



INSPIRED SENIOR LIVING

# August 2025

## Don Mills Retirement Residence

### Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p><b>MONDAY</b> <b>AUG 4</b> <b>Civic Holiday</b></p>		 <p><b>MONDAY</b> <b>AUG 25</b> <b>Banana Split Day</b></p>			
<p>9:45 Spiritual Hymns (ALR) <b>3</b></p> <p><b>10:30 Morning Entertainment with Bryan and Mary Ann (DDH)</b></p> <p><b>10:30 Crafters Corner (B/B)</b></p> <p>11:00 Activity Booklet * Front Desk* (C)</p> <p>2:00 Sunday Series: The Man on the Inside ep1&amp;2 (T&amp;L)</p> <p>3:00 Afternoon Tea and Trivia! (B/B)</p> <p>3:30 Meditation and Mandela (DDH)</p> <p>4:00 Go for Life Walking (MIL)</p> <p>7:00 Movie Night: To Kill a Mocking Bird (T&amp;L)</p>	<p>10:00 Virtual Chair Yoga class with Sherry (ALR) <b>4</b></p> <p>11:00 Monday Series: Our Planet ep1 (ALR)</p> <p>1:30 Sing Fit (DDH)</p> <p>1:30 Musical Documentarty: Sunday Best: The Untold Story of Ed Sullivan (T&amp;L)</p> <p>2:30 Short Stories Reading (ALR)</p> <p>3:00 Afternoon Tea and Treat Social (B/B)</p> <p>3:30 Activities Meeting with LEM Shanay (T&amp;L)</p> <p>4:00 Nature Walk and Reflection (MIL)</p> <p>7:00 Musical Documentarty: Sunday Best: The Untold Story of Ed Sullivan (T&amp;L)</p>	<p>9:45 Fall Prevention w/ Jerome (DDH) <b>5</b></p> <p>10:30 Gentle Fitness w/ Jerome (B/B)</p> <p>10:30 Picture Bingo (DDH)</p> <p>1:30 Physical Game (DDH)</p> <p>2:00 Resident Forum (IL/AL) (T&amp;L)</p> <p>2:30 Artful Corner (DDH)</p> <p>3:00 Afternoon Tea and Treat Social (B/B)</p> <p>7:00 Movie Night: Meet the Fockers (T&amp;L)</p>	<p>9:30 Music Therapy w/ Caleb (DDH) <b>6</b></p> <p>10:00 Functional Exercise with Kelly (B/B)</p> <p>10:30 Seated Badminton (DDH)</p> <p>10:45 New Program: Pet Therapy w/ Dawn and Vincent the Poodle (B/B)</p> <p>11:30 Tech Help Sign up at reception (STS)</p> <p>1:30 Sun Bathing on the Patio with Popsicles (DDH)</p> <p>2:00 Card Games and Coffee Time (DDH)</p> <p>3:00 Tunes and Treats: Rootbeer Floats on the Patio (B/B)</p> <p>7:00 Movie Night: Thelma (T&amp;L)</p>	<p>9:45 Drumfit (DDH) <b>7</b></p> <p>10:15 Communion and Prayers with Elfreida and James (T&amp;L)</p> <p>10:30 Java Music Club (DDH)</p> <p>10:45 Gentle Fitness w/ Jerome (B/B)</p> <p>11:30 Lunch Outing: Sorento Restaurant * Sign up at Reception* (OUT)</p> <p>1:30 Gentle Fitness w/ Kaushaljit (DDH)</p> <p>2:30 Trivia and Games (DDH)</p> <p>3:00 Afternoon Tea and Treat Social (B/B)</p> <p>4:00 Go for Life Walking (MIL)</p> <p>7:00 Movie Night: A Love Song (T&amp;L)</p>	<p>9:45 Fitminds Interactive (DDH) <b>8</b></p> <p>11:00 Seated Dance class with Katya (B/B)</p> <p>11:00 Word Search, Daily Chronicles and Chit Chat (DDH)</p> <p>2:00 Manicures and Hand Masks w/ Relaxing Music (DDH)</p> <p>2:00 Prime Series: How did they build that? S1 Ep 2 (T&amp;L)</p> <p>3:30 Happy Hour and Entertainment with Pianist Martin Wall (DR)</p> <p>7:00 Friday Night Movie and Popcorn: Murder Mystrey (T&amp;L)</p>	<p>10:15 Stretching and Mobility Exercise (DDH) <b>9</b></p> <p>10:45 Don Mills Choir w/ Marcus *Sing along* (T&amp;L)</p> <p>11:00 Vendor: Loila's Fashion Women and Men's Clothing Fashion Jewelry and accessories. (11am to 3pm) (ML)</p> <p>1:30 Sing Along with Susie Q (ALR)</p> <p>1:30 Gentle Fitness w/ Kaushaljit (DDH)</p> <p>2:30 Saturday Series: History's Greatest Mysteries S4 Ep 28 Who is the Zodiac Killer (T&amp;L)</p> <p>3:00 Social and Art with Shari (DDH)</p> <p>7:00 Movie Night: Happy Gilmore (T&amp;L)</p>
<p><b>Dental Hygienist Visit w/ Joanne *Sign up at the Front Desk* (SPA) 10</b></p> <p>9:45 Spiritual Hymns (ALR)</p> <p>10:15 Get Moving w/ Seated Zumba (DDH)</p> <p><b>10:30 Crafters Corner (B/B)</b></p> <p>11:00 Activity Booklet * Front Desk* (C)</p> <p>2:00 Sunday Series: The Man on the Inside ep3&amp;4 (T&amp;L)</p> <p>3:00 Afternoon Tea and Treat Social (B/B)</p> <p>4:00 Go for Life Walking (MIL)</p> <p>7:00 Movie Night: Driving Miss Daisy (T&amp;L)</p>	<p>10:00 Virtual Chair Yoga class with Sherry (ALR) <b>11</b></p> <p>10:30 Wheel Of Fortune (DDH)</p> <p>11:00 Monday Series: Our Planet ep1 (ALR)</p> <p>1:30 Sing Fit (DDH)</p> <p>1:30 Hearing Clinic w/ Martin * Sign-up with at Front Desk* (SPA)</p> <p>1:30 Musical Movie Mondays: Seven Brides for Seven Brothers (T&amp;L)</p> <p>2:30 Short Stories Reading (ALR)</p> <p>3:00 Afternoon Tea and Treat Social (B/B)</p> <p>3:30 News &amp; Views Discussion Group (T&amp;L)</p> <p>4:00 Nature Walk and Reflection (MIL)</p> <p>7:00 Musical Movie Mondays: Seven Brides for Seven Brothers (T&amp;L)</p>	<p>9:30 Outing: St Jacobs Market (OUT) <b>12</b></p> <p>9:45 Fall Prevention w/ Jerome (DDH)</p> <p>10:30 Gentle Fitness w/ Jerome (B/B)</p> <p>10:30 Picture Bingo (DDH)</p> <p>2:00 Afternoon Entertainment with Suzi and Doug (DDH)</p> <p>3:00 Afternoon Tea and Treat Social (B/B)</p> <p>3:30 Physical Game (DDH)</p> <p>7:00 Movie Night: Mother of the Bride (T&amp;L)</p>	<p>9:45 Seated Badminton (DDH) <b>13</b></p> <p>10:00 Functional Exercise with Kelly (B/B)</p> <p>10:45 National Geographic Series (ALR)</p> <p>10:45 Pet Therapy w/ Dawn and Vincent the Poodle (B/B)</p> <p>11:30 Tech Class with LE Team (CC)</p> <p>1:30 Smore's on the Patio (DDH)</p> <p>2:00 Card Games and Coffee Time (DDH)</p> <p>3:00 Happy Hour with a Twist: Blue Lagoon Cocktails &amp; Charades (B/B)</p> <p>7:00 Movie Night: Genius (T&amp;L)</p>	<p>9:45 Drumfit (DDH) <b>14</b></p> <p>10:00 Outing Fairview Mall * Sign up at the Front Desk* (MIL)</p> <p>10:15 Communion and Prayers with Elfreida and James (T&amp;L)</p> <p>10:30 Java Music Club (DDH)</p> <p>10:45 Gentle Fitness w/ Jerome (B/B)</p> <p>1:30 Gentle Fitness w/ Kaushaljit (DDH)</p> <p>2:30 Trivia and Games (DDH)</p> <p>2:30 "Around the World Potluck: Dishes from Our Diverse Don Mills Team" (B/B)</p> <p>4:00 Go for Life Walking (MIL)</p> <p>7:00 Movie Night: The Meddler (T&amp;L)</p>	<p>9:45 Fitminds Interactive (DDH) <b>15</b></p> <p>10:00 Waterfront Cities of the World: Boston (T&amp;L)</p> <p>11:00 Chair Yoga with Sue (CC)</p> <p>11:00 EZ Word Game: The Wizard of Oz Edition' Finish the Famous Line' (DDH)</p> <p>2:00 Prime Series: How did they build that? S1 Ep 3 (T&amp;L)</p> <p>2:00 Group Crossword (DDH)</p> <p>3:30 Happy Hour (B/B)</p> <p>6:30 Evening Entertainment with Tim Godfrey and Violinist Jay (B/B)</p>	<p>10:15 Stretching and Mobility Exercise (DDH) <b>16</b></p> <p>1:30 Sing Along with Susie Q (ALR)</p> <p>1:30 Gentle Fitness w/ Kaushaljit (DDH)</p> <p>2:00 Meet Me at the Moma Painting Session: Jasper Johns (CC)</p> <p>2:30 Saturday Series: History's Greatest Mysteries S4 Ep Blackbeard's Lost Treasure (T&amp;L)</p> <p>3:30 Meditation and Mandela (DDH)</p> <p>7:00 Movie Night: Are You There God? Its Me, Margret (T&amp;L)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45 Spiritual Hymns (ALR) <b>17</b> 10:15 Get Moving w/ Seated Zumba (DDH) <b>10:30 Crafters Corner (B/B)</b> 11:00 Activity Booklet * Front Desk* (C) 1:30 Guest Speaker: Red Mills Maple Syrup "A Day In The Life of A Sugarmaker" (T&L) 2:45 Sweer Summer Experience with Red Mills Maple Syrup * Taffy Making Experience * Sign up at the front Desk* (B/B) 3:30 Meditation and Mandela (DDH) 4:00 Go for Life Walking (MIL) 7:00 Movie Night: On Golden Pond (T&L)	10:00 Virtual Chair Yoga class with Sherry (ALR) <b>18</b> 10:30 Wheel Of Fortune (DDH) 11:00 Monday Series: Our Planet ep1 (ALR) 1:30 Musical Movie Mondays: (T&L) 1:30 Sing Fit (DDH) 2:30 Short Stories Reading (ALR) 3:00 Afternoon Tea and Entertainment with Marcus Schwan (B/B) 4:00 Nature Walk and Reflection (MIL) 7:00 Musical Documentarty: Sunday Best: The Untold Story of Ed Sullivan (T&L)	<b>Home Library Service **Exchange** (C) 19</b> 9:45 Fall Prevention w/ Jerome (DDH) 10:30 Gentle Fitness w/ Jerome (B/B) 10:30 Picture Bingo (DDH) 11:00 Vendor: Rughookings by Catherine. (11am to 6pm) (ML) 1:30 Physical Game (DDH) 2:30 Artful Corner (DDH) 3:00 Afternoon Tea and Treat Social (B/B) 7:00 Movie Night: A Beautiful Day in the Neighborhood (T&L)	<b>9:30 Music