



INSPIRED
SENIOR LIVING

October 2026

Don Mills Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 Global Diversity Awareness Month		 Thanksgiving					
10:00 Virtual Gentle Fitness (CC) 4 10:30 Crafter's Corner - Knitting and Crocheting Social Group (B/B) 11:00 Activity Booklet *Front Desk* (C) 1:30 Virtual Seated Tai Chi (CC) 2:00 Sunday Series: The Crown S5 E8 ' Gunpowder ' (T&L) 2:30 \$1 Bingo (CC) 3:00 Afternoon Tea & Treats Social! (B/B) 3:30 Triviamania! (B/B) 4:00 Go 4 Life Walking (MIL) 7:00 Movie Night: The Glen Miller Story (T&L)	10:00 Better your Mind - Fit Minds (S1) (CC) 5 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: Paul Anka His Way (T&L) 2:30 Silver Sneakers Class w/ Shanay (CC) 3:00 Afternoon Tea and Treats Social! (B/B) 3:15 New Program: Mahjong! (CC) 3:30 Rummy (CC) 7:00 Musical Movie Mondays: Paul Anka His Way (T&L)	Foot Care Nurse *Sign Up at the Front Desk* (STS) 6 10:00 Fall Prevention w/ Noor (DDH) 10:30 Virtual Full Body Chair workout w/ Curtis Adams (CC) 11:00 Afternoon Documentary The National Gallery: Curator's Introduction to Artist Winslow Homer: Force of Nature (T&L) 2:00 Physical Game - Chair Beach Volleyball w/ Shanay (B/B) 3:00 Smoothie Bar: Mango Maddness (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: Remember the Titans (T&L)	10:00 Functional Exercise w/ Kelly (CC) 7 11:00 Tech Help *Sign up at Reception* (STS) 2:00 Bocce Tournament: Staff vs Residents (DR) 3:00 Active Aging Week: Wellness Workshop ' Healthy Skin and Hydration for Healthy Aging ' * Sign up at the Front Desk * (CC) 3:30 Come Play Scrabble *Location Change* (B/B) 6:00 Massage Therapy Session w/ Morgan RMT- Sign up at the front desk (SPA) 6:30 Texas Hold'em *Bring \$2* **6 spots max** (CC) 6:30 St John Ambulance Pet Therapy w/ Pat and Golden Retriever Ruby *Sign Up at Front Desk* (STS) 7:00 Movie Night: The Kings Speech (T&L)	10:15 Communion & Prayers w/ Elfreida & James (T&L) 8 11:00 Tech Help Sign up at Reception (STS) 11:00 Sit & Be Fit w/ Valentina (CC) 2:00 Residents Forum (T&L) 3:00 Tea & Treats Social w/ Joe's Timeless Tunes (DMP) 3:30 Quiddler & Canasta Card Game (CC) 4:00 Go 4 Life Walking (MIL) 6:00 Outing: Toronto Zoo - Glow in the Wild *\$38 per Resident* (OUT) 7:00 Movie Night: The Intern (T&L)	10:00 Outing: Fairview Mall *Sign-up with the Front Desk* (OUT) 1 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 Guest Speaker Lianne Harris: 'The Thanksgiving Story ' (T&L) 2:30 \$1 Bingo **Time Change** (CC) 3:00 Tea & Treats Social w/ Joe's Timeless Tunes (DMP) 3:30 Quiddler & Canasta Card Game (CC) 4:00 Go 4 Life Walking (MIL) 7:00 Movie Night: Four Letters of Love (T&L)	10:00 Prime Series: Chris Tarrant: Extreme Railways ' Slow Train to Guantanamo ' (T&L) 2 11:00 Walking Word Search (*) 11:00 Chair Yoga w/ Sue (CC) 1:30 Come Play Euchre (CC) 2:30 Activities Meeting w/ Life Enrichment Manager Shanay *Share your thoughts* (T&L) 3:30 Happy Hour Featuring Pumpkin Spice Espresso Martini (B/B) 7:00 James Bond Movie and Popcorn: The World Is Not Enough (T&L)	10:00 Word Game: Wordle (T&L) 3 10:45 Don Mills Choir w/ Marcus *Sing along* (T&L) 1:30 Gentle Fitness w/ Fahimah (DDH) 1:30 Drum Fit w/ Valentina (CC) 2:00 Resident Run: Social Bridge (CC) 2:00 Afternoon Series: American Experience JFK Part One (T&L) 3:00 Afternoon Tea & Treats Social! (B/B) 3:30 Resident Run: Rummikub (CC) 7:00 Movie Night: Dreamgirls (T&L)
