



INSPIRED
SENIOR LIVING

October 2025

Don Mills Retirement Residence

Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div><div><div>MONDAY</div><div>OCT 13</div></div><div>Thanksgiving</div></div>		<div><div>9:30 Music Therapy w/ Arianne (DDH) 1</div><div>10:00 Functional Exercise with Kelly (B/B)</div><div>10:30 Seated Badminton (DDH)</div><div>11:00 National Geographic Series (ALR)</div><div>11:30 Tech Help with Lily (CC)</div><div>2:00 Card Games and Coffee Time (DDH)</div><div>3:00 Pumpkin Spice Latte and guessing game Taboo (B/B)</div><div>7:00 Movie Night: Our Souls at Night (T&L)</div></div>	<div><div>9:45 Drumfit (DDH) 2</div><div>10:00 Outing Fairview Mall * Sign up at the Front Desk* (MIL)</div><div>10:15 Communion and Prayers with Elfrieda 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 Resident Forum (IL/AL) (T&L)</div><div>2:30 Trivia & Games (DDH)</div><div>3:00 Afternoon Tea and Treat Social (B/B)</div><div>4:00 Go 4 Life Walking (MIL)</div><div>7:00 Movie Night: King's Speech (T&L)</div></div>	<div><div>9:45 Fitminds Interactive (DDH) 3</div><div>10:00 Europe's Greatest Train Journey: S1 Ep 3 Andalusia (T&L)</div><div>11:00 Word Search, Daily Chronicles and Chit Chat (DDH)</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 8 (T&L)</div><div>3:30 Happy Hour and entertainment w/ Davis (B/B)</div><div>7:00 Friday Night Movie and Popcorn: The Thursday Murder Club (T&L)</div></div>	<div><div>10:15 Stretching and Mobility Exercise (DDH) 4</div><div>11:00 Kinected Chain Massage Therapy Information Session with Founder John Bockt and RMT Morgan (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 Saturday Series: PBS Documentaries ' The Roosevelts- In the Arena ' S1 Ep2 (T&L)</div><div>3:00 Social and Art with Shari (DDH)</div><div>7:00 Movie Night: Huckleberry Finn (T&L)</div></div>
<div><div>9:45 Spiritual Hymns (ALR) 5</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>1:30 Meet Me at the Moma Painting Session: Mike Nudelman (CC)</div><div>2:00 Sunday Series: Thai Cave Rescue * The Parable of Kisa Gotami * (T&L)</div><div>2:30 Meditation and Mandela (DDH)</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: Marie Antoinette (T&L)</div></div>	<div><div>Active Aging Week Begins 6</div><div>10:00 Virtual Chair Yoga w/ 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 Musical Movie Mondays: Mary Poppins (T&L)</div><div>2:30 Short Stories Reading (ALR)</div><div>3:00 Smoothie Bar: Mango Maddness (B/B)</div><div>3:45 Activities Meeting with Life Enrichment Manager Shanay *Share your thoughts* (T&L)</div><div>7:00 Musical Movie Mondays: Mary Poppins (T&L)</div></div>	<div><div>9:45 Fall Prevention w/ Jerome (DDH) 7</div><div>10:30 Gentle Fitness w/ Jerome (B/B)</div><div>10:30 Picture Bingo (DDH)</div><div>1:30 Mindful Movement w/ Anika (T&L)</div><div>2:30 Artful Corner (DDH)</div><div>3:00 Smoothie Bar: Peachberry Dream (B/B)</div><div>7:00 Movie Night: The Journey (T&L)</div></div>	<div><div>Active Aging week Theme: Wear your Favorite Sports Jersey or Shirt! 