

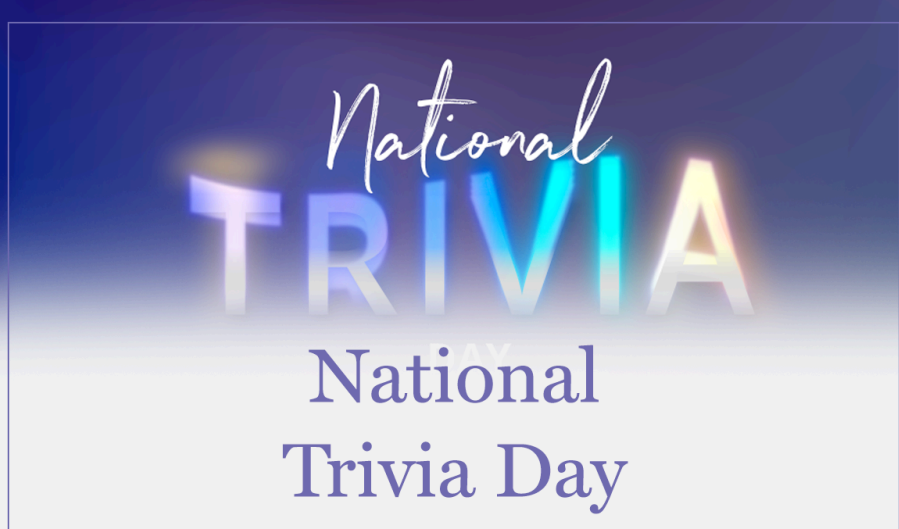
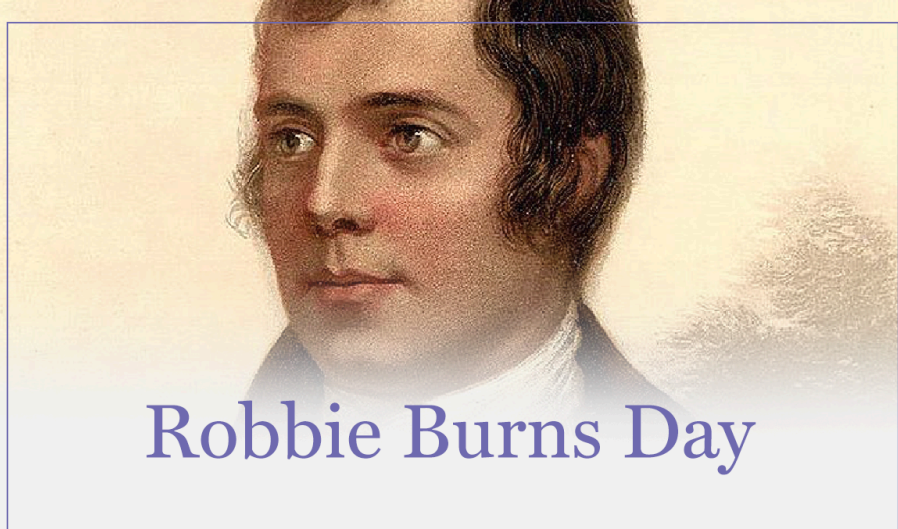


