

Your Don Mills Family

General Manager

Stuart Hammond

Health and Wellness Team

Health and Wellness Manager

Marie Guday

Health and Wellness Supervisor

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



January 2026 Newsletter

Don Mills

Retirement Residence



January Outings

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

Dinner at Joey's and a Movie at Cineplex VIP 'Wicked for Good'

Thursday Jan 8th at 4:30pm

Dinner Outing: Hibachi Teppanyaki and Bar

Wednesday Jan 14th at 4:30pm

Shoppers and Metro Drop Off

Thursday Jan 15th at 10am

Shoppers and Metro Drop Off

Thursday Jan 22nd at 1:30pm

Fairview Mall

Friday Jan 30th at 10am

Meetings This Month

Activities Meeting with Shanay

Monday Jan 5th at 4pm in the Theatre

Share your Thoughts

Residents Forum

Tuesday Jan 6th at 2pm in the Theatre

Culinary Meeting with Chef Cesar

Tuesday Jan 20th at 1:30pm in the Theatre

Living, Loving
Local

Wine Tasting with Dining Team

Jan 27th @ 2pm in the Bar

Bistro

Sign up at the Front Desk

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 Carrots !



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.

January Highlights**Vendors Services Provided at Don Mills**

*****Make your Appointments at the front Desk*****

Massage Therapy w/ Morgan RMT Returning Jan 10th

Every Saturday in the Spa

Hearing Clinic W/ Martin Wall - Monday Jan 12th @ 1:30pm

On the second Monday of each month

Foot Care W/ Tapash - Jan 13th and 27th

Every Two weeks

Dental Hygienist W/ Joanne - Sunday Jan 25th

Refer to Calendar for Date

Library Update Notice

Great news! Library construction will begin on **Monday, January 19.**

During the construction period, the library will be relocated to a **temporary location**. Residents will receive a memo in the coming week with additional details.



Robbie Burns Day

Join us **Thursday, January 15 at 1:30 p.m.** in the **Theatre** for **guest speaker Lianne Harris**, who will present *Everything You Want to Know About Scotland*. In addition **Sunday, January 25 at 10:30 a.m.** in the **Bar Bistro** as we celebrate **Robbie Burns Day!**

Enjoy entertainment by the **Sparkettes**, along with a traditional **Scottish treat and beverage**. We hope you can join us for this special celebration.



New Program: Rummy

Most of us grew up playing this popular card game—now it's time to bring your card skills and enjoy a fun game of **Rummy!**

Join us starting **January 12 at 3:30 p.m.** in the **Bar Bistro** as we launch our weekly **Rummy games**.



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.

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.

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.

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

Happy Hour and Ent w/ Yosl and the Yingels
Friday Jan 2nd at 3:30pm in the Bar Bistro

Happy Hour and Ent w/ Pianist Martin Wall
Friday Jan 9th at 3pm in the Dining Room

Guest Speaker: Lianne Harris 'Everything you want to know about Scotland'
Friday Jan 15th at 1:30pm in the Theatre

Happy Hour and Ent. w/ by Duo Saxophonist Rich Underhill and Guitarist Nathan Hiltz
Friday Jan 16th at 3:30pm in the Bar Bistro

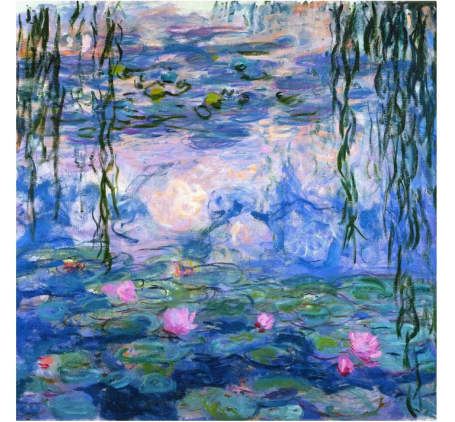
Happy Hour and Entertainment w/ Ed Cotton
Friday Jan 23rd at 3pm in the Bar Bistro

Come Celebrate Robbie Burns Day with Ent by The Sparklettes
Sunday Jan 25th 10:30am in the Bar Bistro

Guest Speaker: Anik Waldeck Art Historian: Rembrandt's The Night Watch
Friday Jan 30th at 2:30pm in the Theatre

January Crafternoons

Join us on **Tuesday, Jan 13th at 2:00 PM** in the **Country Club** for a virtual, step-by-step art workshop where you'll create your own rendition of Monet's Water Lilies



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.

We missed the opportunity last month due to the holidays, so we're excited to **relaunch the Snow Globe Craft** this month!



Join us on **Saturday, January 31 at 3:30 p.m.** in the **Country Club** to create your own snow globe featuring festive Figures.

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

New Weekly Cocktail Hour

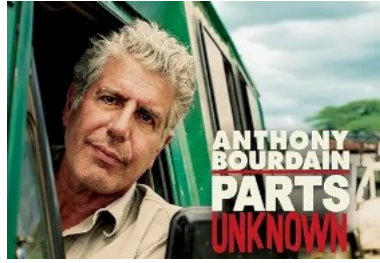
Join us on **Wednesdays starting January 14 at 4:00 p.m.** for our new weekly **Cocktail Hour!**



Enjoy **hot appetizers and \$3 cocktails**. Whether you're socializing with friends or trying out our new pool table, it's the perfect pick-me-up before dinner.

We look forward to seeing you there!

New Weekend Series this Month



Friday Series: Anthony Bourdain: Parts Unknown

**@ 2pm in the Theatre
Description:**

Anthony Bourdain had no reservations about moving to CNN. Shortly after concluding an eight-season run as the host of his popular Travel Channel series, the Emmy-winning personality joined the news network in search of *Parts Unknown*. In the hourlong weekend series—similar in premise to *No Reservations*—Bourdain explores destinations around the world with the goal, as he put it, to “eat and drink with people,” using food and culture to tell deeper human stories.

Friday Morning Series :

PBS Documentaries: *Worlds Greats*

@10am in the theatres



Description:

Circle the globe on a quest to uncover both the vibrant heartbeat and the hidden underbelly of the world’s most extraordinary cities. The series takes you through grand historic capitals and cutting-edge modern metropolises, including Venice, New York, Hollywood, Bollywood, Cairo, Jaipur, Jerusalem, Rio, and more.

January Highlights

Grandpal Writing Pen Pal Program

We’re excited to kick off our very first **Grandpal Writing Pen Pal Program!** Join **Shanay and Lily** on **Wednesday, January 7 at 3:15 p.m.** in the **Country Club** to write your letter back to **Ms. Abbott’s class.**



We’re looking for **one more resident** to join this fun and rewarding program. If you’re interested, please see **Shanay, LE Manager.** Don’t miss this chance to connect, share stories, and make a young friend’s day!

New Resident Social

Join us on **Wednesday, January 14 at 2:30 p.m.** in the **Theatre** as the management team warmly welcomes the newest members of the **Don Mills family!**

New residents will be receiving an invitation to this intimate gathering. We look forward to hosting you and getting to know you better.