Therapy w/ Caleb (DDH) 20</b> 10:00 Functional Exercise with Kelly (B/B) 10:30 Seated Badminton (DDH) <b>10:45 Pet Therapy w/ Dawn and Vincent the Poodle (B/B)</b> 11:30 Tech Help Sign up at reception (STS) 1:30 Sun Bathing on the Patio with Popsicles (DDH) 2:00 Card Games and Coffee Time (DDH) 2:00 \$1 Bingo with Stu (CC) 3:00 TikTok Dance & Cocktail Hour with Pina Colada's (B/B) 7:00 Movie Night: Woman in Gold (T&L)	9:45 Drumfit (DDH) <b>21</b> 10:15 Communion and Prayers with Elfreida and James (T&L) 10:30 Java Music Club (DDH) 10:45 Gentle Fitness w/ Jerome (B/B) 1:30 Gentle Fitness w/ Kaushaljit (DDH) <b>1:30 Guest Speaker: Lianne Harris 'Story of London' (T&amp;L)</b> 2:30 Trivia and Games (DDH) 3:00 Afternoon Tea and Treat Social (B/B) 4:00 Go for Life Walking (MIL) 7:00 Movie Night: Blue Jasmine (T&L)	9:45 Fitminds Interactive (DDH) <b>22</b> 10:00 Waterfront Cities of the World: Copenhagen (T&L) <b>10:00 Outing: Woodbine Casino * Sign up at the front desk* (OUT)</b> 11:00 Seated Dance class with Katya (B/B) 11:00 Ez Does It: Medlodies from the yellow brick Road (DDH) 2:00 Manicures and Hand Masks w/ Relaxing Music (DDH) 2:00 Prime Series: How did they build that? S1 Ep 4 (T&L) 3:00 Crafternoon: Pipe Cleaners Flowers (B/B) 3:30 Happy Hour (B/B) 7:00 Friday Night Movie and Popcorn: Knives Out (T&L)	10:15 Stretching and Mobility Exercise (DDH) <b>23</b> <b>10:45 Don Mills Choir w/ Marcus *Sing along* (T&amp;L)</b> 1:30 Sing Along with Susie Q (ALR) 1:30 Gentle Fitness w/ Kaushaljit (DDH) 2:30 Saturday Series: History's Greatest Mysteries S4 Ep 30 The Missingest - Man in America (T&L) 3:00 Social and Art with Shari (DDH) 7:00 Movie Night: Ordinary Angels (T&L)
9:45 Spiritual Hymns (ALR) <b>24</b> 10:15 Get Moving w/ Seated Zumba (DDH) <b>10:30 Crafters Corner (B/B)</b> 11:00 Activity Booklet * Front Desk* (C) 2:00 Sunday Series: The Man on the Inside ep5&6 (T&L) 3:00 Afternoon Tea and Trivia! (B/B) 3:30 Meditation and Mandela (DDH) 4:00 Go for Life Walking (MIL) 7:00 Movie Night: Ordinary People (T&L)	<b>National Banana Split Day! 25</b> 10:00 Virtual Chair Yoga class with Sherry (ALR) 10:30 Wheel Of Fortune (DDH) 11:00 Monday Series: Our Planet ep1 (ALR) 1:30 Culinary Meeting (T&L) 1:30 Word Game: Hangman (B/B) 2:30 Sing Fit (DDH) 3:30 Afternoon Entertainment with Violinist Alex ** Arrive Early for a Banana Split ** (B/B) 4:00 Nature Walk and Reflection (MIL) 7:00 Musical Movie Mondays: Dumplin (T&L)	<b>National Dog Day! 26</b> 9:45 Fall Prevention w/ Jerome (DDH) 10:30 Gentle Fitness w/ Jerome (B/B) 10:30 Picture Bingo (DDH) 1:30 Culinary Corner (Cooking Demo) with Chef Cesar (CC) 2:30 Artful Corner (DDH) 