10:00 Virtual Gentle Fitness (CC) 11 10:30 Crafter's Corner - Knitting and Crocheting Social Group (B/B) 11:00 Activity Booklet *Front Desk* (C) 1:30 Virtual Seated Tai Chi (CC) 2:30 Scattergories w/ Pumpkin Spice Latte (B/B) 3:00 Afternoon Tea & Treats Social! (B/B) 3:30 Guest Speaker Judy Chodirker: Eat Smart for a Healthy Brain (T&L) 4:00 Go 4 Life Walking (MIL) 4:30 Thanksgiving Family Dinner Buffet - Please make your reservation at the Front Desk (DR) 7:00 Movie Night: 9 to 5 (T&L)	Happy Thanksgiving! 12 10:00 Better your Mind - Fit Minds (S1) (CC) 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: André Rieu - Romantic Paradise (Full Concert) (T&L) 2:30 Silver Sneakers Class w/ Shanay (CC) 3:00 Afternoon Tea and Treats Social! (B/B) 3:30 Rummy & Sequence Card Games! (CC) 7:00 Musical Movie Mondays: André Rieu - Romantic Paradise (T&L)	Foot Care Nurse *Sign Up at the Front Desk* (STS) 13 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 Crafternoon: Fall Pumpkin Puzzle Frame (CC) 2:30 Let's Play: Mahjong! (CC) 3:00 Afternoon Tea & Treats 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: A Beautiful Mind (T&L)	10:00 Functional Exercise w/ Kelly (CC) 14 11:00 Tech Help *Sign up at Reception* (STS) 11:00 Vendor: Sonita Jewelry, Clothing, and accessories (11am to 3pm) (ML) 2:00 Bocce Tournament (DR) 2:00 Movie Matinee: The Lincoln Lawyer (T&L) 3:30 Come Play Scrabble (CC) 3:30 \$3 Cocktail Hour and Name that Tune Guessing Game (B/B) 6:30 Texas Hold'em *Bring \$2* **6 spots max** (CC) 6:30 St John Ambulance Pet Therapy w/ Pat and Golden Retriever Ruby *Sign Up at Front Desk* (STS) 7:00 Movie Night: The Lincoln Lawyer (T&L)	10:00 Outing: Shoppers Drug mart/Metro Drop off *Sign up at the Front Desk* (OUT) 15 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) 2:00 \$1 Bingo (CC) 3:00 Tea & Treats Social w/ Joe's Timeless Tunes (DMP) 3:30 Quiddler & Canasta Card Game (CC) 4:00 Go 4 Life Walking (MIL) 7:00 Movie Night: The Fabulous Four (T&L)	10:00 Health and Wellness Blood Pressure Clinic (T&L) 16 11:00 Walking Word Search (*) 11:00 Sit & Be Fit w/ Valentina (CC) 11:30 Lunch in: Sorento Pizza Party * Sign up at the Front Desk* (B/B) 1:30 Come Play Euchre (CC) 2:00 Afternoon Series: The Carole Burnett Show S1 Ep 2 ' Sid Caesar ' (T&L) 3:00 Happy Hour and Entertainment w/ Tim Godfrey (B/B) 7:00 James Bond Movie and Popcorn: Casino Royale (T&L)	10:00 Word Game: Wordle (T&L) 17 10:45 Don Mills Choir w/ Marcus *Sing along* (T&L) 1:30 Gentle Fitness w/ Fahimah (DDH) 1:30 Drum Fit w/ Valentina (CC) 2:00 Resident Run: Social Bridge (CC) 2:00 Guest Speaker Daphne Maurer: How the Babies Learn to See (T&L) 3:00 Afternoon Tea & Treats Social! (B/B) 3:30 Resident Run: Rummikub (CC) 7:00 Movie Night: The Man in the Iron Mask (T&L)	



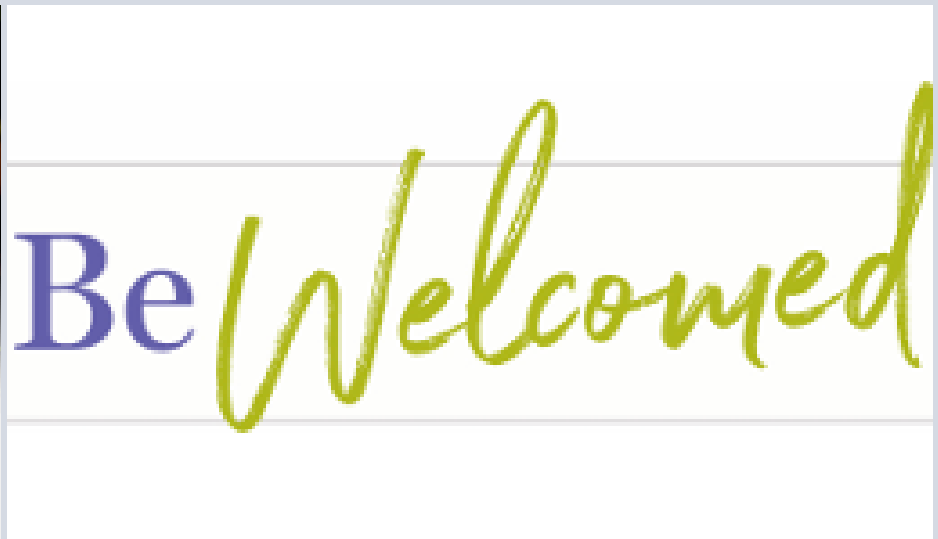
