

Your Don Mills Family

General Manager

Stuart Hammond

Health and Wellness Team

Health and Wellness Manager
Dinnes Calma

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
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!



INSPIRED SENIOR LIVING



December Newsletter 2025

Don Mills



December Outings

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

One of a Kind Show

Tuesday Dec 2nd at 1:30pm

Fairview Mall

Thursday Dec 4th at 10am

The Magic of Old Scugog Christmas Lights

Thursday Dec 11th at 6pm

Shoppers and Metro Drop Off

Thursday Dec 18th at 1:30pm

Lunch/ Dinner Outing: Taylor's Landing

Tuesday Dec 23rd at 11:15am/4:15pm

Woodbine Casino

Tuesday Dec 30th at 10am

Meetings This Month

Residents Forum

Tuesday Dec 9th at 2pm in the Theatre

Activities Meeting with Shanay

Friday Dec 5th at 10am in the Theatre

Share your Thoughts

Culinary Meeting with Chef Cesar

Tuesday Dec 30th at 2:30pm in the Theatre

Living, Loving
Local

Cooking demo with Cesar

Tuesday Dec 23rd 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
Cranberries!**

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.

December Highlights**12 Days of Christmas**

Christmas is just around the corner, and we're excited to celebrate with our **12 Days of Christmas** event! We encourage residents to **participate by wearing themed attire**—see the handout for details.

Some highlights throughout the week include:

- Cinnamon Eggnog Social and Reindeer Ring Toss
- Gingerbread House Making
- Daily Elf-on-the-Shelf Scavenger Hunt
- And much more!



Don't miss our **first-ever Manager Holiday Drink Showdown** on **Monday, December 22nd at 3:30 PM**. Four managers will compete to create the best cocktail or mocktail. Residents can taste and vote for their favorite!

Sign up at the front desk to participate, and let's make this holiday season truly unforgettable!

Don Mills Christmas Market

We are excited to host our **annual Christmas Market** on **December 13th** from **2:00 to 4:00 PM!** Enjoy a festive afternoon featuring:

- Jewelry and clothing vendors
- A farmers' market
- Card vendors
- Hot chocolate station and Mini pancake station
- Horse and carriage ride
- Bake sale and handmade knitted items by our fellow residents

If you would like to donate baked goods for the bake sale, please reach out to **Shanay**. All proceeds will be donated to an organization called **“Be a Santa to a Senior.”**

This holiday season, Home Instead Toronto East is proud to continue our cherished *Be a Santa to a Senior* program, bringing joy and companionship to seniors in our community who might otherwise go without gifts during the holidays.

We will also be hosting a **pre-event baking session** on **December 11th** at **10:30 AM** in the **Country Club** with **Lily**. If you'd like to participate, please contact Lily.



Come celebrate with us—we hope to see you there!

Afternoon Tea & Social with “Name That Tune?”

Guessing Game

Join us on **Wednesday, December 10th** at **3:30 PM** in the **Bar Bistro** for a new game: **Name That Tune**. Enjoy our tea social while playing this fun and interac-

**NAME THAT
TUNE**

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

Evening Entertainment w/ Yorkminstrels
Thursday Dec 4th at 7:00pm in the Dining Room

Happy Hour and Ent w/ Pianist Martin Wall
Friday Dec 12th at 3pm in the Dining Room

Happy Hour and Ent. w/ Tony the Entertainer
Friday Dec 17th at 2:30pm in the Bar Bistro

Happy Hour and Ent. w/ Tim Godfrey
Friday Dec 19th at 2:30pm in the Bar Bistro

Happy Hour and Entertainment w/ Kelly Davis
Friday Dec 26th at 3:30pm in the Bar Bistro

Bring in the New Years with Entertainment by Duo Sparklettes
Friday Dec 31st at 7pm in the Bar Bistro

December Crafternoons



Join us on **Monday, December 8th at 2 PM** in the Country Club to create a beautiful winter arrangement with Megan. Please sign up at the front desk, as space is limited. We hope to see you there!

