

# 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

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**Office Manager**

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Kayleen Resurreccion

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**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

*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!*



INSPIRED  
SENIOR LIVING

*Don Mills*  
RETIREMENT RESIDENCE

## October Newsletter 2025

### *Don Mills Retirement Residence*



**October Outings**

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

**Fairview Mall**

*Thursday Oct 2nd at 10am*

**Pickering Casion**

*Thursday Oct 16th at 10am*

**Lunch/ Dinner Outing: Joey’s**

*Wednesday Oct 22nd at 11:30am/4:30pm*

**Don Mills Shops Shuttle Drop off**

*Thursday Oct 30th at 10am /1:30pm*

**Meetings This Month**

**Residents Forum**

Tuesday Oct 2nd at 2pm in the Theatre

**Activities Meeting with Shanay**

Monday Oct 6th at 3:45pm in the Theatre

*\*Share your Thoughts\**

**Culinary Meeting with Chef Cesar**

Monday Oct 27th at 1:30pm in the Theatre



**Cooking demo with Cesar**

Tuesday October 21st 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 Squash!**

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.

October Highlights

Massage Therapist Announcement

Please join us in welcoming our new Registered Massage Therapist, **Morgan**, to Don Mills!

Morgan will be hosting a **Meet & Greet Information Session** on **Saturday, October 4th at 11:00 AM** in the **Theatre Room**. This is a great opportunity to learn more about her services, ask questions, and discover how massage therapy might benefit you.

For the month of **October**, Morgan will be **onsite every Saturday from 9:00 AM to 2:00 PM**, based on sign-ups.

Please see a short message from Morgan below:

**Your RMT**

Hi, I'm Morgan! I've been a Registered Massage Therapist for five years, and I'm currently in my third year of chiropractic school, working toward becoming a Doctor of Chiropractic.



I believe massage therapy can benefit everyone. Whether you're dealing with sore, tight muscles that are keeping you from doing what you love, managing old injuries, or experiencing chronic inflammation, massage can help. And if you're simply looking to relax and unwind, I'm here for that too.

A little about me: I'm originally from Newfoundland, I have two dogs, and I love all animals. I'm also an avid swimmer and enjoy playing squash in my spare time.

I'm so excited to meet you and help you feel your best!

Active Aging Week is Almost Here!  
October 6th – 10th, 2025

Active Aging Week celebrates the strength, vitality, and contributions of older adults as fully engaged members of our community. This week-long campaign shines a spotlight on the *positivity of aging*—reminding us all that life after 50 can be vibrant, fulfilling, and full of possibility.

While physical wellness is important, *mental and emotional well-being* are just as vital. Our programs this week are designed to highlight the connection between movement, nutrition, social connection, and overall mental health—because *every part of your lifestyle matters*.

Join us for a week of fun, flavor, and connection!  
**Here are some of our exciting highlights:**

**Smoothie Bar Social – Monday & Tuesday**

Start the week off right with a delicious, nutritious smoothie! Come socialize, sip, and fuel your body with goodness.

**Minute to Win It Games with Bailey + Hot Chocolate Bar – Midweek Fun!**

Get ready to laugh, move, and compete in quick, quirky games that are sure to bring out your playful side. Warm up afterward with a cozy cup of hot chocolate!

**Kombucha Tasting – Thursday**

Curious about kombucha? Come sample a variety of refreshing, gut-friendly brews and learn more about this fizzy health drink.

**Active Aging week Event: Mindful Movement w/ Anika**

**Anika Rasheed (she/her)**

I’m a Trauma-Informed Somatic Practitioner, Coach, and Wellness Facilitator. I support individuals in building safety and trust in their bodies by regulating the nervous system through somatic movement, breathwork, and mindfulness.

With a background in psychology, public service, and holistic wellness, I blend science with embodied wisdom to offer practical tools for navigating stress, trauma, and emotional overwhelm. I’ve led somatic sessions in diverse settings—from community groups and universities to corporate offices and women’s circles—helping people reconnect with their bodies for more ease and calm.

**Mindful Movement Session Overview**

This gentle, trauma-informed session invites you to reconnect with your body through breath, light movement, and relaxation. Movements are simple, accessible (seated or standing), and adaptable to all abilities.

We’ll explore mindful stretching, grounding exercises, and easy techniques to release tension and boost circulation—all in a safe, calming space that supports well-being, connection, and joy. No experience needed—just come as you are and move at your own pace.



