



INSPIRED
SENIOR LIVING

September 2025

Don Mills Retirement Residence

Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>10:00 Virtual Chair Yoga class with Sherry (ALR)</div> <div>10:30 Wheel Of Fortune (DDH)</div> <div>11:00 Monday Series: Our Planet (ALR)</div> <div>1:30 Musical Movie Mondays: Moulin Rouge (T&L)</div> <div>1:30 Sing Fit (DDH)</div> <div>2:30 Short Stories Reading (ALR)</div> <div>3:00 Afternoon Tea and Treat Social (B/B)</div> <div>4:00 Nature Walk and Reflection (MIL)</div> <div>7:00 Musical Movie Mondays: Moulin Rouge (T&L)</div>	<div>9:45 Fall Prevention w/ Jerome (DDH)</div> <div>10:30 Picture Bingo (DDH)</div> <div>10:30 Gentle Fitness w/ Jerome (B/B)</div> <div>11:00 Vendor: Bijoux Treasures (11am to 3pm) (ML)</div> <div>1:30 Documentary: Titan: The OceanGate Submersible Disaster (T&L)</div> <div>1:30 Physical Game (DDH)</div> <div>2:30 Artful Corner (DDH)</div> <div>3:00 Afternoon Tea and Treat Social (B/B)</div> <div>7:00 Movie Night: Finding Neverland (T&L)</div>	<div>9:30 Music Therapy w/ Caleb (DDH)</div> <div>10:00 Functional Exercise with Kelly (B/B)</div> <div>10:30 Seated Badminton (DDH)</div> <div>10:45 National Geographic Series (ALR)</div> <div>10:45 Pet Therapy w/ Dawn and Vincent the Poodle (B/B)</div> <div>11:30 Tech Help with Lily (CC)</div> <div>1:30 Sun Bathing on the Patio with Popsicles (DDH)</div> <div>2:00 Card Games and Coffee Time (DDH)</div> <div>3:00 Tunes and Treats: Smore's Bar on the Patio (B/B)</div> <div>7:00 Movie Night: The Pianist (T&L)</div>	<div>9:45 Drumfit (DDH)</div> <div>10:15 Communion and Prayers with Elfreida and James (T&L)</div> <div>10:30 Java Music Club (DDH)</div> <div>10:45 Gentle Fitness w/ Jerome (B/B)</div> <div>1:30 Gentle Fitness w/ Kaushaljit (DDH)</div> <div>2:30 Trivia and Games (DDH)</div> <div>3:00 Afternoon Tea and Treat Social (B/B)</div> <div>4:00 Go for Life Walking (MIL)</div> <div>7:00 Movie Night: Whale Rider (T&L)</div>	<div>9:30 Outing: Michaels Craft store and Sketchers shoe store (OUT)</div> <div>9:45 Fitminds Interactive (DDH)</div> <div>10:00 Europe's Greatest Train Journeys: S1 Ep 1 Pyrenees-Orientales (T&L)</div> <div>11:00 Word Search, Daily Chronicles and Chit Chat (DDH)</div> <div>11:00 Chair Yoga with Sue (CC)</div> <div>1:30 Manicures and Hand Masks w/ Relaxing Music (DDH)</div> <div>2:30 Happy Hour and Entertainment with Tony (B/B)</div> <div>7:00 Friday Night Movie and Popcorn: From Russia with Love (T&L)</div>	<div>10:15 Stretching and Mobility Exercise (DDH)</div> <div>10:45 Don Mills Choir w/ Marcus *Sing along* (T&L)</div> <div>1:30 Gentle Fitness w/ Kaushaljit (DDH)</div> <div>2:00 Sing Along with Susie Q (ALR)</div> <div>2:00 Meet Me at the Moma Painting Session: El Anatsui (CC)</div> <div>2:30 Saturday Series: PBS Documentaries ' The Roosevelts- Get Action ' S1 Ep1 (T&L)</div> <div>3:00 Social and Art with Shari (DDH)</div> <div>7:00 Movie Night: Mr Church (T&L)</div>
