






INSPIRED SENIOR LIVING

June 2024

Don Mills Retirement Residence Independent and Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Senior's Month</p>	 <p>Father's Day</p>	 <p>Canada's National Indigenous Peoples Day</p>				
<p>10:00 Stretching and Mobility Exercise (DDH) 2</p> <p>10:30 Seated Tai Chi (CC)</p> <p>10:45 Concentration Memory Game (DDH)</p> <p>11:00 Activity Booklet * Front Desk* (C)</p> <p>1:30 Rummikub (B/B)</p> <p>2:00 Active Game (DDH)</p> <p>3:00 Meditation and Mandela (DDH)</p> <p>4:00 Go for Life Walking Group (MIL)</p> <p>7:00 Movie Night: The Help (T&L)</p>	<p>10:00 Wheel Of Fortune (DDH) 3</p> <p>10:30 Better your Mind - Fit Minds (CC)</p> <p>11:00 Go for Life Walking Group (MIL)</p> <p>1:45 Fall Prevention (DDH)</p> <p>2:30 Gentle Fitness (CC)</p> <p>3:15 Strength & Balance (CC)</p> <p>4:00 Activities Meeting with Life Enrichment Manager Shanay *Share your thoughts* (T&L)</p> <p>7:00 Movie Night: Shawshank Redemption (T&L)</p>	<p>10:15 Drumfit (easy) (CC) 4</p> <p>10:30 Community Puzzle w/ Rsa (DDH)</p> <p>11:00 Drumfit (Intermediate) (CC)</p> <p>1:30 Uno Card Game w/ Hazel (CC)</p> <p>2:30 Artful Corner (DDH)</p> <p>3:30 What's in a word ? (B/B)</p> <p>4:30 Tech Help Sign up at reception (STS)</p> <p>7:00 Movie Night: Pursuit of Happyness (T&L)</p>	<p>9:45 Fall Prevention (DDH) 5</p> <p>10:30 Gentle Fitness (CC)</p> <p>10:45 American Funniest Home Videos (ALR)</p> <p>11:15 Strength & Balance (CC)</p> <p>1:30 Group Crossword (DDH)</p> <p>2:00 Meet and Greet with City Councillor Jon Burnside (T&L)</p> <p>3:00 What Happened This Week (DDH)</p> <p>7:00 Evening Series: Self Made: Life of Madam C.J. Walker Ep1 (T&L)</p>	<p>9:45 Seated Badminton (DDH) 6</p> <p>10:30 Outing: Edwards Garden (OUT)</p> <p>10:45 Java Music Club (DDH)</p> <p>1:30 Gentle Fitness w/ Adrineh (CC)</p> <p>2:30 Shut the Box Game (DDH)</p> <p>3:00 \$1 Bingo * Bring a Dollar Per Card* (CC)</p> <p>4:00 Go for Life Walking Group (MIL)</p> <p>7:00 Movie Night: Mona Lisa Smile (T&L)</p>	<p>National Donut Day! 7</p> <p>10:00 Gentle Fitness w/ Lorne (CC)</p> <p>10:45 Fitminds Interactive (DDH)</p> <p>11:00 Strength and Balance w/ Lorne (CC)</p> <p>1:30 Moma Lecture: Sofonisba Anguissola (CC)</p> <p>1:30 Come Play Euchre (CC)</p> <p>2:00 Moma Painting Session (CC)</p> <p>2:30 Happy Hour ' Mojito ' (B/B)</p> <p>3:30 Afternoon Entertainment w/ Filipa Sousa (B/B)</p> <p>7:00 Friday Night Movie and Popcorn: The Godfather (T&L)</p>	<p>10:00 Word Game: Wordle (CC) 8</p> <p>10:00 Vendor: Lavucci Apparel (Scarfs, Jewelry, etc) (ML)</p> <p>10:30 Physical Games (DDH)</p> <p>1:30 Gentle Fitness w/ Adrineh (CC)</p> <p>2:30 Bridge (Refresher) (CC)</p> <p>2:30 Saturday Series: Genius Martin Luther King/ Malcom X S4 EP 5 (T&L)</p> <p>3:30 Resident Run Five Crowns (B/B)</p> <p>7:00 Movie Night: Downtown Abbey (T&L)</p>
