


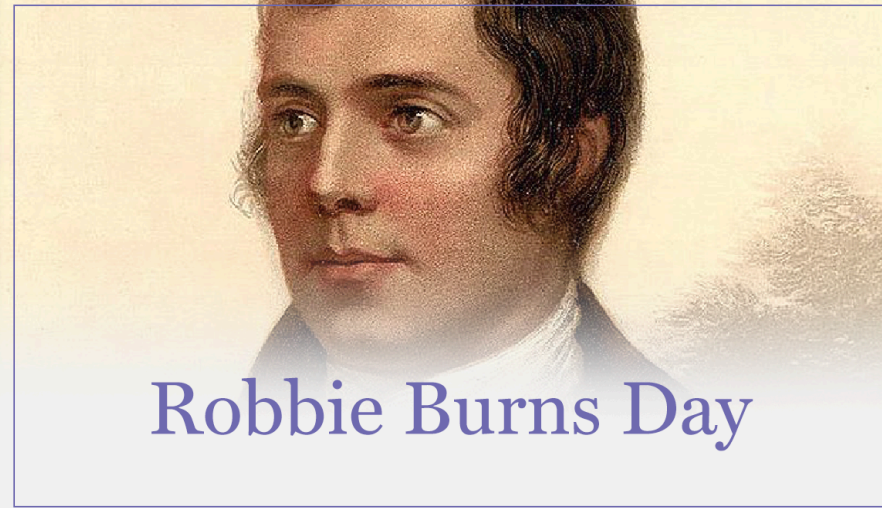


INSPIRED SENIOR LIVING

January 2026

Don Mills Retirement Residence Memory Care Household



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>National Trivia Day</p>		 <p>Robbie Burns Day</p>		<p>9:45 Life Station: Folding & Sorting (MC) 1</p> <p>10:00 Fall Prevention w/ Jerome (MC)</p> <p>10:30 Find the Match (MC)</p> <p>1:30 Group Reading Circle (MC)</p> <p>2:00 Virtual Fitness (DDH)</p> <p>2:30 Chef Choice Social (MC)</p> <p>3:30 Sing Fit (MC)</p> <p>4:00 Seated Badminton (MC)</p> <p>6:00 Tangrams and Puzzles w/ RSA (MC)</p>	<p>9:45 Seated Tai Chi and Chai Tea (MC) 2</p> <p>10:30 MOMA Painting (MC)</p> <p>11:00 Triviamania (MC)</p> <p>1:30 Noodle Balloon (MC)</p> <p>2:00 Afternoon Tea and Treat Social! (B/B)</p> <p>3:00 Armchair Travel (MC)</p> <p>4:30 Life Skills: Helping with Dinner (MC)</p> <p>6:00 Friday Night Movie and Popcorn (MC)</p>	<p>9:45 Drumfit w/ RSA (MC) 3</p> <p>10:00 Morning Entertainment w/ Marcus (MC)</p> <p>10:30 Sing Along with Susie Q. (MC)</p> <p>11:00 Jigsaw Puzzle w/ RSA (MC)</p> <p>2:00 Virtual Fitness (MC)</p> <p>2:30 Chef Choice Social (MC)</p> <p>3:00 Meditation and Mandala Coloring (MC)</p> <p>4:00 Go 4 Life Walking (MC)</p> <p>6:00 You and Me Time with the Household Team (MC)</p>
<p>9:45 Ball Toss (MC) 4</p> <p>10:15 Virtual Church Service (MC)</p> <p>10:30 Pet Therapy with Isabelle and Robby (MC)</p> <p>11:00 Spiritual Eldercare: Hymns (MC)</p> <p>2:30 Chef Choice Social (MC)</p> <p>3:00 Memory Lane (MC)</p> <p>4:00 Life Skill: Helping Hands (MC)</p> <p>6:00 Evening Movie (MC)</p>	<p>9:45 Seated Yoga (MC) 5</p> <p>11:00 One-on-One with Life Enrichment (MC)</p> <p>11:00 Life Skill: Puzzle and Pondering (MC)</p> <p>1:30 Ring Toss (MC)</p> <p>2:30 How It's Made (MC)</p> <p>3:30 Picture Bingo (MC)</p> <p>6:00 Reading with Household (MC)</p>	<p>National Shortbread Day! 6</p> <p>10:00 Stretching and Mobility (MC)</p> <p>10:30 Java Music Club Sing-along on the Patio (MC)</p> <p>11:00 Walking Party (MC)</p> <p>1:30 Fitminds Interactive (MC)</p> <p>2:00 Seasonal Fruit Social (MC)</p> <p>3:00 Artfull Enrichment Crafternoon (MC)</p> <p>6:00 What Happened This Week (MC)</p>	<p>9:45 Stretching and Mobility (MC) 7</p> <p>10:00 Evelyn's Baking Corner (MC)</p> <p>10:15 Sing Along with Susie Q (MC)</p> <p>11:30 Daily Chronicles (MC)</p> <p>1:30 Games on Memory Co (MC)</p> <p>2:00 Freshly Baked Goods Social (MC)</p> <p>3:00 Mexican Dominos (MC)</p> <p>4:00 Go for Life Walking (MC)</p> <p>6:00 Coloring Inn W/ RSA's (MC)</p>	<p>9:45 Life Station: Folding & Sorting (MC) 8</p> <p>10:00 Fall Prevention w/ Jerome (MC)</p> <p>10:30 Find the Match (MC)</p> <p>1:30 Group Reading Circle (MC)</p> <p>2:00 Fall Prevention w/ Kaushaljit (MC)</p> <p>2:30 Chef Choice Social (MC)</p> <p>3:30 Sing Fit (MC)</p> <p>4:00 Seated Badminton (MC)</p> <p>6:00 Tangrams and Puzzles w/ RSA (MC)</p>	<p>9:45 Seated Tai Chi and Chai Tea (MC) 9</p> <p>10:30 MOMA Painting (MC)</p> <p>11:00 Triviamania (MC)</p> <p>1:30 Noodle Balloon (MC)</p> <p>2:00 Afternoon Tea and Treat Social! (B/B)</p> <p>3:00 