<div>9:45 Spiritual Hymns (ALR)</div> <div>10:15 Get Moving w/ Seated Zumba (DDH)</div> <div>10:30 Crafters Corner (B/B)</div> <div>11:00 Activity Booklet * Front Desk* (C)</div> <div>2:00 Sunday Series: Thai Cave Rescue * The Legend of the Emerald City * (T&L)</div> <div>3:00 Afternoon Tea and Trivia! (B/B)</div> <div>3:30 Meditation and Mindfulness (DDH)</div> <div>4:00 Go for Life Walking (MIL)</div> <div>7:00 Movie Night: The Breakfast Club (T&L)</div>	<div>10:00 Virtual Chair Yoga class with Sherry (ALR)</div> <div>10:30 Word Game: Hangman (ALR)</div> <div>1:30 Sing Fit (DDH)</div> <div>1:30 Hearing Clinic w/ Martin * Sign-up with at Front Desk* (SPA)</div> <div>1:30 Musical Movie Mondays: The Sound of Music (T&L)</div> <div>2:30 Short Stories Reading (ALR)</div> <div>3:00 Afternoon Tea and Treat Social (B/B)</div> <div>3:30 Activities Meeting with LEM Shanay (T&L)</div> <div>4:00 Nature Walk and Reflection (MIL)</div> <div>7:00 Musical Movie Mondays: The Sound of Music (T&L)</div>	<div>9:45 Fall Prevention w/ Jerome (DDH)</div> <div>10:30 Gentle Fitness w/ Jerome (B/B)</div> <div>10:30 Picture Bingo (DDH)</div> <div>1:30 Physical Game (DDH)</div> <div>1:30 Guest Speaker Christine from the Alzheimer Society Presents ' Supportive Communication ' (T&L)</div> <div>2:30 Artful Corner (DDH)</div> <div>3:00 Afternoon Tea and Treat Social (B/B)</div> <div>7:00 Movie Night: Catch me if you Can (T&L)</div>	<div>9:45 Seated Badminton (DDH)</div> <div>10:00 Functional Exercise with Kelly (B/B)</div> <div>10:45 National Geographic Series (ALR)</div> <div>10:45 Pet Therapy w/ Dawn and Vincent the Poodle (B/B)</div> <div>11:30 Tech Help with Lily (CC)</div> <div>1:30 Sun Bathing on the Patio with Popsicles (DDH)</div> <div>2:00 Card Games and Coffee Time (DDH)</div> <div>2:00 \$1 Bingo with Stu (CC)</div> <div>3:00 Happy Hour and New Game Taboo (B/B)</div> <div>7:00 Movie Night: Erin Brockovich (T&L)</div>	<div>9:45 Drumfit (DDH)</div> <div>10:15 Communion and Prayers with Elfreida and James (T&L)</div> <div>10:30 Java Music Club (DDH)</div> <div>10:45 Gentle Fitness w/ Jerome (B/B)</div> <div>1:30 Gentle Fitness w/ Kaushaljit (DDH)</div> <div>1:30 Guest Speaker: ' Baltic Cruise ' with Bill Anderson the Flag Man (CC)</div> <div>2:30 Trivia and Games (DDH)</div> <div>3:00 Afternoon Tea and Treat Social (B/B)</div> <div>4:00 Go for Life Walking (MIL)</div> <div>7:00 Movie Night: A Beautiful Mind (T&L)</div>	<div>9:45 Fitminds Interactive (DDH)</div> <div>10:00 Europe's Greatest Train Journeys: S1 Ep 2 Portugal (T&L)</div> <div>11:00 Word Search, Daily Chronicles and Chit Chat (DDH)</div> <div>11:00 Seated Dance class with Katya (B/B)</div> <div>2:00 Prime Series: How did they build that? S1 Ep 6 (T&L)</div> <div>3:30 Happy Hour and Entertainment with Pianist Martin Wall (DR)</div> <div>7:00 Friday Night Movie and Popcorn: Ford vs Ferrari (T&L)</div>	<div>Great Canadian Open House * Wear Red and White *</div> <div>10:15 Stretching and Mobility Exercise (DDH)</div> <div>10:45 Don Mills Choir w/ Marcus *Sing along* (T&L)</div> <div>1:30 Gentle Fitness w/ Kaushaljit (DDH)</div> <div>2:00 Sing Along with Susie Q (ALR)</div> <div>2:30 Crafternoon: Maple Body Scrub (CC)</div> <div>7:00 Movie Night: 2 Weeks Notice (T&L)</div>