<p>Dental Hygienist *Sign up at the Front Desk* (SPA) 9</p> <p>10:00 Stretching and Mobility Exercise (DDH)</p> <p>10:30 Seated Tai Chi (CC)</p> <p>10:45 Concentration Memory Game (DDH)</p> <p>11:00 Activity Booklet * Front Desk* (C)</p> <p>1:30 Rummikub (B/B)</p> <p>2:00 Active Game (DDH)</p> <p>3:00 Meditation and Mandela (DDH)</p> <p>4:00 Go for Life Walking Group (MIL)</p> <p>7:00 Movie Night: Hampstead (T&L)</p>	<p>10:00 Wheel Of Fortune (DDH) 10</p> <p>10:30 Better your Mind - Fit Minds (CC)</p> <p>11:00 Go for Life Walking Group (MIL)</p> <p>1:45 Fall Prevention (DDH)</p> <p>2:30 Gentle Fitness (CC)</p> <p>3:15 Strength & Balance (CC)</p> <p>3:45 News & Views Discussion Group (B/B)</p> <p>7:00 Movie Night: Runaway Jury (T&L)</p>	<p>10:15 Drumfit (easy) (CC) 11</p> <p>10:30 Community Puzzle w/ Rsa (DDH)</p> <p>11:00 Drumfit (Intermediate) (CC)</p> <p>1:30 Uno Card Game w/ Hazel (CC)</p> <p>1:30 Hearing Clinic *Sign up at the front desk* (SPA)</p> <p>2:30 Artful Corner (DDH)</p> <p>3:30 What's in a word ? (B/B)</p> <p>4:30 Tech Help Sign up at reception (STS)</p> <p>7:00 Movie Night: Far from Heaven (T&L)</p>	<p>9:45 Fall Prevention (DDH) 12</p> <p>10:30 Gentle Fitness * Location Change* (DDH)</p> <p>10:45 American Funniest Home Videos (ALR)</p> <p>11:15 Strength & Balance * Location Change* (DDH)</p> <p>1:30 Group Crossword (DDH)</p> <p>2:30 Table Top Games - Grab a friend and play a game (Scrabble, Rummikub etc) (B/B)</p> <p>3:00 What Happened This Week (DDH)</p> <p>3:30 Cocktail Hour On the Patio (DMP)</p>	<p>9:45 Seated Badminton (DDH) 13</p> <p>10:30 Outing: Woodbine Casino * Sign up at the Front Desk* (OUT)</p> <p>10:45 Java Music Club (DDH)</p> <p>1:30 Gentle Exercise w/ Adrineh * Location Change* (DDH)</p> <p>1:30 Gentle Fitness w/ Adrineh * Location Change * (DDH)</p> <p>2:30 Shut the Box Game (DDH)</p> <p>3:00 \$1 Bingo * Bring a Dollar Per Card* *Location Change* (B/B)</p> <p>4:00 Go for Life Walking Group (MIL)</p>	<p>10:00 Gentle Fitness w/ Lorne (CC) 14</p> <p>10:45 Fitminds Interactive (DDH)</p> <p>11:00 Strength and Balance w/ Lorne (CC)</p> <p>1:30 Come Play Euchre (CC)</p> <p>2:00 Entertainment w/ Pianist Dave Thierry (DR)</p> <p>3:30 Happy Hour ' Watermelon Daiquiri ' (B/B)</p> <p>7:00 Friday Night Movie and Popcorn: Mr. Smith Goes to Washington (T&L)</p>	<p>10:00 Word Game: Wordle (CC) 15</p> <p>10:30 Physical Games (DDH)</p> <p>10:45 Don Mills Choir w/ Marcus *Sing-a-long* (T&L)</p> <p>1:30 Gentle Fitness w/ Adrineh (CC)</p> <p>2:00 Voices of Refugees Panel Discussion (T&L)</p> <p>3:30 Resident Run Five Crowns (B/B)</p> <p>3:30 Bridge (Refresher) (CC)</p> <p>7:00 Movie Night: Because I said So (T&L)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Fathers Day! 16</p> <p>10:00 Stretching and Mobility Exercise (DDH)</p> <p>10:30 Seated Tai Chi (CC)</p> <p>10:45 Concentration Memory Game (DDH)</p> <p>11:00 Activity Booklet * Front Desk* (C)</p> <p>11:30 Fathers Day BBQ (Make Reservations at the Front Desk) (DR)</p> <p>1:30 Rummikub (B/B)</p> <p>2:00 Active Game (DDH)</p> <p>3:00 Meditation and Mandela (DDH)</p> <p>4:00 Go for Life Walking Group (MIL)</p> <p>7:00 