

Your Don Mills Family

General Manager

Stuart Hammond

Health and Wellness Team

Health and Wellness Manager
Donna Sosito

Environmental and Housekeeping Team

Environmental Manager
Ritish Suman
Environmental Supervisor
Ericka Castaneda
Osman Abdio

Office Manager

Neethu Mathew

Concierge

Kayleen Resurreccion
Michelle Ricketts
Sarbjot Kaur
Connie Guialdo
Vaibhavi Patankar

Life Enrichment Team

Life Enrichment Manager
Shanay Gosling
Life Enrichment Supervisor
Lily Obeng
Manpreet Kaur

Community Relations Team

Community Relations Manager
Ewa Ilijeska
Robert Haynes

Dining Services Team

Dining Services Manager

Sous Chef

Daniel Navidad
Dining Room Supervisor
Yolanda Perez
Ellen Joy

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 Newsletter 2024

Don Mills Retirement Residence



October Outings

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

Pickering Mall Outing

Thursday October 10th at 10am

Woodbine Casino

Friday October 18th at 9:45am

Woodbine Racetrack and Dining Experience

Friday October 18th at 11:30am

Lunch at the Keg/Dinner at the Keg

Tuesday October 22nd at 11:45am/4:15

Scenic Fall Colors Bus Ride (Assisted Living)

Thursday October 24th at 10:30am

Don Mills Shops Shuttle Drop off

Thursday October 31st at 10am

Meetings This Month

Activities Meeting with Shanay

Wednesday October 2nd at 1:15pm in the Theatre

*** Share your Thoughts ***

Resident Forum

Tuesday October 8th at 10am in the Theatre

Living, Loving Local

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 lets enjoy the fresh
Squash and Pumkin**



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 support 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**Join Us for Weekly****Communion and Prayer!**

Starting October 3rd

Where: Don Mills Theatre**When:** Every Thursday at

10:15 AM

Led by Eucharistic Ministers
Elfreida and James from St
Bonaventure Catholic Church

All are welcome! Come share
in spiritual fellowship!

**Celebrate Active Aging
Week!****October 1st to 7th**

Join us for a week dedicated
to highlighting the vibrant
contributions of older adults
in our community.

Daily Actives Include:

- ♦ Chair Yoga
- ♦ Guest Speaker and so much more please refer to calendar for dates and time!



**Help us Celebrate our
October Birthdays
with a special**

**Cocktail and Treat on
Wednesday October 30th at
3:30pm in the Bar Bistro**

New Game: Canasta!

**Join us on October 15th
Time: 1:30 PM
Location: Bar Bistro**

Come learn the exciting card
game Canasta, the latest ad-
dition to our
calendar! Whether you're a
beginner or a seasoned
player, everyone is welcome
to join in on the fun.

Health and Wellness Meet and Greet

Date: October 17th

Time: 1:30 PM

Location: Theatre

Join us for a special opportunity to meet our new Health and Wellness Manager, Donna! During this session, she will discuss the services we offer and provide a chance for you to get to know her better.

We look forward to seeing you there!

Dental Hygienist Visit

Date: October 27th

Who: Mobile Dental Hygienist,
Joanna

Location: Spa

Joanna will be on-site all day to provide dental hygiene services.

Please make your appointments at the Front Desk.



Anish Traditions Vendor

Date: Sunday, October
27th

Time: 11 AM– 3pm

Location: Lobby

Join us for a special vendor event featuring Anish Traditions! Discover beautiful clothing and more.

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 your 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

Musical Entertainment This Month

Ent. w/ Vocalist Kelly Davis

Friday Oct. 4th at 3:30pm in the Dons Bar Bistro

Ent. w/ Pianist Martin Wall

Friday Oct 11th at 3:30pm in the Dining Room

Evening Ent. w/ Ed Cotton ** Fall Semi Formal**

Thursday Oct 17th at 7pm in the Dons Bar Bistro

Ent. w/ Vocalist Rosita Stone

Friday Oct 18th at 3:30pm in the Dons Bar Bistro

Ent. w/ Kevin Beeby

Thursday Oct 31st at 3:30pm in the Dons Bar Bistro

Vendors and Services

Walker Clinic with AccessAbilities

Date: October 10th
Time: 1:30pm to 3:30pm

Location: Theatre

Join us for a clinic where you can have your walkers cleaned, repaired, and adjusted by the experts from

AccessAbilities.

Don't miss this chance to ensure your mobility aids are in top condition! * No appointment needed*

Optician on Wheels Information Session

Date: October 24th
Time: 2:00 PM
Location: Theatre

Join us for an informative session with Optician on Wheels! They will discuss their services and explain how clinic days will operate.

Please bring your health card so we can check your eligibility for a free exam.

We hope to see you there!



Hearing Clinic with

Martin's Hearing Clinic

Date: October 22nd
Time: 1:30 PM
Location: Spa

Join us for a hearing clinic where you can receive expert evaluations and services.



Please make your appointments at the Front Desk.

Meet Our New Massage

Therapist!

Date: October 9th
Time: 1:30 PM
Location: Theatre

Join us to meet Ali, our new Massage Therapist! He'll share information about his services and the benefits of massage therapy.

We look forward to seeing you there!

Fitness Class for the month

******Please note exercises classes are cancelled on September 2nd ******

Mondays and Wednesday Fitness class with Maria

Fall prevention—low intensity (4th floor)

Gentle Fitness— Low to moderate intensity (2nd floor county club)

Strength and balance—Moderate intensity (2nd floor county club)

****Maria will be Returning on October 7th** period. ****

Thursday and Saturday fitness class will be Online Gentle fitness

*****We're in the final stages of securing a new fitness instructor. You will be notified as soon as the new instructor has been assigned.**

Thank you for your patience! ***

Sunday Fitness class with Lorne

Gentle Fitness— Low to moderate intensity (2nd floor county club)



Please refer to calendar for program times !!



October Highlights

Spooktacular Bash!

Date: October 31st

Time: 2:30 PM

Location: Bar Bistro

Get ready to get spooky! Join us for an afternoon filled with fun, including our resident Halloween costume contest for a chance to win a fantastic prize. We'll also need your help to choose the best staff costume and the winner of our first-ever staff pumpkin carving contest!

Bonus Event:

Special Guest Speaker: Shannon

Date: October 29th

Time: 2:00 PM

Topic: "A History of Witchcraft in Music"

Don't miss out on this thrilling celebration!



Fall Semi-Formal

Date: October 17th

Time: 7:00 PM

Location: Bar Bistro

Join us for a night of music, dance, and fun featuring fan favorite Ed Cotton! Dress to impress and get ready for an unforgettable evening.

We can't wait to see you there!

German Beer Tasting

Date: October 23rd

Time: 2:00 PM

Location: Country Club

Join us for an unforgettable German Beer Tasting as part of our Oktoberfest celebration! Don't miss out on this festive experience.

Please sign up at the Front Desk to reserve your spot!

