





INSPIRED SENIOR LIVING

# August 2024

## Don Mills Retirement Residence Independent and Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>MONDAY</b> <b>AUG 5</b> <b>Civic Holiday</b></p>	 <p><b>SUNDAY</b> <b>AUG 25</b> <b>Banana Split Day</b></p>					
<p>10:00 Seated Dance (CC) <b>4</b> 10:45 Concentration Memory Game (DDH) 11:00 Activity Booklet * Front Desk* (C) 1:30 Rummikub (B/B) 2:30 Sing Fit (DDH) 4:00 Go for Life Walking Group (MIL) 7:00 Movie Night: Joy (T&amp;L)</p>	<p>2024 Paris Summer Olympics - Wear Red <b>5</b> 10:00 Better your Mind - Fit Minds (Session 1) (CC) 11:00 Go for Life Walking Group (MIL) 11:00 Better your Mind - Fit Minds (Session 2) (CC) 2:00 Olympic Games: Ladder Toss Competition (CC) 3:00 Daily Chronicles (DDH) 3:30 Celebrate Caribana with the Caribbean Steel Pans (B/B) 7:00 Movie Night: Ocean's Eleven (T&amp;L)</p>	<p>2024 Paris Summer Olympics - Wear Yellow <b>6</b> 10:15 Drumfit (easy) (CC) 10:30 What Happened This Week w/ RSA (DDH) 11:00 Drumfit (Intermediate) (CC) 11:30 Tech Help Sign up at reception (STS) 1:30 Trivia Olympics Editions (CC) 2:30 Artful Corner (DDH) 3:30 What's in a word ? (B/B) 7:00 Movie Night: Moonstruck (T&amp;L)</p>	<p>2024 Paris Summer Olympics - Wear Green <b>7</b> 9:45 Fall Prevention (DDH) 10:30 Gentle Fitness (CC) 10:45 American Funniest Home Videos (ALR) 11:15 Strength &amp; Balance (CC) 1:30 Group Crossword (DDH) 2:00 Learn how to play Shuffleboard (SP) 2:30 Prize Bingo Paris Edition (CC) 3:30 Toonie cocktail hour on the patio **All bar items only a \$2** (DMP) 6:30 Chess Connections (CC) 7:00 Evening Series: Simone Biles Rising Ep1 (T&amp;L)</p>	<p>2024 Paris Summer Olympics - Wear Dark Blue <b>8</b> 9:45 Seated Badminton (DDH) 10:30 Java Music Club (DDH) 11:30 Lunch Outing: Paramount Middle Eastern Kitchen (MIL) 11:30 Tech Help Sign up at reception (STS) 1:30 Gentle Fitness (CC) 2:00 Shut the Box Game (DDH) 2:30 Olympic Game: Frisbee Golf (B/B) 3:15 Fall Prevention (DDH) 7:00 Movie Night: A walk in the Woods (T&amp;L)</p>	<p>2024 Paris Summer Olympics - Wear Light Blue or Sky blue <b>9</b> 10:00 Gentle Fitness w/ Lorne (CC) 10:30 Fitminds Interactive (DDH) 11:00 Strength and Balance w/ Lorne (CC) 11:30 Go for Life Walking Group (MIL) 1:30 Come Play Euchre (CC) 2:00 Rick Stevens Travelodge's " Paris: Embracing Life and Art" (T&amp;L) 2:30 Happy Hour ' Bubbly Peach Cosmo' (B/B) 3:30 Olympic Game: Axe Throwing Competition (B/B) 7:00 Friday Night Movie and Popcorn: An American in Paris (T&amp;L)</p>	<p>10:00 Word Game: Wordle (CC) <b>10</b> 10:45 Don Mills Choir w/ Marcus (T&amp;L) 1:30 Gentle Fitness (CC) 2:00 Picture Bingo (DDH) 2:30 Saturday Series: Empire Builders ' Ottomans, Mughals and Moor ' (T&amp;L) 3:30 Meditation and Mandela (DDH) 3:30 Table Top Games - Grab a friend and play a game (Scrabble, Rummikub Five Crowns etc.) (B/B) 7:00 Movie Night: Find Me Falling (T&amp;L)</p>
