




INSPIRED SENIOR LIVING

# October 2024

## Don Mills Retirement Residence Memory Care Household



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>THURSDAY</b> <b>OCT 10</b></p> <p><b>World Mental Health Day</b></p>		<p>Active Aging Week <b>1</b></p> <p>National Coffee Day! (MC)</p> <p>10:15 Outing: Starbucks (OUT)</p> <p>10:30 Fitminds Interactive (MC)</p> <p>11:00 Life Skill: Nursery Time (MC)</p> <p>11:30 How It's Made (MC)</p> <p>1:30 Java Music Club Sing-along (MC)</p> <p>2:00 Exotic Fruit Tasting (MC)</p> <p>3:00 Artfull Enrichment Crafternoon (MC)</p> <p>4:00 Nature Walk and Reflection (MC)</p> <p>6:00 What Happened This Week (MC)</p>	<p>Active Aging Week <b>2</b></p> <p>9:45 Fall Prevention (DDH)</p> <p>10:00 Evelyn's Baking Corner - No Bake Granola Bars (MC)</p> <p>10:30 Kerplunk Game (MC)</p> <p>11:30 Daily Chronicles (MC)</p> <p>1:30 Axe Throwing (MC)</p> <p>2:00 Smoothie Tasting Social (MC)</p> <p>3:00 Life Skill: Folding and Sorting (MC)</p> <p>6:00 Coloring Inn W/ RSA's (MC)</p>	<p>Active Aging Week <b>3</b></p> <p>10:30 Going Down Memory Lane Morning Music (MC)</p> <p>11:00 One-on-One with Life Enrichment (MC)</p> <p>11:30 Life Skill: Set up for Lunch (MC)</p> <p>1:30 Group Reading Circle (MC)</p> <p>2:00 High Tea Social (MC)</p> <p>2:30 Online Fall Prevention (MC)</p> <p>3:30 Horse Race (MC)</p> <p>4:00 Afternoon Sing-A-long (MC)</p> <p>6:00 Tangrams and Puzzles w/ RSA (MC)</p>	<p>Active Aging Week <b>4</b></p> <p>Active Aging week Theme: Wear your Favorite Sports Jersey or Shirt!</p> <p>9:45 Seated Tai Chi (MC)</p> <p>10:30 MOMA Painting (MC)</p> <p>11:00 Anagrams , Crossword, Word Search and Chit Chat (MC)</p> <p>11:30 Nature Walk and Reflection (MC)</p> <p>1:30 Noodle Balloon (MC)</p> <p>2:00 Munchies and Mocktails Social (MC)</p> <p>3:00 Meditation and Mandela Coloring (MC)</p> <p>3:30 Entertainment w/ Kelly Davis (B/B)</p> <p>4:30 Life Skills: Helping with Dinner (MC)</p> <p>6:00 Friday Night Movie and Popcorn (MC)</p>	<p>Active Aging Week <b>5</b></p> <p>9:45 Drumfit (MC)</p> <p>10:00 Morning Entertainment w/ Marcus (MC)</p> <p>10:30 Sing Along with Suzzie Q (MC)</p> <p>11:00 Jigsaw Puzzle w/ RSA (MC)</p> <p>1:00 Armchair Travel (MC)</p> <p>1:30 Seated Badminton (MC)</p> <p>2:00 Chef Choice Social (MC)</p> <p>2:30 Online Fall Prevention (MC)</p> <p>3:00 Picture Trivia (MC)</p> <p>4:00 Go for Life Walking Group (MC)</p> <p>6:00 You and Me Time with the Household Team (MC)</p>
