

Your Don Mills Family

General Manager
Stuart Hammond

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

Environmental and Housekeeping Team
Environmental Manager
Ritish Suman
Environmental Supervisor
Sandy Andrade
Robie Meneses
Danny Ahn

Office Manager
Neethu Mathew

Concierge
Kayleen Resurreccion
Michelle Ricketts
Ria Kafle

Life Enrichment Team
Life Enrichment Manager
Shanay Gosling

Life Enrichment Supervisor
Noor Baloch
Valentina Ramirez

Community Relations Team
Community Relations Managers
Ewa Ilijeska
Robert Haynes

Dining Services Team
Dining Services Manager
Cesar Naranjo
Sous Chef

Dining Room Supervisor
Yolanda Perez

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!



INSPIRED
SENIOR LIVING



October 2026 Newsletter

Don Mills Retirement Residence



October Outings

Please sign up at the Front Desk for all outings and try to arrive 10 minutes before departure.

Fairview Mall

Thurs Oct 1st at 10am

Toronto Zoo– Glow in the Wild - \$38 pp

Thurs Oct 8th at 6pm

Shoppers and Metro Drop off

Thurs Oct 15th at 10am

Woodbine Casino

Thurs Oct 22nd at 10am

Lunch Outing Chang Mai

Friday Oct 23rd at 11:45am

Meetings This Month

Activities Meeting with Shanay

Fri Oct 2nd at 2:30pm in the Theatre

Share your Thoughts

Residents Forum

Thurs Oct 8th at 2pm in the Theatre

Culinary Meeting with Chef Cesar

Thurs Oct 22nd at 1:30pm in the Theatre



Culinary Corner

Tuesday October 27th at 1:30pm in the Country Club

Good food is made even better when it's locally sourced, expertly prepared, and enjoyed with family and friends, all in a setting that promotes comfort and conversation. Verve's Living, Loving, Local program brings local food to life through delicious meals, inspiring events and lifelong learning.

This Month let's enjoy the fresh Pumpkin and Squash

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.

October Highlights



Active Aging Week is Almost Here!



October 5–11, 2026

Active Aging Week celebrates the strength, vitality, and valuable contributions of older adults as active and engaged members of our community.

This special week highlights the **positive aspects of aging**, reminding us that life after 50 can be vibrant, meaningful, and full of opportunity. While physical health is important, **mental and emotional well-being** are equally essential. Our featured programs focus on the connection between movement, nutrition, social engagement, and overall wellness because **every aspect of a healthy lifestyle matters**.

Join us for a week of fun, learning, wellness, and connection!

Learn a New Game: Mahjong

Monday, October 5 | 3:15 PM | Country Club

Chair Volleyball

Tuesday, October 6 | 2:00 PM | Country Club

Smoothie Bar: Mango Madness

Tuesday, October 6 | 3:00 PM | Bar Bistro

Bocce Tournament: Staff vs. Residents

Wednesday, October 7 | 2:00 PM | Dining Room

Wellness Workshop -Healthy Skin & Hydration for Healthy Aging

Wednesday, October 7 | 3:00 PM | Country Club

Spanish Lessons with Valentina and try Chia Seed Pudding

Friday, October 9 | 10:00 AM | Country Club

Guest Speaker: Judy Chodirker

Eat Smart for a Healthy Brain • Sunday, October 11 | 3:30 PM | Theatre

Vendor Updates

Registered Massage Therapist, Morgan, is onsite every Wednesday evening starting at 6:00 PM.
Please book your appointment through the Front Desk.

Please note that there will be no Hearing Clinic this month.
The next Hearing Clinic will take place on **November 9 at 1:30 PM**. Please book your appointment through the Front Desk.

Nellie Comfort Shoes will be onsite on October 20 at 11:00 AM in the Lobby.
Stop by to browse their selection of comfortable and supportive footwear.

This Months Crafternoons

Fall Puzzle Pumpkin Craft

Join us on **Tuesday, October 13 at 1:30 PM** in the **Country Club** for a fun and creative **Puzzle Pumpkin Craft**.

Using colorful puzzle pieces, we will create a decorative pumpkin perfect for the fall season. Please see the sample picture for inspiration.



If you would like to participate, please sign up at the Front Desk. We look forward to crafting with you!



Custom Coir Door Mat Workshop

Join us on **Tuesday, October 20 at 1:30 PM** in the **Country Club** for a fun and creative **Custom Coir Door Mat Workshop**.



Design and decorate your own personalized door mat, perfect for your apartment entrance or balcony. Create a unique piece that is not only functional but also adds a touch of style and personality to your space.

If you are interested in participating, please sign up at the Front Desk. We look forward to seeing your creativity shine!

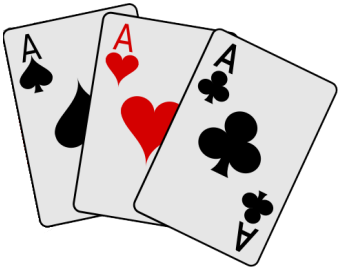
Morning Tea and MoMA Painting Sessions

Starting this month, join us for our new **Morning Tea & MoMA Painting Sessions** in the **Country Club**. Each month, we will explore the featured artists through a documentary. Later in the week, residents will gather for tea, conversation, and a painting session inspired by the artist's work.