<p>10:00 Stretching and Mobility Exercise (DDH) <b>11</b> 10:30 Seated Tai Chi (CC) 10:45 Concentration Memory Game (DDH) 11:00 Activity Booklet * Front Desk* (C) 1:30 Rummikub (B/B) 1:30 Moma Lecture " Tate Britain" (DDH) 2:00 Moma Painting Session (CC) 2:30 Sing Fit (DDH) 4:00 Go for Life Walking Group (MIL) 7:00 Movie Night: Rush Hour (T&amp;L)</p>	<p>10:00 Better your Mind - Fit Minds (Session 1) (CC) <b>12</b> 11:00 Go for Life Walking Group (MIL) 11:00 Better your Mind - Fit Minds (Session 2) (CC) 1:45 Fall Prevention (DDH) 2:30 Gentle Fitness (CC) 2:30 Daily Chronicles (DDH) 3:15 Strength &amp; Balance (CC) 3:45 News &amp; Views Discussion Group (T&amp;L) 7:00 Movie Night: Ladies in Black (T&amp;L)</p>	<p>10:15 Drumfit (easy) (CC) <b>13</b> 10:30 What Happened This Week w/ RSA (DDH) 11:00 Drumfit (Intermediate) (CC) 11:30 Tech Help Sign up at reception (STS) 2:00 Special Performance by Marcus and the Don Mills Choir (B/B) 3:30 What's in a word ? (B/B) 7:00 Movie Night: The Miracle Club (T&amp;L)</p>	<p>9:45 Fall Prevention (DDH) <b>14</b> 10:30 Gentle Fitness (CC) 10:45 American Funniest Home Videos (ALR) 11:15 Strength &amp; Balance (CC) 12:45 Outing Service Ontario (Ontario Photo ID card registration) * Sign up at the front Desk* (MIL) 1:30 Group Crossword (DDH) 2:30 \$1 Bingo * Bring a Dollar Per Card* (CC) 3:30 Toonie cocktail hour on the patio (DMP) 6:30 Chess Connections (CC) 7:00 Evening Series: Simone Biles rising Ep2 (T&amp;L)</p>	<p>9:45 Seated Badminton (DDH) <b>15</b> 10:00 Outing: Pickering Casino * Sign-up at Front desk* (OUT) 10:30 Java Music Club (DDH) 11:30 Tech Help Sign up at reception (STS) 1:30 Gentle Fitness (CC) 2:00 Shut the Box Game (DDH) 3:00 Movie Club * Bring your suggestions* (T&amp;L) 3:15 Fall Prevention (DDH) 7:00 Movie Night: Murder Mystery 2 (T&amp;L)</p>	<p>10:00 Gentle Fitness w/ Lorne (CC) <b>16</b> 10:30 Fitminds Interactive (DDH) 11:00 Strength and Balance w/ Lorne (CC) 11:30 Go for Life Walking Group (MIL) 1:30 Come Play Euchre (CC) 2:00 Rick Stevens Travelodge's " London: Historic and Dynamic" (T&amp;L) 2:30 Happy Hour ' Root Beer Floats' (B/B) 7:00 Friday Night Movie and Popcorn: Singing in the Rain (T&amp;L)</p>	<p>10:00 Word Game: Wordle (CC) <b>17</b> 10:45 Don Mills Choir w/ Marcus (T&amp;L) 1:30 Gentle Fitness (CC) 2:00 Manicures and Hand Masks w/ Relaxing Music (DDH) 2:30 Saturday Series: Empire Builders ' Byzantium, Crusades and Venice' (T&amp;L) 3:30 Meditation and Mandela (DDH) 3:30 Table Top Games - Grab a friend and play a game (Scrabble, Rummikub Five Crowns etc.) (B/B) 7:00 Movie Night: I'll See You in My Dreams (T&amp;L)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Mobile Dental Hygiene Services w/ Joanna *Sign up at the front desk* (SPA) 18</b></p> <p>10:00 Seated Dance (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>1:30 Moma Lecture ' Elizabeth Blackadder' (DDH)</p> <p>2:00 Moma Painting Session (CC)</p> <p>2:30 Sing Fit (DDH)</p> <p>4:00 Go for Life Walking Group (MIL)</p> <p>7:00 Movie Night: Chocolat (T&amp;L)</p>	<p>10:00 Better your Mind - Fit Minds (Session 1) (CC) 19</p> <p>10:00 Wheel Of Fortune (DDH)</p> <p>11:00 Go for Life Walking Group (MIL)</p> <p>11:00 Better your Mind - Fit Minds (Session 2) (CC)</p> <p>1:45 Fall Prevention (DDH)</p> <p>2:30 Gentle Fitness (CC)</p> <p>2:30 Daily Chronicles (DDH)</p> <p>3:00 Meet and Greet with our New GM Stuart Hammond (B/B)</p> <p>3:15 Strength &amp; Balance (CC)</p> <p>7:00 Movie Night: Downsizing (T&amp;L)</p>	<p>10:00 Resident Forum (IL/AL) (T&amp;L) 20</p> <p>10:30 What Happened This Week w/ RSA (DDH)</p> <p>11:00 Drumfit (CC)</p> <p>11:30 Tech Help Sign up at reception (STS)</p> <p>1:30 Uno Card Game (CC)</p> <p>2:30 Artful Corner (DDH)</p> <p>3:30 What's in a word? (CC)</p> <p>7:00 Movie Night: Bridget Jones Diary (T&amp;L)</p>	<p>9:45 Fall Prevention (DDH) 21</p> <p>10:30 Gentle Fitness (CC)</p> <p>10:45 American Funniest Home Videos (ALR)</p> <p>11:15 Strength &amp; Balance (CC)</p> <p>1:30 Group Crossword (DDH)</p> <p>2:00 Learn how to play Shuffleboard (SP)</p> <p>2:30 \$1 Bingo * Bring a Dollar Per Card* (CC)</p> <p>3:30 Monthly Birthday Happy Hour and Snack* Come Celebrate the August Birthday's* (B/B)</p> <p>6:30 Chess Connections (CC)</p> <p>7:00 Evening Documentary: Andy Resurfacing (T&amp;L)</p>	<p>9:45 Seated Badminton (DDH) 22</p> <p>10:15 Outing: Don Mills Shops Shuttle Drop off * Sign up at the front desk* (OUT)</p> <p>10:30 Java Music Club (DDH)</p> <p>11:00 Vendor: Nellie Comfort Shoes for Less (11am - 3pm) (B/B)</p> <p>11:30 Tech Help Sign up at reception (STS)</p> <p>1:30 Gentle Fitness (CC)</p> <p>2:00 Shut the Box Game (DDH)</p> <p>3:00 New Game: Quiddler ' The Short Word Card Game' (CC)</p> <p>3:15 Fall Prevention (DDH)</p> <p>7:00 Movie Night: Beverly Hills Cop: Axel F (T&amp;L)</p>	<p>10:00 Gentle Fitness w/ Lorne (CC) 23</p> <p>10:30 Fitminds Interactive (DDH)</p> <p>11:00 Strength and Balance w/ Lorne (CC)</p> <p>11:30 Go for Life Walking Group (MIL)</p> <p>1:30 Come Play Euchre (CC)</p> <p>2:00 Rick Stevens Travelodge's " North England's Lake District and Durham" (T&amp;L)</p> <p>2:30 Happy Hour ' White Peach Sangria' (B/B)</p> <p>3:30 Entertainment w/ Carla Gonzalez (B/B)</p> <p>7:00 Friday Night Movie and Popcorn: Out of Africa (T&amp;L)</p>	<p>10:00 Word Game: Wordle (CC) 24</p> <p>11:00 Physical Games (DDH)</p> <p>1:30 Gentle Fitness (CC)</p> <p>2:00 Picture Bingo (DDH)</p> <p>2:30 Saturday Series: Empire Builders ' Kings of Europe - France, the Habsburgs &amp; the Russian Tsars ' (T&amp;L)</p> <p>3:30 Meditation and Mandela (DDH)</p> <p>3:30 Table Top Games - Grab a friend and play a game (Scrabble, Rummikub Five Crowns etc.) (B/B)</p> <p>7:00 Movie Night: The Intern (T&amp;L)</p>