	<p>Active Aging Week <b>6</b></p> <p>9:45 Ball Toss (MC)</p> <p>10:30 Coloring and Conversation (MC)</p> <p>11:00 Spiritual Eldercare: Hymns (MC)</p> <p>11:30 Virtual Church Service (MC)</p> <p>1:30 Sing Fit (MC)</p> <p>2:00 Chef Choice Social (MC)</p> <p>3:00 Hand Massages w/ Relaxing Music (MC)</p> <p>3:30 Memory Lane (MC)</p> <p>4:00 Life Skill: Helping Hands (MC)</p> <p>6:00 Evening Movie (MC)</p>	<p>Active Aging Week <b>7</b></p> <p>9:45 Seated Yoga with Smoothies (MC)</p> <p>10:30 Baking Club (MC)</p> <p>11:00 Memory Lane Reminiscing (MC)</p> <p>11:30 Life Skill: Set up for Lunch (MC)</p> <p>1:30 Math Fitness (MC)</p> <p>1:45 Fall Prevention (DDH)</p> <p>2:00 Freshly Baked Goods Social (MC)</p> <p>3:00 Picture Bingo (DDH)</p> <p>4:00 Sticker by Numbers (MC)</p> <p>6:00 Reading with Household (MC)</p>	<p>9:45 Yoga &amp; Meditation (MC) <b>8</b></p> <p>10:30 Java Music Club Sing-along (MC)</p> <p>11:00 Life Skill: Nursery Time (MC)</p> <p>11:00 Nature Walk and Reflection-Moccasin Trail (MC)</p> <p>11:30 How It's Made (MC)</p> <p>1:30 Fitminds Interactive (MC)</p> <p>2:00 Exotic Fruit Tasting (MC)</p> <p>3:00 Artfull Enrichment Crafternoon (MC)</p> <p>6:00 What Happened This Week (MC)</p>	<p>9:45 Fall Prevention (DDH) <b>9</b></p> <p>10:00 Evelyn's Baking Corner (MC)</p> <p>10:30 Jenga Game (MC)</p> <p>11:30 Daily Chronicles (MC)</p> <p>1:30 Falling Leaves Suncatchers (MC)</p> <p>2:00 Smoothie Social on the Patio (MC)</p> <p>3:00 Life Skill: Folding and Sorting (MC)</p> <p>3:30 Ez Does it Match up (MC)</p> <p>6:00 Coloring Inn W/ RSA's (MC)</p>	<p>9:45 Life Station: Folding &amp; Sorting (MC) <b>10</b></p> <p>10:30 Going Down Memory Lane Morning Music (MC)</p> <p>11:00 One-on-One with Life Enrichment (MC)</p> <p>11:30 Life Skill: Set up for Lunch (MC)</p> <p>1:30 Group Reading Circle (MC)</p> <p>1:30 Walker Clinic *Cleaning, Repair and Adjustments* (T&amp;L)</p> <p>2:00 High Tea Social (MC)</p> <p>2:30 Online Fall Prevention (MC)</p> <p>3:30 Horse Race (MC)</p> <p>4:00 Afternoon Sing-A-long (MC)</p> <p>6:00 Tangrams and Puzzles w/ RSA (MC)</p>	<p>9:45 Seated Tai Chi (MC) <b>11</b></p> <p>10:30 MOMA Painting (MC)</p> <p>11:00 Puzzle and Pondering (MC)</p> <p>11:30 Nature Walk and Reflection (MC)</p> <p>1:30 Noodle Balloon (MC)</p> <p>2:00 Munchies and Mocktails Social (MC)</p> <p>3:00 Meditation and Mandela Coloring (MC)</p> <p>3:30 Entertainment with Pianist Martin Wall (DR)</p> <p>4:30 Life Skills: Helping with Dinner (MC)</p> <p>6:00 Friday Night Movie and Popcorn (MC)</p>
