



INSPIRED
SENIOR LIVING

August 2026

Don Mills Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Friendship Day	 Eat Outside Day	 Civic Holiday				
10:00 Virtual Gentle Fitness (CC) 2 10:30 Crafter's Corner (B/B) 11:00 Activity Booklet *Front Desk* (C) 1:30 Drum Fit (CC) 2:00 Sunday Series: The Crown S4 E9 ' Avalanche ' (T&L) 2:30 Learn How to Play Shuffleboard! (SP) 3:00 Afternoon Tea & Treat Social! (B/B) 3:30 Triviamania! (B/B) 4:00 Go 4 Life Walking (MIL) 7:00 Movie Night: Lawrence of Arabia (Part 1) (T&L)	10:00 Better your Mind - Fit Minds (S1) (CC) 3 11:00 Better your Mind - Fit Minds (S2) (CC) 1:30 Paraffin Wax Treatment *Sign up at Reception* (B/B) 1:30 Musical Movie Mondays: One Shot w/ Ed Sheeran a Music Experience (T&L) 2:30 Silver Sneakers Class w/ Shanay (CC) 3:00 Afternoon Tea and Treat Social (B/B) 3:00 Activities Meeting w/ Life Enrichment Manager Shanay *Share your thoughts* (T&L) 3:30 Rummy (CC) 7:00 Movie Night: Lawrence of Arabia (Part 2) (T&L)	10:00 Fall Prevention w/ Noor (DDH) 4 10:30 Virtual Full Body Chair workout w/ Curtis Adams (CC) 11:15 Virtual Strength & Balance (CC) 1:00 Texas Hold'em *Bring \$2* **6 spots max** (B/B) 2:00 Residents Forum (T&L) 3:00 Afternoon Tea & Treat Social! (B/B) 3:30 What's In A Word? (T&L) 3:30 Nature Walk & Reflection (MIL) 6:30 Resident Run: Rummikub (CC) 7:00 Movie Night: Gone with the Wind Part 1 (T&L)	10:00 Functional Exercise w/ Kelly (CC) 5 10:30 Outing Stratford Festival: ' Guys and Dolls ' *Sign up at Front Desk* (OUT) 10:45 Strength & Balance w/ Kelly (CC) 11:00 Tech Help *Sign up at Reception* (STS) 1:30 Kitchen Tours *Sign up at the front Desk* (T&L) 2:00 Art Lecture: "Haitian Art from Prairie to World: Caribbean and Global Art Histories" by Fredo Rivera (T&L) 3:30 Come Play Scrabble (CC) 4:00 \$3 Cocktail Hour (B/B) 6:00 Massage Therapy Session w/ Morgan RMT- Sign up at the front desk (SPA) 7:00 Movie Night: Gone with the Wind Part 2 (T&L)	Vendor: 5th Avenue Jewelry (11am- 3pm) (ML) 6 Root Beer Float Day! 10:15 Communion & Prayers w/ Elfreida & James (T&L) 11:00 Tech Help Sign up at Reception (STS) 11:00 Sit & Be Fit w/ Valentina (CC) 1:30 Gentle Fitness w/ Fahimah (DDH) 2:00 \$1 Bingo (CC) 3:00 Root Beer Floats on Patio w/ Joes Timeless Tunes (DMP) 3:30 Quiddler & Canasta Card Game (CC) 4:00 Go 4 Life Walking (MIL) 7:00 Movie Night: Lion for Lambs (T&L)	Foot Care Nurse *Sign Up at the Front Desk* (STS) 7 10:00 Prime Series: Stolen ' Catching the Art Thieves Ep 1 Oslo ' (T&L) 11:00 Walking Word Search (*) 11:00 Seated Dance Class w/ Katya (CC) 1:30 Happy Hour and Entertainment w/ Steel Pan Love Sound (B/B) 3:00 Netflix Series: My Next Guest with David Letterman ' Barack Obama ' (T&L) 3:30 Come Play