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Don Mills Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Virtual Gentle Fitness (CC) 18 10:30 Crafter's Corner - Knitting and Crocheting Social Group (B/B) 11:00 Activity Booklet *Front Desk* (C) 1:30 Virtual Seated Tai Chi (CC) 2:00 Sunday Series: The Crown S5 E9 ' Couple 31' (T&L) 2:30 \$1 Bingo (CC) 3:00 Afternoon Tea & Treats Social! (B/B) 3:30 Triviamania! (B/B) 4:00 Go 4 Life Walking (MIL) 7:00 Movie Night: A Patch of Blue (T&L)	10:00 Better your Mind - Fit Minds (S1) (CC) 19 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 Treats Social! (B/B) 3:00 Guided Meditation: 'Softening Tension' Session 1 (T&L) 3:30 Rummy & Sequence Card Games! (CC) 7:00 Musical Movie Mondays: Annie (T&L)	Foot Care Nurse *Sign Up at the Front Desk* (STS) 20 9:00 Home Library Service **Exchange** (C) 10:00 Fall Prevention w/ Noor (DDH) 10:30 Virtual Full Body Chair workout w/ Curtis Adams (CC) 11:00 Vendor: Nellie Comfort Shoes for Less (11am - 3pm) (B/B) 11:15 Virtual Strength & Balance (CC) 1:30 Crafternoon: Decorate your own Coir Door Mat * Sign up at the front desk* (T&L) 2:30 Let's Play: Mahjong! (CC) 3:00 Afternoon Tea & Treats 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 Pink Panther (2006) (T&L)	National Pumpkin Cheesecake Day! 21 10:00 Functional Exercise w/ Kelly (CC) 10:45 Morning Art Documentary: Edward Gorey ' Creator of Unsettling Narratives and Creepy Characters ' (T&L) 11:00 Tech Help *Sign up at Reception* (STS) 2:00 Bocce Tournament (DR) 2:00 Movie Matinee: My Old Lady (T&L) 3:30 Come Play Scrabble (CC) 3:30 \$3 Cocktail Hour with Pumpkin Cheese Cake and Entertainment with Juke Jammers! (B/B) 6:30 Texas Hold'em *Bring \$2* **6 spots max** (CC) 6:30 St John Ambulance Pet Therapy w/ Pat and Golden Retriever Ruby *Sign Up at Front Desk* (STS) 7:00 Movie Night: My Old Lady (T&L)	10:00 Outing: Woodbine Casino * Sign up at the front desk* (OUT) 22 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) 2:00 \$1 Bingo w/ Stu (CC) 3:00 Tea & Treats Social w/ Joe's Timeless Tunes (DMP) 3:30 Quiddler & Canasta Card Game (CC) 4:00 Go 4 Life Walking (MIL) 7:00 Movie Night: Fly Away Home (T&L)	10:00 Prime Series: Chris Tarrant: Extreme Railways ' The Great Japanese Train Ride' (T&L) 23 11:00 Walking Word Search (*) 11:00 Seated Dance Class w/ Katya (CC) 11:45 Lunch Outing: Chang Mai *Thai Cuisine* (OUT) 1:30 Come Play Euchre (CC) 2:00 Afternoon Series: The Carole Burnett Show S1 Ep 3 ' Jonathan Winters ' (T&L) 3:30 Happy Hour and Game Show Event with Eugenio " Family Feud Halloween Edition" (CC) 7:00 James Bond Movie and Popcorn: Quantum of Solace (T&L)	10:00 Word Game: Wordle (T&L) 24 10:30 Morning Tea and MOMA Painting Program: Edward Gorey (CC) 1:30 Gentle Fitness w/ Fahimah (DDH) 1:30 Drum Fit w/ Noor (CC) 2:00 Fall Fair - Petting Zoo, Bake Sale, and Vendors! (B/B) 3:00 Come Celebrate Oktoberfest with Entertainment by The Sparkletts (B/B) 7:00 Movie Night: The Aviator (T&L)
