



INSPIRED
SENIOR LIVING

January 2026

Don Mills Retirement Residence

Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					9:45 Drumfit (DDH) 1 10:15 Communion and Prayers with Elfreida and James (T&L) 10:30 Java Music Club (DDH) 10:45 Virtual Gentle Fitness (B/B) 1:30 Gentle Fitness w/ Kaushaljit (DDH) 2:30 Group Reading Circle (ALR) 3:00 Afternoon Tea and Treat Social Timeless Tunes with Joe (B/B) 4:00 Go 4 Life Walking (MIL) 7:00 Movie Night: Flight (T&L)	9:45 Fit Minds Interactive (DDH) 2 10:00 Mens Club Movie Pick: One Flew over the Cuckoo Nest (T&L) 11:00 Word Search, Daily Chronicles and Chit Chat (DDH) 11:00 Chair Yoga with Sue (CC) 2:00 Prime Series: Anthony Bourdain Parts Unknown ' Myanmar ' (T&L) 3:30 Happy Hour and Entertainment by Yosl and the Yingels (B/B) 7:00 Friday Night Movie and Popcorn: Top Gun Maverick (T&L)	10:15 Stretching and Mobility Exercise (DDH) 3 10:45 Don Mills Choir w/ Marcus *Sing along* (T&L) 11:00 Vendor: Anish Tradition (11am to 3pm) (ML) 1:30 Virtual Gentle Fitness (DDH) 2:00 Sing Along with Susie Q (ALR) 2:30 Saturday Series: PBS Documentaries ' Finding Your Roots We Come From People ' - S2 EP5 (T&L) 2:30 Around The World : Passport (ALR) 3:00 Social and Art (DDH) 7:00 Movie Night: Pretty Woman (T&L)
					National Trivia Day! 4 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) 1:30 Mindful Movement w/ Anika (T&L) 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: Casablanca (T&L)	10:00 Virtual Chair Yoga w/ Sherry (ALR) 5 10:30 Wheel Of Fortune (DDH) 11:00 Armchair Travel (DDH) 1:30 Sing Fit (DDH) 1:30 Musical Movie Mondays: Wicked Pt 1 (T&L) 2:30 Short Stories Reading (ALR) 3:00 Afternoon Tea and Treat Social (B/B) 4:00 Activities Meeting with Life Enrichment Manager Shanay *Share your thoughts* (T&L) 7:00 Musical Movie Mondays: Wicked Pt 1 (T&L)	National Shortbread Day! 6 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) 2:00 Resident Forum (T&L) 2:30 Artful Corner (DDH) 3:00 Afternoon Tea and Treat Social (B/B) 3:30 Sing Along (ALR) 4:00 Nature Walk and Reflection (MIL) 7:00 Movie Night: Music of the Heart (T&L)
9:45 Spiritual Hymns (ALR) 11 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 S2 E2 ' A Company of Men' (T&L) 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: Grumpy Old Men (T&L)	10:00 Virtual Chair Yoga w/ Sherry (ALR) 12 10:30 Word Game: Hangman (ALR) 11:00 Armchair Travel (DDH) 1:30 Sing Fit (DDH) 1:30 Hearing Clinic w/ Martin * Sign-up with at Front Desk* (SPA) 1:30 Musical Movie Mondays: My Fair Lady (T&L) 2:30 Short Stories Reading (ALR) 3:00 Afternoon Tea and Treat Social (B/B) 3:30 Headspace Guide to Meditation with Lily " How to Fall in Love with Life" (T&L) 7:00 Musical Movie Mondays: My Fair Lady (T&L)	Foot Care Nurse * Sign Up at the Front Desk* (STS) 13 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) 2:00 Step by Step Art Workshop: Monet's Water Lillies * Sign up at the front Desk* (CC) 2:30 Artful Corner (DDH) 3:00 Afternoon Tea and Treat Social (B/B) 3:30 Sing Along (ALR) 4:00 Nature Walk and Reflection (MIL) 7:00 Movie Night: Draft Day (T&L)	9:45 Seated Badminton (DDH) 14 10:00 Functional Exercise with Kelly (B/B) 10:45 National Geographic Series (ALR) 11:00 Tech Help (CC) 2:00 Card Games and Coffee Time (DDH) 2:30 New Resident Social w/ Management (T&L) 3:00 Musical: Grease (ALR) 4:00 \$3 Cocktail Hour (B/B) 4:30 Dinner Outing: Hibachi Teppanyaki & Bar ** Sign up at the front Desk** (OUT) 7:00 Movie Night: The Aviator (T&L)	9:45 Drumfit (DDH) 15 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) 1:30 Guest Speaker: Lianne Harris ' Everything you want to know about Scotland' (T&L) 2:30 Ping Pong Egg Toss (ALR) 3:00 Afternoon Tea and Treat Social Timeless Tunes with Joe (B/B) 4:00 Go 4 Life Walking (MIL) 7:00 Movie Night: Mona Lisa Smile (T&L)	9:45 Fit Minds Interactive (DDH) 16 11:00 Word Search, Daily Chronicles and Chit Chat (DDH) 11:00 Seated Dance class with Katya (B/B) 2:00 Prime Series: Anthony Bourdain Parts Unknown ' Colombia ' (T&L) 3:30 Happy Hour and Entertainment by Duo Saxophonist Rich Underhill and Guitarist Nathan Hiltz (B/B) 7:00 Friday Night Movie and Popcorn: My Big Fat Greek Wedding (T&L)	9:00 Massage Therapy Session w/ Morgan RMT- Sign up at the front desk (SPA) 17 10:15 Stretching and Mobility Exercise (DDH) 10:45 Don Mills Choir w/ Marcus *Sing along* (T&L) 1:30 Gentle Fitness w/ Kaushaljit (DDH) 2:00 Sing Along with Susie Q (ALR) 2:30 Saturday Series: PBS Documentaries ' Finding Your Roots British Invasion ' - S2 EP7 (T&L) 2:30 Around The World : Passport (ALR) 3:00 Social and Art with Shari (DDH) 7:00 Movie Night: Two Weeks Notice (T&L)	



