



INSPIRED
SENIOR LIVING

September 2025

Don Mills Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>10:00 Better your Mind - Fit Minds (Session 1) (CC)</div> <div>11:00 Better your Mind - Fit Minds (CC)</div> <div>1:30 Paraffin Wax Treatment *sign up at reception* (B/B)</div> <div>1:30 Musical Movie Mondays: Moulin Rouge (T&L)</div> <div>2:30 Drumfit (CC)</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 Gentle Fitness w/ Jerome (B/B)</div> <div>11:00 Vendor: Bijoux Treasures (11am to 3pm) (ML)</div> <div>11:15 Strength & Balance w/ Jerome (CC)</div> <div>1:30 Documentary: Titan: The OceanGate Submersible Disaster (T&L)</div> <div>1:30 Resident Run Rummikub (B/B)</div> <div>2:00 Texas Hold'em *Bring \$2* **6 spots max** (B/B)</div> <div>3:00 Afternoon Tea and Treat Social (B/B)</div> <div>3:30 What's in a word ? (T&L)</div> <div>7:00 Movie Night: Finding Neverland (T&L)</div>	<div>10:00 Functional Exercise with Kelly (B/B)</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 Resident Run Social Bridge *All levels Welcome looking for a second table* (B/B)</div> <div>2:00 \$1 Bingo (CC)</div> <div>2:00 Movie Matinee: The Pianist (T&L)</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>10:15 Communion and Prayers with Elfreida and James (T&L)</div> <div>10:45 Gentle Fitness w/ Jerome (B/B)</div> <div>11:15 Strength & Balance w/ Jerome (CC)</div> <div>11:30 Tech Help Sign up at Reception (STS)</div> <div>2:00 Bocce Tournament (DR)</div> <div>3:00 Afternoon Tea and Treat Social (B/B)</div> <div>3:30 Quiddler and Canasta Card Game (CC)</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>10:00 Europe's Greatest Train Journeys: S1 Ep 1 Pyrenees-Orientales (T&L)</div> <div>11:00 Walking Word Search (*)</div> <div>11:00 Chair Yoga with Sue (CC)</div> <div>1:30 Come Play Euchre (CC)</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>10:00 Word Game: Wordle (CC)</div> <div>10:45 Don Mills Choir w/ Marcus *Sing along* (T&L)</div> <div>1:30 Seated Tai Chi (CC)</div> <div>2:00 Meet Me at the Moma Painting Session: El Anatsui (CC)</div> <div>2:30 Resident Run Social Bridge *All levels Welcome looking for a second table* (CC)</div> <div>2:30 Saturday Series: PBS Documentaries ' The Roosevelts- Get Action ' S1 Ep1 (T&L)</div> <div>3:00 Afternoon Tea and Treat * Location Change* (DR)</div> <div>7:00 Movie Night: Mr Church (T&L)</div>
<div>10:30 Crafters Corner (B/B)</div> <div>11:00 Activity Booklet * Front Desk* (C)</div> <div>1:30 Learn how to play Shuffleboard (SP)</div> <div>2:00 Sunday Series: Thai Cave Rescue * The Legend Tham Luang * (T&L)</div> <div>3:00 Afternoon Tea and Trivia! (B/B)</div> <div>4:00 Go for Life Walking (MIL)</div> <div>7:00 Movie Night: The Breakfast Club (T&L)</div>	<div>10:00 Better your Mind - Fit Minds (Session 1) (CC)</div> <div>11:00 Better your Mind - Fit Minds (CC)</div> <div>1:30 Hearing Clinic w/ Martin * Sign-up with at Front Desk* (SPA)</div> <div>1:30 Paraffin Wax Treatment *sign up at reception* (B/B)</div> <div>1:30 Musical Movie Mondays: The Sound of Music (T&L)</div> <div>2:30 Drumfit (CC)</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>11:15 Strength & Balance w/ Jerome (CC)</div> <div>1:30 Guest Speaker Christine from the Alzheimer Society Presents ' Supportive Communication ' (T&L)</div> <div>2:00 Texas Hold'em *Bring \$2* **6 spots max** (B/B)</div> <div>3:00 Afternoon Tea and Treat Social (B/B)</div> <div>3:30 What's in a word ? (T&L)</div> <div>7:00 Movie Night: Catch me if you Can (T&L)</div>	<div>10:00 Functional Exercise with