

Your Don Mills Family

General Manager
Stuart Hammond

Health and Wellness Team
Health and Wellness Manager

Environmental and Housekeeping Team
Environmental Manager
Ritish Suman
Environmental Supervisor
Sandy Andrade
Osman Abdio

Office Manager
Neethu Mathew
Concierge
Kayleen Resurreccion
Michelle Ricketts
Connie Guialdo
Thivyha Thiruvathavooran
Zoey Tran

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!



November Newsletter 2025

Don Mills Retirement Residence



November Outings

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

Bayview Mall

Friday Nov 7th at 10am

Shoppers Drug Mart/Metro Drop off

Thursday Nov 13th and 27th at 10am

Lunch/ Dinner Outing: The Keg

Wednesday Nov 12th at 11:45am/4:15pm

Ripley’s Aquarium

Monday Nov 17th at 6pm

Toronto Botanical Gardens Holiday Market

Friday Nov 28th at 2:30pm

Stage Centre Production at Fairview Library “ It’s a Wonderful Life”

Saturday Nov 29th 1:15pm

Meetings This Month

Activities Meeting with Shanay

Monday Nov 3rd at 3:30pm in the Theatre

Residents Forum

Tuesday Nov 11th at 2:30pm in the Theatre

Culinary Meeting with Chef Cesar

Monday Nov 17th at 1:30pm in the Theatre



Wine & Cheese Tasting

Join us on **Tuesday, November 25th at 2:30 PM** in the **Bar Bistro** to sample a variety of wines and help select our upcoming menu favorites.



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 Apple !

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.

November Highlights

Remembrance Day

Join us on **Tuesday, November 11th at 10:00 a.m.** in the **Bar Bistro** for our **Remembrance Day Ceremony**, featuring a special performance by **John Amato**. We will observe a **moment of silence at 11:00 a.m.** to honour and remember those who made the ultimate sacrifice for our freedom.



Second Movement Sunday Entertainment

Join us on the **last Sunday of every month** for performances by the **Second Movement Group** — an inspiring initiative started by talented high school musicians.

Enjoy their beautiful live music during **Sunday Tea Time**, beginning **Sunday, November 30th at 3:00 p.m.**

Come relax, sip some tea, and support our amazing young local talent. We can't wait to see you there!

Guest Speakers this month

“Sound of Events” with Bill Anderson, The Flag Man

Join us on **Thursday, November 13th at 1:30 p.m.** for a special presentation by **Bill Anderson, The Flag Man**.

“Sound of Events” highlights significant historical moments that have inspired songs — stories brought to life through music and performance.

Come enjoy an afternoon of meaningful music, history, and reflection!

Guest Speaker: Anik Waldeck, Art Historian
Presents: *Ho! Ho! Ho! The Art History of Santa Claus*

Join us on **Tuesday, November 18th at 1:30 p.m.** as art historian **Anik Waldeck** takes us on a fascinating journey through the history, legends, and commercialization of Santa Claus.



Let’s *slide down the chimney* into the world of art and tradition to discover how the jolly figure we know and love today came to be!

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.



Entertainment Events This Month

Happy Hour and Ent. w/ Tony
Friday Nov 7th at 2:30pm in the Bar Bistro

Remembrance Day Tea Social w/ John Amato
Tuesday Nov 11th at 10:00am in the Bar Bistro

Happy Hour and Ent w/ Pianist Martin Wall
Friday Nov 14th at 3:30pm in the Dining Room

Happy Hour and Ent. w/ Violinist Peter Pan
Friday Nov 21st at 3:30pm in the Bar Bistro

Afternoon Entertainment: Variety Show
Monday Nov 24th at 2:00pm in the Bar Bistro

Health and Wellness Updates

Flu & COVID-19 Vaccine Clinic
Join us on **Wednesday, November 6th at 10:00 a.m.** in the **Bar Bistro** for our vaccination clinic. Please ensure you have completed your vaccination forms ahead of time. Extra copies are available at the **front desk** if needed.

