



INSPIRED
SENIOR LIVING

September 2025

Don Mills Retirement Residence

Memory Care Household



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:45 Seated Yoga (MC) 1 11:30 Life Skill: Watering the Gardens (MC) 1:30 Ring Toss (MC) 2:30 How It's Made (MC) 3:30 Picture Bingo (DDH) 6:00 Reading with Household (MC)	9:45 Seated Zumba (MC) 2 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)	9:45 Virtual All in One Exercise (MC) 3 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 Life Station: Folding & Sorting (MC) 4 10:00 Fall Prevention w/ Jerome (MC) 10:30 Going Down Memory Lane Morning 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) 5 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) 6 10:00 Morning Entertainment w/ Marcus (MC) 10:30 Sing Along with Suzie Q. (MC) 11:00 Jigsaw Puzzle w/ RSA (MC) 1:30 Meditation and Mandela Coloring (MC) 2:00 Chef Choice Social (MC) 2:00 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) 7 11:00 Spiritual Eldercare: Hymns (MC) 11:30 Virtual Church Service (MC) 2:00 Chef Choice Social (MC) 3:30 Memory Lane (MC) 4:00 Life Skill: Helping Hands (MC) 6:00 Evening Movie (MC)	9:45 Seated Yoga (MC) 8 10:30 One-on-One with Life Enrichment (MC) 11:00 Life Skill: Puzzle and Pondering (MC) 1:30 Ring Toss (MC) 1:30 Hearing Clinic w/ Martin * Sign-up with at Front Desk* (SPA) 2:30 How It's Made (MC) 3:30 Picture Bingo (DDH) 6:00 Reading with Household (MC)	9:45 Seated Zumba (MC) 9 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)	9:45 Virtual All in One Exercise (MC) 10 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 Mexican Dominos (MC) 6:00 Coloring Inn W/ RSA's (MC)	9:45 Life Station: Folding & Sorting (MC) 11 10:00 Fall Prevention w/ Jerome (MC) 10:30 Going Down Memory Lane Morning Music (MC) 1:30 Group Reading Circle (MC) 2:00 Chef Choice Social (MC) 2:00 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) 12 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) 3:30 Happy Hour and Entertainment with Pianist Martin Wall (DR) 4:30 Life Skills: Helping with Dinner (MC) 6:00 Friday Night Movie and Popcorn (MC)	Great Canadian Open House * Wear Red and White * 13 9:45 Drumfit w/ RSA (MC) 10:00 Morning Entertainment w/ Marcus (MC) 10:30 Sing Along with Suzie Q. (MC) 11:00 Jigsaw Puzzle w/ RSA (MC) 1:30 Meditation and Mandela Coloring (MC) 2:00 Chef Choice Social (MC) 2:00 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) 14 11:00 Spiritual Eldercare: Hymns (MC) 11:30 Virtual Church Service (MC) 2:00 Chef Choice Social (MC) 3:30 Memory Lane (MC) 4:00 Life Skill: Helping Hands (MC) 6:00 Evening Movie (MC)	9:45 Seated Yoga (MC) 15 10:00 Morning Entertainment w/ Marcus (MC) 11:00 One-on-One with Life Enrichment (MC) 11:00 Life Skill: Puzzle and Pondering (MC) 1:30 Ring Toss (MC) 2:30 How It's Made (MC) 3:30 Picture Bingo (DDH) 6:00 Reading with Household (MC)	9:45 Seated Zumba (MC) 16 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)	9:45 Virtual All in One Exercise (MC) 17 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 Life Station: Folding & Sorting (MC) 18 10:00 Fall Prevention w/ Jerome (MC) 10:30 Going Down Memory Lane Morning Music (MC) 1:30 Group Reading Circle (MC) 2:00 Chef Choice Social (MC) 2:00 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) 19 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) 3:30 Happy Hour and Entertainment w/ Filipa Sousa (B/B) 4:30 Life Skills: Helping with Dinner (MC) 6:00 Friday Night Movie and Popcorn (MC)	9:45 Drumfit w/ RSA (MC) 20 10:30 Sing Along with Suzie Q. (MC) 11:00 Jigsaw Puzzle w/ RSA (MC) 1:30 Meditation and Mandela Coloring (MC) 2:00 Chef Choice Social (MC) 2:00 Fall Don Mills Choir Performance (B/B) 2:00 Fall Prevention w/ Kaushaljit (MC) 4:00 Go for Life Walking (MC) 6:00 You and Me Time with the Household Team (MC)



