

#### November 2025

### Don Mills Retirement Residence **Assisted Living**

Wednesday



Sunday Monday Movember

# National Gratitude Month

### **TUESDAY** NOV Remembrance Day

and Men's Clothing Fashion Jewelry and accessories. (11am to 3pm) (ML) 1:30 Gentle Fitness w/ Kaushaljit (DDH) 2:00 Sing Along with Susie Q (ALR)

11:00 Vendor: Loila's Fashion Women

**Saturday** 

2:30 Saturday Series: Human: The World Within ep1 (T&L)

3:00 Slap Jack (DDH)

10:15 Stretching and Mobility Exercise (DDH)

7:00 Movie Night: Somethings Gotta

Give (T&L)

Dental Hygienist Visit w/ Joanne 2 \*Sign up at the Front Desk\* (SPA) 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 E3 ' Windsor' (T&L)

2:30 Meet Me at the Moma Painting Session: David Hockney (CC)

2:30 Meditation and Mandela (DDH) 3:00 Afternoon Tea and Trivia! (B/B)

4:00 Go for Life Walking (MIL)

7:00 Movie Night: The Theory of

Everything (T&L) 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\*

2:00 Sunday Series: The Crown S1 E4 ' Act of God' (T&L)

2:30 Meditation and Mandela

3:00 Afternoon Tea and Trivia! (B/B) 4:00 Go for Life Walking (MIL)

7:00 Movie Night: About Time (T&L)

10:00 Virtual Chair Yoga w/ Sherry

10:30 Wheel Of Fortune (DDH)

11:00 Armchair Travel (DDH)

1:30 Sing Fit (DDH)

1:30 Musical Movie Mondays: The Glenn Miller Story (T&L)

2:30 Short Stories Reading (ALR)

3:00 Afternoon Tea and Treat Social (B/B)

3:30 Activities Meeting with Life **Enrichment Manager Shanay** \*Share your thoughts\* (T&L)

4:00 Nature Walk and Reflection (MIL)

7:00 Musical Movie Mondays: The Glenn Miller Story (T&L)

10:00 Virtual Chair Yoga w/ Sherry

10:30 Word Game: Hangman (ALR) 11:00 Armchair Travel (DDH)

1:30 Sing Fit (DDH)

1:30 Hearing Clinic w/ Martin \* Signup with at Front Desk\* (SPA)

1:30 Musical Movie Mondays: Return of the King: The Fall and Rise of Elvis

2:30 Short Stories Reading (ALR)

3:00 Afternoon Tea and Treat Social (B/B) 4:00 Nature Walk and Reflection (MIL)

7:00 Musical Movie Mondays: Return of the King: The Fall and Rise of Elvis (T&L)

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) 2:30 Artful Corner (DDH)

**Tuesday** 

3:00 Afternoon Tea and Treat Social (B/B)

7:00 Movie Night: The Great Debators (T&L)

9:30 Music Therapy w/ Arianne

9:45 Seated Badminton (DDH)

10:00 Functional Exercise with Kelly

10:45 National Geographic Series (ALR) 10:45 Pet Therapy w/ Dawn and Vincent the Poodle (B/B)

11:30 Tech Help (CC)

2:00 Card Games and Coffee Time (DDH)

3:00 Tik Tok Dance and Appletini Cocktail! (B/B)

3:30 Crafternoon: Clay Poppies with Anne (DDH)

7:00 Movie Night: Moonstruck (T&L)

9:45 Seated Badminton (DDH)

Kelly (B/B)

(ALR)

11am-3pm) (ML)

11:30 Tech Help (CC)

11:45 Lunch Outing: The Keg \* Sign up at the Front Desk\* (OUT)

(DDH)

4:15 Dinner Outing: The Keg \* Sign up at the Front Desk\* (OUT)

9:45 Drumfit (DDH)

10:30 Java Music Club (DDH)

**Thursday** 

10:45 Gentle Fitness w/ Jerome \* Location Change \* (CC)

1:30 Gentle Fitness w/ Kaushaljit (DDH)

2:30 Joy In Motion (DDH)

3:00 Afternoon Tea and Treat Social Timeless Tunes with Joe (B/B)

4:00 Go 4 Life Walking (MIL)

7:00 Movie Night: Becoming Jane (T&L)

9:45 Fitminds Interactive (DDH)

10:00 Europe's Greatest Train Journey's: S1 Ep 6 Corsica (T&L)

**Friday** 

10:00 Outing Bayview Mall \* Sign up at the Front Desk\* (MIL)

10:30 Gental Fitness with Zinat (DDH)

11:00 Word Search, Daily Chronicles and Chit Chat (DDH)

11:00 Chair Yoga with Sue (CC)

1:30 Chair Volleyball (DDH)

2:30 Happy Hour and Entertainment w/ Tony (B/B)

3:30 National Geographic Documentary: The Lost City of Machu Picchu (T&L)

7:00 Friday Night Movie and Popcorn: Still Alice (T&L)