2:30 Paws for a Visit: Come Snuggle a Pup This National Dog Day (B/B) 7:00 Movie Night: Hampstead (T&L)	9:45 Seated Badminton (DDH) <b>27</b> 10:00 Functional Exercise with Kelly (B/B) 10:45 National Geographic Series (ALR) <b>10:45 Pet Therapy w/ Dawn and Vincent the Poodle (B/B)</b> <b>11:30 Tech Class with LE Team (CC)</b> 12:00 Lunch In: Taste of Trinidad and Tobago ' Try Authentic Caribbean food for lunch' (\$20 dollars) * Sign up at the Front Desk* (B/B) 1:30 Sun Bathing on the Patio with Popsicles (DDH) 2:00 Card Games and Coffee Time (DDH) 3:00 Ice Cream Truck Visit ** Come get a free Ice Cream Cone on us while we celebrate the August Birthdays ** (ML) 7:00 Movie Night: Black or White (T&L)	9:45 Drumfit (DDH) <b>28</b> 10:15 Communion and Prayers with Elfreida and James (T&L) 10:30 Java Music Club (DDH) 10:45 Gentle Fitness w/ Jerome (B/B) 1:30 Gentle Fitness w/ Kaushaljit (DDH) <b>1:30 Guest Speaker: Crime and Fraud prevention presentation w/ Constable Joel Roberts (T&amp;L)</b> 2:30 Trivia and Games (DDH) 3:00 Afternoon Tea and Treat Social (B/B) 4:00 Go for Life Walking (MIL) 7:00 Movie Night: The Last Laugh (T&L)	9:45 Fitminds Interactive (DDH) <b>29</b> 10:00 Waterfront Cities of the World: Venice (T&L) 11:00 Chair Yoga with Sue (CC) 11:00 Word Search, Daily Chronicles and Chit Chat (DDH) 2:00 Prime Series: How did they build that? S1 Ep 5 (T&L) 2:00 Group Crossword (DDH) 3:00 Crafternoon: Floral Resin Jewlery Making Class with Kayleen * Sign up at the Front Desk* (CC) 3:30 Happy Hour (B/B) 7:00 Friday Night Movie and Popcorn: The Firm (T&L)	10:15 Stretching and Mobility Exercise (DDH) <b>30</b> 1:30 Sing Along with Susie Q (ALR) 1:30 Gentle Fitness w/ Kaushaljit (DDH) 2:00 Meet Me at the Moma Painting Session: Georgia O'Keeffe (CC) 2:30 Saturday Series: History's Greatest Mysteries S4 Ep 31 The Lock Ness Monster (T&L) 3:00 Social and Art with Shari (DDH) 7:00 Movie Night: The Secret Life of Walter Mittv (T&L)
9:45 Spiritual Hymns (ALR) <b>31</b> 10:15 Get Moving w/ Seated Zumba (DDH) <b>10:30 Crafters Corner (B/B)</b> 11:00 Activity Booklet * Front Desk* (C) 2:00 Sunday Series: The Man on the Inside ep7&8 (T&L) 3:00 Afternoon Tea and Trivia! (B/B) 3:30 Meditation and Mandela (DDH) 4:00 Go for Life Walking (MIL) 7:00 Movie Night: The Apartment (T&L)			<b>Calendar Legend</b> Outing Special Program Living, Loving, Local Signature Program Highlight		<b>Locations Legend</b> Decadence Dining Hall (DDH) Great Escapes (T&L) Don's Bar/Bistro (B/B) Assisted living room (ALR) Meet in the Lobby (MIL) The Country Club (CC) Concierge (C) Outing (OUT) Mills Lobby (ML) Suite-to-Suite (STS) Spa (SPA) Dining Room (DR)	