**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.



## Welcome To Don Mills Retirement Residence

### Entertainment Events This Month

#### **Happy Hour and Ent. w/ Davis**

Friday Oct 3rd at 3:30pm in the Bar Bistro

#### **Happy Hour and Ent w/ Pianist Martin Wall**

Friday Oct at 3pm in the Dining Room

#### **Happy Hour and Ent. w/ Marcus Schwan**

Friday Oct 17th at 3:30pm in the Bar Bistro

#### **Evening Entertainment w/ Tim Godfrey**

Friday Oct 24th at 7:00pm in the Bar Bistro

#### **Happy Hour Ent w/ Lauren Knowles**

Friday Oct 31st at 3:30pm in the Bar Bistro



### **SPOOKTACULAR BASH**

Friday, October 31st

Starting at 3:00 PM | Bar Bistro

Join us for an afternoon of Halloween fun, laughter, and celebration!



#### **Resident Costume Contest**

Strut your spooky stuff for a chance to win prizes!

#### **Staff Pumpkin Carving Contest**

Vote for your favorite—who will be crowned the Pumpkin King or Queen?

#### **Happy Hour & Live Entertainment**

Enjoy festive drinks, treats, and music by the amazing **Lauren Knowles!**

Good vibes, great music, and ghoulishly fun times await!

**Costumes encouraged!**

### **October Crafternoons**

Join us in the Country Club for two cozy, creative afternoons!

#### **Fall Pumpkin Floral Arrangement**

Friday, October 24th

3:30 PM | Country Club

Create your own beautiful fall centerpiece using pumpkins and fresh florals!

*Sign up at the front desk to reserve your spot.*



#### **Resin Art with Kayleen – Fall Brooch Edition**

Monday, October 27th

3:30 PM | Country Club

Due to high demand, we're bringing Kayleen back for another amazing resin class!

Design and craft a one-of-a-kind fall-themed brooch to take home.

*Limited spots available—sign up at the front desk!*

New Weekend Series this month



**Sunday Series: *The Crown***  
**Starting Sunday, October 19th | 2:00 PM | Theatre Room**

Join us for an afternoon of royal drama, political intrigue, and historical elegance as we begin the acclaimed Netflix series:  
***The Crown***- This beautifully produced historical drama follows the life of **Queen Elizabeth II**, from her 1947 wedding through the challenges and triumphs of her reign. Explore the **political rivalries, personal relationships, and defining moments** that shaped the monarchy and the United Kingdom throughout the 20th century.



**Friday Series: *Fit for TV***  
**Starting Friday, October 10th | 2:00 PM | Theatre Room**

Join us for the powerful docuseries ***Fit for TV***, which takes a behind-the-scenes look at the hit reality show *The Biggest Loser*.  
  
What was supposed to be a journey toward health and the body of their dreams became, for many contestants, a **televised nightmare**. Now, they're speaking out—sharing their untold stories of physical strain, emotional toll, and the harsh reality behind the cameras.



**Pub Night: First Hockey Game of the Season!**  
**Toronto Maple Leafs vs. Montreal Canadiens**

Get ready for a night of great hockey, good company, and team spirit as we kick off the NHL season!

**Wednesday, October 8th- 7:00 PM | Bar Bistro**

Join us to watch the **Toronto Maple Leafs face off against their longtime rivals, the Montreal Canadiens**—a classic Canadian showdown you won't want to miss!

**Cocktails will be served**  
**Light refreshments provided**

**Wear your team gear!**

Whether you're cheering for the Leafs or the Habs, show your pride and let's make it a night to remember.



**October Highlights**

**Casino Night**  
**Thursday, October 30th | 6:30 PM – 8:30 PM**  
**Main Dining Room & Bar Bistro**  
**\$10 Entry Fee per Resident**

Get ready for a night of glitz, games, and giving back! We're bringing the full casino experience to you—complete with live dealers, cocktails, entertainment, and unforgettable fun!

- Games Include:**
- ♠ Blackjack
  - ♥ Texas Hold'em
  - ♦ Roulette

A special *Human Slot Machine* run by our very own management team!

**Live Entertainment:**  
Enjoy a fantastic performance from 7:00 PM to 8:00 PM in the Main Dining Room.

**How It Works:**  
Your \$10 entry includes *funny money* to participate in all games. The top 3 residents with the most chips at the end of the night will win an array of exciting prizes! All proceeds will be donated to **St. Clair's Inn**, a shelter supporting women with mental health challenges. Cocktails and light refreshments will be served throughout the evening.

**Thanksgiving Dinner Buffet**

You're warmly invited to our **Family Thanksgiving Dinner Buffet!**  
Let's gather together to share delicious food, warm company, and festive cheer.

**Friday, October 10th**  
**4:30 PM | Dining Room**

Please **sign up at the front desk** to reserve your seat.  
*Menu to be shared soon—stay tuned!*