Dental Hygienist *Sign up at the Front Desk* (SPA) 25 10:00 Virtual Gentle Fitness (CC) 10:30 Crafter's Corner - Knitting and Crocheting Social Group (B/B) 11:00 Activity Booklet *Front Desk* (C) 1:30 Virtual Seated Tai Chi (CC) 2:00 Sunday Series: The Crown S5 E10 ' Decomissioned ' (T&L) 2:30 Scattergories w/ Pumpkin Spice Latte (B/B) 3:00 Afternoon Tea & Entertainment with Second Movement! (B/B) 4:00 Go 4 Life Walking (MIL) 7:00 Movie Night: The Barefoot Contessa (T&L)	10:00 Better your Mind - Fit Minds (S1) (CC) 26 11:00 Better your Mind - Fit Minds (S2) (CC) 1:30 Paraffin Wax Treatment *Sign up at Reception* Location Change (CC) 2:30 Silver Sneakers Class w/ Shanay (CC) 3:00 Guided Meditations ' Softening Tension ', Session 2 (T&L) 3:30 Rummy & Sequence Card Games! (CC) 7:00 Musical Movie Mondays: Dolly Parton 'Here I am' (T&L)	10:00 Fall Prevention w/ Noor (DDH) 27 10:30 Virtual Full Body Chair workout w/ Curtis Adams (CC) 11:15 Virtual Strength & Balance (CC) 12:00 "Around the World Potluck: Dishes from Our Diverse Don Mills Team" * Sign up at the Front Desk* (B/B) 1:30 Culinary Corner (Cooking Demo) with Chef Cesar (CC) 2:30 Let's Play: Mahjong! * Change Location * (B/B) 3:00 Afternoon Tea & Treats 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: Ghostbuster (1984) (T&L)	10:00 Functional Exercise w/ Kelly (CC) 28 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: Kramer vs Kramer (T&L) 3:30 Come Play Scrabble (CC) 3:30 Monthly Birthday Happy Hour ' October Birthdays' and Name that Tune Guessing Game! (B/B) 6:30 Texas Hold'em *Bring \$2* **6 spots max** (CC) 6:30 St John Ambulance Pet Therapy w/ Pat and Golden Retriever Ruby *Sign Up at Front Desk* (STS) 7:00 Movie Night: Kramer vs Kramer (T&L)	10:15 Communion & Prayers w/ Elfreida & James (T&L) 29 11:00 Tech Help Sign up at Reception (STS) 11:00 Sit & Be Fit w/ Shanay (CC) 2:00 Spooktacular Bash * Cocktails, Staff and Resident Costume Contest and Guess Whats in the Box Game * (B/B) 3:30 Quiddler & Canasta Card Game (CC) 4:00 Go 4 Life Walking (MIL) 7:00 Movie Night: Death Becomes Her (T&L)	Foot Care Nurse *Sign Up at the Front Desk* (STS) 30 10:00 Prime Series: Chris Tarrant: Extreme Railways ' The Railway that created Canada ' (T&L) 11:00 Walking Word Search (*) 11:00 Sit & Be Fit w/ Shanay (CC) 1:30 Come Play Euchre (CC) 2:00 Afternoon Series: The Carole Burnett Show S1 Ep 4 ' Lucille Ball. Tim Conway ' (T&L) 3:30 Wheel Of Fortune Game Show and Happy Hour! (B/B) 7:00 James Bond Movie and Popcorn: Skyfall (T&L)	10:00 Word Game: Wordle (T&L) 31 1:30 Gentle Fitness w/ Fahimah (DDH) 1:30 Drum Fit w/ Noor (CC) 2:00 Resident Run: Social Bridge (CC) 2:00 Afternoon Series: American Experience JFK Part Three (T&L) 3:30 Halloween Entertainment with Vocalist Suzi Wesson and Pianist Doug Balfour with Witches Brew Cocktails (B/B) 7:00 Movie Night: Psycho (1960) (T&L)



Calendar Legend
Outing
Special Program
Living, Loving, Local
Signature Program
Highlight
Active Week

<u>Locations Legend</u>	
The Country Club (CC)	Dining Room (DR)
Great Escapes (T&L)	Outing (OUT)
Don's Bar/Bistro (B/B)	1st or 2nd floor (*)
Suite-to-Suite (STS)	Concierge (C)
Meet In Lobby (MIL)	Don Mills Patio (DMP)
Decadence Dining Hall (DDH)	Spa (SPA)
	Mills Lobby (ML)