Euchre (CC) 7:00 James Bond Movie and Popcorn: Moonraker (T&L)	Vendor: Loila's Fashion Women's and Men's Clothing Fashion, Jewelry and accessories. (11am to 3pm) (ML) 8 10:00 Word Game: Wordle (T&L) 10:45 Don Mills Choir w/ Marcus *Sing along* (T&L) 11:30 Family and Friends BBQ (DR) 1:30 Gentle Fitness w/ Fahimah (DDH) 1:30 Virtual Seated Tai Chi (CC) 2:00 MOMA Painting Package: Roland Lee's 'The Dove Cottage Grasmere' (CC) 2:00 Resident Run: Social Bridge (CC) 2:30 Saturday Series: Chris Tarrant: Extreme Railways *Congo Jungle ' (T&L) 3:00 Afternoon Tea & Treat Social! (B/B) 3:30 Resident Run: Rummikub (CC) 7:00 Movie Night: Pride & Prejudice (T&L)
10:00 Virtual Gentle Fitness (CC) 9 10:30 Crafter's Corner (B/B) 11:00 Activity Booklet *Front Desk* (C) 1:30 Drum Fit (CC) 2:00 Sunday Series: The Crown S4 E10 ' War ' (T&L) 2:30 \$1 Bingo (CC) 3:00 Afternoon Tea & Treat Social! (B/B) 3:30 Triviamania! (B/B) 4:00 Go 4 Life Walking (MIL) 7:00 Movie Night: For a Few More Dollars (T&L)	10:00 Better your Mind - Fit Minds (S1) (CC) 10 11:00 Better your Mind - Fit Minds (S2) (CC) 1:30 Hearing Clinic w/ Martin * Sign-up with at Front Desk* (SPA) 1:30 Musical Movie Mondays: Hate to Love: Nickleback (T&L) 1:30 Paraffin Wax Treatment *Sign up at Reception* (B/B) 2:30 Silver Sneakers Class w/ Shanay (CC) 3:00 Afternoon Tea and Treat Social (B/B) 3:00 Headspace Guide to Meditation w/ Shanay - Reconnect With Your Joy: 12 Minute Guided Meditation for Difficult Days (T&L) 3:30 Rummy (CC) 7:00 Musical Movie Mondays: Hate to Love: Nickleback (T&L)	Foot Care Nurse *Sign Up at the Front Desk* (STS) 11 10:00 Fall Prevention w/ Noor (DDH) 10:30 Virtual Full Body Chair workout w/ Curtis Adams (CC) 11:15 Virtual Strength & Balance (CC) 1:30 Documentary: Worlds Greatest Transportation ' Planes, Trains and Automobiles ' (T&L) 2:00 Texas Hold'em *Bring \$2* **6 spots max** (CC) 3:00 Afternoon Tea & Treat Social! (B/B) 3:30 What's In A Word? (T&L) 3:30 Nature Walk & Reflection (MIL) 6:30 Resident Run: Rummikub (CC) 7:00 Movie Night: I am David (T&L)	10:00 Functional Exercise w/ Kelly (CC) 12 10:45 Strength & Balance w/ Kelly (CC) 11:00 Tech Help Desk w/FirstLight Home Care (ML) 11:00 Vendor: Sonita Jewelry, Clothing, and accessories (11am to 3pm) (ML) 2:00 Movie Matinee: Nuremberg (T&L) 2:00 Bocce Tournament (DR) 3:30 \$3 Cocktail Hour and Entertainment w/ The JukeBox Jammers (B/B) 3:30 Come Play Scrabble (CC) 7:00 Movie Night: Nuremberg (T&L)	10:15 Communion & Prayers w/ Elfreida & James (T&L) 13 11:00 Tech Help Sign up at Reception (STS) 11:00 Sit & Be Fit w/ Valentina (CC) 1:30 Gentle Fitness w/ Fahimah (DDH) 1:45 Outing: Shoppers Drug mart/Metro Drop off *Sign up at the Front Desk* (OUT) 2:00 \$1 Bingo (CC) 3:00 Lemonade & Treat Social on Patio w/ Joes Timeless Tunes (DMP) 3:30 Quiddler & Canasta Card Game (CC) 4:00 Go 4 Life Walking (MIL) 7:00 Movie Night: Two Weeks Notice (T&L)	9:30 Tranquility Trail Lavendar Farms and Picinic Outing * Sign-up at the Front Desk* (OUT) 14 10:00 Prime Series: Stolen ' Catching the Art Thieves Ep 2 Frankfurt ' (T&L) 10:30 Mens Club: Lets Play Shuffle Board (SP) 11:00 Walking Word Search (*) 1:30 Come Play Euchre (CC) 2:00 Netflix Series: My Next Guest with David Letterman ' George Clooney' (T&L) 3:00 Happy Hour and Entertainment with Pianist Martin Wall (DR) 4:30 Living, Loving Local Dinner (DR) 7:00 James Bond Movie and Popcorn: Octopussy (T&L)	10:00 Word Game: Wordle (T&L) 15 1:30 Gentle Fitness w/ Fahimah (DDH) 1:30 Virtual Seated Tai Chi (CC) 2:00 Summer Don Mills Choir Performance (B/B) 3:00 Afternoon Tea & Treat Social! (B/B) 3:30 Resident Run: Rummikub (CC) 7:00 Movie Night: Legend of the Fall (T&L)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Virtual Gentle Fitness (CC) 16 10:30 Crafter's Corner (B/B) 11:00 Activity Booklet *Front Desk* (C) 1:30 Drum Fit (CC) 2:00 Sunday Series: The Crown S5 E1 ' Queen Victoria Syndrome' (T&L) 2:30 Learn How to Play Shuffleboard! (SP) 3:00 Afternoon Tea & Treat Social! (B/B) 3:30 Triviamania! (B/B) 4:00 Go 4 Life Walking (MIL) 7:00 Movie Night: Free Willy (T&L)	National Pineapple Juice Day! 17 10:00 Better your Mind - Fit Minds (S1) (CC) 11:00 Better your Mind - Fit Minds (S2) (CC) 1:30 Musical Movie Mondays: Bon Jovi- No End in Sight (T&L) 1:30 Paraffin Wax Treatment *Sign up at Reception* (B/B) 2:30 Silver Sneakers Class w/ Shanay (CC) 3:00 Afternoon Tea and Treat Social (B/B) 3:30 Scattegories Game W/ Tropical Pineapple Sunrise Mimosa (CC) 7:00 Musical Movie Mondays: Bon Jovi- No End in Sight (T&L)	9:00 Home Library Service **Exchange** (C) 18 10:00 Fall Prevention w/ Noor (DDH) 10:30 Virtual Full Body Chair workout w/ Curtis Adams (CC) 11:15 Virtual Strength & Balance (CC) 1:30 Documentary: Worlds Greatest Transportation 'Ports, Canals and Bridges ' (T&L) 2:00 Texas Hold'em *Bring \$2* **6 spots max** (CC) 3:00 Afternoon Tea & Treat Social! (B/B) 3:30 What's In A Word? (T&L) 3:30 Nature Walk & Reflection (MIL) 6:30 Resident Run: Rummikub (CC) 7:00 Movie Night: Wooly Boys (T&L)	10:00 Functional Exercise w/ Kelly (CC) 19 10:45 Strength & Balance w/ Kelly (CC) 11:00 Tech Help *Sign up at Reception* (STS) 1:30 Kitchen Tours * Sign up at the front Desk* (T&L) 2:00 Bocce Tournament (DR) 2:00 Movie Matinee: Big Fish (T&L) 3:30 \$3 Cocktail Hour and Name that Tune Guessing Game (B/B) 3:30 Come Play Scrabble (CC) 7:00 Movie Night: Big Fish (T&L)	10:15 Communion & Prayers w/ Elfreida & James (T&L) 