



INSPIRED
SENIOR LIVING

August 2025

Don Mills Retirement Residence Memory Care



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|---|---|
|  <p>MONDAY AUG 4 Civic Holiday</p> |  <p>MONDAY AUG 25 Banana Split Day</p> | | | | <p>9:45 Seated Tai Chi and Chai Tea (MC) 1</p> <p>10:30 MOMA Painting (MC)</p> <p>11:00 Mindful Breathing w/ Aroma Therapy (MC)</p> <p>1:30 Noodle Balloon (MC)</p> <p>2:00 Sun Bathing on the Patio with Popsicles (MC)</p> <p>3:00 Armchair Travel (MC)</p> <p>3:30 Happy Hour and Entertainment with Steel Pan Love Sound (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 w/ RSA (MC) 2</p> <p>10:30 Sing Along with Suzzie Q (MC)</p> <p>11:00 Jigsaw Puzzle w/ RSA (MC)</p> <p>1:30 Meditation and Mandela Coloring (MC)</p> <p>2:00 Chef Choice Social (MC)</p> <p>2:30 Fall Prevention w/ Kaushaljit (MC)</p> <p>4:00 Go for Life Walking (MC)</p> <p>6:00 You and Me Time with the Household Team (MC)</p> |
| <p>9:45 Ball Toss (MC) 3</p> <p>10:30 Morning Entertainment with Bryan and Mary Ann (DDH)</p> <p>11:00 Spiritual Eldercare: Hymns (MC)</p> <p>11:30 Virtual Church Service (MC)</p> <p>1:30 Seated Yoga w Rubaba (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 (MC) 4</p> <p>10:30 Our Oceans ep1 (MC)</p> <p>11:30 Life Skill: Watering the Gardens (MC)</p> <p>1:30 Ring Toss (MC)</p> <p>2:30 How It's Made (MC)</p> <p>3:30 Afternoon Colouring w RSA's (MC)</p> <p>6:00 Reading with Household (MC)</p> | <p>9:45 Seated Zumba (MC) 5</p> <p>10:30 Java Music Club Sing-along on the Patio (MC)</p> <p>11:00 Life Skill: Nursery Time (MC)</p> <p>11:00 Outdoor Walking and Stretches (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 Virtual All in One Exercise (MC) 6</p> <p>10:30 Music Therapy w/ Caleb (MC)</p> <p>11:30 Daily Chronicles (MC)</p> <p>1:30 Sing Fit (MC)</p> <p>2:00 Freshly Baked Goods Social (MC)</p> <p>3:30 Mexican Dominos (MC)</p> <p>6:00 Coloring Inn W/ RSA's (MC)</p> | <p>9:45 Life Station: Folding & Sorting (MC) 7</p> <p>10:00 Fall Prevention w/ Jerome (MC)</p> <p>10:30 Going Down Memory Lane Morning Music (MC)</p> <p>11:00 One-on-One with Life Enrichment (MC)</p> <p>2:00 Chef Choice Social (MC)</p> <p>2:30 Fall Prevention w/ Kaushaljit (MC)</p> <p>3:30 Afternoon Sing-A-long (MC)</p> <p>4:00 Seated Badminton (MC)</p> <p>6:00 Tangrams and Puzzles w/ RSA (MC)</p> | <p>9:45 Seated Tai Chi and Chai Tea (MC) 8</p> <p>10:30 MOMA Painting: Cuban Dancing Dolls (MC)</p> <p>11:00 Find the Match (MC)</p> <p>1:30 Noodle Balloon (MC)</p> <p>2:00 Sun Bathing on the Patio with Popsicles (MC)</p> <p>3:00 Armchair Travel (MC)</p> <p>3:30 Happy Hour and 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 Drumfit w/ RSA (MC) 9</p> <p>10:00 Morning Entertainment w/ Marcus (MC)</p> <p>11:00 Jigsaw Puzzle w/ RSA (MC)</p> <p>1:30 Meditation and Mandela Coloring (MC)</p> <p>2:00 Chef Choice Social (MC)</p> <p>2:30 Fall Prevention w/ Kaushaljit (MC)</p> <p>4:00 Go for Life Walking (MC)</p> <p>6:00 You and Me Time with the Household Team (MC)</p> |