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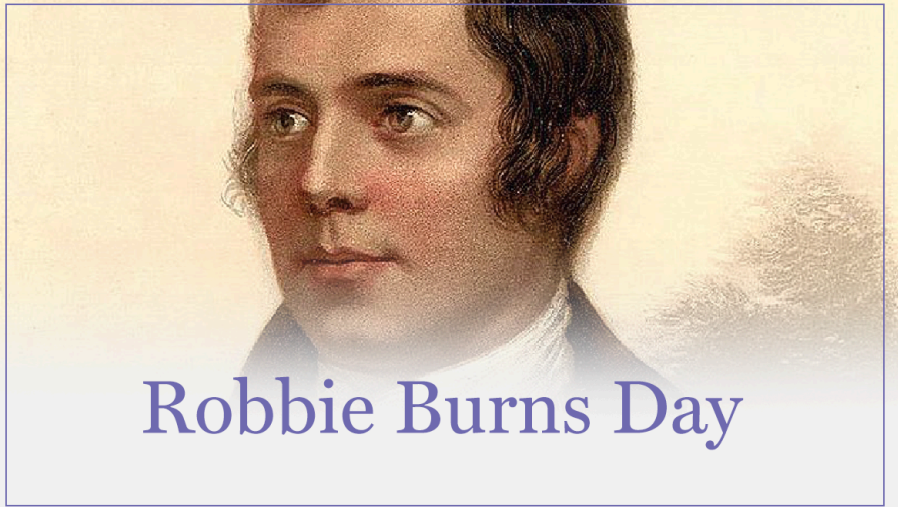
Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:45 Spiritual Hymns (ALR) 18</p> <p>10:15 Get Moving w/ Seated Zumba (DDH)</p> <p>10:30 Crafters Corner (B/B)</p> <p>11:00 Activity Booklet * Front Desk* (C)</p> <p>2:00 Sunday Series: The Crown S2 E3 ' Lisbon ' (T&L)</p> <p>2:30 Meditation and Mandela (DDH)</p> <p>3:00 Afternoon Tea and Entertainment with Second Movement! (B/B)</p> <p>4:00 Go for Life Walking (MIL)</p> <p>7:00 Movie Night: Gone with the Wind (T&L)</p>	<p>10:00 Virtual Chair Yoga w/ Sherry (ALR) 19</p> <p>10:30 Wheel Of Fortune (DDH)</p> <p>11:00 Armchair Travel (DDH)</p> <p>1:30 Sing Fit (DDH)</p> <p>1:30 Musical Movie Mondays: Singing in the Rain (T&L)</p> <p>2:30 Short Stories Reading (ALR)</p> <p>3:00 Afternoon Tea and Treat Social (B/B)</p> <p>3:30 Headspace Guide to Meditation with Lily " How to deal with Stress " (T&L)</p> <p>7:00 Musical Movie Mondays: Singing in the Rain (T&L)</p>	<p>Home Library Service **Exchange** (C) 20</p> <p>9:45 Fall Prevention w/ Jerome (DDH)</p> <p>10:30 Gentle Fitness w/ Jerome (B/B)</p> <p>10:30 Picture Bingo (DDH)</p> <p>1:30 Physical Game (DDH)</p> <p>1:30 Culinary Meeting (T&L)</p> <p>2:30 Artful Corner (DDH)</p> <p>3:00 Afternoon Tea and Treat Social (B/B)</p> <p>3:30 Sing Along (ALR)</p> <p>4:00 Nature Walk and Reflection (MIL)</p> <p>7:00 Movie Night: Mission Impossible The Final Reckoning (T&L)</p>	<p>Bell Lets Talk Day! 21</p> <p>9:45 Seated Badminton (DDH)</p> <p>10:00 Functional Exercise with Kelly (B/B)</p> <p>10:45 National Geographic Series (ALR)</p> <p>11:00 Tech Help (CC)</p> <p>2:00 Card Games and Coffee Time (DDH)</p> <p>3:00 Musical: The Greatest Showman (ALR)</p> <p>4:00 \$3 Cocktail Hour (B/B)</p> <p>7:00 Movie Night: The Family Man (T&L)</p>	<p>9:45 Drumfit (DDH) 22</p> <p>10:15 Communion and Prayers with Elfreida and James (T&L)</p> <p>10:30 Java Music Club (DDH)</p> <p>10:45 Gentle Fitness w/ Jerome (B/B)</p> <p>1:30 Gentle Fitness w/ Kaushaljit (DDH)</p> <p>1:30 Outing: Shoppers Drug mart/Metro Drop off *Sign up at the Front Desk* (OUT)</p> <p>2:30 Trivia & Games (DDH)</p> <p>3:00 Afternoon Tea and Treat Social Timeless Tunes with Joe (B/B)</p> <p>4:00 Go 4 Life Walking (MIL)</p> <p>7:00 