<p>9:45 Ball Toss (MC) <b>13</b></p> <p>10:30 Coloring and Conversation (MC)</p> <p>11:00 Spiritual Eldercare: Hymns (MC)</p> <p>11:30 Virtual Church Service (MC)</p> <p>1:30 Sing Fit (MC)</p> <p>2:00 Chef Choice Social (MC)</p> <p>3:00 Hand Massages w/ Relaxing Music (MC)</p> <p>3:30 Memory Lane (MC)</p> <p>4:00 Life Skill: Helping Hands (MC)</p> <p>6:00 Evening Movie (MC)</p>	<p>Happy Thanksgiving! <b>14</b></p> <p>9:45 Seated Yoga with Smoothies (MC)</p> <p>10:30 Baking Club (MC)</p> <p>11:00 Memory Lane Reminiscing (MC)</p> <p>11:30 Life Skill: Set up for Lunch (MC)</p> <p>1:30 Math Fitness (MC)</p> <p>2:00 Freshly Baked Goods Social (MC)</p> <p>3:00 Picture Bingo (DDH)</p> <p>4:00 EZ Junk Drawer Detective (MC)</p> <p>6:00 Reading with Household (MC)</p>	<p>9:45 Seated Zumba (MC) <b>15</b></p> <p>10:30 Java Music Club Sing-along (MC)</p> <p>11:00 Life Skill: Nursery Time (MC)</p> <p>11:30 How It's Made (MC)</p> <p>11:30 Nature Walk and Reflection (MC)</p> <p>1:30 Fitminds Interactive (MC)</p> <p>2:00 Seasonal Fruit Social (MC)</p> <p>3:00 Artfull Enrichment Crafternoon (MC)</p> <p>6:00 What Happened This Week (MC)</p>	<p>9:45 Fall Prevention (DDH) <b>16</b></p> <p>10:00 Evelyn's Baking Corner (MC)</p> <p>10:30 Kerplunk Game (MC)</p> <p>11:30 Daily Chronicles (MC)</p> <p>1:30 Halloween Shaving Cream Art (MC)</p> <p>2:00 High Tea Social (MC)</p> <p>3:00 Life Skill: Folding and Sorting (MC)</p> <p>3:30 Match It Up: Monuments (MC)</p> <p>6:00 Coloring Inn W/ RSA's (MC)</p>	<p>9:45 Life Station: Folding &amp; Sorting (MC) <b>17</b></p> <p>10:30 Going Down Memory Lane Morning Music (MC)</p> <p>11:00 One-on-One with Life Enrichment (MC)</p> <p>11:30 Life Skill: Set up for Lunch (MC)</p> <p>1:30 Group Reading Circle (MC)</p> <p>2:00 High Tea Social (MC)</p> <p>2:30 Online Fall Prevention (MC)</p> <p>3:30 Horse Race (MC)</p> <p>4:00 Afternoon Sing-A-long (MC)</p> <p>6:00 Tangrams and Puzzles w/ RSA (MC)</p> <p>7:00 Fall Semi Formal with Entertainment with Ed Cotton * Dress to Impress* (B/B)</p>	<p>10:00 Chair Yoga with Sue (MC) <b>18</b></p> <p>10:30 MOMA Painting (MC)</p> <p>11:00 Anagrams , Crossword, Word Search and Chit Chat (MC)</p> <p>11:30 Nature Walk and Reflection (MC)</p> <p>1:30 Noodle Balloon (MC)</p> <p>2:00 Munchies and Mocktails Social (MC)</p> <p>3:00 Meditation and Mandela Coloring (MC)</p> <p>3:30 Entertainment w/ Rosita Stone (B/B)</p> <p>4:30 Life Skills: Helping with Dinner (MC)</p> <p>6:00 Friday Night Movie and Popcorn (MC)</p>	<p>9:45 Drumfit (MC) <b>19</b></p> <p>10:00 Morning Entertainment w/ Marcus (MC)</p> <p>10:30 Sing Along with Suzzie Q (MC)</p> <p>11:00 Jigsaw Puzzle w/ RSA (MC)</p> <p>1:00 Armchair Travel (MC)</p> <p>1:30 Seated Badminton (MC)</p> <p>2:00 Chef Choice Social (MC)</p> <p>2:30 Online Fall Prevention (MC)</p> <p>3:00 Picture Trivia (MC)</p> <p>4:00 Go for Life Walking Group (MC)</p> <p>6:00 You and Me Time with the Household Team (MC)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:45 Ball Toss (MC) <b>20</b></p> <p>10:30 Coloring and Conversation (MC)</p> <p>11:00 Spiritual