Movie Night: Genius (T&L)</p>	<p>10:00 Wheel Of Fortune (DDH) 17</p> <p>10:30 Better your Mind - Fit Minds (CC)</p> <p>11:00 Go for Life Walking Group (MIL)</p> <p>1:45 Fall Prevention (DDH)</p> <p>2:30 Gentle Fitness (CC)</p> <p>3:15 Strength & Balance (CC)</p> <p>3:45 Jeopardy (B/B)</p> <p>7:00 Movie Night: The Meddler (T&L)</p>	<p>10:00 Resident Forum (IL/AL) (T&L) 18</p> <p>10:15 Drumfit (easy) (CC)</p> <p>10:30 Community Puzzle w/ Rsa (DDH)</p> <p>11:00 Drumfit (Intermediate) (CC)</p> <p>1:30 Uno Card Game w/ Hazel (CC)</p> <p>2:30 Artful Corner (DDH)</p> <p>3:30 What's in a word ? (B/B)</p> <p>4:30 Tech Help Sign up at reception (STS)</p> <p>7:00 Movie Night: Top Gun (T&L)</p>	<p>9:45 Fall Prevention (DDH) 19</p> <p>10:30 Gentle Fitness (CC)</p> <p>10:45 American Funniest Home Videos (ALR)</p> <p>11:15 Strength & Balance (CC)</p> <p>1:30 Group Crossword (DDH)</p> <p>2:00 The Story of my Life Journaling Workshop Introduction w/ Shelley (CC)</p> <p>3:00 What Happened This Week (DDH)</p> <p>3:30 Cocktail Hour On the Patio (DMP)</p> <p>7:00 Evening Series: Self Made: Life of Madam C.J. Walker Ep2 (T&L)</p>	<p>9:45 Seated Badminton (DDH) 20</p> <p>10:15 Outing Fairview Mall * Sign up with the Front Desk* (MIL)</p> <p>10:30 Culinary Meeting (T&L)</p> <p>10:45 Java Music Club (DDH)</p> <p>1:30 Gentle Fitness w/ Adrineh (CC)</p> <p>2:30 Shut the Box Game (DDH)</p> <p>3:00 \$1 Bingo * Bring a Dollar Per Card* (CC)</p> <p>4:00 Go for Life Walking Group (MIL)</p> <p>7:00 Movie Night: The Iron Claw (T&L)</p>	<p>10:00 Gentle Fitness w/ Lorne (CC) 21</p> <p>10:45 Fitminds Interactive (DDH)</p> <p>11:00 Strength and Balance w/ Lorne (CC)</p> <p>1:30 Moma Lecture: Augusto Giacometti (CC)</p> <p>1:30 Come Play Euchre (CC)</p> <p>2:00 Moma Painting Session (CC)</p> <p>2:30 Happy Hour ' Pina Colada ' (B/B)</p> <p>3:30 Entertainment w/ Pianist Martin wall (DR)</p> <p>7:00 Friday Night Movie and Popcorn: The Apartment (T&L)</p>	<p>10:00 Word Game: Wordle (CC) 22</p> <p>10:30 Physical Games (DDH)</p> <p>11:30 Outing: City Brunch Cruise around Toronto ** Sign up for waitlist** (OUT)</p> <p>1:30 Gentle Fitness w/ Adrineh (CC)</p> <p>2:30 Bridge (Refresher) (CC)</p> <p>2:30 Saturday Series: Genius Martin Luther King/ Malcom X S4 EP 6 (T&L)</p> <p>3:30 Resident Run Five Crowns (B/B)</p> <p>7:00 Movie Night: Notting Hill (T&L)</p>
<p>10:00 Stretching and Mobility Exercise (DDH) 23</p> <p>10:30 Seated Tai Chi (CC)</p> <p>10:45 Concentration Memory Game (DDH)</p> <p>11:00 Activity Booklet * Front Desk* (C)</p> <p>1:30 Rummikub (B/B)</p> <p>2:00 Active Game (DDH)</p> <p>2:30 Guest Speaker Eve Smeltzer: Primate Politics (T&L)</p> <p>3:00 Meditation and Mandela (DDH)</p> <p>4:00 Go for Life Walking Group (MIL)</p> <p>7:00 Movie Night: Some Like It Hot (T&L)</p>	<p>10:00 Wheel Of Fortune (DDH) 24</p> <p>10:30 Better your Mind - Fit Minds (CC)</p> <p>11:00 Go for Life Walking Group (MIL)</p> <p>1:45 Fall Prevention (DDH)</p> <p>2:30 Gentle Fitness (CC)</p> <p>3:15 