

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

Srushti Patel

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



March 2026 Newsletter

Don Mills

Retirement Residence



March Outings

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

Ed Mirvish 'Some like it Hot' (\$100 per ticket)

Wednesday March 4th at 6pm

Shoppers and Metro Drop Off

Thursday March 12th at 10am

ROM ' Wildlife Photographer of the year 2025 * 35 dollars*

Friday March 13th at 9:30am

Pickering Casino

Thursday March 26th at 10pm

Yorkdale Mall

Friday March 27th at 9:45am

Meetings This Month

Activities Meeting with Shanay

Wednesday March 4th at 3pm in the Theatre

Share your Thoughts

Residents Forum

Tuesday March 3rd at 2pm in the Theatre

Culinary Meeting with Chef Cesar

Wednesday March 18th at 1:30pm in the Theatre

Living, Loving
Local

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
Maple!**

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.

March Highlights

Caribbean Cruise Week:

Join us for an exciting **Caribbean Cruise Adventure** from **Friday, March 6th to Thursday, March 12th!**

We'll be traveling to stunning destinations including **Mexico, Jamaica, Aruba, Belize, Trinidad and Tobago, and the Bahamas.**

On **Thursday, March 5th**, all residents will receive a special cruise passport containing a schedule of themed events and activities for the week. Each time you participate in an activity, you'll earn a stamp in your passport.

At the end of the week, the resident with the most stamps will have a chance to win exciting prizes!



- 1st place - \$100 Gift Card
- 2nd Place - \$75 Gift Card
- 3rd place - \$50 Gift Card



So grab your beach hats, get your sunscreen ready, and prepare for a week of tropical fun and adventure. We can't wait to set sail with you!

St Patrick's Day

Join us on Tuesday, March 17th at 3:00 PM in the Dining Room for a festive St. Patrick's Day performance with Lia and Laurence.

Lia is a violinist, pianist, and cellist and a graduate of Western University, where she earned her Bachelor of Music with Honors in Violin Performance. With over 19 years of experience, she performs a wide range of styles including classical, Celtic, bluegrass, and folk, and has appeared at venues and events such as the Queen Elizabeth Theatre and the 2010 Vancouver Olympic Games.

Laurence Schaufele is a violist trained in the European classical tradition and a graduate of The Royal Conservatory of Music. His experience spans classical, jazz, Celtic, bluegrass, and more, bringing versatility and depth to every performance.

Don't miss this lively afternoon of music in celebration of St. Patrick's Day!



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

Guest Speaker Lianne Harris ' Amazing Women Canadian Series'

Thursday March 5th at 1:30pm in the Theatre

Happy Hour and Ent w/ Mariachi Duo

Friday March 6th at 3:30pm in the Bar Bistro

Entertainment w/ Jamaican Steelpan Lovesound

Saturday March 7th at 2pm in the Bar Bistro

Happy Hour and Ent w/ Pianist Martin Wall

Friday March 13th at 3pm in the Dining Room

Come Celebrate St Patrick's Day with Entertainment by performers Lia and Laurence

Tuesday March 17th at 3pm in the Dining Room

Birthday Happy Hour Entertainment with John Amato

Wednesday March 25th at 3:30pm in the Bar bistro

Happy Hour and Entertainment w/ Ed Cotton

Friday March 27th at 2:30pm in the Bar Bistro

Guest Speaker Lianne Harris Amazing Women

Canadian Series

March 8th marks International Women's Day, and in honor of the occasion we are delighted to welcome guest speaker Lianne Harris on March 5th at 1:30 PM in the Theatre for her presentation, *Amazing Women*.



In this engaging talk, historian and author Lianne Harris highlights the lives and achievements of three remarkable women whose courage, creativity, and determination helped shape Canada's story. From the forests of Quebec to the prairies of Saskatchewan and the Arctic's far reaches, these explorers, humanitarians, and pioneering



farmers left a lasting legacy. Discover the powerful stories behind their contributions and celebrate the heritage they helped build — we are because they were.



Hands on exotic

As part of our much-anticipated Cruise Week, we are excited to welcome **Hands On Exotics** for a special live animal presentation on March 8th at 3:30 PM in the Bar Bistro.

They will be bringing 8–10 exotic animals for an engaging one-hour interactive experience. Come down to learn more about these amazing animals and enjoy this unique, up-close opportunity!



New Weekend Series this Month

Morning Series: Britain's Most Historic Towns

Starting Friday March 13th at 10am in the theatre



In this unique take on British History, Professor Alice Roberts explores Britain's rich and varied past through the stories of individual towns. In each programme Alice studies key periods in British history by delving into the secrets of historic towns



Afternoon Series: The Night Manager

Starting Friday March 13th at 2pm in the Theatre

Based on John Le Carre's Best Selling novel, ex British soldier Jonathan Pine is recruited by MI-6 to infiltrate the inner circle of a dangerous arms trader.

Prime Series: Nile '5000 years of History'

Starting Tuesday, March 31st at 1:30 PM in the Theatre



For over 5,000 years, Egypt has been shaped by one powerful force: the River Nile. Historian Bettany Hughes embarks on the journey of a lifetime, traveling 900 miles along the Nile from its mouth to Egypt's southern border. Aboard a traditional Nile cruise boat, she experiences the country much as the ancient Egyptians once did — from the vantage point of the great river that gave life to an extraordinary civilization.

March Highlights

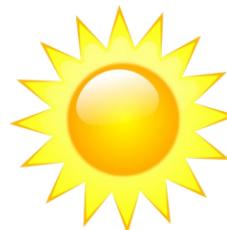
Creative Art Workshop: Paint and Sip

Join us on **March 9th at 2:30 PM** for a creative and inspiring afternoon!



We're excited to welcome **Welysium Studio** for an in-person, step-by-step art workshop. Their talented instructors will guide you through creating your very own Caribbean-inspired masterpiece.

During the session, enjoy a glass of wine, great conversation, and a relaxing atmosphere. No experience is needed—**Welysium Studio's** workshops are thoughtfully designed to be social, stress-free, and fully guided creative experiences for residents of all skill levels.



Come unwind, get creative, and leave with a beautiful piece of art you'll be proud to display! You will also receive a Cruise week stamp for your participation, please sign-up at the front desk

Vendors this Month

**Sign –up at the front desk
Hearing Clinic w/ Martin**

Monday March 9th starting at 1:30pm

Foot Care Nurse

Tuesday March 10th and 24th

Massage Therapist

Saturday March 14th at 28th starting at 9am

Dental Hygienist

March 22nd