Your Don Mills Family

General Manager

Stuart Hammond

Health and Wellness Team

Health and Wellness Manager
Donna Sosito
Nicole Agullana

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

Life Enrichment Team

Life Enrichment Manager
Shanay Gosling

Life Enrichment Supervisor
Lily Obeng
Noor Baloch

Community Relations Team

Community Relations Manager

Ewa Ilijeska Robert Haynes

Dining Services Team

Dining Services Manager

Cesar Naranjo

Sous Chef

Casey Shane
Dining Room Supervisor

Yolanda Perez

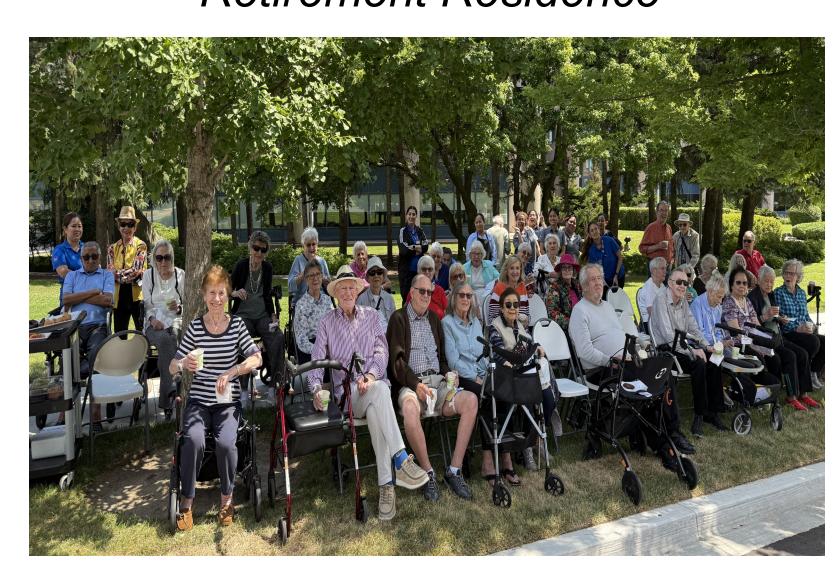
Sunil Chauhan

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!





September Newsletter 2025 Don Mills Retirement Residence



September Outings

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

Michaels Craft Store and Sketchers Shoe Store

Friday Sept 5th at 9:30am

Stratford Festival: Anne of Green Gables

Tuesday Sept 16th at 9:45am

Don Mills Shops Shuttle Drop off

Thursday Sept 18th at 10am

Lunch Outing: Hamaru Sushi

Tuesday Sept 30th at 11:30am

Meetings This Month

Activities Meeting with Shanay

Monday Sept 8th at 3:30pm in the Theatre *Share your Thoughts*

Culinary Meeting with Chef Cesar

Thursday Sept 25th at 1:30pm in the Theatre Residents Forum

Tuesday Sept 30th at 2:30pm in the Theatre



Don Mills Retirement Residence

Cooking demo with Cesar

Monday September 29th at 1:30pm in the Country Club!

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 let's enjoy the fresh Corn!

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.

September Highlights

Optician on Wheels – Eye Clinic Friday, September 26th

We are pleased to host our annual eye clinic with **Optician on Wheels**. They will be providing **eye exams** and offering a selection of **eyeglasses for order and purchase**.

Appointments are required – please sign up at the **front desk**.

For any questions, contact the Life Enrichment Department.

** Please ensure you bring your health card to your appointment **

Take advantage of this convenient opportunity to care for your vision!

Trivia Competition:

Don Mills Vs Canterbury

Get ready for a fun and friendly **trivia rematch** as we go head-to-head with our sister residence, **Canterbury**, to see who will be crowned the ultimate **Trivia Champions**!

Join us in the spirit of friendly competition and community pride — let's bring the trophy home!

Practice sessions will be held on Sunday afternoons at 3:00 PM during Tea Time with Noor. Come sharpen your skills and enjoy some great company.



Fall Fair – You're Invited! Thursday, September 18th | 2:00 – 4:00 PM



Celebrate the season with us at our **Fall Fair** — a fun-filled afternoon for all to enjoy!

- Petting Zoo
- Local Vendors
 - Bake Sale

Art Sale – featuring beautiful pieces created by our talented residents

Come out and support the community, enjoy delicious treats, meet the animals, and shop unique items.

It's going to be a fantastic event — we can't wait to see you there!

You're Invited: Dementia Education Session with Christine Taylor Topic: Supportive Communication

In recognition of Alzheimer Awareness Month, we're pleased to welcome Christine Taylor from the Alzheimer Society for a special educational session on Monday,

September 9th at 1:30 PM.

Christine will be speaking on the topic of Supportive Communication

This session will explore:

- The various ways communication occurs and how it evolves in individuals with dementia.
- Effective strategies to support meaningful communication.
- The importance of validating a person's feelings to foster understanding and connection.

Don't miss this opportunity to deepen your understanding and enhance your communication skills in a supportive and compassionate way.

Guest Speaker: Bill Anderson – "The Flag Man" Baltic Cruise: A Journey Through Flag History

Join us on **Thursday, September 11th at 1:30 PM** for an engaging presentation with **Bill Anderson**, *The Flag Man*.

Set sail on a virtual **Baltic Cruise** as Bill shares the fascinating history and meaning behind the flags of the Baltic region. From national symbols to historical stories woven into fabric, you'll discover how flags represent the identity and heritage of nations.

Don't miss this unique and educational experience — we look forward to seeing you there!

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.