| <p>Dental Hygienist Visit w/ Joanne *Sign up at the Front Desk* (SPA) 10</p> <p>9:45 Ball Toss (MC)</p> <p>11:00 Spiritual Eldercare: Hymns (MC)</p> <p>11:30 Virtual Church Service (MC)</p> <p>1:30 Seated Yoga w Rubaba (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 (MC) 11</p> <p>10:30 Our Oceans ep2 (MC)</p> <p>11:30 Life Skill: Watering the Gardens (MC)</p> <p>1:30 Ring Toss (MC)</p> <p>1:30 Hearing Clinic w/ Martin * Sign-up with at Front Desk* (SPA)</p> <p>2:30 How It's Made (MC)</p> <p>3:30 Afternoon Colouring w RSA's (MC)</p> <p>6:00 Reading with Household (MC)</p> | <p>9:45 Seated Zumba (MC) 12</p> <p>10:30 Java Music Club Sing-along on the Patio (MC)</p> <p>11:00 Life Skill: Nursery Time (MC)</p> <p>11:00 Outdoor Walking and Stretches (MC)</p> <p>1:30 Fitminds Interactive (MC)</p> <p>2:00 Seasonal Fruit Social (MC)</p> <p>2:00 Afternoon Entertainment with Suzi and Doug (DDH)</p> <p>3:00 Artfull Enrichment Crafternoon (MC)</p> <p>6:00 What Happened This Week (MC)</p> | <p>9:45 Virtual All in One Exercise (MC) 13</p> <p>10:00 Evelyn's Baking Corner: Blueberry Muffins (MC)</p> <p>10:15 Sing Along with Susie Q (MC)</p> <p>11:30 Daily Chronicles (MC)</p> <p>1:30 Sing Fit (MC)</p> <p>2:00 Freshly Baked Goods Social (MC)</p> <p>3:30 Mexican Dominos (MC)</p> <p>6:00 Coloring Inn W/ RSA's (MC)</p> | <p>9:45 Life Station: Folding & Sorting (MC) 14</p> <p>10:00 Fall Prevention w/ Jerome (MC)</p> <p>10:30 Going Down Memory Lane Morning Music (MC)</p> <p>11:00 Manicures and Hand Massages w/ Relaxing Music (MC)</p> <p>1:30 Group Reading Circle (MC)</p> <p>2:00 Chef Choice Social (MC)</p> <p>2:30 Fall Prevention w/ Kaushaljit (MC)</p> <p>3:30 Afternoon Sing-A-long (MC)</p> <p>4:00 Seated Badminton (MC)</p> <p>6:00 Tangrams and Puzzles w/ RSA (MC)</p> | <p>9:45 Seated Tai Chi and Chai Tea (MC) 15</p> <p>10:30 MOMA Painting: Painted Butterflies (MC)</p> <p>11:00 Mindful Breathing w/ Aroma Therapy (MC)</p> <p>1:30 Noodle Balloon (MC)</p> <p>2:00 Sun Bathing on the Patio with Popsicles (MC)</p> <p>3:00 Armchair Travel (MC)</p> <p>4:30 Life Skills: Helping with Dinner (MC)</p> <p>6:00 Friday Night Movie and Popcorn (MC)</p> <p>6:30 Evening Entertainment with Tim Godfrey and Violinist Jay (B/B)</p> | <p>9:45 Drumfit w/ RSA (MC) 16</p> <p>10:30 Sing Along with Suzzie Q (MC)</p> <p>11:00 Jigsaw Puzzle w/ RSA (MC)</p> <p>1:30 Meditation and Mandela Coloring (MC)</p> <p>2:00 Chef Choice Social (MC)</p> <p>2:30 Fall Prevention w/ Kaushaljit (MC)</p> <p>4:00 Go for Life Walking (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 |
|---|---|--|--|---|--|---|
| 9:45 Ball Toss (MC) 17 11:00 Spiritual Eldercare: Hymns (MC) 11:30 Virtual Church Service (MC) 1:30 Seated Yoga w Rubaba (MC) 2:00 Chef Choice Social (MC) 3:00 Hand Massages w/ Relaxing Music (MC) 3:30 Memory Lane (MC) 4:00 Life Skill: Helping Hands (MC) 6:00 Evening Movie (MC) | 9:45 Seated Yoga (MC) 18 11:30 Life Skill: Watering the Gardens (MC) 1:30 Ring Toss (MC) 2:30 How It's Made (MC) 3:00 Afternoon Tea and Entertainment with Marcus Schwan (B/B) 3:30 Picture Bingo (DDH) 6:00 Reading with Household (MC) | 9:45 Seated Zumba (MC) 19 10:30 Java Music Club Sing-along on the Patio (MC) 11:00 Life Skill: Nursery Time (MC) 11:00 Outdoor Walking and Stretches (MC) 1:30 Fitminds Interactive (MC) 2:00 Seasonal Fruit Social (MC) 3:00 Artfull Enrichment Crafternoon (MC) 6:00 What Happened This Week (MC) | 9:30 Music Therapy w/ Caleb (DDH) 20 9:45 Virtual All in One Exercise (MC) 10:00 Evelyn's Baking Corner (MC) 10:15 Sing Along with Susie Q (MC) 10:30 Music Therapy w/ Caleb (MC) 11:30 Daily Chronicles (MC) 1:30 Sing Fit (MC) 2:00 Freshly Baked Goods Social (MC) 3:00 Mexican Dominos (MC) 6:00 Coloring Inn W/ RSA's (MC) | 9:45 Outing: Snack and games in the