



INSPIRED
SENIOR LIVING

August 2026

Don Mills Retirement Residence

Assisted Living

Don Mills
RETIREMENT RESIDENCE

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Friendship Day



Eat Outside Day



Civic Holiday

10:00 Stretching & Mobility Exercise (DDH) **1**
1:30 Gentle Fitness w/ Fahimah (DDH)
2:00 Around The World: Passport (ALR)
2:30 Saturday Series: Slow Train Through Africa W/ Griff Rhys Jones ' South Africa ' (T&L)
2:30 Sing Along w/ Susie Q (ALR)
3:00 MOMA: Painting & Colouring (DDH)
3:00 Saturday Series: The Golden Girls [S1. Ep. 1-3] (ALR)
7:00 Movie Night: Maid in Manhattan (T&L)

9:45 Get Moving w/ Seated Zumba (DDH) **2**
10:00 Sunday Activity Booklet (DDH)
10:15 Virtual Church Service (ALR)
10:45 Spiritual Hymns (ALR)
11:00 Go 4 Life Walking (MIL)
2:00 Artful Corner & Conversations (DDH)
3:00 Afternoon Tea & Treat Social! (B/B)
3:00 Afternoon Classic Movie (ALR)
3:30 Triviamania! (B/B)
7:00 Movie Night: Lawrence of Arabia (Part 1) (T&L)

10:00 Virtual Chair Yoga w/ Sherry (ALR) **3**
10:30 Wheel Of Fortune (DDH)
11:00 Armchair Travel (DDH)
1:30 Sing Fit (DDH)
1:30 Musical Movie Mondays: One Shot w/ Ed Sheeran a Music Experience (T&L)
2:30 Short Stories Reading (ALR)
3:00 Afternoon Tea and Treat Social (B/B)
3:00 Activities Meeting w/ Life Enrichment Manager Shanay *Share your thoughts* (T&L)
7:00 Movie Night: Lawrence of Arabia (Part 2) (T&L)

10:00 Fall Prevention w/ Noor (DDH) **4**
10:30 Picture Bingo (DDH)
1:30 Sing Along (ALR)
2:00 Residents Forum (T&L)
2:30 Group Crossword (DDH)
3:00 Afternoon Tea & Treat Social! (B/B)
3:30 Nature Walk and Reflection (MIL)
6:30 Word Search, Daily Chronicles & Chit Chat (DDH)
7:00 Movie Night: Gone with the Wind Part 1 (T&L)

9:30 Music Therapy w/ Arianne (ALR) **5**
10:30 Gentle Fitness w/ Sepi (DDH)
11:00 Tech Help *Sign up at Reception* (STS)
11:00 National Geographic Series (ALR)
1:30 Kitchen Tours *Sign up at the front Desk* (T&L)
2:00 Card Games & Coffee Time (DDH)
3:00 Trivia & Games (DDH)
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!
10:00 Drumfit w/ Valentina (DDH)
10:15 Communion & Prayers w/ Elfrieda & James (T&L)
10:30 Java Music Club (DDH)
11:00 Sit & Be Fit w/ Valentina (CC)
1:30 Gentle Fitness w/ Fahimah (DDH)
2:00 Concert In Care (ALR)
3:00 Root Beer Floats on Patio w/ Joes Timeless Tunes (DMP)
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)
10:00 Fit Minds Interactive (DDH)
10:45 Daily Chronicles (DDH)
11:00 Seated Dance Class w/ Katya (CC)
1:30 Happy Hour and Entertainment w/ Steel Pan Love Sound (B/B)
2:00 Manicures and Hand Masks w/ Relaxing Music (DDH)
2:30 Physical Game (DDH)
3:30 Sun Bathing on the Patio w/ Popsicles & Music! (DMP)
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 Stretching & Mobility Exercise (DDH)
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)
2:00 MOMA Presentation: Roland Lee's 'The Dove Cottage Grasmere' (ALR)
2:30 Saturday Series: Chris Tarrant: Extreme Railways *Congo Jungle ' (T&L)
2:30 Sing Along w/ Susie Q. (ALR)
3:00 Afternoon Social & Art (DDH)
3:00 Saturday Series: The Golden Girls [S1. Ep. 1-3] (ALR)
7:00 Movie Night: Pride & Prejudice (T&L)