Movie Night: Planes Trains and Automobiles (T&L)</p>	<p>9:45 Fit Minds Interactive (DDH) 23</p> <p>10:00 Mens Club Movie Pick: Las Vegas (T&L)</p> <p>11:00 Word Search, Daily Chronicles and Chit Chat (DDH)</p> <p>11:00 Chair Yoga with Sue (CC)</p> <p>2:00 Manicures and Hand Masks w/ Relaxing Music (DDH)</p> <p>2:00 Prime Series: Anthony Bourdain Parts Unknown 'Libya ' (T&L)</p> <p>3:00 Happy Hour and Entertainment w/ Ed Cotton (B/B)</p> <p>7:00 Friday Night Movie and Popcorn: Fried Green Tomatoes (T&L)</p>	<p>9:00 Massage Therapy Session w/ Morgan RMT- Sign up at the front desk (SPA) 24</p> <p>10:15 Stretching and Mobility Exercise (DDH)</p> <p>1:30 Gentle Fitness w/ Kaushaljit (DDH)</p> <p>2:00 Sing Along with Susie Q (ALR)</p> <p>2:30 Saturday Series: PBS Documentaries ' Finding Your RootsAncient Roots ' - S2 Ep 8 (T&L)</p> <p>2:30 Group Crossword (DDH)</p> <p>3:00 Social and Art with Shari (DDH)</p> <p>7:00 Movie Night: It's Complicated (T&L)</p>
<p>Robbie Burns Day! * Wear Plaid* Dental Hygienist Visit w/ Joanne *Sign up at the Front Desk* (SPA) 25</p> <p>9:45 Spiritual Hymns (ALR)</p> <p>10:30 Crafters Corner * Location Change* (CC)</p> <p>10:30 Come Celebrate Robbie Burns Day with Entertainment by the Sparkettes (B/B)</p> <p>11:00 Activity Booklet * Front Desk* (C)</p> <p>1:30 Get Moving w/ Seated Zumba (DDH)</p> <p>2:00 Sunday Series: The Crown S2 E4 'Beryl' (T&L)</p> <p>2:30 Meditation and Mandela (DDH)</p> <p>3:00 Afternoon Tea and Trivia! (B/B)</p> <p>4:00 Go for Life Walking (MIL)</p> <p>7:00 Movie Night: Citizen Kane (T&L)</p>	<p>10:00 Virtual Chair Yoga w/ Sherry (ALR) 26</p> <p>10:30 Word Game: Hangman (ALR)</p> <p>11:00 Armchair Travel (DDH)</p> <p>1:30 Sing Fit (DDH)</p> <p>1:30 Musical Movie Mondays: West Side Story (T&L)</p> <p>2:30 Short Stories Reading (ALR)</p> <p>3:00 Afternoon Tea and Treat Social (B/B)</p> <p>3:30 Headspace Guide to Meditation with Lily " How to Be Kind" (T&L)</p> <p>7:00 Musical Movie Mondays: West Side Story (T&L)</p>	<p>Foot Care Nurse * Sign Up at the Front Desk* (STS) 27</p> <p>9:45 Fall Prevention w/ Jerome (DDH)</p> <p>10:30 Gentle Fitness w/ Jerome (B/B)</p> <p>10:30 Picture Bingo (DDH)</p> <p>1:30 Physical Game (DDH)</p> <p>2:00 Wine and Cheese Tasting with Dining Team * Sign up at the Front Desk * (B/B)</p> <p>2:30 Artful Corner (DDH)</p> <p>3:00 Afternoon Tea and Treat Social (B/B)</p> <p>3:30 Sing Along (ALR)</p> <p>4:00 Nature Walk and Reflection (MIL)</p> <p>7:00 Movie Night: Their Finest (T&L)</p>	<p>9:45 Seated Badminton (DDH) 28</p> <p>10:00 Functional Exercise with Kelly (B/B)</p> <p>10:45 National Geographic Series (ALR)</p> <p>11:00 Tech Help (CC)</p> <p>2:00 Card Games and Coffee Time (DDH)</p> <p>3:00 Musical: Maestro (ALR)</p> <p>4:00 Monthly Birthday Happy Hour ' January Birthdays' (B/B)</p> <p>7:00 Movie Night: August Rush (T&L)</p>	<p>9:45 Drumfit (DDH) 29</p> <p>10:15 Communion and Prayers with Elfreida and James (T&L)</p> <p>10:30 Java Music Club (DDH)</p> <p>10:45 Gentle Fitness w/ Jerome (B/B)</p> <p>1:30 Gentle Fitness w/ Kaushaljit (DDH)</p> <p>2:30 Letter Draw Challenge (ALR)</p> <p>3:00 Afternoon Tea and Treat Social Timeless Tunes with Joe (B/B)</p> <p>4:00 Go 4 Life Walking (MIL)</p> <p>6:30 Pub Night Social & Trivia Challenge (B/B)</p> <p>7:00 Movie Night: The Life of Chuck (T&L)</p>	<p>9:45 Fit Minds Interactive (DDH) 30</p> <p>10:00 World's Greatest S1 Ep 2 'Mega Cities ' (T&L)</p> <p>10:00 Outing: Fairview Mall * Sign-up with the front desk* (OUT)</p> <p>11:00 Word Search, Daily Chronicles and Chit Chat (DDH)</p> <p>2:30 Guest Speaker Anik Waldeck Art Historian: Rembrandt's The Night Watch (T&L)</p> <p>3:30 Happy Hour (B/B)</p> <p>7:00 Friday Night Movie and Popcorn: Red 2 (T&L)</p>	<p>9:00 Massage Therapy Session w/ Morgan RMT- Sign up at the front desk (SPA) 31</p> <p>10:15 Stretching and Mobility Exercise (DDH)</p> <p>1:30 Gentle Fitness w/ Kaushaljit (DDH)</p> <p>2:00 Sing Along with Susie Q (ALR)</p> <p>2:30 Saturday Series: PBS Documentaries ' Finding Your Roots Decoding out Past' - S2 EP9 (T&L)</p> <p>2:30 Around The World : Passport (ALR)</p> <p>3:00 Social and Art with Shari (DDH)</p> <p>7:00 Movie Night: Morning Glory (T&L)</p>

Calendar Legend

- Outing
- Special Program
- Holidays
- Living, Loving, Local
- Signature Program
- Highlight



Locations Legend

- Decadence Dining Hall (DDH)
- Great Escapes (T&L)
- Don's Bar/Bistro (B/B)
- Assisted living room (ALR)
- Meet in the Lobby (MIL)
- The Country Club (CC)
- Spa (SPA)
- Concierge (C)
- Outing (OUT)
- Suite-to-Suite (STS)
- Mills Lobby (ML)
- Dining Room (DR)