



INSPIRED SENIOR LIVING

March 2026

Don Mills Retirement Residence

Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:45 Spiritual Hymns (ALR) 1</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 E8 'Dear Mrs. Kennedy' (T&L)</p> <p>2:00 TV Series: Jane Eyre (1983) EP. 1, 2 & 3 (ALR)</p> <p>2:30 Meditation and Mandala (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: An Officer and a Gentleman (T&L)</p>	<p>10:00 Virtual Chair Yoga w/ Sherry (ALR) 2</p> <p>10:30 Grandpa Writing Program to Ms Abbotts Gr 3/4 Class (B/B)</p> <p>11:00 Armchair Travel (DDH)</p> <p>1:30 Sing Fit (DDH)</p> <p>1:30 Musical Movie Mondays: Frank Sinatra All or Nothing at All (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 Sleep Better" (T&L)</p> <p>7:00 Musical Movie Mondays: Frank Sinatra All or Nothing at All (T&L)</p>	<p>9:45 Fall Prevention w/ Jerome (DDH) 3</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 Residents Forum (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: Not Without my Daughter (T&L)</p>	<p>9:30 Music Therapy w/ Arianne (ALR) 4</p> <p>10:00 Functional Exercise with Kelly (B/B)</p> <p>10:30 Seated Badminton (DDH)</p> <p>11:00 Tech Help (CC)</p> <p>11:00 National Geographic Series (ALR)</p> <p>2:00 Card Games and Coffee Time (DDH)</p> <p>3:00 Concerts in Care (ALR)</p> <p>3:00 Activities Meeting with Life Enrichment Manager Shanay *Share your thoughts* (T&L)</p> <p>4:00 \$3 Cocktail Hour and Billiards (B/B)</p> <p>6:00 Outing: Ed Mirvish Theatre 'Some Like it Hot' (\$100 Per Resident) (OUT)</p> <p>7:00 Movie Night: The Hundred Foot Journey (T&L)</p>	<p>9:45 Drumfit (DDH) 5</p> <p>10:15 Communion and Prayers with Elfrieda 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 Guest Speaker: Lianne Harris ' Amazing Women Canadian Series' (T&L)</p> <p>1:30 Gentle Fitness w/ Fahimah (DDH)</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>4:00 Cruise Week Passport Drop Off! (STS)</p> <p>7:00 Evening Travelog: Mexico Vacation (T&L)</p>	<p>Caribbean Cruise Week Kick Off! Port One: Welcome to Mexico! *Wear Sun Hats or Sunglasses* 6</p> <p>9:30 World's Greatest S1 Ep 3 'Capital Cities' (T&L)</p> <p>9:45 Fit Minds Interactive (DDH)</p> <p>10:30 Manicures and Hand Masks w/ Relaxing Music (DDH)</p> <p>11:00 Seated Dance class with Katya (B/B)</p> <p>11:00 Vendor: Triple Eight Clothing (11am to 3pm) (ML)</p> <p>2:00 Deck Game: Cafternoon 'Frida Flower Crowns' (ALR)</p> <p>3:30 Happy Hour w/ Peach Margaritas and Entertainment by a Mariachi Duo (B/B)</p> <p>7:00 Evening Travelog: Jamaica (T&L)</p>	<p>Port 2: Welcome to Jamaica! *Wear Black, Yellow or Green* 7</p> <p>10:15 Stretching and Mobility Exercise (DDH)</p> <p>10:45 Don Mills Choir w/ Marcus *Sing along* (T&L)</p> <p>1:00 Cruise Week Open House *1pm - 4pm* (B/B)</p> <p>1:30 Gentle Fitness w/ Fahimah (DDH)</p> <p>2:00 Rum Punch & Entertainment w/ Jamaican Steelpan 'Lovesound' (B/B)</p> <p>3:30 Deck Game: Jamaican Dominos (CC)</p> <p>3:30 Social & Art (DDH)</p> <p>7:00 Evening Documentary: Aruba "Turning the Tides" (T&L)</p>