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Memory Care Household



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45 Ball Toss (MC) 21 11:00 Spiritual Eldercare: Hymns (MC) 11:30 Virtual Church Service (MC) 2:00 Chef Choice Social (MC) 3:30 Memory Lane (MC) 4:00 Life Skill: Helping Hands (MC) 6:00 Evening Movie (MC)	9:45 Seated Yoga (MC) 22 11:00 One-on-One with Life Enrichment (MC) 11:00 Life Skill: Puzzle and Pondering (MC) 1:30 Ring Toss (MC) 2:30 How It's Made (MC) 3:30 Picture Bingo (DDH) 6:00 Reading with Household (MC)	9:45 Seated Zumba (MC) 23 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)	9:45 Virtual All in One Exercise (MC) 24 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 Mexican Dominos (MC) 3:00 Ice Cream Truck Visit ** Come get a free Ice Cream Cone on us while we celebrate September Birthdays ** (ML) 6:00 Coloring Inn W/ RSA's (MC)	9:45 Life Station: Folding & Sorting (MC) 25 10:00 Fall Prevention w/ Jerome (MC) 10:30 Going Down Memory Lane Morning Music (MC) 1:30 Group Reading Circle (MC) 2:00 Chef Choice Social (MC) 2:00 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)	Optician On Wheels Eye Clinic * Sign up at the front desk * (T&L) 26 9:45 Seated Tai Chi and Chai Tea (MC) 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) 3:30 Happy Hour and Entertainment by Duo Saxophonist Rich Underhill and Gurtarist Nathan Hiltz (B/B) 4:30 Life Skills: Helping with Dinner (MC) 6:00 Friday Night Movie and Popcorn (MC)	9:45 Drumfit w/ RSA (MC) 27 10:30 Sing Along with Suzie Q. (MC) 11:00 Jigsaw Puzzle w/ RSA (MC) 1:30 Meditation and Mandela Coloring (MC) 2:00 Chef Choice Social (MC) 2:00 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) 28 11:00 Spiritual Eldercare: Hymns (MC) 11:30 Virtual Church Service (MC) 2:00 Chef Choice Social (MC) 3:30 Memory Lane (MC) 4:00 Life Skill: Helping Hands (MC) 6:00 Evening Movie (MC)	9:45 Seated Yoga (MC) 29 11:00 One-on-One with Life Enrichment (MC) 11:00 Life Skill: Puzzle and Pondering (MC) 1:30 Ring Toss (MC) 1:30 Culinary Corner (Cooking Demo) with Chef Cesar (CC) 2:30 How It's Made (MC) 3:30 Picture Bingo (DDH) 6:00 Reading with Household (MC)	National Day for Truth and Reconciliation ** Orange Shirt Day** 30 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) 2:00 Seasonal Fruit Social (MC) 3:00 Artfull Enrichment Crafternoon (MC) 6:00 What Happened This Week (MC)				

TUESDAY
SEPT
30

Day for Truth and Reconciliation

Be Bold

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program
Highlight

Locations Legend

Memory Care (MC)
Decadence Dining Hall (DDH)
Don's Bar/Bistro (B/B)
Spa (SPA)
Dining Room (DR)
Mills Lobby (ML)
Great Escapes (T&L)
The Country Club (CC)