INSPIRED SENIOR LIVING

January 2026

Don Mills Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>National Trivia Day</p>		 <p>Robbie Burns Day</p>		<p>10:15 Communion and Prayers with Elfreida and James (T&L) 1</p> <p>10:45 Virtual Gentle Fitness (B/B)</p> <p>11:00 Tech Help Sign up at Reception (STS)</p> <p>2:00 Bocce Tournament (DR)</p> <p>3:00 Afternoon Tea and Treat Social Timeless Tunes with Joe (B/B)</p> <p>3:30 Quiddler and Canasta Card Game (CC)</p> <p>4:00 Go 4 Life Walking (MIL)</p> <p>7:00 Movie Night: Flight (T&L)</p>	<p>10:00 Mens Club Movie Pick: One Flew over the Cuckoo Nest (T&L) 2</p> <p>11:00 Walking Word Search (*)</p> <p>11:00 Chair Yoga with Sue (CC)</p> <p>1:30 Come Play Euchre (CC)</p> <p>2:00 Prime Series: Anthony Bourdain Parts Unknown ' Myanmar ' (T&L)</p> <p>3:30 Happy Hour and Entertainment by Yosil and the Yingels (B/B)</p> <p>7:00 Friday Night Movie and Popcorn: Top Gun Maverick (T&L)</p>	<p>10:00 Word Game: Wordle (CC) 3</p> <p>10:45 Don Mills Choir w/ Marcus *Sing along* (T&L)</p> <p>11:00 Vendor: Anish Tradition (11am to 3pm) (ML)</p> <p>1:30 Seated Tai Chi (CC)</p> <p>2:00 Resident Run Social Bridge (LB)</p> <p>2:30 Saturday Series: PBS Documentaries ' Finding Your Roots We Come From People ' - S2 EP5 (T&L)</p> <p>3:00 Afternoon Tea and Treat (B/B)</p> <p>7:00 Movie Night: Pretty Woman (T&L)</p>
<p>National Trivia Day! 4</p> <p>10:00 Virtual Gentle Fitness (CC)</p> <p>10:30 Crafters Corner (B/B)</p> <p>11:00 Activity Booklet * Front Desk* (C)</p> <p>1:30 Mindful Movement w/ Anika (T&L)</p> <p>2:30 Resident Run Rummikub (B/B)</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: Casablanca (T&L)</p>	<p>10:00 Better your Mind - Fit Minds (Session 1) (CC) 5</p> <p>11:00 Better your Mind - Fit Minds (Session 2) (CC)</p> <p>1:30 Paraffin Wax Treatment *sign up at reception* (B/B)</p> <p>1:30 Musical Movie Mondays: Wicked Pt 1 (T&L)</p> <p>2:30 Drumfit (CC)</p> <p>3:00 Afternoon Tea and Treat Social (B/B)</p> <p>4:00 Activities Meeting with Life Enrichment Manager Shanay *Share your thoughts* (T&L)</p> <p>7:00 Musical Movie Mondays: Wicked Pt 1 (T&L)</p>	<p>National Shortbread Day! 6</p> <p>9:45 Fall Prevention w/ Jerome (DDH)</p> <p>10:30 Gentle Fitness w/ Jerome (B/B)</p> <p>11:15 Strength & Balance w/ Jerome (CC)</p> <p>2:00 Resident Forum (T&L)</p> <p>3:00 Afternoon Tea and Treat Social (B/B)</p> <p>3:30 What's In A Word? (T&L)</p> <p>4:00 Nature Walk and Reflection (MIL)</p> <p>7:00 Movie Night: Music of the Heart (T&L)</p>	<p>10:00 Functional Exercise with Kelly (B/B) 7</p> <p>11:00 Tech Help (CC)</p> <p>2:00 \$1 Bingo (CC)</p> <p>2:00 Movie Matinee: The Big Short (T&L)</p> <p>3:15 Grandpal Writng Program to Ms Abotts Gr 3/4 Class (B/B)</p> <p>7:00 Movie Night: The Big Short (T&L)</p>	<p>10:15 Communion and Prayers with Elfreida and James (T&L) 8</p> <p>10:45 Gentle Fitness w/ Jerome (B/B)</p> <p>11:00 Tech Help Sign up at Reception (STS)</p> <p>11:15 Strength & Balance w/ Jerome (CC)</p> <p>2:00 Bocce Tournament (DR)</p> <p>3:00 Afternoon Tea and Treat Social Timeless Tunes with Joe (B/B)</p> <p>3:30 Quiddler and Canasta Card Game (CC)</p> <p>4:00 Go 4 Life Walking (MIL)</p> <p>4:30 Outing: Dinner at Joeys and a Movie at Cineplex VIP 'Wicked For Good' *Sign up at the Front Desk* (OUT)</p> <p>7:00 Movie Night: Sully (T&L)</p>	<p>10:00 World's Greatest S1 Ep 1 ' Global Cities ' (T&L) 9</p> <p>10:30 Mens Club w/ Cesar (CC)</p> <p>11:00 Walking Word Search (*)</p> <p>11:00 Seated Dance class with Katya (B/B)</p> <p>1:30 Come Play Euchre (CC)</p> <p>2:00 Prime Series: Anthony Bourdain Parts Unknown ' Los Angeles ' (T&L)</p> <p>3:00 Happy Hour and Entertainment with Pianist Martin Wall (DR)</p> <p>7:00 Friday Night Movie and Popcorn: Crazy Rich Asians (T&L)</p>	<p>9:00 Massage Therapy Session w/ Morgan RMT- Sign up at the front desk (SPA) 10</p> <p>10:00 Word Game: Wordle (CC)</p> <p>1:30 Seated Tai Chi (CC)</p> <p>2:00 Resident Run Social Bridge (LB)</p> <p>2:30 Saturday Series: PBS Documentaries ' Finding Your Roots IOur People Our Traditions' - S2 EP6 (T&L)</p> <p>2:30 Meet Me at the MoMA Painting Session: Robert Colquhoun (CC)</p> <p>3:00 Afternoon Tea and Treat (B/B)</p> <p>7:00 Movie Night: Devil Wears Prada (T&L)</p>