20 11:00 Tech Help Sign up at Reception (STS) 11:00 Sit & Be Fit w/ Valentina (CC) 1:30 Gentle Fitness w/ Fahimah (DDH) 2:00 \$1 Bingo (CC) 3:00 Peach Ice cream Sundae on Patio w/ Joes Timeless Tunes (DMP) 3:30 Quiddler & Canasta Card Game (CC) 4:00 Go 4 Life Walking (MIL) 7:00 Movie Night: Runaway Bride (T&L)	10:00 Health and Wellness Blood Pressure Clinic (T&L) 21 11:00 Walking Word Search (*) 11:30 Outing: Lunch and Shopping at The Well * Sign up at the Front Desk* (OUT) 1:30 Come Play Euchre (CC) 2:00 Netflix Series: My Next Guest with David Letterman ' Malala Yousafzai' (T&L) 3:30 Happy Hour and Entertainment w/ Marcus Schwan (B/B) 7:00 James Bond Movie and Popcorn: Never Say Never Again (T&L)	10:00 Word Game: Wordle (T&L) 22 10:30 Welcome Sips and Continental Delights with Stu for New Residents and Families! (B/B) 10:45 Don Mills Choir w/ Marcus *Sing along* (T&L) 1:30 Gentle Fitness w/ Fahimah (DDH) 1:30 Virtual Seated Tai Chi (CC) 2:00 MOMA Painting Package: Cynthia McLean's 'Sailors Ashore' (CC) 2:00 Resident Run: Social Bridge (CC) 2:30 Saturday Series: Chris Tarrant: Extreme Railways *Indias Monsoon ' (T&L) 3:00 Afternoon Tea & Treat Social! (B/B) 3:30 Resident Run: Rummikub (CC) 7:00 Movie Night: Persuasion (2022) (T&L)
10:00 Virtual Gentle Fitness (CC) 23 10:30 Crafter's Corner (B/B) 11:00 Activity Booklet *Front Desk* (C) 1:30 Drum Fit (CC) 2:00 Sunday Series: The Crown S5 E2 ' The System' (T&L) 2:30 \$1 Bingo (CC) 3:00 Afternoon Tea & Treat Social! (B/B) 3:30 Triviamania! (B/B) 4:00 Go 4 Life Walking (MIL) 7:00 Movie Night: The Outsiders (T&L)	10:00 Better your Mind - Fit Minds (S1) (CC) 24 11:00 Better your Mind - Fit Minds (S2) (CC) 1:30 Paraffin Wax Treatment *Sign up at Reception* (B/B) 2:30 Silver Sneakers Class w/ Shanay (CC) 3:00 Afternoon Tea and Treat Social (B/B) 3:00 Headspace Guide to Meditation w/ Shanay - 10 Minute Crystal Singing Bowl Meditation Sound Healing For Relaxation & Stress Relief (T&L) 3:30 Rummy (CC) 7:00 Musical Movie Mondays: Andre Rieu and His Johann Strauss Orchestra (T&L)	Foot Care Nurse *Sign Up at the Front Desk* (STS) 25 10:00 Fall Prevention w/ Noor (DDH) 10:30 Virtual Full Body Chair workout w/ Curtis Adams (CC) 11:15 Virtual Strength & Balance (CC) 1:30 Fresh Start Culinary Demonstration (CC) 2:00 Texas Hold'em *Bring \$2* **6 spots max** (B/B) 3:00 Afternoon Tea & Treat Social! (B/B) 3:30 What's In A Word? (T&L) 3:30 Nature Walk & Reflection (MIL) 6:30 Resident Run: Rummikub (CC) 7:00 Movie Night: The Battle of Britain (T&L)	National Ice Cream Day! 26 10:00 Functional Exercise w/ Kelly (CC) 10:45 Strength & Balance w/ Kelly (CC) 11:00 Tech Help *Sign up at Reception* (STS) 11:00 Mens Club Meeting w/ Shanay (B/B) 2:00 Bocce