spa (SPA)