<p>10:00 Virtual Gentle Fitness (CC) 11</p> <p>10:30 Crafters Corner (B/B)</p> <p>11:00 Activity Booklet * Front Desk* (C)</p> <p>1:30 Resident Run Rummikub (B/B)</p> <p>2:00 Sunday Series: The Crown S2 E2 ' A Company of Men' (T&L)</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: Grumpy Old Men (T&L)</p>	<p>10:00 Better your Mind - Fit Minds (Session 1) (CC) 12</p> <p>11:00 Better your Mind - Fit Minds (Session 2) (CC)</p> <p>1:30 Hearing Clinic w/ Martin * Sign-up with at Front Desk* (SPA)</p> <p>1:30 Paraffin Wax Treatment *sign up at reception* (B/B)</p> <p>1:30 Musical Movie Mondays: My Fair Lady (T&L)</p> <p>2:30 Drumfit (CC)</p> <p>3:00 Afternoon Tea and Treat Social (B/B)</p> <p>3:30 Headspace Guide to Meditation with Lily " How to Fall in Love with Life" (T&L)</p> <p>3:30 New Card Game: Rummy (B/B)</p> <p>7:00 Musical Movie Mondays: My Fair Lady (T&L)</p>	<p>Foot Care Nurse * Sign Up at the Front Desk* (STS) 13</p> <p>9:45 Fall Prevention w/ Jerome (DDH)</p> <p>10:30 Gentle Fitness w/ Jerome (B/B)</p> <p>11:15 Strength & Balance w/ Jerome (CC)</p> <p>1:30 Documentary: Cover-Up (T&L)</p> <p>2:00 Step by Step Art Workshop: Monet's Water Lillies * Sign up at the front Desk* (CC)</p> <p>3:00 Afternoon Tea and Treat Social (B/B)</p> <p>3:30 What's In A Word? (T&L)</p> <p>4:00 Nature Walk and Reflection (MIL)</p> <p>7:00 Movie Night: Draft Day (T&L)</p>	<p>10:00 Functional Exercise with Kelly (B/B) 14</p> <p>11:00 Tech Help (CC)</p> <p>2:00 \$1 Bingo (CC)</p> <p>2:30 New Resident Social w/ Management (T&L)</p> <p>4:00 \$3 Cocktail Hour (B/B)</p> <p>4:30 Dinner Outing: Hibachi Teppanyaki & Bar ** Sign up at the front Desk** (OUT)</p> <p>7:00 Movie Night: The Aviator (T&L)</p>	<p>10:00 Outing: Shoppers Drug mart/Metro Drop off *Sign up at the Front Desk* (OUT) 15</p> <p>10:15 Communion and Prayers with Elfreida and James (T&L)</p> <p>10:45 Gentle Fitness w/ Jerome (B/B)</p> <p>11:00 Tech Help Sign up at Reception (STS)</p> <p>11:15 Strength & Balance w/ Jerome (CC)</p> <p>1:30 Guest Speaker: Lianne Harris ' Everything you want to know about Scotland' (T&L)</p> <p>3:00 Afternoon Tea and Treat Social Timeless Tunes with Joe (B/B)</p> <p>3:30 Quiddler and Canasta Card Game (CC)</p> <p>4:00 Go 4 Life Walking (MIL)</p> <p>7:00 Movie Night: Mona Lisa Smile (T&L)</p>	<p>10:00 Health and Wellness Blood Pressure Clinic (T&L) 16</p> <p>10:30 Mens Club w/ Cesar (CC)</p> <p>11:00 Walking Word Search (*)</p> <p>11:00 Seated Dance class with Katya (B/B)</p> <p>1:30 Come Play Euchre (CC)</p> <p>2:00 Prime Series: Anthony Bourdain Parts Unknown ' Colombia ' (T&L)</p> <p>3:30 Happy Hour and Entertainment by Duo Saxophonist Rich Underhill and Guitarist Nathan Hiltz (B/B)</p> <p>7:00 Friday Night Movie and Popcorn: My Big Fat Greek Wedding (T&L)</p>	<p>9:00 Massage Therapy Session w/ Morgan RMT- Sign up at the front desk (SPA) 17</p> <p>10:00 Word Game: Wordle (CC)</p> <p>10:45 Don Mills Choir w/ Marcus *Sing along* (T&L)</p> <p>1:30 Seated Tai Chi (CC)</p> <p>2:00 Resident Run Social Bridge (LB)</p> <p>2:30 Saturday Series: PBS Documentaries ' Finding Your Roots British Invasion ' - S2 EP7 (T&L)</p> <p>2:30 Meet Me at the MoMA Painting Session: Clarke Reynolds (CC)</p> <p>3:00 Afternoon Tea and Treat (B/B)</p> <p>7:00 Movie Night: Two Weeks Notice (T&L)</p>