Armchair Travel (MC)</p> <p>3:00 Happy Hour and Entertainment with Pianist Martin Wall (DR)</p> <p>4:30 Life Skills: Helping with Dinner (MC)</p> <p>6:00 Friday Night Movie and Popcorn (MC)</p>	<p>9:45 Drumfit w/ RSA (MC) 10</p> <p>10:30 Sing Along with Susie Q. (MC)</p> <p>11:00 Jigsaw Puzzle w/ RSA (MC)</p> <p>2:00 Fall Prevention w/ Kaushaljit (MC)</p> <p>2:30 Chef Choice Social (MC)</p> <p>3:00 Meditation and Mandala Coloring (MC)</p> <p>4:00 Go 4 Life Walking (MC)</p> <p>6:00 You and Me Time with the Household Team (MC)</p>
<p>9:45 Ball Toss (MC) 11</p> <p>10:15 Virtual Church Service (MC)</p> <p>10:30 Pet Therapy with Isabelle and Robby (MC)</p> <p>11:00 Spiritual Eldercare: Hymns (MC)</p> <p>2:30 Chef Choice Social (MC)</p> <p>3:00 Memory Lane (MC)</p> <p>4:00 Life Skill: Helping Hands (MC)</p> <p>6:00 Evening Movie (MC)</p>	<p>9:45 Seated Yoga (MC) 12</p> <p>11:00 One-on-One with Life Enrichment (MC)</p> <p>11:00 Life Skill: Puzzle and Pondering (MC)</p> <p>1:30 Ring Toss (MC)</p> <p>1:30 Hearing Clinic w/ Martin * Sign-up with at Front Desk* (SPA)</p> <p>2:30 How It's Made (MC)</p> <p>3:30 Snakes and Ladders (MC)</p> <p>6:00 Reading with Household (MC)</p>	<p>Foot Care Nurse * Sign Up at the Front Desk* (STS) 13</p> <p>10:00 Stretching and Mobility (MC)</p> <p>10:30 Java Music Club Sing-along on the Patio (MC)</p> <p>11:00 Walking Party (MC)</p> <p>1:30 Fitminds Interactive (MC)</p> <p>2:00 Seasonal Fruit Social (MC)</p> <p>3:00 Artfull Enrichment Crafternoon (MC)</p> <p>6:00 What Happened This Week (MC)</p>	<p>9:45 Stretching and Mobility (MC) 14</p> <p>10:00 Evelyn's Baking Corner (MC)</p> <p>10:15 Sing Along with Susie Q (MC)</p> <p>11:30 Daily Chronicles (MC)</p> <p>1:30 Games on Memory Co (MC)</p> <p>2:00 Freshly Baked Goods Social (MC)</p> <p>3:00 Mexican Dominos (MC)</p> <p>4:00 Go for Life Walking (MC)</p> <p>6:00 Coloring Inn W/ RSA's (MC)</p>	<p>9:45 Life Station: Folding & Sorting (MC) 15</p> <p>10:00 Fall Prevention w/ Jerome (MC)</p> <p>10:30 Find the Match (MC)</p> <p>1:30 Group Reading Circle (MC)</p> <p>2:00 Fall Prevention w/ Kaushaljit (MC)</p> <p>2:30 Chef Choice Social (MC)</p> <p>3:30 Sing Fit (MC)</p> <p>4:00 Seated Badminton (MC)</p> <p>6:00 Tangrams and Puzzles w/ RSA (MC)</p>	<p>9:45 Seated Tai Chi and Chai Tea (MC) 16</p> <p>10:30 MOMA Painting (MC)</p> <p>11:00 Triviamania (MC)</p> <p>1:30 Noodle Balloon (MC)</p> <p>2:00 Afternoon Tea and Treat Social! (B/B)</p> <p>3:00 Armchair Travel (MC)</p> <p>3:30 Happy Hour and Entertainment by Duo Saxophonist Rich Underhill and Guitarist Nathan Hiltz (B/B)</p> <p>4:30 Life Skills: Helping with Dinner (MC)</p> <p>6:00 Friday Night Movie and Popcorn (MC)</p>	<p>9:45 Drumfit w/ RSA (MC) 17</p> <p>10:00 Morning Entertainment w/ Marcus (MC)</p> <p>10:30 Sing Along with Susie Q. (MC)</p> <p>11:00 Jigsaw Puzzle w/ RSA (MC)</p> <p>2:00 Fall Prevention w/ Kaushaljit (MC)</p> <p>2:30 Chef Choice Social (MC)</p> <p>3:00 Meditation and Mandala Coloring (MC)</p> <p>4:00 Go 4 Life Walking (MC)</p> <p>6:00 You and Me Time with the Household Team (MC)</p>



