



INSPIRED
SENIOR LIVING

August 2026

Don Mills Retirement Residence

Memory Care Household



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Friendship Day		 Eat Outside Day		 Civic Holiday		
10:00 Ball Toss (MC) 2 10:30 Virtual Church Service (MC) 11:00 Spiritual Eldercare: Hymns (MC) 1:30 Manicures & Hand Massages w/ Music (MC) 2:00 Chef Choice Social (MC) 3:00 Afternoon Classic Movie (MC) 4:00 Life Skill: Helping Hands (MC) 6:00 Andre Rieu in Concert (MC)	10:00 Seated Yoga (MC) 3 10:30 Sun Bathing on the Patio (MC) 11:00 Walking Party (MC) 1:30 Picture BINGO (MC) 2:30 Chef Choice Social (MC) 2:30 You and Me Time with the Household Team (MC) 3:30 Armchair Travel: Natural Wonders of the World (MC) 6:00 Sing Along Songs: Karaoke - Your Pick w/ RSAs (MC)	10:00 Streching and Mobility w/ Shanay (MC) 4 10:30 Java Music Club (MC) 11:00 Walking Party (MC) 1:30 Fit Minds Interactive (MC) 2:00 Seasonal Fruit Social (MC) 3:00 Colouring & Conversations! (MC) 6:00 What Happened This Week (MC)	9:45 Fall Prevention w/ Sepi (MC) 5 10:00 Evelyn's Baking Corner (MC) 10:30 Music Therapy w/ Arianne (MC) 1:30 Games on Memory Co (MC) 2:00 Freshly Baked Goods Social (MC) 3:00 Go 4 Life Walking (MC) 6:00 Evening Movie (MC)	10:00 Life Skill: Watering the Gardens (MC) 6 10:30 Find the Match (MC) 1:30 Outing: Games in the Park (MC) 2:00 Fall Prevention w/ Fahimah (MC) 2:30 Demo: World Cafe w/ Valentina (MC) 3:30 Artfull Enrichment Crafternoon: Postcards (MC) 4:00 Sing Fit (MC) 6:00 Tangrams and Puzzles w/ RSA (MC)	Foot Care Nurse *Sign Up at the Front Desk* (STS) 7 10:00 Get Moving w/ Seated Zumba (MC) 10:30 MOMA Painting (MC) 11:00 Triviamania! (MC) 1:30 Happy Hour and Entertainment w/ Steel Pan Love Sound (B/B) 2:00 Sun Bathing on the Patio w/ Popsicles! (MC) 3:00 Classic Movie (MC) 4:30 Life Skills: Helping w/ Dinner (MC) 5:30 Let's play "UNO" (MC)	10:00 Morning Entertainment w/ Marcus (MC) 8 10:30 Drumfit (MC) 11:00 Jigsaw Puzzle w/ RSA (MC) 11:15 Go 4 Life Walking (MC) 11:30 Family and Friends BBQ (DR) 2:00 Fall Prevention w/ Fahimah (MC) 2:00 Chef Choice Social (MC) 3:00 Meditation & Mandala Colouring (MC) 4:00 Memory Lane Sing Along (MC) 6:00 Magazine Hunt/ RSA (MC)
10:00 Ball Toss (MC) 9 10:30 Virtual Church Service (MC) 11:00 Spiritual Eldercare: Hymns (MC) 1:30 Manicures & Hand Massages w/ Music (MC) 2:00 Chef Choice Social (MC) 3:00 Concert In Care (MC) 4:00 Life Skill: Helping Hands (MC) 6:00 Andre Rieu in Concert (MC)	10:00 Seated Yoga (MC) 10 10:30 Sun Bathing on the Patio (MC) 11:00 Walking Party (MC) 1:30 Hearing Clinic w/ Martin * Sign-up with at Front Desk* (SPA) 1:30 Picture BINGO (MC) 2:30 Chef Choice Social (MC) 2:30 You and Me Time with the Household Team (MC) 3:30 Armchair Travel: Wonders of Portugal (MC) 6:00 Sing Along Songs: Karaoke - Your Pick w/ RSAs (MC)	Foot Care Nurse *Sign Up at the Front Desk* (STS) 11 10:00 Streching and Mobility w/ Shanay (MC) 10:30 Java Music Club (MC) 11:00 Walking Party (MC) 1:30 Fit Minds Interactive (MC) 2:00 Seasonal Fruit Social (MC) 3:00 Colouring & Conversations! (MC) 6:00 What Happened