INSPIRED SENIOR LIVING

January 2026

Don Mills Retirement Residence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Virtual Gentle Fitness (CC) 18</p> <p>10:30 Crafters Corner (B/B)</p> <p>11:00 Activity Booklet * Front Desk* (C)</p> <p>1:30 Resident Run Rummikub (B/B)</p> <p>2:00 Sunday Series: The Crown S2 E3 ' Lisbon ' (T&L)</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 Better your Mind - Fit Minds (Session 1) (CC) 19</p> <p>11:00 Better your Mind - Fit Minds (Session 2) (CC)</p> <p>1:30 Paraffin Wax Treatment *sign up at reception* (B/B)</p> <p>1:30 Musical Movie Mondays: Singing in the Rain (T&L)</p> <p>2:30 Drumfit (CC)</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>3:30 Rummy (B/B)</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>11:15 Strength & Balance w/ Jerome (CC)</p> <p>1:30 Culinary Meeting (T&L)</p> <p>2:00 Texas Hold'em *Bring \$2* **6 spots max** (B/B)</p> <p>3:00 Afternoon Tea and Treat Social (B/B)</p> <p>3:30 What's In A Word? (T&L)</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>10:00 Functional Exercise with Kelly (B/B)</p> <p>11:00 Tech Help (CC)</p> <p>2:00 \$1 Bingo with Neethu (CC)</p> <p>2:00 Mental Health Podcast: Mel Robbins: The 'Let Them Theory' (A Life-Changing Hack That 15M People Can't Stop Talking About) (T&L)</p> <p>4:00 \$3 Cocktail Hour (B/B)</p> <p>7:00 Movie Night: The Family Man (T&L)</p>	<p>10:15 Communion and Prayers with Elfreida and James (T&L) 22</p> <p>10:45 Gentle Fitness w/ Jerome (B/B)</p> <p>11:00 Tech Help Sign up at Reception (STS)</p> <p>11:15 Strength & Balance w/ Jerome (CC)</p> <p>1:30 Outing: Shoppers Drug mart/Metro Drop off *Sign up at the Front Desk* (OUT)</p> <p>2:00 Bocce Tournament (DR)</p> <p>3:00 Afternoon Tea and Treat Social Timeless Tunes with Joe (B/B)</p> <p>3:30 Quiddler and Canasta Card Game (CC)</p> <p>4:00 Go 4 Life Walking (MIL)</p> <p>4:30 Supper with Stu **by Invitation** (DR)</p> <p>7:00 Movie Night: Planes Trains and Automobiles (T&L)</p>	<p>10:00 Mens Club Movie Pick: Las Vegas (T&L) 23</p> <p>11:00 Walking Word Search (*)</p> <p>11:00 Chair Yoga with Sue (CC)</p> <p>1:30 Come Play Euchre (CC)</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>10:00 Word Game: Wordle (CC)</p> <p>1:30 Seated Tai Chi (CC)</p> <p>2:15 Resident Run Social Bridge * location change* (CC)</p> <p>2:30 Saturday Series: PBS Documentaries ' Finding Your RootsAncient Roots ' - S2 Ep 8 (T&L)</p> <p>3:00 Afternoon Tea and Treat (B/B)</p> <p>7:00 Movie Night: It's Complicated (T&L)</p>
