



INSPIRED SENIOR LIVING

September 2024

Don Mills Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Strength and Balance w/ Lorne *New Day* (CC) 1</p> <p>10:45 Concentration Memory Game (DDH)</p> <p>11:00 Activity Booklet * Front Desk* (C)</p> <p>1:30 Seated Tai Chi (CC)</p> <p>2:00 Sing Fit (DDH)</p> <p>2:30 Rummikub (B/B)</p> <p>4:00 Go for Life Walking Group (MIL)</p> <p>7:00 Movie Night: Wicked Little Letters (T&L)</p>	<p>10:00 Better your Mind - Fit Minds (Session 1) (CC) 2</p> <p>10:00 Wheel Of Fortune (DDH)</p> <p>11:00 Better your Mind - Fit Minds (Session 2) (CC)</p> <p>11:00 Nature Walk and Reflection (MIL)</p> <p>2:00 Afternoon Movie: Labor Day (T&L)</p> <p>3:45 News & Views Discussion Group (CC)</p> <p>7:00 Movie Night: 27 Dresses (T&L)</p>	<p>10:15 Drumfit (easy) (CC) 3</p> <p>10:30 What Happened This Week (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: Water for Elephants (T&L)</p>	<p>9:45 Fall Prevention (DDH) 4</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 \$1 Bingo * Bring a Dollar Per Card* (CC)</p> <p>3:30 2\$ Cocktail Hour and Games- Ladders Toss (B/B)</p> <p>6:30 Chess Connections (CC)</p> <p>7:00 Movie Night: The Boys In The Boat (T&L)</p>	<p>9:45 Seated Badminton (DDH) 5</p> <p>10:15 Outing Fairview Mall * Sign up with the Front Desk* (MIL)</p> <p>10:30 Java Music Club (DDH)</p> <p>11:30 Tech Help Sign up at reception (STS)</p> <p>1:30 Gentle Fitness (CC)</p> <p>1:30 Daily Chronicles (DDH)</p> <p>2:00 Shut the Box Game (DDH)</p> <p>2:30 Quiddler - The Short Word Card Game (CC)</p> <p>3:15 Fall Prevention (DDH)</p> <p>4:00 Activities Meeting with Life Enrichment Manager Shanay *Share your thoughts* (T&L)</p> <p>7:00 Movie Night: Evita (T&L)</p>	<p>10:00 Fitminds Interactive (DDH) 6</p> <p>10:30 Seated Dance class with Katya (CC)</p> <p>11:00 Rick Stevens Travelodge's " Venice and Its Lagoon" (T&L)</p> <p>11:30 Go for Life Walking Group (MIL)</p> <p>1:30 Come Play Euchre (CC)</p> <p>2:30 Happy Hour (B/B)</p> <p>3:30 Entertainment w/ Filipa Sousa (B/B)</p> <p>7:00 Friday Night Movie and Popcorn: To Kill a Mockingbird (T&L)</p>	<p>10:00 Word Game: Wordle (CC) 7</p> <p>10:15 Stretching and Mobility Exercise (DDH)</p> <p>1:30 Gentle Fitness (CC)</p> <p>2:00 Picture Bingo (DDH)</p> <p>2:30 Saturday Series: Empire Builders ' Japan ' (T&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 Champion (T&L)</p>
<p>10:00 Strength and Balance w/ Lorne (CC) 8</p> <p>10:45 Concentration Memory Game (DDH)</p> <p>11:00 Activity Booklet * Front Desk* (C)</p> <p>1:30 Moma Lecture ' Anslem Kiefer' (DDH)</p> <p>1:30 Seated Tai Chi (CC)</p> <p>2:00 Moma Painting Session (CC)</p> <p>2:00 Sing Fit (DDH)</p> <p>2:30 Rummikub (B/B)</p> <p>4:00 Go for Life Walking Group (MIL)</p> <p>7:00 Movie Night: Death on the Nile (T&L)</p>	<p>10:00 Better your Mind - Fit Minds (Session 1) (CC) 9</p> <p>10:00 Family Feud (DDH)</p> <p>11:00 Better your Mind - Fit Minds (Session 2) (CC)</p> <p>11:00 Nature Walk and Reflection (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 (T&L)</p> <p>7:00 Movie Night: The Switch (T&L)</p>	<p>9:15 Outing: Strafford Festival 'Something Rotten' (\$76.35 per ticket) (OUT) 10</p> <p>10:30 What Happened This Week (DDH)</p> <p>11:00 Drumfit (easy) (CC)</p> <p>11:30 Tech Help Sign up at reception (STS)</p> <p>1:30 Hearing Clinic w/ Martin * Sign-up with at Front Desk* (SPA)</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: Maggie's Plan (T&L)</p>	<p>National Chocolate Milkshake Day! 11</p> <p>9:45 Fall Prevention (DDH)</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 \$1 Bingo * Bring a Dollar Per Card* (CC)</p> <p>3:30 Chocolate Milkshake and Games- Axe Throwing (B/B)</p> <p>4:30 Supper with Stu **by Invitation** (DR)</p> <p>6:30 Chess Connections (CC)</p> <p>7:00 Movie Night: Priscilla (T&L)</p>	<p>9:45 Seated Badminton (DDH) 12</p> <p>10:30 Java Music Club (DDH)</p> <p>11:30 Tech Help Sign up at reception (STS)</p> <p>12:30 Outing Service Ontario (Ontario Photo ID card registration) * Sign up at the front Desk* (MIL)</p> <p>1:30 Gentle Fitness (CC)</p> <p>1:30 Daily Chronicles (DDH)</p> <p>2:00 Shut the Box Game (DDH)</p> <p>2:30 Quiddler - The Short Word Card Game (CC)</p> <p>3:15 Fall Prevention (DDH)</p> <p>7:00 Movie Night: Kings Speech (T&L)</p>	<p>10:00 Fitminds Interactive (DDH) 13</p> <p>10:30 Online Seated Zumba (CC)</p> <p>11:00 Rick Stevens Travelodge's S8 " Western Turkey' (T&L)</p> <p>11:30 Go for Life Walking Group (MIL)</p> <p>1:30 Come Play Euchre (CC)</p> <p>1:30 Manicures and Hand Masks w/ Relaxing Music (DDH)</p> <p>2:30 Happy Hour (B/B)</p> <p>3:30 Entertainment with Pianist Martin Wall (DR)</p> <p>7:00 Friday Night Movie and Popcorn: Marty (T&L)</p>	<p>10:00 Word Game: Wordle (CC) 14</p> <p>10:15 Stretching and Mobility Exercise (DDH)</p> <p>1:30 Gentle Fitness (CC)</p> <p>2:00 Guest Speaker: Bruce Kidd ' My Life as an Athlete Activist' (T&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: Fried Green Tomatoes (T&L)</p>
<p>10:00 Strength and Balance w/ Lorne (CC) 15</p> <p>10:45 Sing Fit (DDH)</p> <p>11:00 Activity Booklet * Front Desk* (C)</p> <p>1:30 Don Mills Choir w/ Marcus (T&L)</p> <p>1:30 Seated Tai Chi (CC)</p> <p>2:30 Rummikub (B/B)</p> <p>2:30 ' New Program' - Alphabet Fishing (DDH)</p> <p>4:00 Go for Life Walking Group (MIL)</p> <p>7:00 Movie Night: Along Came Polly (T&L)</p>	<p>10:00 Better your Mind - Fit Minds (Session 1) (CC) 16</p> <p>10:00 Wheel Of Fortune (DDH)</p> <p>10:00 Vendor: 5th Avenue Jewelry (10am-4pm) (B/B)</p> <p>11:00 Better your Mind - Fit Minds (Session 2) (CC)</p> <p>11:00 Nature Walk and Reflection (MIL)</p> <p>1:45 Fall Prevention (DDH)</p> <p>2:30 Gentle Fitness (CC)</p> <p>3:00 Picture Bingo (DDH)</p> <p>3:15 Strength & Balance (CC)</p> <p>3:45 News & Views Discussion Group (T&L)</p> <p>7:00 Movie Night: Lilies of the Field (T&L)</p>	<p>10:00 Resident Forum (IL/AL) (T&L) 17</p> <p>10:15 Drumfit (easy) (CC)</p> <p>10:30 What Happened This Week (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 Movie Club * Lets pick our Movies for Next Month, bring your suggestions* (T&L)</p> <p>2:30 Artful Corner (DDH)</p> <p>3:30 What's in a word ? (B/B)</p> <p>7:00 Movie Night: Under the Tuscan Sun (T&L)</p>	<p>9:45 Fall Prevention (DDH) 18</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 \$1 Bingo * Bring a Dollar Per Card* (CC)</p> <p>3:30 \$2 cocktail hour and Games- Ladder Toss (B/B)</p> <p>4:30 Supper with Stu **by Invitation** (DR)</p> <p>6:30 Chess Connections (CC)</p> <p>7:00 Evening Documentary: Canada Untold (T&L)</p>	<p>9:45 Seated Badminton (DDH) 19</p> <p>10:30 Culinary Meeting (T&L)</p> <p>10:30 Java Music Club (DDH)</p> <p>11:30 Tech Help Sign up at reception (STS)</p> <p>1:30 Gentle Fitness (CC)</p> <p>1:30 Daily Chronicles (DDH)</p> <p>2:00 Shut the Box Game (DDH)</p> <p>2:30 Guest Speaker Kasey from the Alzheimer Society Presents ' Brain Health" (T&L)</p> <p>3:15 Fall Prevention (DDH)</p> <p>7:00 Movie Night: All Roads Lead to Rome (T&L)</p>	<p>10:00 Fitminds Interactive (DDH) 20</p> <p>10:30 Seated Dance class with Katya (CC)</p> <p>11:00 Rick Stevens Travelodge's 'Central Turkey' (T&L)</p> <p>11:30 Go for Life Walking Group (MIL)</p> <p>1:30 Come Play Euchre (CC)</p> <p>2:30 Happy Hour (B/B)</p> <p>3:30 Entertainment w/ Shannon Graham (B/B)</p> <p>7:00 Friday Night Movie and Popcorn: Oppenheimer (T&L)</p>	<p>National Open House 1pm -4pm 21</p> <p>* Sunset on Summer*</p> <p>10:00 Word Game: Wordle (CC)</p> <p>10:15 Stretching and Mobility Exercise (DDH)</p> <p>1:00 Open House Entertainment: Steel Pans (B/B)</p> <p>1:30 Gentle Fitness * Location Change* (DDH)</p> <p>2:30 Sip and Paint ' Sunset Silhouette' (CC)</p> <p>3:30 Meditation and Mandela (DDH)</p> <p>7:00 Movie Night: The Healer (T&L)</p>