9:00 Massage Therapy Session w/ Morgan RMT- Sign up at the front desk (SPA)

10:15 Stretching and Mobility Exercise (DDH)

11:00 Vendor: Rughookings by Catherine. (11am to 6pm) (ML)

1:30 Gentle Fitness w/ Kaushaliit (DDH)

2:00 Sing Along with Susie Q (ALR)

2:30 Saturday Series: Human: The World Within ep2 (T&L)

3:00 Slap Jack (DDH)

7:00 Movie Night: About My Father (T&L)

9:00 Massage Therapy Session 15 w/ Morgan RMT- Sign up at the front desk (SPA)

10:00 Vendor: Crafty Sister ' Handmade Cards' \* 10am to 2pm\* (ML) 10:15 Stretching and Mobility Exercise

(DDH)

10:45 Don Mills Choir w/ Marcus \*Sing along\* (T&L)

1:30 Gentle Fitness w/ Kaushaliit (DDH)

2:00 Active Game: Bowling (ALR)

2:30 Saturday Series: Human: The World Within ep3 (T&L)

3:00 Shadow Box Craft (DDH)

7:00 Movie Night: 27 Dresses (T&L)

10:00 Remembrance Day Tea Social with

> Entertainment by John Amato (B/B)

10:30 Picture Bingo (DDH)

1:30 Physical Game (DDH) 2:30 Artful Corner (DDH)

2:30 Resident Forum (IL/AL)

3:00 Afternoon Tea and Treat Social (B/B)

7:00 Movie Night: Life is Beautiful (T&L)

10:00 Functional Exercise with

10:45 National Geographic Series

11:00 Vendor: 5th Avenue Jewelry (

2:00 Card Games and Coffee Time

7:00 Movie Night: Step Mom (T&L)

9:45 Drumfit (DDH) 10:00 Outing: Shoppers Drug

mart/Metro Drop off \*Sign up at the Front Desk\* (OUT) 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/ Kaushaliit (DDH)

1:30 Guest Speaker: 'Sound of Events' with Bill Anderson the Flag Man

2:00 Shadow Box Picture Day (DDH) 3:00 Afternoon Tea and Treat Social! (B/B)

4:00 Go 4 Life Walking (MIL) 7:00 Movie Night: Water for Elephants (T&L)

9:45 Fitminds Interactive (DDH) 10:30 Gental Fitness with Zinat (DDH)

> 11:00 Word Search, Daily Chronicles and Chit Chat (DDH)

11:00 Seated Dance class with Katya

2:00 Prime Series: Suddenly Royal Ep1 Worlds Collide ' (T&L) 2:00 Manicures and Hand Masks w/

Relaxing Music (DDH) 3:30 Happy Hour and Entertainment

with Pianist Martin Wall (DR) 7:00 Friday Night Movie and Popcorn: Legends of the Fall (T&L)



**Entertainment with Second** 

7:00 Movie Night: And So it Goes

2:30 Meditation and Mandela (DDH)

3:00 Afternoon Tea and

Movement! (B/B) 4:00 Go for Life Walking (MIL)

### November 2025

## Don Mills Retirement Residence Assisted Living



Don's Bar/Bistro (B/B)

Assisted living room

Meet in the Lobby

(ALR)

(MIL)

Signature Program

Highlight

Spa (SPA)

Outing (OUT)

Concierge (C)

Dining Room (DR)