Tournament (DR) 2:00 Movie Matinee: Forever my Girl (T&L) 3:00 Ice Cream Truck Visit! **Free Ice Cream Cone, Let's Celebrate August Birthdays ** (ML) 3:30 Come Play Scrabble (CC) 6:30 St John Ambulance Pet Therapy w/ Pat and Golden Retriever Ruby - *Sign up at front desk* (STS) 7:00 Movie Night: Forever my Girl (T&L)	10:00 Outing: Shoppers Drug mart/Metro Drop off *Sign up at the Front Desk* (OUT) 27 10:15 Communion & Prayers w/ Elfreida & James (T&L) 11:00 Tech Help Sign up at Reception (STS) 11:00 Sit & Be Fit w/ Valentina (CC) 1:30 Culinary Meeting (T&L) 1:30 Gentle Fitness w/ Fahimah (DDH) 2:00 Wheel Of Fortune Game Show w/ Shanay (CC) 3:00 Lemonade & Treat Social on Patio w/ Joes Timeless Tunes (DMP) 3:30 Quiddler & Canasta Card Game (CC) 4:00 Go 4 Life Walking (MIL) 7:00 Movie Night: Bewitched (T&L)	10:00 Prime Series: Stolen ' Catching the Art Thieves Ep 3 Stockholm ' (T&L) 28 10:30 Mens Club: Lets Play Shuffle Board (SP) 11:00 Walking Word Search (*) 11:00 Seated Dance Class w/ Katya (CC) 1:30 Come Play Euchre (CC) 2:00 Digital Concert: Beethoven: Symphony No. 3 Eroica Michael Boder & ORF Vienna Radio Symphony Orchestra (T&L) 3:00 Happy Hour and Entertainment w/ Tim Godfrey (B/B) 7:00 James Bond Movie and Popcorn: A View to Kill (T&L)	10:00 Word Game: Wordle (T&L) 29 1:30 Gentle Fitness w/ Fahimah (DDH) 1:30 Virtual Seated Tai Chi (CC) 2:00 Resident Run: Social Bridge (CC) 2:30 Guest Speaker Resident Peter H G7: Personal Experience and Impressions (T&L) 3:00 Afternoon Tea & Treat Social! (B/B) 3:30 Resident Run: Rummikub (CC) 7:00 Movie Night: The Last Letter from your Lover (T&L)
10:00 Virtual Gentle Fitness (CC) 30 10:30 Crafter's Corner (B/B) 11:00 Activity Booklet *Front Desk* (C) 1:30 Drum Fit (CC) 2:00 Sunday Series: The Crown S5 E3 ' Mou Mou' (T&L) 2:30 Learn How to Play Shuffleboard! (SP) 3:00 Afternoon Tea & Treat Social! (B/B) 3:30 Triviamania! (B/B) 4:00 Go 4 Life Walking (MIL) 7:00 Movie Night: The Fugitive (T&L)	10:00 Better your Mind - Fit Minds (S1) (CC) 31 11:00 Better your Mind - Fit Minds (S2) (CC) 1:30 Musical Movie Mondays: Bob Marley One Love (T&L) 1:30 Paraffin Wax Treatment *Sign up at Reception* (B/B) 2:30 Silver Sneakers Class w/ Shanay (CC) 3:00 Afternoon Tea and Treat Social (B/B) 3:30 Rummy (CC) 7:00 Musical Movie Mondays: Bob Marley One Love (T&L)	Be Welcomed		Calendar Legend Outing Special Program Living, Loving, Local Signature Program Highlight		
				Locations Legend The Country Club (CC) Great Escapes (T&L) Don's Bar/Bistro (B/B) Decadence Dining Hall (DDH) Meet in the Lobby (MIL) Suite-to-Suite (STS) Concierge (C) Dining Room (DR) Spa Terrace (SP) Outing (OUT) Mills Lobby (ML) Don Mills Patio (DMP) 1st or 2nd floor (*) Spa (SPA)		