Kelly (B/B)</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 Resident Run Social Bridge *All levels Welcome looking for a second table* (B/B)</div> <div>2:00 Movie Matinee: Erin Brockovich (T&L)</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>10:15 Communion and Prayers with Elfreida and James (T&L)</div> <div>10:45 Gentle Fitness w/ Jerome (B/B)</div> <div>11:15 Strength & Balance w/ Jerome (CC)</div> <div>11:30 Tech Help Sign up at Reception (STS)</div> <div>1:30 Guest Speaker: ' Baltic Cruise ' with Bill Anderson the Flag Man (CC)</div> <div>2:30 Bocce Tournament (DR)</div> <div>3:00 Afternoon Tea and Treat Social (B/B)</div> <div>3:30 Quiddler and Canasta Card Game (CC)</div> <div>4:00 Go for Life Walking (MIL)</div> <div>7:00 Movie Night: A Beautiful Mind (T&L)</div>	<div>10:00 Europe's Greatest Train Journeys: S1 Ep 2 Portugal (T&L)</div> <div>11:00 Walking Word Search (*)</div> <div>11:00 Seated Dance class with Katya (B/B)</div> <div>1:30 Come Play Euchre (CC)</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>10:00 Word Game: Wordle (CC)</div> <div>10:45 Don Mills Choir w/ Marcus *Sing along* (T&L)</div> <div>1:30 Seated Tai Chi (CC)</div> <div>2:30 Crafternoon: Maple Body Scrub (CC)</div> <div>2:30 Resident Run Social Bridge *Location Change* (LB)</div> <div>3:00 Afternoon Tea and Treat (B/B)</div> <div>7:00 Movie Night: 2 Weeks Notice (T&L)</div>
<div>10:30 Crafters Corner (B/B)</div> <div>11:00 Activity Booklet * Front Desk* (C)</div> <div>1:30 Learn how to play Shuffleboard (SP)</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>4:00 Go for Life Walking (MIL)</div> <div>7:00 Movie Night: Goldfinger (T&L)</div>	<div>10:00 Better your Mind - Fit Minds (Session 1) (CC)</div> <div>10:45 Don Mills Choir w/ Marcus *Sing along* (T&L)</div> <div>1:30 Paraffin Wax Treatment *sign up at reception* (B/B)</div> <div>1:30 Musical Movie Mondays: The Wizard of Oz (T&L)</div> <div>2:30 Drumfit (CC)</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>11:15 Strength & Balance w/ Jerome (CC)</div> <div>1:30 Guest Speaker Norman Zinman: ' Gordon Lightfoot Canada's Greatest Troubador' (T&L)</div> <div>3:00 Afternoon Tea and Treat Social (B/B)</div> <div>3:30 What's in a word ? (T&L)</div> <div>7:00 Movie Night: Somethings Gotta Give (T&L)</div>	<div>10:00 Functional Exercise with Kelly (B/B)</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 Resident Run Social Bridge *All levels Welcome looking for a second table* (B/B)</div> <div>2:00 \$1 Bingo (CC)</div> <div>2:00 Movie Matinee: Seven Pounds (T&L)</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>10:00 Outing: Don Mills Shops Shuttle Drop off * Sign up at the front desk* (OUT)</div> <div>10:15 Communion and Prayers with Elfreida and James (T&L)</div> <div>10:45 Gentle Fitness w/ Jerome (B/B)</div> <div>11:15 Strength & Balance w/ Jerome (CC)</div> <div>11:30 Tech Help Sign up at Reception (STS)</div> <div>2:00 Fall Fair - Petting Zoo, Bake Sale, Art Sale and Vendors (B/B)</div> <div>4:00 Go for Life Walking (MIL)</div> <div>7:00 Movie Night: Sleepless in Seattle (T&L)</div>	<div>10:00 Health and Wellness Blood Pressure Clinic (T&L)</div> <div>11:00 Walking Word Search (*)</div> <div>11:00 Chair Yoga with Sue (CC)</div> <div>1:30 Come Play Euchre (CC)</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>10:00 Word Game: Wordle (CC)</div> <div>11:00 Seated Tai Chi (CC)</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 Afternoon Tea and Treat (B/B)</div> <div>7:00 Movie Night: 50 First Dates (T&L)</div>