<p>Port 3: Welcome to Aruba! *Wear Blue, Yellow or Red* 8</p> <p>9:45 Spiritual Hymns (ALR)</p> <p>10:15 Get Moving w/ Seated Zumba (DDH)</p> <p>10:30 Crafternoon: Beach Bracelets * Sign up at the front desk* (B/B)</p> <p>11:00 Activity Booklet * Front Desk* (C)</p> <p>2:00 Sunday Series: The Crown S2 E9 "Paterfamilias" (T&L)</p> <p>2:00 TV Series: Jane Eyre (1983) EP. 4 (ALR)</p> <p>2:45 Happy Hour Special Cocktail Aruba Ariba w/ Coconut Shrimp (B/B)</p> <p>3:30 Hands on Exotic *Live Animals* (B/B)</p> <p>4:00 Go for Life Walking (MIL)</p> <p>7:00 Evening Travelog: Hidden Belize (T&L)</p>	<p>Port 4: Welcome to Belize! *Wear Blue or Red* 9</p> <p>10:00 Virtual Chair Yoga w/ Sherry (ALR)</p> <p>10:30 Hangman - Cruise Edition (DDH)</p> <p>11:00 Armchair Travel (DDH)</p> <p>1:30 Sing Fit (DDH)</p> <p>1:30 Hearing Clinic w/ Martin * Sign-up with at Front Desk* (SPA)</p> <p>2:00 Prime Documentary: Secret Life Of The Cruise (T&L)</p> <p>2:30 Short Stories Reading (ALR)</p> <p>2:30 Creative Art Workshop: Paint and Sip * Sign up at the Front Desk* (CC)</p> <p>4:00 TikTok Dance & Cocktail Hour w/ Belize Breeze (B/B)</p> <p>7:00 Evening Travelog: The Real Trinidad exploring the Culture, History and Natural Beauty (T&L)</p>	<p>Port 5: Welcome to Trinidad and Tobago! *Wear Red and Black* 10</p> <p>Foot Care Nurse * Sign Up at the Front Desk* (STS)</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 National Geographic: Pirate Ships of the Caribbean (ALR)</p> <p>2:00 Caribbean Rum Tasting * Sign up at the front desk* (B/B)</p> <p>2:30 Artful Corner - Beachy Starfish (DDH)</p> <p>3:30 Sing Along (ALR)</p> <p>4:00 Nature Walk and Reflection (MIL)</p> <p>4:00 Happy Hour w/ Special Cocktail: Blue Trinny & Staff Limbo Competition (B/B)</p> <p>7:00 Evening Travelog: Bahamas (T&L)</p>	<p>Port 6: Welcome to the Bahamas! *Wear black and yellow* 11</p> <p>9:45 Active Game: Bowling (ALR)</p> <p>10:00 Functional Exercise with Kelly (B/B)</p> <p>10:45 Travel Log: Bahamas (ALR)</p> <p>11:00 Tech Help (CC)</p> <p>1:30 Deck Game: Pokeno (ALR)</p> <p>3:00 Concerts in Care (ALR)</p> <p>3:00 Bahamas Resort Mini Putting (B/B)</p> <p>4:00 Happy Hour w/ Special Cocktail: Sky Juice! (B/B)</p> <p>7:00 Evening Documentary: By Train to Hudson Bay (T&L)</p>	<p>Last Stop, Welcome Back to Canada! * Red and White* 12</p> <p>9:45 Drumfit (DDH)</p> <p>10:00 Outing: Shoppers Drug mart/Metro Drop off *Sign up at the Front Desk* (OUT)</p> <p>10:15 Communion and Prayers with Elfrieda 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/ Fahimah (DDH)</p> <p>2:00 Letter Draw Challenge (ALR)</p> <p>3:00 Happy Hour Special w/ Caesar and Poutines (Hand in your Passports) (B/B)</p> <p>4:00 Go 4 Life Walking (MIL)</p> <p>7:00 Movie Night: Still Mine (T&L)</p>	<p>9:30 Outing: Royal Ontario Museum Wildlife Photographer of the year 2025 ** \$30 per resident ** (OUT) 13</p> <p>9:45 Fit Minds Interactive (DDH)</p> <p>10:00 Britain's Most Historic Towns S1 Ep 1 "Roman Chester" (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 Match Up (ALR)</p> <p>2:00 Prime Series: The Night Manager S1 Ep 1 (T&L)</p> <p>3:00 Happy Hour and Entertainment with Pianist Martin Wall (DR)</p> <p>7:00 Friday Night Movie and Popcorn: The Best Exotic Marigold Hotel (T&L)</p>	<p>9:00 Massage Therapy Session w/ Morgan RMT- Sign up at the front desk (SPA) 14</p> <p>10:15 Stretching and Mobility Exercise (DDH)</p> <p>1:30 Gentle Fitness w/ Fahimah (DDH)</p> <p>2:00 Group Crossword (DDH)</p> <p>2:30 Marketing Event: Dance Performance by Toronto's Chladach Irish Dance Studio (B/B)</p> <p>3:00 Social & Art (DDH)</p> <p>3:30 Saturday Series: PBS Documentaries ' Finding Your Roots Immigrant Nation' - S4 EP5 (T&L)</p> <p>7:00 Movie Night: The English Patient (T&L)</p>
<p>9:45 Spiritual Hymns (ALR) 15</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 E10 'Mystery Man' (T&L)</p> <p>2:00 TV Series: Jane Eyre (1983) EP. 5 & 6 (ALR)</p> <p>2:30 Meditation and Mandala (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: The War of the Roses (T&L)</p>	<p>10:00 Virtual Chair Yoga w/ Sherry (ALR) 16</p> <p>10:30 Wheel Of Fortune (DDH)</p> <p>11:00 Armchair Travel (DDH)</p> <p>1:30 Sing Fit (DDH)</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 " Putting your Phone to Sleep" (T&L)</p> <p>7:00 Musical Movie Mondays: Hello Dolly (T&L)</p>	<p>Home Library Service **Exchange** 17</p> <p>St Patrick's Day! *Wear Green*</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>2:30 Artful Corner: Name That Tune (DDH)</p> <p>3:00 Come Celebrate St Patrick's Day with Entertainment by Laurence and Lia (DR)</p> <p>4:00 Nature Walk and Reflection (MIL)</p> <p>7:00 Movie Night: The Ultimate Gift (T&L)</p>	<p>9:30 Music Therapy w/ Arianne (ALR) 18</p> <p>10:00 Functional Exercise with Kelly (B/B)</p> <p>10:30 Seated Badminton (DDH)</p> <p>11:00 Tech Help (CC)</p> <p>11:00 National Geographic Series (ALR)</p> <p>1:30 Culinary Meeting (T&L)</p> <p>2:00 Card Games and Coffee Time (DDH)</p> <p>3:00 Concerts in Care (ALR)</p> <p>4:00 \$3 Cocktail Hour and Billiards (B/B)</p> <p>7:00 Movie Night: The Roses (T&L)</p>	<p>9:45 Drumfit (DDH) 19</p> <p>10:15 Communion and Prayers with Elfrieda 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/ Fahimah (DDH)</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: Conviction (T&L)</p>	<p>9:45 Fit Minds Interactive (DDH) 20</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: The Night Manager S1 Ep 2 (T&L)</p> <p>3:30 Happy Hour (B/B)</p> <p>7:00 Friday Night Movie and Popcorn: Rocky (T&L)</p>	<p>10:15 Stretching and Mobility Exercise (DDH) 21</p> <p>10:30 Morning Entertainment w/ Isaac (MC)</p> <p>1:30 Gentle Fitness w/ Fahimah (DDH)</p> <p>2:00 Around The World: Passport (ALR)</p> <p>2:30 Sing Along with Susie Q (ALR)</p> <p>2:30 Saturday Series: PBS Documentaries ' Finding Your Roots Black Like Me' - S4 EP6 (T&L)</p> <p>3:00 Social and Art with Shari (DDH)</p> <p>7:00 Movie Night: My Old Lady (T&L)</p>