8</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>2:00 Card Games and Coffee Time (DDH)</div><div>3:00 Minute to win it Games with Bailey's Hot Chocolate Social (B/B)</div><div>7:00 Pub Night: First Hockey Game of the season Montreal Canadiens vs Toronto Maple Leafs (B/B)</div></div>	<div><div>9:45 Drumfit (DDH) 9</div><div>10:15 Communion and Prayers with Elfrieda 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 Joy In Motion (DDH)</div><div>3:15 Sip & Learn: A Kombucha Tasting Experience with Lily (B/B)</div><div>4:00 Go 4 Life Walking (MIL)</div><div>7:00 Movie Night: Feild of Dreams (T&L)</div></div>	<div><div>9:45 Fitminds Interactive (DDH) 10</div><div>10:00 Europe's Greatest Train Journey: S1 Ep 4 Italy (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 Documentary: Fit For TV: The Reality of the Biggest Loser ep1 (T&L)</div><div>3:00 Happy Hour and Entertainment with Pianist Martin Wall (DR)</div><div>4:30 Thanksgiving Family Dinner Buffet - Please make your reservation at the Front Desk (DR)</div><div>7:00 Friday Night Movie and Popcorn: The Two Popes (T&L)</div></div>	<div><div>9:00 Massage Therapy Session w/ Morgan RMT- Sign up at the front desk (SPA) 11</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 Saturday Series: PBS Documentaries ' The Roosevelts- The Fire of Life ' S1 Ep3 (T&L)</div><div>3:00 Social and Art with Shari (DDH)</div><div>7:00 Movie Night: Up Close and Personal (T&L)</div></div>
<div><div>9:45 Spiritual Hymns (ALR) 12</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 * Moo Pa * (T&L)</div><div>2:30 Meditation and Mandela (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: Sherlock Holmes (T&L)</div></div>	<div><div>Happy Thanksgiving! 13</div><div>10:00 Virtual Chair Yoga w/ Sherry (ALR)</div><div>10:30 Wheel Of Fortune (DDH)</div><div>11:00 Monday Series: Our Planet (ALR)</div><div>11:00 Thanksgiving Activity Booklet Available at the Front Desk (CC)</div><div>1:30 Sing Fit (DDH)</div><div>1:30 Musical Movie Mondays: Meet Me in St. Louis (T&L)</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: Meet Me in St. Louis (T&L)</div></div>	<div><div>9:45 Fall Prevention w/ Jerome (DDH) 14</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>2:30 Artful Corner (DDH)</div><div>3:00 Afternoon Tea and Treat Social (B/B)</div><div>7:00 Movie Night: Nights In Rodanthe (T&L)</div></div>	<div><div>9:30 Music Therapy w/ Arianne (DDH) 15</div><div>10:00 Functional Exercise with Kelly (B/B)</div><div>10:30 Seated Badminton (DDH)</div><div>10:45 Pet Therapy w/ Dawn and Vincent the Poodle (B/B)</div><div>11:00 National Geographic Series (ALR)</div><div>11:30 Tech Help with Lily (CC)</div><div>2:00 Card Games and Coffee Time (DDH)</div><div>3:00 TikTok Dance & Apple Cider Social (B/B)</div><div>7:00 Movie Night: The Notebook (T&L)</div></div>	<div><div>9:45 Drumfit (DDH) 16</div><div>10:00 Outing: Picking Casino * Sign-up at Front desk* (OUT)</div><div>10:15 Communion and Prayers with Elfrieda 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 & Games (DDH)</div><div>3:00 Afternoon Tea and Treat Social (B/B)</div><div>4:00 Go 4 Life Walking (MIL)</div><div>7:00 Movie Night: The Imitation Game (T&L)</div></div>	<div><div>9:45 Fitminds Interactive (DDH) 17</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 Documentary: Fit For TV: The Reality of the Biggest Loser ep 2 (T&L)</div><div>3:30 Happy Hour and Entertainment w/ Marcus Schwan (B/B)</div><div>7:00 Friday Night Movie and Popcorn: Conclave (T&L)</div></div>	<div><div>9:00 Massage Therapy Session w/ Morgan RMT- Sign up at the front desk (SPA) 18</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 Saturday Series: PBS Documentaries ' The Roosevelts- The Storm S1 Ep 4 (T&L)</div><div>3:00 Social and Art with Shari (DDH)</div><div>7:00 Movie Night: Last Vegas (T&L)</div></div>