Join us on **Tuesday, December 16th at 2:00 PM** in the **Country Club** for a virtual, step-by-step art workshop where you'll create your own *Ornamental Glow* art piece.

The artist will guide you at a comfortable, moderate pace, providing visual demonstrations and clear explanations of each step. Closed captions will also appear on screen for every instruction.

If you'd like to participate, please sign up at the front desk.



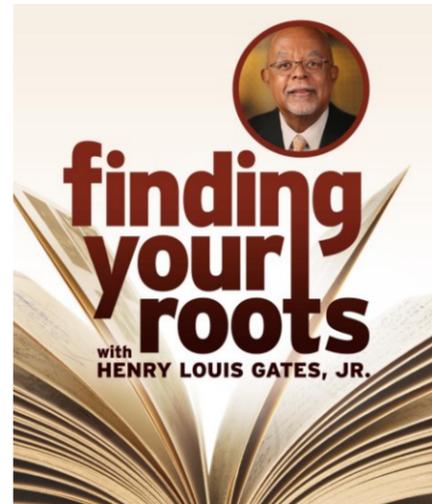
Come down on

Wednesday, December 24th at 3:30 PM to the **Bar Bistro** to create your own snow globe featuring festive Christmas figures. It's perfect as a gift or as holiday décor.

If you'd like to participate, please sign up at the front desk.



New Weekend Series this month

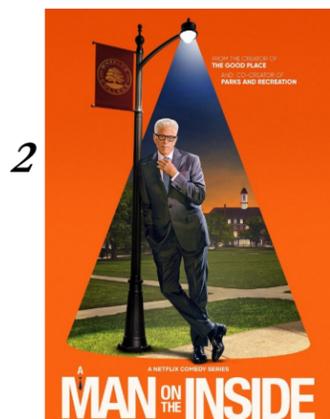
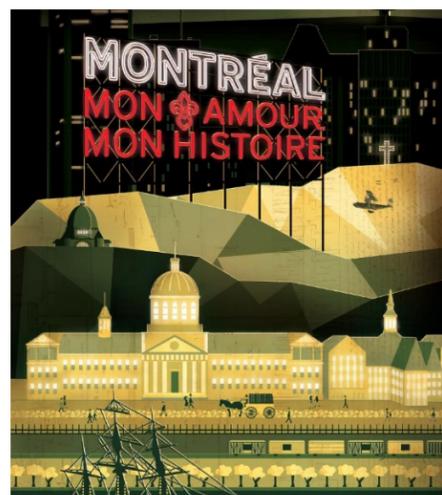


Saturday Series: Finding your Roots”
Join us **Saturday** afternoons to watch the series
Finding Your Roots.

For more than a decade, renowned Harvard scholar **Henry Louis Gates, Jr.** has helped expand America’s sense of itself, sparking a national conversation about identity with humor, wisdom, and compassion. Professor Gates has explored the ancestry of dozens of influential individuals from diverse backgrounds, taking millions of viewers deep into the past to reveal the connections that bind us all.

Friday Afternoon: *Montreal: My Love, My Story*

Join us Friday afternoons to watch this captivating documentary. In 1642, the first French colony in Canada was established on a point of land that would one day become one of the most beautiful and historic cities in the world. Today we call it **Montreal**—and the year 2017 marked its 375th birthday.



Tuesday Afternoon Series: *A Man on the Inside Season*

Join us Tuesday afternoons as Charles, a retired man, gets a new lease on life when he answers an ad from a private investigator and becomes a mole in a secret investigation at a nursing home.

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December Highlights

New Year Celebrations



Bring in the New Year with the musical duet **The Sparklettes** on **Wednesday, December 31st at 7 PM** in the Bar Bistro.. New Year’s Eve is a time for celebration as we say goodbye to the old year and welcome the new with song, dance, and perhaps a little bubbly!

Christmas Dinner Buffet

You’re warmly invited to our

Family Christmas Dinner Buffet!

Let’s gather together to share delicious food, warm company, and festive cheer.

Friday, December 19th at 4:30 PM | Dining Room

Please **sign up at the front desk** to reserve your seat.

Menu to be shared soon—stay tuned!

Lets Celebrate together!