9:45 Get Moving w/ Seated Zumba (DDH) **9**
10:15 Virtual Church Service (ALR)
10:45 Spiritual Hymns (ALR)
11:00 Go 4 Life Walking (MIL)
2:00 Artful Corner & Conversations (DDH)
3:00 Afternoon Tea & Treat Social! (B/B)
3:00 Afternoon Classic Movie (ALR)
3:30 Triviamania! (B/B)
7:00 Movie Night: For a Few More Dollars (T&L)

10:00 Virtual Chair Yoga w/ Sherry (ALR) **10**
10:30 Word Game: Hangman (ALR)
11:00 Armchair Travel (DDH)
1:30 Hearing Clinic w/ Martin * Sign-up with at Front Desk* (SPA)
1:30 Sing Fit (DDH)
1:30 Musical Movie Mondays: Hate to Love: Nickleback (T&L)
2:00 S'mores Social (DDH)
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)
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 Picture Bingo (DDH)
2:30 Sing Along (ALR)
2:30 Group Crossword (DDH)
3:00 Afternoon Tea & Treat Social! (B/B)
3:30 Nature Walk and Reflection (MIL)
6:30 Word Search, Daily Chronicles & Chit Chat (DDH)
7:00 Movie Night: I am David (T&L)

10:00 Active Game: Bowling (ALR) **12**
10:30 Gentle Fitness w/ Sepi (DDH)
11:00 Tech Help Desk w/FirstLight Home Care (ML)
11:00 Vendor: Sonita Jewelry, Clothing, and accessories (11am to 3pm) (ML)
11:00 National Geographic Series (ALR)
2:00 Card Games & Coffee Time (DDH)
3:00 Trivia & Games (DDH)
3:30 \$3 Cocktail Hour and Entertainment w/ The JukeBox Jammers (B/B)
7:00 Movie Night: Nuremberg (T&L)

10:00 Drumfit w/ Valentina (DDH) **13**
10:15 Communion & Prayers w/ Elfrieda & James (T&L)
10:30 Java Music Club (DDH)
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 Concert In Care (ALR)
3:00 Lemonade & Treat Social on Patio w/ Joes Timeless Tunes (DMP)
4:00 Go 4 Life Walking (MIL)
6:00 Game Night: Pokemo! (DDH)
7:00 Movie Night: Two Weeks Notice (T&L)

9:30 Tranquility Trail Lavendar Farms and Picnic Outing * Sign-up at the Front Desk* (OUT) **14**
10:00 Prime Series: Stolen ' Catching the Art Thieves Ep 2 Frankfurt ' (T&L)
10:00 Fit Minds Interactive (DDH)
10:45 Daily Chronicles (DDH)
2:00 Physical Game (DDH)
3:00 Happy Hour and Entertainment with Pianist Martin Wall (DR)
3:30 Sun Bathing on the Patio w/ Popsicles & Music! (DMP)
4:30 Living, Loving Local Dinner (DR)
7:00 James Bond Movie and Popcorn: Octopussy (T&L)