<div>9:45 Spiritual Hymns (ALR)</div> <div>10:15 Get Moving w/ Seated Zumba (DDH)</div> <div>10:30 Crafters Corner (B/B)</div> <div>11:00 Activity Booklet * Front Desk* (C)</div> <div>2:00 Sunday Series: Thai Cave Rescue * To Not Offend the Gods * (T&L)</div> <div>3:00 Afternoon Tea and Trivia! (B/B)</div> <div>3:00 Social and Art with Shari (DDH)</div> <div>3:30 Meditation and Mindfulness (DDH)</div> <div>4:00 Go for Life Walking (MIL)</div> <div>7:00 Movie Night: Goldfinger (T&L)</div>	<div>10:00 Virtual Chair Yoga class with Sherry (ALR)</div> <div>10:45 Don Mills Choir w/ Marcus *Sing along* (T&L)</div> <div>1:30 Sing Fit (DDH)</div> <div>1:30 Musical Movie Mondays: The Wizard of Oz (T&L)</div> <div>2:30 Short Stories Reading (ALR)</div> <div>3:00 Afternoon Tea and Treat Social (B/B)</div> <div>3:30 News & Views Discussion Group (T&L)</div> <div>4:00 Nature Walk and Reflection (MIL)</div> <div>7:00 Musical Movie Mondays: The Wizard of Oz (T&L)</div>	<div>Home Library Service **Exchange** (C)</div> <div>9:45 Fall Prevention w/ Jerome (DDH)</div> <div>9:45 Outing Stratford Festival: ' Anne of Green Gables ' *sign up at front desk* (OUT)</div> <div>10:30 Gentle Fitness w/ Jerome (B/B)</div> <div>10:30 Picture Bingo (DDH)</div> <div>1:30 Physical Game (DDH)</div> <div>1:30 Guest Speaker Norman Zinman: ' Gordon Lightfoot Canada's Greatest Troubadour ' (T&L)</div> <div>2:30 Artful Corner (DDH)</div> <div>3:00 Afternoon Tea and Treat Social (B/B)</div> <div>7:00 Movie Night: Somethings Gotta Give (T&L)</div>	<div>9:30 Music Therapy w/ Caleb (DDH)</div> <div>10:00 Functional Exercise with Kelly (B/B)</div> <div>10:30 Seated Badminton (DDH)</div> <div>10:45 National Geographic Series (ALR)</div> <div>10:45 Pet Therapy w/ Dawn and Vincent the Poodle (B/B)</div> <div>11:30 Tech Help with Lily (CC)</div> <div>1:30 Sun Bathing on the Patio with Popsicles (DDH)</div> <div>2:00 Card Games and Coffee Time (DDH)</div> <div>3:00 Wine and Cheese Social with Sponsored Entertainment by Vocalist Christina, Cellist Margret and Double bass Jussif from the Tafelmusik Orchestra (B/B)</div> <div>7:00 Movie Night: Seven Pounds (T&L)</div>	<div>9:45 Drumfit (DDH)</div> <div>10:15 Communion and Prayers with Elfreida and James (T&L)</div> <div>10:30 Java Music Club (DDH)</div> <div>10:45 Gentle Fitness w/ Jerome (B/B)</div> <div>1:30 Gentle Fitness w/ Kaushaljit (DDH)</div> <div>2:00 Fall Fair - Petting Zoo, Bake Sale, Art Sale and Vendors (B/B)</div> <div>2:30 Trivia and Games (DDH)</div> <div>4:00 Go for Life Walking (MIL)</div> <div>7:00 Movie Night: Sleepless in Seattle (T&L)</div>	<div>9:45 Fitminds Interactive (DDH)</div> <div>11:00 Word Search, Daily Chronicles and