Strength & Balance (CC)</p> <p>3:45 News & Views Discussion Group (B/B)</p> <p>7:00 Movie Night: Women in Gold (T&L)</p>	<p>10:15 Drumfit (easy) (CC) 25</p> <p>10:30 Community Puzzle w/ Rsa (DDH)</p> <p>11:00 Drumfit (Intermediate) (CC)</p> <p>1:30 Uno Card Game w/ Hazel (CC)</p> <p>2:30 Artful Corner (DDH)</p> <p>3:30 What's in a word ? (B/B)</p> <p>4:30 Tech Help Sign up at reception (STS)</p> <p>7:00 Movie Night: Mother of the Bride (T&L)</p>	<p>9:45 Fall Prevention (DDH) 26</p> <p>10:30 Gentle Fitness (CC)</p> <p>10:45 American Funniest Home Videos (ALR)</p> <p>11:15 Strength & Balance (CC)</p> <p>1:30 Group Crossword (DDH)</p> <p>2:30 Table Top Games - Grab a friend and play a game (Scrabble, Rummikub etc) (B/B)</p> <p>3:00 What Happened This Week (DDH)</p> <p>3:30 Monthly Birthday Happy Hour and Snack* Come Celebrate the June Birthday's* (DMP)</p> <p>7:00 Evening Entertainment with Megacity Swing Band (B/B)</p>	<p>9:45 Seated Badminton (DDH) 27</p> <p>10:15 Outing: Don Mills Shops/Library/Shoppers Shuttle Drop off * Sign up at the Front Desk* (OUT)</p> <p>10:45 Java Music Club (DDH)</p> <p>1:30 Gentle Fitness w/ Adrineh (CC)</p> <p>2:00 Culinary Corner (Cooking Demo) (DDH)</p> <p>2:30 Shut the Box Game (DDH)</p> <p>3:00 Prize Bingo (CC)</p> <p>4:00 Go for Life Walking Group (MIL)</p> <p>7:00 Movie Night: Liar Liar (T&L)</p>	<p>10:00 Gentle Fitness w/ Lorne (CC) 28</p> <p>10:45 Fitminds Interactive (DDH)</p> <p>11:00 Strength and Balance w/ Lorne (CC)</p> <p>1:30 Come Play Euchre (CC)</p> <p>2:00 Artful Step by Step Workshops: Starry Night (CC)</p> <p>2:30 Happy Hour ' Strawberry-Rum Coolers ' (B/B)</p> <p>3:30 Entertainment with Kelly Davis (B/B)</p> <p>7:00 Friday Night Movie and Popcorn: Casablanca (T&L)</p>	<p>10:00 Word Game: Wordle (CC) 29</p> <p>10:30 Physical Games (DDH)</p> <p>10:45 Don Mills Choir w/ Marcus *Sing-a-along* (T&L)</p> <p>1:30 Gentle Fitness w/ Adrineh (CC)</p> <p>2:30 Bridge (Refresher) (CC)</p> <p>2:30 Saturday Series: Genius Martin Luther King/ Malcom X S4 EP 7 (T&L)</p> <p>3:30 Resident Run Five Crowns (B/B)</p> <p>7:00 Movie Night: Just Getting Started (T&L)</p>
<p>10:00 Stretching and Mobility Exercise (DDH) 30</p> <p>10:30 Seated Tai Chi (CC)</p> <p>10:45 Concentration Memory Game (DDH)</p> <p>11:00 Activity Booklet * Front Desk* (C)</p> <p>1:30 Rummikub (B/B)</p> <p>2:00 Active Game (DDH)</p> <p>3:00 Meditation and Mandela (DDH)</p> <p>4:00 Go for Life Walking Group (MIL)</p> <p>7:00 Movie Night: The Butler (T&L)</p>			<p>Calendar Legend</p> <p>Outing</p> <p>Special Program</p> <p>Living, Loving, Local</p> <p>Signature Program</p>		<p>Locations Legend</p> <p>The Country Club (CC)</p> <p>Decadence Dining Hall (DDH)</p> <p>Great Escapes (T&L)</p> <p>Don's Bar/Bistro (B/B)</p> <p>Meet in the Lobby (MIL)</p> <p>Concierge (C)</p> <p>Suite-to-Suite (STS)</p> <p>Assisted living room (ALR)</p> <p>Outing (OUT)</p> <p>Don Mills Patio (DMP)</p> <p>Dining Room (DR)</p> <p>Spa (SPA)</p> <p>Mills Lobby (ML)</p>	