Eldercare: Hymns (MC)</p> <p>11:30 Virtual Church Service (MC)</p> <p>1:30 Sing Fit (MC)</p> <p>2:00 Chef Choice Social (MC)</p> <p>3:00 Hand Massages w/ Relaxing Music (MC)</p> <p>3:30 Memory Lane (MC)</p> <p>4:00 Life Skill: Helping Hands (MC)</p> <p>6:00 Evening Movie (MC)</p>	<p>9:45 Seated Yoga with Smoothies (MC) <b>21</b></p> <p>10:30 Baking Club (MC)</p> <p>11:00 Memory Lane Reminiscing (MC)</p> <p>11:30 Life Skill: Set up for Lunch (MC)</p> <p>1:30 Math Fitness (MC)</p> <p>1:45 Fall Prevention (DDH)</p> <p>2:00 Freshly Baked Goods Social (MC)</p> <p>3:00 Picture Bingo (DDH)</p> <p>4:00 Sticker by Numbers (MC)</p> <p>6:00 Reading with Household (MC)</p>	<p>9:45 Seated Zumba (MC) <b>22</b></p> <p>10:30 Java Music Club Sing-along (MC)</p> <p>11:00 Life Skill: Nursery Time (MC)</p> <p>11:30 How It's Made (MC)</p> <p>11:30 Nature Walk and Reflection (MC)</p> <p>1:30 Fitminds Interactive (MC)</p> <p>1:30 Hearing Clinic w/ Martin * Sign-up at front desk* (SPA)</p> <p>2:00 Seasonal Fruit Social (MC)</p> <p>3:00 Artfull Enrichment Crafternoon (MC)</p> <p>6:00 What Happened This Week (MC)</p>	<p>9:45 Fall Prevention (DDH) <b>23</b></p> <p>10:00 Evelyn's Baking Corner (MC)</p> <p>10:30 Jenga Game (MC)</p> <p>11:30 Daily Chronicles (MC)</p> <p>1:30 Pumpkin Flower art (MC)</p> <p>2:00 High Tea Social (MC)</p> <p>3:00 Life Skill: Folding and Sorting (MC)</p> <p>3:30 EZ Does it October Trivia (MC)</p> <p>6:00 Coloring Inn W/ RSA's (MC)</p>	<p>9:45 Life Station: Folding &amp; Sorting (MC) <b>24</b></p> <p>10:30 Going Down Memory Lane Morning Music (MC)</p> <p>10:30 Scenic Fall Colors Bus Ride (Assisted Living and MC) (OUT)</p> <p>11:00 One-on-One with Life Enrichment (MC)</p> <p>11:30 Life Skill: Set up for Lunch (MC)</p> <p>1:30 Group Reading Circle (MC)</p> <p>2:00 High Tea Social (MC)</p> <p>2:00 Optician on Wheels *Information Session (Bring your Health Card)* (T&amp;L)</p> <p>2:30 Online Fall Prevention (MC)</p> <p>3:30 Horse Race (MC)</p> <p>4:00 Afternoon Sing-A-long (MC)</p> <p>6:00 Tangrams and Puzzles w/ RSA (MC)</p>	<p>9:45 Seated Tai Chi (MC) <b>25</b></p> <p>10:30 Crafternoon: Spider Web Decoration (MC)</p> <p>11:00 Puzzle and Pondering (MC)</p> <p>11:30 Nature Walk and Reflection (MC)</p> <p>1:30 Noodle Balloon (MC)</p> <p>2:00 Munchies and Mocktails Social (MC)</p> <p>3:00 Meditation and Mandela Coloring (MC)</p> <p>4:30 Life Skills: Helping with Dinner (MC)</p> <p>6:00 Friday Night Movie and Popcorn (MC)</p>	<p>9:45 Drumfit (MC) <b>26</b></p> <p>10:30 Sing Along with Suzzie Q (MC)</p> <p>11:00 Jigsaw Puzzle w/ RSA (MC)</p> <p>1:00 Armchair Travel (MC)</p> <p>1:30 Seated Badminton (MC)</p> <p>2:00 Chef Choice Social (MC)</p> <p>2:30 Online Fall Prevention (MC)</p> <p>3:00 Picture Trivia (MC)</p> <p>4:00 Go for Life Walking Group (MC)</p> <p>6:00 You and Me Time with the Household Team (MC)</p>