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September 2025

Don Mills Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 Crafters Corner (B/B) 21 11:00 Activity Booklet * Front Desk* (C) 11:00 Vendor: Anish Tradition (11am to 3pm) (ML) 1:30 Learn how to play Shuffleboard (SP) 2:00 Sunday Series: Thai Cave Rescue * The Princess Chalice* (T&L) 3:00 Afternoon Tea and Trivia! (B/B) 4:00 Go for Life Walking (MIL) 7:00 Movie Night: The Philadelphia Story (T&L)	10:00 Better your Mind - Fit Minds (Session 1) (CC) 22 11:00 Better your Mind - Fit Minds (CC) 1:30 Paraffin Wax Treatment *sign up at reception* (B/B) 1:30 Musical Movie Mondays: Some Like It Hot (T&L) 2:30 Drumfit (CC) 3:00 Afternoon Tea and Treat Social (B/B) 3:30 News & Views Discussion Group (T&L) 4:00 Nature Walk and Reflection (MIL) 7:00 Musical Movie Mondays: Some Like It Hot (T&L)	9:45 Fall Prevention w/ Jerome (DDH) 23 10:30 Gentle Fitness w/ Jerome (B/B) 11:15 Strength & Balance w/ Jerome (CC) 1:30 Guest Speaker Anik Waldeck Art Historian : David Sculpture of Biblical Hero By Donatello, Michalangelo and Bernini (T&L) 2:30 Texas Hold'em *Bring \$2* **6 spots max** (B/B) 3:00 Afternoon Tea and Treat Social (B/B) 3:30 What's in a word ? (T&L) 7:00 Movie Night: Anna Karenina (T&L)	10:00 Functional Exercise with Kelly (B/B) 24 11:30 Tech Help with Lily (CC) 2:00 Trivia Competition Don Mills Vs Canterbury * Sign up at the front desk* (B/B) 2:00 Movie Matinee: Shawshank Redemption (T&L) 3:00 Ice Cream Truck Visit ** Come get a free Ice Cream Cone on us while we celebrate September Birthdays ** (ML) 7:00 Movie Night: Shawshank Redemption (T&L)	10:15 Communion and Prayers with Elfrieda and James (T&L) 25 10:30 Java Music Club (DDH) 10:45 Gentle Fitness w/ Jerome (B/B) 11:15 Strength & Balance w/ Jerome (CC) 11:30 Tech Help Sign up at Reception (STS) 1:30 Culinary Meeting (T&L) 2:00 Bocce Tournament (DR) 3:00 Afternoon Tea and Treat Social (B/B) 3:30 Quiddler and Canasta Card Game (CC) 4:00 Go for Life Walking (MIL) 7:00 Movie Night: Matilda (T&L)	Optician On Wheels Eye Clinic * Sign up at the front desk * (T&L) 26 11:00 Walking Word Search (*) 11:00 Seated Dance class with Katya (B/B) 1:30 Come Play Euchre (CC) 3:30 Happy Hour and Entertainment by Duo Saxophonist Rich Underhill and Gurtarist Nathan Hiltz (B/B) 7:00 Friday Night Movie and Popcorn: The Blind Side (T&L)	10:00 Word Game: Wordle (CC) 27 1:30 Seated Tai Chi (CC) 2:00 Voices of Refugees Panel Discussion (T&L) 2:30 Resident Run Social Bridge *All levels Welcome looking for a second table* (CC) 3:00 Afternoon Tea and Treat (B/B) 7:00 Movie Night: Maid in Manhattan (T&L)
10:30 Crafters Corner (B/B) 28 11:00 Activity Booklet * Front Desk* (C) 1:30 Learn how to play Shuffleboard (SP) 2:00 Sunday Series: Thai Cave Rescue * Lucky Baht * (T&L) 3:00 Afternoon Tea and Trivia! (B/B) 4:00 Go for Life Walking (MIL) 7:00 Movie Night: Weekend at Bernies's (T&L)	10:00 Better your Mind - Fit Minds (Session 1) (CC) 29 11:00 Better your Mind - Fit Minds (CC) 1:30 Culinary Corner (Cooking Demo) with Chef Cesar (CC) 3:00 Afternoon Tea and Treat Social (B/B) 3:00 Drumfit (CC) 3:30 News & Views Discussion Group (T&L) 4:00 Nature Walk and Reflection (MIL) 7:00 Musical Movie Mondays: Jesus Christ Superstar (T&L)	National Day for Truth and Reconciliation ** Orange Shirt Day** 30 9:45 Fall Prevention w/ Jerome (DDH) 10:30 Gentle Fitness w/ Jerome (B/B) 11:15 Strength & Balance w/ Jerome (CC) 11:30 Lunch Outing: Hamaru Sushi *Sign up at the Front Desk* (OUT) 1:30 What's in a word ? (T&L) 2:30 Resident Forum (IL/AL) (T&L) 3:00 Afternoon Tea and Treat Social (B/B) 7:00 Movie Night: Good Will Hunting (T&L)				

TUESDAY
SEPT
30

Day for Truth and Reconciliation

Be Bold

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program
Highlight

Locations Legend

Great Escapes (T&L)
Don's Bar/Bistro (B/B)
The Country Club (CC)
Meet in the Lobby (MIL)
Decadence Dining Hall (DDH)
Dining Room (DR)
Concierge (C)

Suite-to-Suite (STS)
Outing (OUT)
1st or 2nd floor (*)
Spa Terrace (SP)
Mills Lobby (ML)
Spa (SPA)
Library (LB)