Blood Pressure Clinic
Our **Blood Pressure Clinic** will take place on **Friday, November 14th at 10:00 a.m.** in the **Theatre**.

Stay healthy and take advantage of these great wellness opportunities!

Meet and Greet with

City Councillor Jon Burnside

Join us on **Wednesday, November 19th at 3:00 p.m.** in the **Theatre** to meet **City Councillor Jon Burnside**.

Don't miss this great opportunity to chat, ask questions, and connect with your local representative!

Marketing Event: Wellness Fair

Join us on **Thursday, November 27th from 2:00 to 4:00 p.m.** for our **Annual Wellness Fair!**

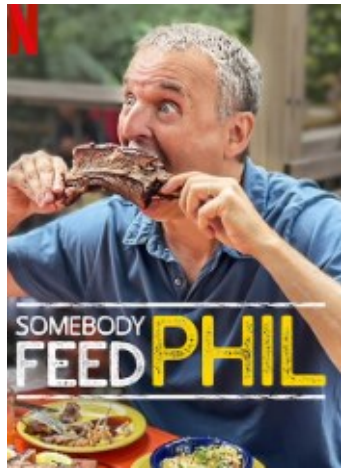
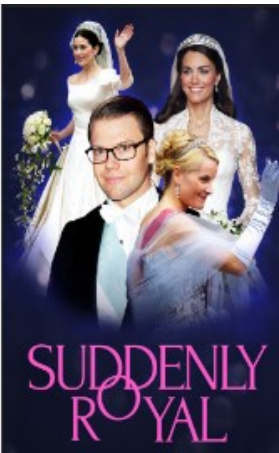
Explore a variety of **wellness vendors** showcasing their services, products, and resources to help you feel your best.

Come discover new ways to boost your health and well-being in a fun and friendly atmosphere.

New Series this month

Friday Afternoon Series: *Suddenly Royal*
Join us on **Fridays at 2:00 p.m. starting November 14th** for *Suddenly Royal* — a fascinating series that follows everyday people who marry into royalty.

Discover the challenges, relationships, and cultural shifts that come with becoming part of the royal world.



Friday Morning Series: *Somebody Feed Phil*
Starting **Friday, November 21st at 10:00 a.m.**, join us for *Somebody Feed Phil*.

Follow **Phil Rosenthal**, creator of *Everybody Loves Raymond*, as he eats, jokes, and makes friends around the world in this cheerful, Emmy-nominated food and travel series.

Afternoon Tea & Treat Social with Timeless Tunes with Joe!

Join our very own resident **Joe** for an afternoon of fun, music, and nostalgia!

Sing, dance, and reminisce to timeless tunes from your past while enjoying **tea and treats**.

Every Thursday at 3:00 p.m., after Bocce.

Don't miss this lively and cheerful weekly social!

November Highlights

Join the Men's Club at Don Mills Retirement Residence

Kickoff Event:

Join us **Wednesday morning, November 26th at 10:30 a.m. in the Country Club** for our very first Men's Club gathering! Come share your thoughts and help us create something great together.

Looking for some laughs, good conversation, and great company? The Men's Club is the perfect place to relax, share stories, and enjoy time with friends.

From coffee mornings and card games to movie afternoons and outings we will create a space for our Don Mills Men.



Come join the fun!

Pub Night Trivia

Join us for our **first Pub Trivia Night on Thursday, November 27th at 6:30 p.m.!**

Enjoy a **nightcap or cocktail** while putting your brain to the test in a fun and friendly trivia challenge.

Don't miss out on a great evening of drinks, laughs, and brain-teasing fun!



Christmas Decorating

It's that time of year again! Join us on **Wednesday, November 26th at 1:30 p.m.** to help decorate our **Christmas trees** and get into the holiday spirit.

Enjoy a **special holiday drink** while decorating and spreading festive cheer.

Sign up at the front desk to join the fun!

