



INSPIRED
SENIOR LIVING

November 2025

Don Mills Retirement Residence

Memory Care



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 TUESDAY NOV 11 Remembrance Day		 Movember		 National Gratitude Month		
Dental Hygienist Visit w/ Joanne *Sign up at the Front Desk* (SPA) 2 9:45 Ball Toss (MC) 10:30 Pet Therapy with Isabelle and Robby (MC) 11:00 Spiritual Eldercare: Hymns (MC) 11:30 Virtual Church Service (MC) 2:30 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) 3 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 (MC) 6:00 Reading with Household (MC)	9:45 Seated Zumba (MC) 4 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) 5 10:30 Music Therapy w/ Arianne (MC) 11:30 Daily Chronicles (MC) 1:30 Games on Memory Co (MC) 2:00 Freshly Baked Goods Social (MC) 3:00 Mexican Dominos (MC) 4:00 Go for Life Walking (MC) 6:00 Coloring Inn W/ RSA's (MC)	9:45 Life Station: Folding & Sorting (MC) 6 10:00 Fall Prevention w/ Jerome (MC) 10:30 Find the Match (MC) 1:30 Group Reading Circle (MC) 2:00 Fall Prevention w/ Kaushaljit (MC) 2:30 Chef Choice Social (MC) 3:30 Sing Fit (MC) 4:00 Seated Badminton (MC) 6:00 Tangrams and Puzzles w/ RSA (MC)	9:45 Seated Tai Chi and Chai Tea (MC) 7 10:30 MOMA Painting (MC) 11:00 Mindful Breathing w/ Aroma Therapy (MC) 1:30 Noodle Balloon (MC) 1:30 Chair Volleyball (DDH) 2:00 Afternoon Tea and Treat Social! (B/B) 4:30 Life Skills: Helping with Dinner (MC) 6:00 Friday Night Movie and Popcorn (MC)	9:45 Drumfit w/ RSA (MC) 8 10:30 Sing Along with Suzie Q. (MC) 11:00 Jigsaw Puzzle w/ RSA (MC) 1:30 Meditation and Mandala Coloring (MC) 2:00 Fall Prevention w/ Kaushaljit (MC) 2:30 Chef Choice Social (MC) 4:00 Go 4 Life Walking (MC) 6:00 You and Me Time with the Household Team (MC)
9:45 Ball Toss (MC) 9 10:30 Pet Therapy with Isabelle and Robby (MC) 11:00 Spiritual Eldercare: Hymns (MC) 11:30 Virtual Church Service (MC) 1:30 Manicures and Hand Masks w/ Relaxing Music (MC) 2:30 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) 10 11:00 One-on-One with Life Enrichment (MC) 11:00 Life Skill: Puzzle and Pondering (MC) 1:30 Hearing Clinic w/ Martin * Sign-up with at Front Desk* (SPA) 1:30 Bowling (MC) 2:30 How It's Made (MC) 3:30 Picture Bingo (MC) 6:00 Reading with Household (MC)	9:45 Seated Zumba (MC) 11 10:00 Remembrance Day Tea Social with Entertainment by John Amato (B/B) 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) 12 10:00 Evelyn's Baking Corner (MC) 10:15 Sing Along with Susie Q (MC) 11:30 Daily Chronicles (MC) 1:30 Games on Memory Co (MC) 2:00 Freshly Baked Goods Social (MC) 3:00 Mexican Dominos (MC) 4:00 Go for Life Walking (MC) 6:00 Coloring Inn W/ RSA's (MC)	9:45 Life Station: Folding & Sorting (MC) 13 10:00 Fall Prevention w/ Jerome (MC) 10:30 Find the Match (MC) 1:30 Group Reading Circle (MC) 2:00 Fall Prevention w/ Kaushaljit (MC) 2:30 Chef Choice Social (MC) 3:30 Sing Fit (MC) 4:00 Seated Badminton (MC) 6:00 Tangrams and Puzzles w/ RSA (MC)	9:45 Seated Tai Chi and Chai Tea (MC) 14 10:30 MOMA Painting : Poppy Bottle Art with Anne (MC) 11:00 Shadow Box Photos (MC) 1:30 Noodle Balloon (MC) 2:00 Afternoon Tea and Treat Social! (B/B) 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)	9:45 Drumfit w/ RSA (MC) 15 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 Mandala Coloring (MC) 2:00 Fall Prevention w/ Kaushaljit (MC) 2:30 Chef Choice Social (MC) 4:00 Go 4 Life Walking (MC) 6:00 You and Me Time with the Household Team (MC)