Our first session will take place on October 10 at 10:30 AM. Watch the monthly calendar for future dates and featured artists

New Evening Programs: Weekly Texas Hold'em Poker

Beginning on the **first Wednesday of October**, join us for our weekly **Texas Hold'em Poker Night** every Wednesday at **6:30 PM** in the **Country Club**.



Whether you're an experienced player or looking to learn the game, all skill levels are welcome. Come enjoy a friendly evening of cards, strategy, and socializing with fellow residents.

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.



Welcome To
Don Mills
Retirement Residence

Entertainment Events This Month

Guest Speaker: Lianne Harris 'The Thanksgiving Story '
Thurs Oct 1st at 1:30pm in the Theatre

Happy Hour and Ent w/ Pianist Martin Wall
Fri Oct 9th at 3pm in the Dining Room

Guest Speaker Judy Chodirker: Eat Smart for a Healthy Brain
Sun Oct 11th at 3:30pm in the Theatre

Happy Hour and Entertainment w/ Tim Godfrey
Fri Oct 16th at 3pm in the Bar Bistro

Guest Speaker: Daphne Maurer ‘ How Babies Learn to See
Sat Oct 17th at 2pm in the Theatre

\$3 Cocktail Hour with Pumpkin Cheese Cake and Entertainment with Juke Jammers!
Wed Oct 21st at 3:30pm in the Bar Bistro

Happy Hour and Game Show Event with Eugenio " Family Feud Halloween Edition"
Fri Oct 23rd at 3:30pm in the Bar Bistro

Come Celebrate Oktoberfest with Entertainment by The Sparklettes
Sat Oct 24rd at 3pm in the Bar Bistro

Afternoon Team and Entertainment with second Movement
Sun Oct 25th at 3pm in the Bar Bistro

Halloween Entertainment with Vocalist Suzi Wesson and Pianist Doug Balfour with Witches Brew cocktails
Sat Oct 31st at 3:30pm in the Bar Bistro

Spooktacular Halloween Bash
Cocktails • Staff & Resident Costume Contest • Guess
What's in the Box Challenge



Join us on **Thursday, October 29 at 2:00 PM** for an afternoon of Halloween fun and festivities! Enjoy specialty cocktails, show off your creativity in our **Staff and Resident Costume Contest**, and test your senses in our exciting **Guess What's in the Box Challenge**.

Come celebrate the season with friends, laughter, and plenty of spooky fun!

Halloween Entertainment with Suzi Wesson & Doug Balfour

Join us on **Saturday, October 31** for a special musical performance featuring **vocalist Suzi Wesson and pianist Doug Balfour**.

Suzi and Doug first performed together in the 1980s, entertaining audiences in Toronto clubs including The Groaning Board, Fitzgerald's, and Café on the Park. After reconnecting years later, they returned to performing at clubs, concerts, and festivals, delighting audiences with their timeless music and chemistry.



Don't miss this wonderful afternoon of live entertainment and classic favorites.

Municipal Election Notice

Please note that **Don Mills Retirement Residence** will be hosting a **Municipal Election Polling Station** in the **Bar Bistro** on **October 26, 2026**.

Voting hours: 8:00 AM to 9:30 PM. Residents and visitors may notice increased traffic throughout the day. Thank you for your understanding.



New Series this Month



The Carol Burnett Show

Starting Friday, October 9 at 2:00 PM

Join us for screenings of the legendary and beloved **Carol Burnett Show**, the long-running television variety series featuring hilarious comedy sketches, memorable musical performances, and special appearances by celebrity guests.

Come enjoy an afternoon of laughter with **Carol Burnett** and her talented comedy troupe as they bring classic entertainment to the screen.



PBS Documentary Series: American Experience: JFK

Saturday, October 3 at 2:00 PM

Join us for American Experience: JFK, a compelling documentary that offers a fresh look at the life and legacy of

President John F. Kennedy, one of America's most admired and remembered leaders.

Discover the story behind the man, his presidency, and the lasting impact he had on a nation and the world.



Guest Speaker Series

Guest Speaker: Lianne Harrist

The History of Thanksgiving Thursday, October 1 | 1:30 PM Theatre

Join us as we explore the fascinating origins of Thanksgiving. From harvest celebrations and early colonial settlements to the familiar Mayflower story, discover how this beloved holiday evolved and why it continues to be a time for gratitude and reflection.

Guest Speaker: Daphne Maurer

How Babies Learn to See Saturday, October 17 | 2:00 PM Theatre

Join leading child development and vision researcher **Daphne Maurer** for a fascinating look at how babies learn to see. Learn how vision develops throughout childhood and discover the surprising reasons why more children are becoming nearsighted.

Guest Speaker: Judy Chodirker

Eat Smart for a Healthy Brain Sunday, October 11 | 3:30 PM Theatre

Join **Judy Chodirker** as she explores the connection between nutrition and brain health. Learn about healthy eating habits that may help support cognitive function, reduce the risk of cognitive decline, and promote lifelong brain health through practical, everyday strategies.



Fall Fair

Saturday , October 24 | 2:00 PM - 4:00 PM

Join us for our **Annual Fall Fair**, featuring local vendors, a delicious bake sale, live entertainment, and a petting zoo!

Celebrate Oktoberfest with a special performance by the **Sparklettes Duo** while enjoying an afternoon of seasonal fun with friends, family, and fellow residents.

We are looking for resident bakers to contribute to our bake sale. If you are interested in donating baked goods, please see **Shanay** for more information.

Come out and enjoy a wonderful celebration of fall, community, and entertainment!