<p><b>National Banana Split Day! 25</b></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 Come Learn to Play Rummikub w/ Shanay (B/B)</p> <p>2:30 Sing Fit (DDH)</p> <p>3:00 Banana Split Bar (B/B)</p> <p>4:00 Go for Life Walking Group (MIL)</p> <p>7:00 Movie Night: A Little Chaos (T&amp;L)</p>	<p>10:00 Better your Mind - Fit Minds (Session 1) (CC) 26</p> <p>10:00 Family Feud (DDH)</p> <p>11:00 Go for Life Walking Group (MIL)</p> <p>11:00 Better your Mind - Fit Minds (Session 2) (CC)</p> <p>1:45 Fall Prevention (DDH)</p> <p>2:00 Entertainment w/ Tony (B/B)</p> <p>2:30 Gentle Fitness (CC)</p> <p>3:15 Strength &amp; Balance (CC)</p> <p>3:45 News &amp; Views Discussion Group (T&amp;L)</p> <p>7:00 Movie Night: Hillbilly Elegy (T&amp;L)</p>	<p>10:15 Drumfit (easy) (CC) 27</p> <p>10:30 What Happened This Week w/ RSA (DDH)</p> <p>11:00 Drumfit (Intermediate) (CC)</p> <p>11:30 Tech Help Sign up at reception (STS)</p> <p>1:30 Uno Card Game (CC)</p> <p>2:30 Artful Corner (DDH)</p> <p>3:30 What's in a word ? (B/B)</p> <p>7:00 Movie Night: The Royal Treatment (T&amp;L)</p>	<p>9:45 Fall Prevention (DDH) 28</p> <p>10:30 Gentle Fitness (CC)</p> <p>10:45 American Funniest Home Videos (ALR)</p> <p>11:15 Strength &amp; Balance (CC)</p> <p>1:30 Group Crossword (DDH)</p> <p>2:30 \$1 Bingo * Bring a Dollar Per Card* (CC)</p> <p>3:30 Toonie cocktail hour on the patio (DMP)</p> <p>6:30 Chess Connections (CC)</p> <p>7:00 Movie Night: Young Woman and the Sea (T&amp;L)</p>	<p>9:45 Seated Badminton (DDH) 29</p> <p>10:30 Java Music Club (DDH)</p> <p>10:30 Culinary Meeting (T&amp;L)</p> <p>11:30 Tech Help Sign up at reception (STS)</p> <p>1:30 Gentle Fitness (CC)</p> <p>2:00 Shut the Box Game (DDH)</p> <p>2:00 Make you own Flower Arrangements with Megan (Real Flowers) * Sign up at the front desk* (B/B)</p> <p>3:00 Quiddler - The Short Word Card Game' (CC)</p> <p>3:15 Fall Prevention (DDH)</p> <p>7:00 Movie Night: The Bucket List (T&amp;L)</p>	<p>10:00 Gentle Fitness w/ Lorne (CC) 30</p> <p>10:30 Fitminds Interactive (DDH)</p> <p>11:00 Strength and Balance w/ Lorne (CC)</p> <p>11:30 Go for Life Walking Group (MIL)</p> <p>1:30 Come Play Euchre (CC)</p> <p>2:00 Rick Stevens Travelodge's " Venice: City of Dreams" (T&amp;L)</p> <p>2:30 Happy Hour ' Blue Berry Vodka Lemonade' (B/B)</p> <p>7:00 Friday Night Movie and Popcorn: Two For The Road (T&amp;L)</p>	<p>10:00 Word Game: Wordle (CC) 31</p> <p>11:00 Physical Games (DDH)</p> <p>1:30 Gentle Fitness (CC)</p> <p>2:00 Manicures and Hand Masks w/ Relaxing Music (DDH)</p> <p>2:30 Saturday Series: Empire Builders ' The British Empire ' (T&amp;L)</p> <p>3:30 Meditation and Mandela (DDH)</p> <p>3:30 Table Top Games - Grab a friend and play a game (Scrabble, Rummikub Five Crowns etc.) (B/B)</p> <p>7:00 Movie Night: Little Miss Sunshine (T&amp;L)</p>



### Calendar Legend

- Outing
- Special Program
- Living, Loving, Local
- Signature Program

### Locations Legend

- The Country Club (CC)
- Decadence Dining Hall (DDH)
- Great Escapes (T&L)
- Don's Bar/Bistro (B/B)
- Meet in the Lobby (MIL)
- Suite-to-Suite (STS)
- Concierge (C)
- Assisted living room (ALR)
- Outing (OUT)
- Don Mills Patio (DMP)
- Spa Terrace (SP)
- Dining Room (DR)
- Spa (SPA)