<p>Robbie Burns Day! * Wear Plaid* 25</p> <p>Dental Hygienist Visit w/ Joanne *Sign up at the Front Desk* (SPA)</p> <p>10:00 Virtual Gentle Fitness (CC)</p> <p>10:30 Crafters Corner * Location Change* (CC)</p> <p>10:30 Come Celebrate Robbie Burns Day with Entertainment by the Sparklettes (B/B)</p> <p>11:00 Activity Booklet * Front Desk* (C)</p> <p>1:30 Resident Run Rummikub (B/B)</p> <p>2:00 Sunday Series: The Crown S2 E4 'Beryl' (T&L)</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 Better your Mind - Fit Minds (Session 1) (CC) 26</p> <p>11:00 Better your Mind - Fit Minds (Session 2) (CC)</p> <p>1:30 Paraffin Wax Treatment *sign up at reception* (B/B)</p> <p>1:30 Musical Movie Mondays: West Side Story (T&L)</p> <p>2:30 Drumfit (CC)</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>3:30 Rummy (B/B)</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>11:15 Strength & Balance w/ Jerome (CC)</p> <p>1:30 Documentary: Con Mum (T&L)</p> <p>2:00 Wine and Cheese Tasting with Dining Team * Sign up at the Front Desk * (B/B)</p> <p>2:00 Texas Hold'em *Bring \$2* **6 spots max** (CC)</p> <p>3:00 Afternoon Tea and Treat Social (B/B)</p> <p>3:30 What's In A Word? (T&L)</p> <p>4:00 Nature Walk and Reflection (MIL)</p> <p>7:00 Movie Night: Their Finest (T&L)</p>	<p>10:00 Functional Exercise with Kelly (B/B) 28</p> <p>11:00 Tech Help (CC)</p> <p>2:00 \$1 Bingo (CC)</p> <p>2:00 Movie Matinee: August Rush (T&L)</p> <p>4:00 Monthly Birthday Happy Hour ' January Birthdays' (B/B)</p> <p>7:00 Movie Night: August Rush (T&L)</p>	<p>10:15 Communion and Prayers with Elfreida and James (T&L) 29</p> <p>10:45 Gentle Fitness w/ Jerome (B/B)</p> <p>11:00 Tech Help Sign up at Reception (STS)</p> <p>11:15 Strength & Balance w/ Jerome (CC)</p> <p>2:00 Bocce Tournament (DR)</p> <p>3:00 Afternoon Tea and Treat Social Timeless Tunes with Joe (B/B)</p> <p>3:30 Quiddler and Canasta Card Game (CC)</p> <p>4:00 Go 4 Life Walking (MIL)</p> <p>4:30 Supper with Stu **by Invitation** (DR)</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>10:00 World's Greatest S1 Ep 2 'Mega Cities ' (T&L) 30</p> <p>10:00 Outing: Fairview Mall * Sign-up with the front desk* (OUT)</p> <p>10:30 Mens Club (CC)</p> <p>11:00 Walking Word Search (*)</p> <p>1:30 Come Play Euchre (CC)</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>10:00 Word Game: Wordle (CC)</p> <p>1:30 Seated Tai Chi (CC)</p> <p>2:15 Resident Run Social Bridge * location change* (CC)</p> <p>2:30 Saturday Series: PBS Documentaries ' Finding Your Roots Decoding out Past' - S2 EP9 (T&L)</p> <p>3:00 Afternoon Tea and Treat (B/B)</p> <p>3:30 Crafternoon: Make your own Snow Globe * Sign up at the Front Desk* (CC)</p> <p>7:00 Movie Night: Morning Glory (T&L)</p>



National Chocolate Cake Day

Be Welcomed

Calendar Legend

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

Locations Legend

- Great Escapes (T&L)
- The Country Club (CC)
- Don's Bar/Bistro (B/B)
- Meet in the Lobby (MIL)
- Suite-to-Suite (STS)
- Dining Room (DR)
- Spa (SPA)
- 1st or 2nd floor (*)
- Concierge (C)
- Outing (OUT)
- Decadence Dining Hall (DDH)
- Library (LB)
- Mills Lobby (ML)