This Week (MC)	9:45 Fall Prevention w/ Sepi (MC) 12 10:00 Evelyn's Baking Corner (MC) 10:30 Daily Chronicles (MC) 10:45 Sing Along w/ Susie Q (MC) 1:30 Games on Memory Co (MC) 2:00 Freshly Baked Goods Social (MC) 3:00 Go 4 Life Walking (MC) 3:30 Mexican Dominos (MC) 6:00 Evening Movie (MC)	10:00 Life Skill: Watering the Gardens (MC) 13 10:30 Flipping Card Game (MC) 1:15 Outing: Sunnybrook Trail (MC) 2:00 Fall Prevention w/ Fahimah (MC) 2:30 Demo: World Cafe w/ Valentina (MC) 3:00 Artfull Enrichment Crafternoon: Do It Yourself: Key chain! (MC) 4:00 Sing Fit (MC) 6:00 Tangrams and Puzzles w/ RSA (MC)	10:00 Get Moving w/ Seated Zumba (MC) 14 10:30 MOMA Conversation (MC) 11:00 Triviamania! (MC) 1:30 Noodle Balloon (MC) 2:00 Sun Bathing on the Patio w/ Popsicles! (MC) 3:00 Classic Movie (MC) 4:30 Life Skills: Helping w/ Dinner (MC) 4:30 Living, Loving Local Dinner (DR) 5:30 Friday Dance Party! (MC)	10:30 Drumfit (MC) 15 11:00 Jigsaw Puzzle w/ RSA (MC) 11:15 Go 4 Life Walking (MC) 2:00 Fall Prevention w/ Fahimah (MC) 2:00 Chef Choice Social (MC) 3:00 Meditation & Mandala Colouring (MC) 4:00 Memory Lane Sing Along (MC) 6:00 Magazine Hunt/ RSA (MC)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Ball Toss (MC) 16 10:30 Virtual Church Service (MC) 11:00 Spiritual Eldercare: Hymns (MC) 1:30 Manicures & Hand Massages w/ Music (MC) 2:00 Chef Choice Social (MC) 3:00 Afternoon Classic Movie (MC) 4:00 Life Skill: Helping Hands (MC) 6:00 Andre Rieu in Concert (MC)	National Pineapple Juice Day! 17 10:00 Seated Yoga (MC) 10:30 Sun Bathing on the Patio (MC) 11:00 Walking Party (MC) 1:30 Picture BINGO (MC) 2:30 Chef Choice Social (MC) 2:30 You and Me Time with the Household Team (MC) 3:30 Armchair Travel: Wonders of Brazil (MC) 6:00 Sing Along Songs: Karaoke - Your Pick w/ RSAs (MC)	10:00 Streching and Mobility w/ Shanay (MC) 18 10:30 Java Music Club (MC) 11:00 Walking Party (MC) 1:30 Fit Minds Interactive (MC) 2:00 Seasonal Fruit Social (MC) 3:00 Colouring & Conversations! (MC) 6:00 What Happened This Week (MC)	9:45 Fall Prevention w/ Sepi (MC) 19 10:00 Evelyn's Baking Corner (MC) 10:30 Music Therapy w/ Arianne (MC) 10:30 Daily Chronicles (MC) 1:30 Games on Memory Co (MC) 2:00 Freshly Baked Goods Social (MC) 3:00 Go 4 Life Walking (MC) 3:30 Art Project: Wishing Tree (MC) 6:00 Evening Movie (MC)	10:00 Life Skill: Watering the Gardens (MC) 20 10:30 Find the Match (MC) 1:30 Outing: Picnic in the Park (MC) 2:00 Fall Prevention w/ Fahimah (MC) 2:30 Demo: World Cafe w/ Valentina (MC) 3:00 Artfull Enrichment Crafternoon: Colouring Clothes (MC) 4:00 Sing Fit (MC) 6:00 Tangrams and Puzzles w/ RSA (MC)	10:00 Get Moving w/ Seated Zumba (MC) 21 10:30 MOMA Painting (MC) 11:00 Triviamania! (MC) 1:30 Noodle Balloon (MC) 2:00 Sun Bathing on the Patio w/ Popsicles! (MC) 3:00 Classic Movie (MC) 4:30 Life Skills: Helping w/ Dinner (MC) 5:30 Let's play "UNO" (MC)	10:00 Morning Entertainment w/ Marcus (MC) 22 10:30 Drumfit (MC) 11:00 Jigsaw Puzzle w/ RSA (MC) 11:15 Go 4 Life Walking (MC) 12:00 Memory Care Resident Forum (MC) 2:00 Fall Prevention w/ Fahimah (MC) 2:00 Chef Choice Social (MC) 3:00 Meditation & Mandala Colouring (MC) 4:00 Memory Lane Sing Along (MC) 6:00 Magazine Hunt/ RSA (MC)