INSPIRED SENIOR LIVING

September 2024

Don Mills Retirement Residence



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

10:00 Strength and Balance w/ Lorne (CC) **22**

10:45 Concentration Memory Game (DDH)

11:00 Activity Booklet * Front Desk* (C)

1:30 Moma Lecture ' Jacques Joseph Tissot' (DDH)

1:30 Seated Tai Chi (CC)

2:00 Sing Fit (DDH)

2:00 Moma Painting Session (CC)

2:30 Rummikub (B/B)

4:00 Go for Life Walking Group (MIL)

7:00 Movie Night: Downton Abbey: A New Era (T&L)

10:00 Better your Mind - Fit Minds (Session 1) (CC) **23**

10:00 Family Feud (DDH)

11:00 Better your Mind - Fit Minds (Session 2) (CC)

11:00 Nature Walk and Reflection (MIL)

1:45 Fall Prevention (DDH)

2:30 Gentle Fitness (CC)

3:00 Picture Bingo (DDH)

3:15 Strength & Balance (CC)

3:45 News & Views Discussion Group (T&L)

7:00 50s Night with Jukebox Jammers Entertainment * Wear Bright Color 50s style* (B/B)

10:15 Drumfit (easy) (CC) **24**

10:30 What Happened This Week (DDH)

