

Your Don Mills Family

General Manager
Stuart Hammond

Health & Wellness Team
Health & Wellness Manager
Marie Guday
Health & Wellness Supervisor
Dinnes Calma

Environmental and Housekeeping Team
Environmental Manager
Ritish Suman
Environmental Supervisor
Sandy Andrade

Office Manager
Neethu Mathew
Concierge Team
Kayleen Resurreccion
Michelle Ricketts
Connie Guialdo
Kamya Tulli
Shrushti Patel

Life Enrichment Team
Life Enrichment Manager
Shanay Gosling

Life Enrichment Supervisor
Noor Baloch
Valentina Ramirez

Community Relations Team
Community Relations Manager
Ewa Ilijeska
Robert Haynes

Dining Services Team
Dining Services Manager
Cesar Naranjo
Sous Chef

Dining Room Supervisor
Yolanda Perez
Simran Rajput

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!



August 2026 Newsletter

Don Mills Retirement Residence

Memory Care



Highlights



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.

Highlights

Memory Care Resident Forum

Join us **onsite or virtually** for our quarterly forum with General Manager **Stu**. He'll share updates about Don Mills and provide time for any questions or concerns.

Saturday, August 22nd at 12:00 PM Memory Care Activities Room or virtual attendance for those unable to join in person.

Link will be sent closer to the date :)



Celebrate our June Birthdays with a visit from the Ice Cream Truck

Wednesday August 26th at 3:00PM in our Don Mills Lobby



Welcome To
Don Mills
Retirement Residence

Musical Performances This Month

Music Therapy with Arianne

Wednesday August 5th at 10:30am on Memory Care

Happy Hour and ent w/ Steel pan Love sound

Friday August 7th at 1:30pm in the Bar Bistro

Morning Entertainment w/Marcus

Saturday August 8th at 10:00am on Memory care

Music Therapy with Arianne

Wednesday August 19th at 10:30am on Memory Care

Morning Entertainment w/ Marcus

Saturday August 22nd at 10:00am on Memory Care

Happy Hour and ent w/ Tim Godfrey

Friday August 28th at 1:30pm in the Bar Bistro

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.