

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
Connie Guialdo
Shreya Sahi

Life Enrichment Team

Life Enrichment Manager
Shanay Gosling
Life Enrichment Supervisor
Lily Obeng

Community Relations Team

Community Relations Manager
Ewa Ilijeska
Robert Haynes

Dining Services Team

Dining Services Manager
Sous Chef
Casey Shane
Dining Room Supervisor
Yolanda Perez
Divanshu Dawar

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



August Newsletter 2025

*Don Mills
Retirement Residence
Memory Care*





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 supports 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.

August Highlights

**Help us Celebrate our
August Birthdays
with a special
Ice Cream Truck Visit**

Wednesday August 27th at 3:00pm in the Lobby



Welcome To
Don Mills
Retirement Residence

Musical Performances This Month

Afternoon Entertainment with Steel Pan Love Sound
Saturday August 1st at 10AM

Afternoon Entertainment with Pianist Martin Wall
Friday August 8th at 3:30PM in the Dining Room

Morning Entertainment with Marcus
Saturday August 9th at 10AM

Evening Entertainment with Tim Godfrey
Friday August 15th at 3:30PM in the Bar Bistro

Morning Entertainment with Marcus
Saturday August 23rd at 10AM

Afternoon Entertainment with Violinist Alex
Monday August 25th at 3:30PM

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 their 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.