10:00 Stretching & Mobility Exercise (DDH) **15**
1:30 Gentle Fitness w/ Fahimah (DDH)
2:00 Summer Don Mills Choir Performance (B/B)
2:00 Sing Along w/ Susie Q. (ALR)
3:00 MOMA: Painting & Colouring (DDH)
3:30 Saturday Series: The Golden Girls [S1. Ep. 1-3] (ALR)
7:00 Movie Night: Legend of the Fall (T&L)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45 Get Moving w/ Seated Zumba (DDH) 16 10:15 Virtual Church Service (ALR) 10:45 Spiritual Hymns (ALR) 11:00 Go 4 Life Walking (MIL) 2:00 Artful Corner & Conversations (DDH) 3:00 Afternoon Tea & Treat Social! (B/B) 3:00 Afternoon Classic Movie (ALR) 3:30 Triviamania! (B/B) 7:00 Movie Night: Free Willy (T&L)	National Pineapple Juice Day! 17 10:00 Virtual Chair Yoga w/ Sherry (ALR) 10:30 Wheel Of Fortune (DDH) 11:00 Armchair Travel (DDH) 1:30 Sing Fit (DDH) 1:30 Musical Movie Mondays: Bon Jovi- No End in Sight (T&L) 2:30 Short Stories Reading (ALR) 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 18 **Exchange** (C) 10:00 Fall Prevention w/ Noor (DDH) 10:30 Picture Bingo (DDH) 2:30 Sing Along (ALR) 2:30 Group Crossword (DDH) 3:00 Afternoon Tea & Treat Social! (B/B) 3:30 Nature Walk and Reflection (MIL) 6:30 Word Search, Daily Chronicles & Chit Chat (DDH) 7:00 Movie Night: Wooly Boys (T&L)	9:30 Music Therapy w/ Arianne 19 (DDH) 10:30 Gentle Fitness w/ Sepi (DDH) 11:00 Tech Help *Sign up at Reception* (STS) 11:00 National Geographic Series (ALR) 1:30 Kitchen Tours * Sign up at the front Desk* (T&L) 2:00 Card Games & Coffee Time (DDH) 3:00 Trivia & Games (DDH) 3:30 \$3 Cocktail Hour and Name that Tune Guessing Game (B/B) 7:00 Movie Night: Big Fish (T&L)	10:00 Drumfit w/ Valentina 20 (DDH) 10:15 Communion & Prayers w/ Elfreida & James (T&L) 10:30 Java Music Club (DDH) 11:00 Sit & Be Fit w/ Valentina (CC) 1:30 Gentle Fitness w/ Fahimah (DDH) 2:00 Concert In Care (ALR) 3:00 Peach Ice cream Sundae on Patio w/ Joes Timeless Tunes (DMP) 4:00 Go 4 Life Walking (MIL) 6:00 Game Night: Pokeno! (DDH) 7:00 Movie Night: Runaway Bride (T&L)	10:30 Fit Minds Interactive (DDH) 21 10:45 Daily Chronicles (DDH) 11:30 Outing: Lunch and Shopping at The Well * Sign up at the Front Desk* (OUT) 2:00 Manicures and Hand Masks w/ Relaxing Music (DDH) 2:00 Physical Game (DDH) 3:30 Sun Bathing on the Patio w/ Popsicles & Music! (DMP) 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 Stretching & Mobility Exercise 22 (DDH) 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) 2:00 MOMA Presentation: Cynthia McLean's 'Sailors Ashore' (ALR) 2:30 Saturday Series: Chris Tarrant: Extreme Railways *Indias Monsoon ' (T&L) 2:30 Sing Along w/ Susie Q. (ALR) 3:00 Afternoon Social & Art (DDH) 3:00 Saturday Series: The Golden Girls [S1. Ep. 1-3] (ALR) 7:00 Movie Night: Persuasion (2022) (T&L)