Entertainment Events This Month

Happy Hour and Ent. w/ Tony

Friday Sept 5th at 2:30pm in the Bar Bistro

Happy Hour and Ent w/ Pianist Martin Wall

Friday Sept at 3:30pm in the Dining Room

Happy Hour and Ent. w/ Filipa Sousa

Friday Sept 19th at 3:30pm in the Bar Bistro

Wine and Cheese Social with Sponsored Entertainment by Vocalist Christina, Cellist Margret and Double bass Jussif from the Tafelmusik Orchestra

Wednesday Sept 17th at 3:00pm in the Bar Bistro

Happy Hour and Ent. w/ By Duo Saxophonist Rich Underhill and Guitarist Nathan Hiltz

Friday Sept 26th at 3:30pm in the Bar Bistro

Guest Speaker: Norman Zinman Presentation: Gordon Lightfoot – Canada's Greatest

Troubadour

Join us on **Tuesday, September 16th at 1:30 PM** for a special presentation by **Norman Zinman** as he celebrates the life and legacy of **Gordon Lightfoot – Canada's Greatest Troubadour**.

With a remarkable career spanning over six decades, Gordon Lightfoot captivated audiences through poetic storytelling and evocative songwriting. His music beautifully reflects Canadian history, geography, and culture, leaving an enduring mark on the nation's musical landscape.

Don't miss this inspiring tribute to a true Canadian icon

Guest Speaker: Art Historian Anik Waldeck Presentation: David – Sculpting a Biblical Hero

Join us on **Tuesday, September 23rd at 1:30 PM** for a captivating presentation by **Art Historian Anik Waldeck**, as she explores the iconic depictions of *David* by **Donatello, Michelangelo, and Bernini**.

The timeless story of *David and Goliath*—a young hero facing impossible odds—has inspired artists for centuries. In this engaging art history masterclass, Anik will guide us through the distinct styles and symbolism behind each sculptor's interpretation, revealing how David came to represent the ideals of their respective eras.

Don't miss this fascinating journey through art, history, and heroic storytelling!

Featuring Sponsored Entertainment by Tafelmusik Musicians



Date: Wednesday, September 17, 2025 | Time: 1:30 PM

We're thrilled to welcome **Tafelmusik**, Canada's world-renowned baroque orchestra, for a special performance at Don Mills Retirement Residence.

Celebrated for their dynamic and soulful interpretations of baroque music, Tafelmusik performs on period instruments in historically informed style. With over **350 performances in 32 countries**, and **ten JUNO Awards** to their name, Tafelmusik has earned global acclaim as a musical powerhouse.

Performing Artists:

- Cristina Zacharias, violinist& Artistic Co-Director. A core Tafelmusik member since 2004, Cristina has performed internationally and recorded over 25 albums. She's also a passionate educator with teaching roles at Tafelmusik and the University of Toronto.
- Margaret Gay, cellist A versatile performer on modern and period instruments, Margaret appears regularly with Tafelmusik, Toronto Symphony, and Opera Atelier. She also directs the Gallery Players of Niagara.
- Jussif Barakat Martínez, double bassist Ecuadorian-Palestinian bassist Jussif is internationally recognized in historical performance. A frequent collaborator with leading European ensembles, he joins Tafelmusik for this special performance.

Don't miss this unforgettable afternoon of exceptional music with one of Canada's premier classical ensembles.

Don Mills Choir Performance Saturday, September 20th at 2:00 PM | Bar Bistro

After months of dedicated practice, the **Don Mills Choir** is proud to invite fellow residents to a special performance under the direction of **Choir Conductor Marcus Schwan**.

Join us in the **Bar Bistro** for an unforgettable afternoon of music, community spirit, and celebration of our residents' hard work and talent.

We hope to see you there!

September Highlights

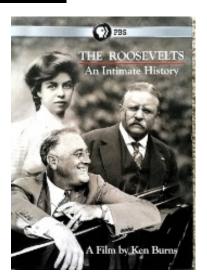
New Weekend Series this month

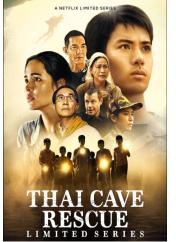
Saturday Documentary Series: *The Roosevelts* Begins Saturday, September 6th at 2:30 PM

Join us for the launch of our Saturday documentary series as we dive into *The Roosevelts*, a remarkable film by awardwinning director **Ken Burns**.

This captivating series explores the lives of **Theodore**, **Franklin**, and **Eleanor Roosevelt**—three extraordinary

individuals who shaped American politics and society.





Sunday Series: Thai Cave Rescue Starting Sunday, Sept 7th at 2 PM | In the Theatre

Join us for the captivating series based on true events—the incredible story of a Thai youth soccer team and their assistant coach who become trapped in the Tham Luang cave, sparking a global rescue effort.

National Day for Truth and Reconciliation

September 30th marks the National Day for Truth and Reconciliation, which coincides with Orange Shirt Day. This day serves to honor the survivors of Canada's residential school system, the children who never returned home, and their families and communities.

It is a time for all Canadians to **reflect on the lasting impacts of residential schools**, and to stand in solidarity with Indigenous peoples by acknowledging past injustices and supporting healing and reconciliation.

We invite everyone to wear an orange shirt on September 30th to show support and raise awareness.

If you do not have an orange shirt, they will be available for purchase for \$20 through the Life Enrichment

Department, last day to place your order will be Friday Sept 12th.

All proceeds will be donated to the National Centre for Truth and Reconciliation (NCTR) — a space for learning, remembrance, and preserving the truths of survivors, families, and communities for future generations.

Let us come together in remembrance, reflection, and respect.