INSPIRED
SENIOR LIVING

January 2026

Don Mills Retirement Residence

Memory Care Household



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:45 Ball Toss (MC) 18</p> <p>10:15 Virtual Church Service (MC)</p> <p>10:30 Pet Therapy with Isabelle and Robby (MC)</p> <p>11:00 Spiritual Eldercare: Hymns (MC)</p> <p>2:30 Chef Choice Social (MC)</p> <p>3:00 Memory Lane (MC)</p> <p>4:00 Life Skill: Helping Hands (MC)</p> <p>6:00 Evening Movie (MC)</p>	<p>9:45 Seated Yoga (MC) 19</p> <p>11:00 One-on-One with Life Enrichment (MC)</p> <p>11:00 Life Skill: Puzzle and Pondering (MC)</p> <p>1:30 Ring Toss (MC)</p> <p>2:30 How It's Made (MC)</p> <p>3:30 Picture Bingo (MC)</p> <p>6:00 Reading with Household (MC)</p>	<p>10:00 Stretching and Mobility (MC) 20</p> <p>10:30 Java Music Club Sing-along on the Patio (MC)</p> <p>11:00 Walking Party (MC)</p> <p>1:30 Fitminds Interactive (MC)</p> <p>2:00 Seasonal Fruit Social (MC)</p> <p>3:00 Artfull Enrichment Crafternoon (MC)</p> <p>6:00 What Happened This Week (MC)</p>	<p>9:45 Stretching and Mobility (MC) 21</p> <p>10:00 Evelyn's Baking Corner (MC)</p> <p>10:15 Sing Along with Susie Q (MC)</p> <p>11:30 Daily Chronicles (MC)</p> <p>1:30 Games on Memory Co (MC)</p> <p>2:00 Freshly Baked Goods Social (MC)</p> <p>3:00 Mexican Dominos (MC)</p> <p>4:00 Go for Life Walking (MC)</p> <p>6:00 Coloring Inn W/ RSA's (MC)</p>	<p>9:45 Life Station: Folding & Sorting (MC) 22</p> <p>10:00 Fall Prevention w/ Jerome (MC)</p> <p>10:30 Find the Match (MC)</p> <p>1:30 Group Reading Circle (MC)</p> <p>2:00 Fall Prevention w/ Kaushaljit (MC)</p> <p>2:30 Chef Choice Social (MC)</p> <p>3:30 Sing Fit (MC)</p> <p>4:00 Seated Badminton (MC)</p> <p>6:00 Tangrams and Puzzles w/ RSA (MC)</p>	<p>9:45 Seated Tai Chi and Chai Tea (MC) 23</p> <p>10:30 MOMA Painting (MC)</p> <p>11:00 Triviamania (MC)</p> <p>1:30 Noodle Balloon (MC)</p> <p>2:00 Afternoon Tea and Treat Social! (B/B)</p> <p>3:00 Armchair Travel (MC)</p> <p>4:30 Life Skills: Helping with Dinner (MC)</p> <p>6:00 Friday Night Movie and Popcorn (MC)</p>	<p>9:45 Drumfit w/ RSA (MC) 24</p> <p>10:30 Sing Along with Susie Q. (MC)</p> <p>11:00 Jigsaw Puzzle w/ RSA (MC)</p> <p>2:00 Fall Prevention w/ Kaushaljit (MC)</p> <p>2:30 Chef Choice Social (MC)</p> <p>3:00 Meditation and Mandala Coloring (MC)</p> <p>4:00 Go 4 Life Walking (MC)</p> <p>6:00 You and Me Time with the Household Team (MC)</p>