<p>Mobile Dental Hygiene Services w/ Joanna *Sign up at the front desk* (SPA) <b>27</b></p> <p>9:45 Ball Toss (MC)</p> <p>10:30 Coloring and Conversation (MC)</p> <p>11:00 Spiritual Eldercare: Hymns (MC)</p> <p>11:30 Virtual Church Service (MC)</p> <p>1:30 Sing Fit (MC)</p> <p>2:00 Chef Choice Social (MC)</p> <p>3:00 Hand Massages w/ Relaxing Music (MC)</p> <p>3:30 Memory Lane (MC)</p> <p>4:00 Life Skill: Helping Hands (MC)</p> <p>6:00 Evening Movie (MC)</p>	<p>9:45 Seated Yoga with Smoothies (MC) <b>28</b></p> <p>10:30 Baking Club (MC)</p> <p>11:00 Memory Lane Reminiscing (MC)</p> <p>11:30 Life Skill: Set up for Lunch (MC)</p> <p>1:30 Math Fitness (MC)</p> <p>1:45 Fall Prevention (DDH)</p> <p>2:00 Freshly Baked Goods Social (MC)</p> <p>3:00 Picture Bingo (DDH)</p> <p>4:00 EZ Junk Drawer Detective (MC)</p> <p>6:00 Reading with Household (MC)</p>	<p>9:45 Seated Zumba (MC) <b>29</b></p> <p>10:30 Java Music Club Sing-along (MC)</p> <p>11:00 Life Skill: Nursery Time (MC)</p> <p>11:30 How It's Made (MC)</p> <p>11:30 Nature Walk and Reflection (MC)</p> <p>1:30 Fitminds Interactive (MC)</p> <p>2:00 Seasonal Fruit Social (MC)</p> <p>3:00 Artfull Enrichment Crafternoon (MC)</p> <p>6:00 What Happened This Week (MC)</p>	<p>9:45 Fall Prevention (DDH) <b>30</b></p> <p>10:00 Evelyn's Baking Corner (MC)</p> <p>10:30 Kerplunk Game (MC)</p> <p>11:30 Daily Chronicles (MC)</p> <p>1:30 Dot to Dot Yarn Art (MC)</p> <p>2:00 High Tea Social (MC)</p> <p>3:00 Life Skill: Folding and Sorting (MC)</p> <p>3:30 Monthly Birthday Happy Hour ' October Birthdays' (B/B)</p> <p>6:00 Coloring Inn W/ RSA's (MC)</p>	<p>9:45 Life Station: Folding &amp; Sorting (MC) <b>31</b></p> <p>10:30 Going Down Memory Lane Morning Music (MC)</p> <p>11:00 One-on-One with Life Enrichment (MC)</p> <p>11:30 Life Skill: Set up for Lunch (MC)</p> <p>1:30 Group Reading Circle (MC)</p> <p>2:00 High Tea Social (MC)</p> <p>2:00 Roll a Frankenstein (MC)</p> <p>2:30 Online Fall Prevention (MC)</p> <p>3:30 Horse Race (MC)</p> <p>3:30 Halloween Entertainment with Kevin Beeby (B/B)</p> <p>4:00 Afternoon Sing-A-long (MC)</p> <p>6:00 Tangrams and Puzzles w/ RSA (MC)</p>	<p><b>MONDAY</b> <b>OCT 14</b></p> <h3>Thanksgiving</h3>	



Be Vibrant

Locations Legend	Calendar Legend
<p>Memory Care (MC)</p> <p>Decadence Dining Hall (DDH)</p> <p>Don's Bar/Bistro (B/B)</p>	<p>Outing (OUT)</p> <p>Great Escapes (T&amp;L)</p> <p>Spa (SPA)</p> <p>Dining Room (DR)</p>
	<p>Outing</p> <p>Special Program</p> <p>Living, Loving, Local</p> <p>Signature Program</p>