11:00 Drumfit (Intermediate) (CC)

11:30 Tech Help Sign up at reception (STS)

1:30 Uno Card Game * Location Change* (B/B)

2:00 Living, Loving, Local Trivia and Culinary Corner w/ Chef Chris (Cooking Demo) (CC)

3:00 Artful Corner (DDH)

3:30 What's in a word ? (B/B)

7:00 Movie Night: Pink Panther 2 (T&L)

9:45 Fall Prevention (DDH) **25**

10:30 Gentle Fitness (CC)

10:45 American Funniest Home Videos (ALR)

11:15 Strength & Balance (CC)

1:30 Group Crossword (DDH)

2:30 \$1 Bingo * Bring a Dollar Per Card* (CC)

3:30 Monthly Birthday Happy Hour 'September Birthday's* (B/B)

4:30 Living Loving Local Special Dinner (DR)

4:30 Supper with Stu **by Invitation** (DR)

6:30 Chess Connections (CC)

7:00 Movie Night: Ghost of Girlfriends Past (T&L)

Fall Fair 2pm- 4pm *Wear Plaid and Jeans * **26**

9:45 Seated Badminton (DDH)

10:15 Outing: Don Mills Shops Shuttle/ Library Drop off * Sign-up with Shanay* (OUT)

10:30 Java Music Club (DDH)

11:30 Tech Help Sign up at reception (STS)

1:30 Gentle Fitness (CC)

1:30 Daily Chronicles (DDH)

2:00 Fall Fair - Petting Zoo, Bake Sale, and Entertainment By Marcus (B/B)

3:15 Fall Prevention (DDH)

7:00 Movie Night: Joyride (T&L)

10:00 Fitminds Interactive (DDH) **27**

10:30 Online Seated Zumba (CC)

11:00 Rick Stevens Travelodge's " The Best of Israel" (T&L)

11:30 Go for Life Walking Group (MIL)

1:30 Come Play Euchre (CC)

1:30 Manicures and Hand Masks w/ Relaxing Music (DDH)

2:30 Happy Hour (B/B)

3:00 School Age Photo Guessing Game (B/B)

7:00 Friday Night Movie and Popcorn: Cat on a Hot Tin Roof (T&L)

10:00 Word Game: Wordle (CC) **28**

10:15 Stretching and Mobility Exercise (DDH)

10:45 Don Mills Choir w/ Marcus (T&L)

1:30 Gentle Fitness (CC)

2:00 Come Celebrate Oktoberfest with Entertainment by The Sparkletts * arrive early for pretzels and beer* (B/B)

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: Failure to Launch (T&L)

10:00 Strength and Balance w/ Lorne (CC) **29**

10:45 Concentration Memory Game (DDH)

11:00 Activity Booklet * Front Desk* (C)

1:30 Seated Tai Chi (CC)

2:00 Sing Fit (DDH)

2:00 Guest Speaker Paul Dias ' Canada skeletons from the closet' (T&L)

3:15 Hand Mask and Massage * Sign up at the front desk* (CC)

4:00 Go for Life Walking Group (MIL)

7:00 Movie Night: The Leisure Seeker (T&L)

National Day for Truth and Reconciliation ** Orange Shirt Day** **30**

10:00 Better your Mind - Fit Minds (Session 1) (CC)

10:00 Wheel Of Fortune (DDH)

11:00 Better your Mind - Fit Minds (Session 2) (CC)

11:00 Nature Walk and Reflection (MIL)

1:45 Fall Prevention (DDH)

2:30 Gentle Fitness (CC)

3:00 Picture Bingo (DDH)

3:15 Strength & Balance (CC)


3:45 News & Views Discussion Group (T&L)

7:00 Movie Night: The Shape of Water (T&L)



SUNDAY
SEPT 1

World Alzheimer's Month



FRIDAY
SEPT 6

National Read a Book Day



MONDAY
SEPT 30

Day for Truth and Reconciliation



Be Vibrant

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)
Dining Room (DR)
Assisted living room (ALR)
Outing (OUT)
Spa (SPA)

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program