park (MC) 21 10:00 Fall Prevention w/ Jerome (MC) 10:30 Going Down Memory Lane Morning Music (MC) 11:00 One-on-One with Life Enrichment (MC) 1:30 Group Reading Circle (MC) 2:00 Chef Choice Social (MC) 2:30 Fall Prevention w/ Kaushaljit (MC) 3:30 Afternoon Sing-A-long (MC) 4:00 Seated Badminton (MC) 6:00 Tangrams and Puzzles w/ RSA (MC) | 9:45 Seated Tai Chi and Chai Tea (MC) 22 10:30 MOMA Painting (MC) 11:00 Mindful Breathing w/ Aroma Therapy (MC) 1:30 Noodle Balloon (MC) 2:00 Sun Bathing on the Patio with Popsicles (MC) 3:00 Armchair Travel (MC) 4:30 Life Skills: Helping with Dinner (MC) 6:00 Friday Night Movie and Popcorn (MC) | 9:45 Drumfit w/ RSA (MC) 23 10:00 Morning Entertainment w/ Marcus (MC) 11:00 Jigsaw Puzzle w/ RSA (MC) 1:30 Meditation and Mandela Coloring (MC) 2:00 Chef Choice Social (MC) 2:30 Fall Prevention w/ Kaushaljit (MC) 4:00 Go for Life Walking (MC) 6:00 You and Me Time with the Household Team (MC) |
| 9:45 Ball Toss (MC) 24 11:00 Spiritual Eldercare: Hymns (MC) 11:30 Virtual Church Service (MC) 1:30 Seated Yoga w Rubaba (MC) 2:00 Chef Choice Social (MC) 3:00 Hand Massages w/ Relaxing Music (MC) 3:30 Memory Lane (MC) 4:00 Life Skill: Helping Hands (MC) 6:00 Evening Movie (MC) | National Banana Split Day! 25 9:45 Seated Yoga (MC) 11:30 Life Skill: Watering the Gardens (MC) 1:30 Ring Toss (MC) 2:00 Banana Split Sunday (B/B) 2:30 How It's Made (MC) 3:30 Picture Bingo (DDH) 6:00 Reading with Household (MC) | National Dog Day! 26 9:45 Seated Zumba (MC) 10:30 Java Music Club Sing-along on the Patio (MC) 11:00 Life Skill: Nursery Time (MC) 11:00 Outdoor Walking and Stretches (MC) 1:30 Fitminds Interactive (MC) 1:30 Culinary Corner (Cooking Demo) with Chef Cesar (CC) 2:00 Seasonal Fruit Social (MC) 3:00 Artfull Enrichment Crafternoon (MC) 6:00 What Happened This Week (MC) | 9:45 Virtual All in One Exercise (MC) 27 10:00 Evelyn's Baking Corner (MC) 10:15 Sing Along with Susie Q (MC) 11:30 Daily Chronicles (MC) 1:30 Sing Fit (MC) 2:00 Freshly Baked Goods Social (MC) 3:00 Ice Cream Truck Visit ** Come get a free Ice Cream Cone on us while we celebrate the August Birthdays ** (ML) 6:00 Coloring Inn W/ RSA's (MC) | 9:45 Life Station: Folding & Sorting (MC) 28 10:00 Fall Prevention w/ Jerome (MC) 10:30 Going Down Memory Lane Morning Music (MC) 11:00 Manicures and Hand Massages w/ Relaxing Music (MC) 1:30 Group Reading Circle (MC) 2:00 Chef Choice Social (MC) 2:30 Fall Prevention w/ Kaushaljit (MC) 3:30 Afternoon Sing-A-long (MC) 4:00 Seated Badminton (MC) 6:00 Tangrams and Puzzles w/ RSA (MC) | 9:45 Seated Tai Chi and Chai Tea (MC) 29 10:30 MOMA Painting (MC) 11:00 Mindful Breathing w/ Aroma Therapy (MC) 1:30 Noodle Balloon (MC) 2:00 Sun Bathing on the Patio with Popsicles (MC) 3:00 Armchair Travel (MC) 4:30 Life Skills: Helping with Dinner (MC) 6:00 Friday Night Movie and Popcorn (MC) | 9:45 Drumfit w/ RSA (MC) 30 10:30 Sing Along with Suzzie Q (MC) 11:00 Jigsaw Puzzle w/ RSA (MC) 1:30 Meditation and Mandela Coloring (MC) 2:00 Chef Choice Social (MC) 2:30 Fall Prevention w/ Kaushaljit (MC) 4:00 Go for Life Walking (MC) 6:00 You and Me Time with the Household Team (MC) |
| 9:45 Ball Toss (MC) 31 11:00 Spiritual Eldercare: Hymns (MC) 11:30 Virtual Church Service (MC) 1:30 Seated Yoga w Rubaba (MC) 2:00 Chef Choice Social (MC) 3:30 Memory Lane (MC) 4:00 Life Skill: Helping Hands (MC) 6:00 Evening Movie (MC) |   | | | | | |