Don Mills
RETIREMENT RESIDENCE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45 Ball Toss (MC) 16 10:30 Pet Therapy with Isabelle and Robby (MC) 11:00 Spiritual Eldercare: Hymns (MC) 11:30 Virtual Church Service (MC) 2:30 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) 17 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 (MC) 6:00 Reading with Household (MC)	9:45 Seated Zumba (MC) 18 10:30 Java Music Club Sing-along on the Patio (MC) 11:00 Life Skill: Nursery Time (MC) 11:00 Outdoor Walking and Strech es (MC) 1:30 Fitminds Interactive (MC) 2:00 Seasonal Fruit Social (MC) 3:00 Artfull Enrichment Crafternoon: Flower Arrangements (MC) 6:00 What Happened This Week (MC)	9:45 Virtual All in One Exercise (MC) 19 10:00 Evelyn's Baking Corner (MC) 10:15 Sing Along with Susie Q (MC) 11:30 Daily Chronicles (MC) 1:30 Games on Memory Co (MC) 2:00 Freshly Baked Goods Social (MC) 3:00 Mexican Dominos (MC) 4:00 Go for Life Walking (MC) 6:00 Coloring Inn W/ RSA's (MC)	9:45 Life Station: Folding & Sorting (MC) 20 10:00 Fall Prevention w/ Jerome (MC) 10:30 Find the Match (MC) 1:30 Group Reading Circle (MC) 2:00 Fall Prevention w/ Kaushaljit (MC) 2:30 Chef Choice Social (MC) 3:30 Sing Fit (MC) 4:00 Seated Badminton (MC) 6:00 Tangrams and Puzzles w/ RSA (MC)	9:45 Seated Tai Chi and Chai Tea (MC) 21 10:30 MOMA Painting (MC) 11:00 Mindful Breathing w/ Aroma Therapy (MC) 1:00 Resident Run: Staff Christmas Collection Table (ML) 1:30 Noodle Balloon (MC) 2:00 Chair Volleyball (DDH) 2:00 Afternoon Tea and Treat Social! (B/B) 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) 22 10:30 Sing Along with Suzie Q. (MC) 11:00 Jigsaw Puzzle w/ RSA (MC) 1:30 Meditation and Mandala Coloring (MC) 2:00 Fall Prevention w/ Kaushaljit (MC) 2:30 Chef Choice Social (MC) 4:00 Go 4 Life Walking (MC) 6:00 You and Me Time with the Household Team (MC)
9:45 Ball Toss (MC) 23 10:30 Pet Therapy with Isabelle and Robby (MC) 11:00 Spiritual Eldercare: Hymns (MC) 11:30 Virtual Church Service (MC) 1:30 Manicures and Hand Massages w/ Relaxing Music (MC) 2:30 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) 24 11:00 One-on-One with Life Enrichment (MC) 11:00 Life Skill: Puzzle and Pondering (MC) 1:30 Bowling (MC) 2:00 Don Mills Variety Show (DR) 2:30 How It's Made (MC) 3:30 Picture Bingo (MC) 6:00 Reading with Household (MC)	9:45 Seated Zumba (MC) 25 10:30 Java Music Club Sing-along on the Patio (MC) 11:00 Life Skill: Nursery Time (MC) 11:00 Outdoor Walking and Strech es (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) 26 10:00 Evelyn's Baking Corner (MC) 10:15 Sing Along with Susie Q (MC) 11:30 Daily Chronicles (MC) 1:30 Games on Memory Co (MC) 1:30 Christmas Decorating and Special Holiday Drink w/ Life Enrichment *Sign up at Reception* (ML) 2:00 Freshly Baked Goods Social (MC) 3:00 Mexican Dominos (MC) 3:30 Monthly Birthday Happy Hour ' November Birthdays' (B/B) 4:00 Go for Life Walking (MC) 6:00 Coloring Inn W/ RSA's (MC)	9:45 Life Station: Folding & Sorting (MC) 27 10:00 Fall Prevention w/ Jerome (MC) 10:30 Find the Match (MC) 1:30 Group Reading Circle (MC) 2:00 Fall Prevention w/ Kaushaljit (MC) 2:30 Chef Choice Social (MC) 3:30 Sing Fit (MC) 4:00 Seated Badminton (MC) 6:00 Tangrams and Puzzles w/ RSA (MC)	9:45 Seated Tai Chi and Chai Tea (MC) 28 10:30 MOMA Painting (MC) 11:00 Mindful Breathing w/ Aroma Therapy (MC) 1:00 Resident Run: Staff Christmas Collection Table (ML) 1:30 Noodle Balloon (MC) 2:00 Afternoon Tea and Treat Social! (B/B) 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) 29 10:00 Morning Entertainment w/ Marcus (MC) 11:00 Jigsaw Puzzle w/ RSA (MC) 1:30 Meditation and Mandala Coloring (MC) 2:00 Fall Prevention w/ Kaushaljit (MC) 2:30 Chef Choice Social (MC) 4:00 Go 4 Life Walking (MC) 6:00 You and Me Time with the Household Team (MC)
9:45 Ball Toss (MC) 30 10:30 Pet Therapy with Isabelle and Robby (MC) 11:00 Spiritual Eldercare: Hymns (MC) 11:30 Virtual Church Service (MC) 2:30 Chef Choice Social (MC) 3:30 Memory Lane (MC) 4:00 Life Skill: Helping Hands (MC) 6:00 Evening Movie (MC)	Be Colourful		Locations Legend Memory Care (MC) Don's Bar/Bistro (B/B) Mills Lobby (ML) Spa (SPA) Decadence Dining Hall (DDH) Dining Room (DR)		Calendar Legend Outing Special Program Cruise Week Living, Loving, Local Signature Program	