<p>Robbie Burns Day! * Wear Plaid* 25</p> <p>Dental Hygienist Visit w/ Joanne *Sign up at the Front Desk* (SPA)</p> <p>9:45 Ball Toss (MC)</p> <p>10:15 Virtual Church Service (MC)</p> <p>10:30 Pet Therapy with Isabelle and Robby (MC)</p> <p>10:30 Come Celebrate Robbie Burns Day with Entertainment by the Sparklettes (B/B)</p> <p>11:00 Spiritual Eldercare: Hymns (MC)</p> <p>2:30 Chef Choice Social (MC)</p> <p>3:00 Memory Lane (MC)</p> <p>4:00 Life Skill: Helping Hands (MC)</p> <p>6:00 Evening Movie (MC)</p>	<p>9:45 Seated Yoga (MC) 26</p> <p>11:00 One-on-One with Life Enrichment (MC)</p> <p>11:00 Life Skill: Puzzle and Pondering (MC)</p> <p>1:30 Ring Toss (MC)</p> <p>2:30 How It's Made (MC)</p> <p>3:30 Snakes and Ladders (MC)</p> <p>6:00 Reading with Household (MC)</p>	<p>Foot Care Nurse * Sign Up at the Front Desk* (STS) 27</p> <p>National Chocolate Cake Day</p> <p>10:00 Stretching and Mobility (MC)</p> <p>10:30 Java Music Club Sing-along on the Patio (MC)</p> <p>11:00 Walking Party (MC)</p> <p>1:30 Fitminds Interactive (MC)</p> <p>2:00 Chocolate Cake Social (MC)</p> <p>3:00 Artfull Enrichment Crafternoon (MC)</p> <p>6:00 What Happened This Week (MC)</p>	<p>9:45 Stretching and Mobility (MC) 28</p> <p>10:00 Evelyn's Baking Corner (MC)</p> <p>10:15 Sing Along with Susie Q (MC)</p> <p>11:30 Daily Chronicles (MC)</p> <p>1:30 Games on Memory Co (MC)</p> <p>2:00 Freshly Baked Goods Social (MC)</p> <p>3:00 Mexican Dominos (MC)</p> <p>4:00 Go for Life Walking (MC)</p> <p>4:00 Monthly Birthday Happy Hour 'January Birthdays' (B/B)</p> <p>6:00 Coloring Inn W/ RSA's (MC)</p>	<p>9:45 Life Station: Folding & Sorting (MC) 29</p> <p>10:00 Fall Prevention w/ Jerome (MC)</p> <p>10:30 Find the Match (MC)</p> <p>1:30 Group Reading Circle (MC)</p> <p>2:00 Fall Prevention w/ Kaushaljit (MC)</p> <p>2:30 Chef Choice Social (MC)</p> <p>3:30 Sing Fit (MC)</p> <p>4:00 Seated Badminton (MC)</p> <p>6:00 Tangrams and Puzzles w/ RSA (MC)</p>	<p>9:45 Seated Tai Chi and Chai Tea (MC) 30</p> <p>10:30 MOMA Painting (MC)</p> <p>11:00 Triviamania (MC)</p> <p>1:30 Noodle Balloon (MC)</p> <p>2:00 Afternoon Tea and Treat Social! (B/B)</p> <p>3:00 Armchair Travel (MC)</p> <p>4:30 Life Skills: Helping with Dinner (MC)</p> <p>6:00 Friday Night Movie and Popcorn (MC)</p>	<p>9:45 Drumfit w/ RSA (MC) 31</p> <p>10:00 Morning Entertainment with Zack Erickson (MC)</p> <p>10:30 Sing Along with Susie Q. (MC)</p> <p>11:00 Jigsaw Puzzle w/ RSA (MC)</p> <p>2:00 Fall Prevention w/ Kaushaljit (MC)</p> <p>2:30 Chef Choice Social (MC)</p> <p>3:00 Meditation and Mandala Coloring (MC)</p> <p>4:00 Go 4 Life Walking (MC)</p> <p>6:00 You and Me Time with the Household Team (MC)</p>



Be Welcomed

Calendar Legend

Outing
Special Program
Cruise Week
Living, Loving, Local
Signature Program

Locations Legend

Memory Care (MC)
Don's Bar/Bistro (B/B)
Spa (SPA)

Suite-to-Suite (STS)
Decadence Dining Hall (DDH)
Dining Room (DR)