10:00 Ball Toss (MC) 23 10:30 Virtual Church Service (MC) 11:00 Spiritual Eldercare: Hymns (MC) 1:30 Manicures & Hand Massages w/ Music (MC) 2:00 Chef Choice Social (MC) 3:00 Concert In Care (MC) 4:00 Life Skill: Helping Hands (MC) 6:00 Andre Rieu in Concert (MC)	10:00 Seated Yoga (MC) 24 10:30 Sun Bathing on the Patio (MC) 11:00 Walking Party (MC) 1:30 Picture BINGO (MC) 2:30 Chef Choice Social (MC) 2:30 You and Me Time with the Household Team (MC) 3:30 Armchair Travel: Wonders of Spain (MC) 6:00 Sing Along Songs: Karaoke - Your Pick w/ RSAs (MC)	Foot Care Nurse *Sign Up at the Front Desk* (STS) 25 10:00 Streching and Mobility w/ Shanay (MC) 10:30 Java Music Club (MC) 11:00 Walking Party (MC) 1:30 Fit Minds Interactive (MC) 2:00 Seasonal Fruit Social (MC) 3:00 Colouring & Conversations! (MC) 6:00 What Happened This Week (MC)	National Ice Cream Day! 26 9:45 Fall Prevention w/ Sepi (MC) 10:00 Evelyn's Baking Corner (MC) 10:30 Daily Chronicles (MC) 10:45 Sing Along with Susie Q (MC) 1:30 Games on Memory Co (MC) 2:00 Freshly Baked Goods Social (MC) 3:00 Ice Cream Truck Visit! **Free Ice Cream Cone, Let's Celebrate August Birthdays ** (ML) 3:00 Go 4 Life Walking (MC) 6:00 Evening Movie (MC) 6:00 St. John Ambulance Pet Therapy w/ Pat & Golden Retriever Ruby (ALR)	10:00 Life Skill: Watering the Gardens (MC) 27 10:30 Flipping Card Game (MC) 1:30 Roll the Dice (MC) 2:00 Fall Prevention w/ Fahimah (MC) 2:30 Demo: World Cafe w/ Valentina (MC) 3:00 Artfull Enrichment Crafternoon: Sticky Slime (MC) 4:00 Sing Fit (MC) 6:00 Tangrams and Puzzles w/ RSA (MC)	10:00 Get Moving w/ Seated Zumba (MC) 28 10:30 MOMA Conversation (MC) 11:00 Triviamania! (MC) 1:30 Noodle Balloon (MC) 2:00 Sun Bathing on the Patio w/ Popsicles! (MC) 3:00 Happy Hour and Entertainment w/ Tim Godfrey (B/B) 3:00 Classic Movie (MC) 4:30 Life Skills: Helping w/ Dinner (MC) 5:30 Friday Dance Party! (MC)	10:30 Drumfit (MC) 29 11:00 Jigsaw Puzzle w/ RSA (MC) 11:15 Go 4 Life Walking (MC) 2:00 Fall Prevention w/ Fahimah (MC) 2:00 Chef Choice Social (MC) 3:00 Meditation & Mandala Colouring (MC) 4:00 Memory Lane Sing Along (MC) 6:00 Magazine Hunt/ RSA (MC)
10:00 Ball Toss (MC) 30 10:30 Virtual Church Service (MC) 11:00 Spiritual Eldercare: Hymns (MC) 1:30 Manicures & Hand Massages w/ Music (MC) 2:00 Chef Choice Social (MC) 3:00 Afternoon Classic Movie (MC) 4:00 Life Skill: Helping Hands (MC) 6:00 Andre Rieu in Concert (MC)	10:00 Seated Yoga (MC) 31 10:30 Sun Bathing on the Patio (MC) 11:00 Walking Party (MC) 1:30 Picture BINGO (MC) 2:30 Chef Choice Social (MC) 2:30 You and Me Time with the Household Team (MC) 3:30 Armchair Travel: Wonders of Japan (MC) 6:00 Sing Along Songs: Karaoke - Your Pick w/ RSAs (MC)	Be Welcomed		Calendar Legend Outing Special Program Living, Loving, Local Signature Program Highlight	Locations Legend Memory Care (MC) Suite-to-Suite (STS) Don's Bar/Bistro (B/B)	Dining Room (DR) Spa (SPA) Mills Lobby (ML) Assisted Living Room (ALR)