INSPIRED
SENIOR LIVING

October 2025

Don Mills Retirement Residence

Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45 Spiritual Hymns (ALR) 10:15 Get Moving w/ Seated Zumba (DDH) 10:30 Crafters Corner (B/B) 11:00 Activity Booklet * Front Desk* (C) 2:00 Sunday Series: The Crown S1 E1 ' Wolferton Splash ' (T&L) 2:30 Meditation and Mandela (DDH) 3:00 Afternoon Tea and Treat Social (B/B) 4:00 Go for Life Walking (MIL) 7:00 Movie Night: All the President's Men (T&L) 19	10:00 Virtual Chair Yoga w/ Sherry (ALR) 10:30 Wheel Of Fortune (DDH) 11:00 Monday Series: Our Planet (ALR) 1:30 Sing Fit (DDH) 1:30 Musical Movie Mondays: Maestro (T&L) 2:30 Short Stories Reading (ALR) 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: Maestro (T&L) 20	Home Library Service **Exchange** (C) 9:45 Fall Prevention w/ Jerome (DDH) 10:30 Gentle Fitness w/ Jerome (B/B) 10:30 Picture Bingo (DDH) 1:30 Physical Game (DDH) 1:30 Culinary Corner (Cooking Demo) with Chef Cesar (CC) 2:30 Artful Corner (DDH) 3:00 Afternoon Tea and Treat Social (B/B) 7:00 Movie Night: Instant Family (T&L) 21	9:45 Seated Badminton (DDH) 10:00 Functional Exercise with Kelly (B/B) 10:45 National Geographic Series (ALR) 11:00 Vendor: Piumi Marage (Skin care, Personal care etc) (11am to 3pm) (ML) 11:30 Lunch Outing: Joey's Don Mills * Sign up at the Front Desk* (OUT) 2:00 Card Games and Coffee Time (DDH) 3:00 Happy Hour and Charades! (B/B) 4:30 Dinner Outing:Joey's Don Mills ** Sign up at the front Desk** (OUT) 7:00 Movie Night: Under the Tuscan Sun (T&L) 22	9:45 Drumfit (DDH) 10:15 Communion and Prayers with Elfreida and James (T&L) 10:30 Java Music Club (DDH) 10:45 Gentle Fitness w/ Jerome (B/B) 1:30 Gentle Fitness w/ Kaushaljit (DDH) 2:30 Joy In Motion (DDH) 3:00 Afternoon Tea and Treat Social (B/B) 4:00 Go 4 Life Walking (MIL) 7:00 Movie Night: Victoria and Abdul (T&L) 23	9:45 Fitminds Interactive (DDH) 10:00 Europe's Greatest Train Journey: S1 Ep 5 Greece (T&L) 11:00 Word Search, Daily Chronicles and Chit Chat (DDH) 11:00 Seated Dance class with Katya (B/B) 2:00 Documentary: Fit For TV: The Reality of the Biggest Loser ep 3 (T&L) 3:00 Happy Hour (B/B) 3:30 Crafternoon: Pumpkin Vase Flower Arrangment *Sign up at the front Desk* (CC) 7:00 Evening Entertainment with Tim Godfrey (B/B) 24	9:00 Massage Therapy Session w/ Morgan RMT- Sign up at the front desk (SPA) 10:15 Stretching and Mobility Exercise (DDH) 1:30 Gentle Fitness w/ Kaushaljit (DDH) 2:00 Sing Along with Susie Q (ALR) 2:30 Saturday Series: PBS Documentaries ' The Roosevelts- The Rising Road ' S1 Ep 5 (T&L) 3:00 Social and Art with Shari (DDH) 7:00 Movie Night: Limitless (T&L) 25
9:45 Spiritual Hymns (ALR) 10:15 Get Moving w/ Seated Zumba (DDH) 10:30 Crafters Corner (B/B) 11:00 Activity Booklet * Front Desk* (C) 2:00 Sunday Series: The Crown S1 E2 ' Hyde Park Corner' (T&L) 2:30 Meditation and Mandela (DDH) 3:00 Afternoon Tea and Treat Social (B/B) 4:00 Go for Life Walking (MIL) 7:00 Movie Night: Out of Africa (T&L) 26	10:00 Virtual Chair Yoga w/ Sherry (ALR) 10:30 Wheel Of Fortune (DDH) 11:00 Monday Series: Our Planet (ALR) 1:30 Sing Fit (DDH) 1:30 Culinary Meeting (T&L) 2:30 Short Stories Reading (ALR) 3:00 Afternoon Tea and Treat Social (B/B) 3:30 Crafternoon: Make a Resin Fall Brooch with Kayleen * Sign up at the Front Desk* (CC) 4:00 Nature Walk and Reflection (MIL) 7:00 Musical Movie Mondays: John Williams (T&L) 27	9:45 Fall Prevention w/ Jerome (DDH) 10:30 Gentle Fitness w/ Jerome (B/B) 10:30 Picture Bingo (DDH) 1:30 Physical Game (DDH) 2:00 Meet Me at the Moma Painting Session: Daniel Gardner (CC) 2:30 Artful Corner (DDH) 3:00 Afternoon Tea and Treat Social (B/B) 7:00 Movie Night: I'll See You in My Dreams (T&L) 28	9:45 Seated Badminton (DDH) 10:00 Functional Exercise with Kelly (B/B) 10:45 National Geographic Series (ALR) 10:45 Pet Therapy w/ Dawn and Vincent the Poodle (B/B) 11:30 Tech Help with Lily (CC) 2:00 Card Games and Coffee Time (DDH) 3:30 Monthly Birthday Happy Hour October Birthdays' (B/B) 7:00 Movie Night: Fried Green Tomatoes (T&L) 29	9:45 Drumfit (DDH) 10:15 Communion and Prayers with Elfreida and James (T&L) 10:30 Java Music Club (DDH) 10:45 Gentle Fitness w/ Jerome (B/B) 1:30 Gentle Fitness w/ Kaushaljit (DDH) 2:30 Trivia & Games (DDH) 3:00 Afternoon Tea and Treat Social (B/B) 4:00 Go 4 Life Walking (MIL) 6:30 Casino Night with Live Dealers, Entertainment and Cocktails \$10 for entry per resident! (B/B) 30	Happy Halloween *Wear your Best Costume* 9:45 Fitminds Interactive (DDH) 10:00 Europe's Greatest Train Journey's: S1 Ep 6 Corsica (T&L) 11:00 Word Search, Daily Chronicles and Chit Chat (DDH) 11:00 Chair Yoga with Sue (CC) 2:00 Manicures and Hand Masks w/ Relaxing Music (DDH) 3:00 Spooktacular Bash * Resident Costume Contest, Staff Pumpkin Carving Contest * (B/B) 3:30 Happy Hour and Entertainment w/ Lauren Knowles (B/B) 7:00 Friday Night Movie and Popcorn: Freud's Last Session (T&L) 31	



Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program
Highlight
Active Week

Locations Legend

Decadence Dining Hall (DDH)	The Country Club (CC)
Great Escapes (T&L)	Concierge (C)
Don's Bar/Bistro (B/B)	Spa (SPA)
Assisted living room (ALR)	Outing (OUT)
Meet in the Lobby (MIL)	Dining Room (DR)
	Mills Lobby (ML)