9:45 Get Moving w/ Seated Zumba (DDH) 23 10:15 Virtual Church Service (ALR) 10:45 Spiritual Hymns (ALR) 11:00 Go 4 Life Walking (MIL) 2:00 Artful Corner & Conversations (DDH) 3:00 Afternoon Tea & Treat Social! (B/B) 3:00 Afternoon Classic Movie (ALR) 3:30 Triviamania! (B/B) 7:00 Movie Night: The Outsiders (T&L)	10:00 Virtual Chair Yoga w/ Sherry (ALR) 24 10:30 Word Game: Hangman (ALR) 11:00 Armchair Travel (DDH) 1:30 Sing Fit (DDH) 2:30 Short Stories Reading (ALR) 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) 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 Picture Bingo (DDH) 1:30 Fresh Start Culinary Demonstration (CC) 2:30 Sing Along (ALR) 2:30 Group Crossword (DDH) 3:00 Afternoon Tea & Treat Social! (B/B) 3:30 Nature Walk and Reflection (MIL) 6:30 Word Search, Daily Chronicles & Chit Chat (DDH) 7:00 Movie Night: The Battle of Britain (T&L)	National Ice Cream Day! 26 10:00 Active Game: Bowling (ALR) 10:30 Gentle Fitness w/ Sepi (DDH) 11:00 Tech Help *Sign up at Reception* (STS) 11:00 National Geographic Series (ALR) 11:00 Mens Club Meeting w/ Shanay (B/B) 2:00 Card Games & Coffee Time (DDH) 3:00 Ice Cream Truck Visit! **Free Ice Cream Cone, Let's Celebrate August Birthdays ** (ML) 3:00 Trivia & Games (DDH) 6:00 St. John Ambulance Pet Therapy w/ Pat & Golden Retriever Ruby (ALR) 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 10:00 Drumfit w/ Valentina (DDH) 10:15 Communion & Prayers w/ Elfreida & James (T&L) 10:30 Java Music Club (DDH) 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 Activities Meeting w/ LE Supervisor Noor *Share Your Thoughts* (DDH) 4:00 Go 4 Life Walking (MIL) 6:00 Game Night: Pokeno! (DDH) 7:00 Movie Night: Bewitched (T&L)	10:00 Prime Series: Stolen ' Catching the Art Thieves Ep 3 Stockholm ' (T&L) 28 10:00 Fit Minds Interactive (DDH) 10:45 Daily Chronicles (DDH) 11:00 Seated Dance Class w/ Katya (CC) 2:00 Digital Concert: Beethoven: Symphony No. 3 Eroica Michael Boder & ORF Vienna Radio Symphony Orchestra (T&L) 2:00 Physical Game (DDH) 3:00 Happy Hour and Entertainment w/ Tim Godfrey (B/B) 3:30 Sun Bathing on the Patio w/ Popsicles & Music! (DMP) 7:00 James Bond Movie and Popcorn: A View to Kill (T&L)	10:00 Stretching & Mobility Exercise 29 (DDH) 1:30 Gentle Fitness w/ Fahimah (DDH) 2:00 Around The World: Passport (ALR) 2:30 Guest Speaker Resident Peter H G7: Personal Experience and Impressions (T&L) 2:30 Sing Along w/ Susie Q. (ALR) 3:00 MOMA: Painting & Colouring (DDH) 3:00 Saturday Series: The Golden Girls [S1. Ep. 1-3] (ALR) 7:00 Movie Night: The Last Letter from your Lover (T&L)
9:45 Get Moving w/ Seated Zumba (DDH) 30 10:15 Virtual Church Service (ALR) 10:45 Spiritual Hymns (ALR) 11:00 Go 4 Life Walking (MIL) 2:00 Artful Corner & Conversations (DDH) 3:00 Afternoon Tea & Treat Social! (B/B) 3:00 Afternoon Classic Movie (ALR) 3:30 Triviamania! (B/B) 7:00 Movie Night: The Fugitive (T&L)	10:00 Virtual Chair Yoga w/ Sherry (ALR) 31 10:30 Wheel Of Fortune (DDH) 11:00 Armchair Travel (DDH) 1:30 Sing Fit (DDH) 1:30 Musical Movie Mondays: Bob Marley One Love (T&L) 2:30 Short Stories Reading (ALR) 3:00 Afternoon Tea and Treat Social (B/B) 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 Decadence Dining Hall (DDH) Great Escapes (T&L) Assisted Living Room (ALR) Don's Bar/Bistro (B/B) Meet in the Lobby (MIL) The Country Club (CC) Don Mills Patio (DMP) Suite-to-Suite (STS) Mills Lobby (ML) Outing (OUT) Dining Room (DR) Spa (SPA) Concierge (C)