		As	RETIREMENT RESIDENCE			
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 E5 ' Smoke and Mirrors ' (T&L) 2:30 Meditation and Mandela (DDH) 2:30 Meet Me at the Moma Painting Session: Pacita Abad (CC) 3:00 Afternoon Tea and Trivia! (B/B) 4:00 Go for Life Walking (MIL) 7:00 Movie Night: Captain Philips (T&L)	10:00 Virtual Chair Yoga w/ Sherry (ALR)  10:30 Wheel Of Fortune (DDH)  11:00 Armchair Travel (DDH)  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)  4:00 Nature Walk and Reflection (MIL)  6:00 Outing: Ripleys's Aquarium  'Sharks at Night' \$20 Per resident  * Sign up at the front desk* (OUT)  7:00 Musical Movie Mondays: My Fair Lady (T&L)	Home Library Service **Exchange** (C)  9:45 Fall Prevention w/ Jerome (DDH)  10:30 Picture Bingo (DDH)  10:30 Gentle Fitness w/ Jerome (CC)  11:45 Stu and Rob Bistro Social * Invitation only * (B/B)  1:30 Physical Game (DDH)  1:30 Guest Speaker Anik Waldeck Art Historian: Ho! Ho! Ho! The Art History of Santa Claus (T&L)  2:30 Artful Corner (DDH)  3:00 Afternoon Tea and Treat Social (B/B)  7:00 Movie Night: Love Field (T&L)	9:45 Seated Badminton (DDH)  10:00 Functional Exercise with Kelly (B/B)  10:45 National Geographic Series (ALR)  10:45 Virtual Concert: André Rieu live in Malta (T&L)  11:30 Tech Help (CC)  2:00 Card Games and Coffee Time (DDH)  3:00 Meet and Greet with City Councillor Jon Burnside (T&L)  7:00 Movie Night: 5 Flights up (T&L)	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 Timeless Tunes with Joe (B/B) 4:00 Go 4 Life Walking (MIL) 7:00 Movie Night: The Banker (T&L)	9:45 Fitminds Interactive (DDH) 10:00 Somebody Feed Phil: S1 Ep 1 " Bangkok " (T&L) 10:30 Gental Fitness with Zinat (DDH) 11:00 Word Search, Daily Chronicles and Chit Chat (DDH) 11:00 Seated Dance class with Katya (B/B) 1:00 Resident Run: Staff Christmas Collection Table (ML) 2:00 Guest Speaker: 'Healthy Aging and Fall Prevention' presented by Betterliving (T&L) 2:00 Chair Volleyball (DDH) 3:30 Happy Hour and Entertainment w/ Violinist Peter Han (B/B) 7:00 Friday Night Movie and Popcorn: The Social Network (T&L)	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: Human: The World Within ep4 (T&L)  3:00 Social and Art with Shari (DDH)  7:00 Movie Night: Father of the Bride (T&L)
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) 11:00 Vendor: Anish Tradition (11am to 3pm) (ML) 2:00 Sunday Series: The Crown S1 E6 ' Gelignite' (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: I am Sam (T&L)	10:00 Virtual Chair Yoga w/ Sherry (ALR)  10:30 Word Game: Hangman (ALR)  11:00 Armchair Travel (DDH)  1:30 Sing Fit (DDH)  2:00 Don Mills Variety Show (DR)  2:30 Short Stories Reading (ALR)  3:00 Afternoon Tea and Treat Social (B/B)  4:00 Nature Walk and Reflection (MIL)  7:00 Musical Movie Mondays: The Music Man (T&L)	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)  2:30 Artful Corner (DDH)  2:30 Wine and Cheese Tasting * Sign up at the Front Desk * (B/B)  3:00 Afternoon tea and social including "Name that Tune?" game (B/B)  7:00 Movie Night: Seabiscuit (T&L)	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 (CC) 1:30 Christmas Decorating and Special Holiday Drink w/ Life Enrichment *Sign up at Reception* (ML) 2:00 Card Games and Coffee Time (DDH) 3:30 Monthly Birthday Happy Hour' November Birthdays' (B/B) 7:00 Movie Night: The Amercian President (T&L)	9:45 Drumfit (DDH)  10:00 Outing: Shoppers Drug mart/Metro Drop off *Sign up at the Front Desk* (OUT)  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)  2:00 Marketing Event: Wellness Fair (2-4) (B/B)  2:30 Trivia & Games (DDH)  4:00 Go 4 Life Walking (MIL)  6:30 Pub Night Social & Trivia Challenge (B/B)  7:00 Movie Night: My Best Friend's Wedding (T&L)	9:45 Fitminds Interactive (DDH) 10:00 Somebody Feed Phil: S1 Ep 2 "Saigon" (T&L) 10:30 Gental Fitness with Zinat (DDH) 11:00 Word Search, Daily Chronicles and Chit Chat (DDH) 11:00 Chair Yoga with Sue (CC) 1:00 Resident Run: Staff Christmas Collection Table (ML) 2:00 Manicures and Hand Masks w/ Relaxing Music (DDH) 2:00 Prime Series: Suddenly Royal Ep2' Weddings' (T&L) 2:30 Outing: Toronto Botanical Garden Holiday Market (OUT) 3:30 Happy Hour (B/B) 7:00 Friday Night Movie and Popcorn: The Founder (T&L)	9:00 Massage Therapy Session w/ Morgan RMT- Sign up at the front desk (SPA)  10:15 Stretching and Mobility Exercise (DDH)  10:45 Don Mills Choir w/ Marcus *Sing along* (T&L)  1:15 Outing: Stage Centre Production " It's a Wonderful Life" (OUT)  1:30 Gentle Fitness w/ Kaushaljit (DDH)  2:00 Active Game: Bowling (ALR)  2:30 Saturday Series: Human: The World Within ep5 (T&L)  3:00 Slap Jack (DDH)  7:00 Movie Night: You've Got Mail (T&L)
9:45 Spiritual Hymns (ALR) 10:15 Get Moving w/ Seated				<u>Calendar Legend</u>	<u>Locations Legend</u>	
Zumba (DDH)  10:30 Crafters Corner (B/B)  11:00 Activity Booklet * Front Desk* (C)  2:00 Sunday Series: The Crown S1 E7 ' Scientia Potentia Est' (T&L)				Outing Special Program Living, Loving, Local	Decadence Dining Hall (DDH) Great Escapes (T&L)	The Country Club (CC) Mills Lobby (ML)