Chit Chat (DDH)</div> <div>11:00 Chair Yoga with Sue (CC)</div> <div>2:00 Manicures and Hand Masks w/ Relaxing Music (DDH)</div> <div>2:00 Prime Series: How did they build that? S1 Ep 7 (T&L)</div> <div>3:30 Happy Hour and Entertainment w/ Filipa Sousa (B/B)</div> <div>7:00 Friday Night Movie and Popcorn: Nyad (T&L)</div>	<div>10:15 Stretching and Mobility Exercise (DDH)</div> <div>1:30 Gentle Fitness w/ Kaushaljit (DDH)</div> <div>1:30 Meet Me at the Moma Painting Session: Edward Hopper * Pick up supplies* (CC)</div> <div>2:00 Fall Don Mills Choir Performance (B/B)</div> <div>3:00 Social and Art with Shari (DDH)</div> <div>7:00 Movie Night: 50 First Dates (T&L)</div>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>9:45 Spiritual Hymns (ALR)</div> <div>10:15 Get Moving w/ Seated Zumba (DDH)</div> <div>10:30 Crafters Corner (B/B)</div> <div>11:00 Activity Booklet * Front Desk* (C)</div> <div>11:00 Vendor: Anish Tradition (11am to 3pm) (ML)</div> <div>2:00 Sunday Series: Thai Cave Rescue * The Princess Chalice* (T&L)</div> <div>3:00 Afternoon Tea and Trivia! (B/B)</div> <div>3:30 Meditation and Mandela (DDH)</div> <div>4:00 Go for Life Walking (MIL)</div> <div>7:00 Movie Night: The Philadelphia Story (T&L)</div> <div>21</div>	<div>10:00 Virtual Chair Yoga class with Sherry (ALR)</div> <div>10:30 Word Game: Hangman (ALR)</div> <div>11:00 Monday Series: Our Planet (ALR)</div> <div>1:30 Sing Fit (DDH)</div> <div>1:30 Musical Movie Mondays: Some Like It Hot (T&L)</div> <div>2:30 Short Stories Reading (ALR)</div> <div>3:00 Afternoon Tea and Treat Social (B/B)</div> <div>3:30 News & Views Discussion Group (T&L)</div> <div>4:00 Nature Walk and Reflection (MIL)</div> <div>7:00 Musical Movie Mondays: Some Like It Hot (T&L)</div> <div>22</div>	<div>9:45 Fall Prevention w/ Jerome (DDH)</div> <div>10:30 Gentle Fitness w/ Jerome (B/B)</div> <div>10:30 Picture Bingo (DDH)</div> <div>1:30 Physical Game (DDH)</div> <div>1:30 Guest Speaker Anik Waldeck Art Historian : David Sculpture of Biblical Hero By Donatello, Michalangelo and Bernini (T&L)</div> <div>2:30 Artful Corner (DDH)</div> <div>3:00 Afternoon Tea and Treat Social (B/B)</div> <div>7:00 Movie Night: Anna Karenina (T&L)</div> <div>23</div>	<div>9:45 Seated Badminton (DDH)</div> <div>10:00 Functional Exercise with Kelly (B/B)</div> <div>10:45 National Geographic Series (ALR)</div> <div>11:30 Tech Help with Lily (CC)</div> <div>1:30 Sun Bathing on the Patio with Popsicles (DDH)</div> <div>2:00 Card Games and Coffee Time (DDH)</div> <div>3:00 Ice Cream Truck Visit ** Come get a free Ice Cream Cone on us while we celebrate September Birthdays ** (ML)</div> <div>7:00 Movie Night: Shawshank Redemption (T&L)</div> <div>24</div>	<div>9:45 Drumfit (DDH)</div> <div>10:15 Communion and Prayers with Elfreida and James (T&L)</div> <div>10:30 Java Music Club (DDH)</div> <div>10:45 Gentle Fitness w/ Jerome (B/B)</div> <div>1:30 Culinary Meeting (T&L)</div> <div>1:30 Gentle Fitness w/ Kaushaljit (DDH)</div> <div>2:30 Trivia and Games (DDH)</div> <div>3:00 Afternoon Tea and Treat Social (B/B)</div> <div>4:00 Go for Life Walking (MIL)</div> <div>7:00 Movie Night: Matilda (T&L)</div> <div>25</div>	<div>Optician On Wheels Eye Clinic * Sign up at the front desk * (T&L)</div> <div>9:45 Fitminds Interactive (DDH)</div> <div>11:00 Word Search, Daily Chronicles and Chit Chat (DDH)</div> <div>11:00 Seated Dance class with Katya (B/B)</div> <div>3:30 Happy Hour and Entertainment by Duo Saxophonist Rich Underhill and Gurtarist Nathan Hiltz (B/B)</div> <div>7:00 Friday Night Movie and Popcorn: The Blind Side (T&L)</div> <div>26</div>	<div>10:15 Stretching and Mobility Exercise (DDH)</div> <div>1:30 Gentle Fitness w/ Kaushaljit (DDH)</div> <div>2:00 Sing Along with Susie Q (ALR)</div> <div>2:00 Voices of Refugees Panel Discussion (T&L)</div> <div>3:00 Social and Art with Shari (DDH)</div> <div>7:00 Movie Night: Maid in Manhattan (T&L)</div> <div>27</div>
<div>9:45 Spiritual Hymns (ALR)</div> <div>10:15 Get Moving w/ Seated Zumba (DDH)</div> <div>10:30 Crafters Corner (B/B)</div> <div>11:00 Activity Booklet * Front Desk* (C)</div> <div>2:00 Sunday Series: Thai Cave Rescue * Lucky Baht * (T&L)</div> <div>3:00 Afternoon Tea and Trivia! (B/B)</div> <div>3:30 Meditation and Mandela (DDH)</div> <div>4:00 Go for Life Walking (MIL)</div> <div>7:00 Movie Night: Weekend at Bernie's (T&L)</div> <div>28</div>	<div>10:00 Virtual Chair Yoga class with Sherry (ALR)</div> <div>10:30 Wheel Of Fortune (DDH)</div> <div>11:00 Monday Series: Our Planet (ALR)</div> <div>1:30 Sing Fit (DDH)</div> <div>1:30 Culinary Corner (Cooking Demo) with Chef Cesar (CC)</div> <div>2:30 Short Stories Reading (ALR)</div> <div>3:00 Afternoon Tea and Treat Social (B/B)</div> <div>3:30 News & Views Discussion Group (T&L)</div> <div>4:00 Nature Walk and Reflection (MIL)</div> <div>7:00 Musical Movie Mondays: Jesus Christ Superstar (T&L)</div> <div>29</div>	<div>National Day for Truth and Reconciliation ** Orange Shirt Day**</div> <div>9:45 Fall Prevention w/ Jerome (DDH)</div> <div>10:30 Gentle Fitness w/ Jerome (B/B)</div> <div>10:30 Picture Bingo (DDH)</div> <div>11:30 Lunch Outing: Hamaru Sushi *Sign up at the Front Desk* (OUT)</div> <div>1:30 Physical Game (DDH)</div> <div>2:30 Resident Forum (IL/AL) (T&L)</div> <div>2:30 Artful Corner: Spooky Mason Jar Decoration Craft (DDH)</div> <div>3:00 Afternoon Tea and Treat Social (B/B)</div> <div>7:00 Movie Night: Good Will Hunting (T&L)</div> <div>30</div>	<div>HAPPY LABOUR DAY</div> <div>Monday</div> <div>SEPT 1</div> <div>Labour Day</div>	<div>HAPPY LABOUR DAY</div> <div>Sunday</div> <div>SEPT 21</div> <div>World Alzheimer's Day</div>		

TUESDAY

SEPT 30

Day for Truth and Reconciliation

Be Bold

Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program

Highlight

Locations Legend

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)

Mills Lobby (ML)

Outing (OUT)

Spa (SPA)

Dining Room (DR)