INSPIRED SENIOR LIVING

March 2026

Don Mills Retirement Residence Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dental Hygienist Visit w/ Joanne *Sign up at the Front Desk* (SPA) 22 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) 2:00 Sunday Series: The Crown S2 E2 'A Company of Men' (T&L) 2:00 TV Series: Jane Eyre (1983) EP. 7 & 8 (ALR) 2:30 Meditation and Mandala (DDH) 3:00 Afternoon Tea and Trivia! (B/B) 4:00 Go for Life Walking (MIL) 7:00 Movie Night: To Have and Have Not (T&L)	10:00 Virtual Chair Yoga w/ Sherry (ALR) 23 10:30 Word Game: Hangman (ALR) 11:00 Armchair Travel (DDH) 1:30 Sing Fit (DDH) 1:30 Musical Movie Mondays: Walk the Line (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 " The Weird World of Dreams" (T&L) 7:00 Musical Movie Mondays: Walk The Line (T&L)	Foot Care Nurse * Sign Up at the Front Desk* (STS) 24 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) 2:30 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: The Magic of Belle Isle (T&L)	9:45 Active Game: Bowling (ALR) 25 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) 3:00 Concerts in Care (ALR) 3:30 Birthday Happy Hour Entertainment w/ John Amato ' March Birthdays' (B/B) 6:00 Pet Therapy w/ St.John Ambulance (ALR) 7:00 Movie Night: Wild Oats (T&L)	9:45 Drumfit (DDH) 26 10:00 Outing: Pickering Casino *Sign-up at 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/ Fahimah (DDH) 2:00 Letter Draw Challenge (ALR) 3:00 Afternoon Tea and Treat Social Timeless Tunes with Joe (B/B) 4:00 Go 4 Life Walking (MIL) 6:30 Pub Night Social & Trivia Challenge (B/B) 7:00 Movie Night: A Brilliant Young Mind (T&L)	9:45 Fit Minds Interactive (DDH) 27 9:45 Outing Yorkdale Mall * Sign up at the Front Desk* (OUT) 10:00 Britain's Most Historic Towns S1 Ep 2 "Viking York" (T&L) 11:00 Word Search, Daily Chronicles and Chit Chat (DDH) 11:00 Seated Dance class with Katya (B/B) 2:00 Match Up (ALR) 2:00 Prime Series: The Night Manager S1 Ep 3 (T&L) 2:00 Reminiscing: My Fair Lady (ALR) 2:30 Happy Hour & Entertainment w/ Ed Cotton (B/B) 7:00 Friday Night Movie and Popcorn: Margin Call (T&L)	9:00 Massage Therapy Session w/ Morgan RMT- Sign up at the front desk (SPA) 28 10:15 Stretching and Mobility Exercise (DDH) 10:45 Don Mills Choir w/ Marcus *Sing along* (T&L) 1:30 Gentle Fitness w/ Fahimah (DDH) 2:00 Group Crossword (DDH) 2:30 Sing Along with Susie Q (ALR) 2:30 Saturday Series: PBS Documentaries ' Finding Your Roots Children of the Revolution' - S4 EP7 (T&L) 3:00 Social and Art with Shari (DDH) 7:00 Movie Night: The Lady in the Van (T&L)
9:45 Spiritual Hymns (ALR) 29 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) 2:00 TV Series: Jane Eyre (1983) EP. 9, 10 & 11 (ALR) 2:30 Meditation and Mandala (DDH) 3:00 Afternoon Tea and Treat Social (B/B) 4:00 Go for Life Walking (MIL) 7:00 Movie Night: South Pacific (T&L)	10:00 Virtual Chair Yoga w/ Sherry (ALR) 30 10:30 Wheel Of Fortune (DDH) 11:00 Armchair Travel (DDH) 1:30 Sing Fit (DDH) 1:30 Musical Movie Mondays: Mama Mia Here we go again (T&L) 2:30 Short Stories Reading (ALR) 3:00 Afternoon Tea and Treat Social (B/B) 7:00 Musical Movie Mondays: Mama Mia Here we go again (T&L)	9:45 Fall Prevention w/ Jerome (DDH) 31 10:30 Gentle Fitness w/ Jerome (B/B) 10:30 Picture Bingo (DDH) 1:30 Physical Game (DDH) 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: Rental Family (T&L)	 <h3>St. Patricks Day</h3>		 <h3>Cruise Week Open House</h3>	



Elimination of Racial Discrimination Day

Be Welcomed

Calendar Legend

- Outing
- Special Program
- Cruise Week
- 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)
- Concierge (C)
- Outing (OUT)
- Spa (SPA)
- Suite-to-Suite (STS)
- Dining Room (DR)
- Mills Lobby (ML)
- Memory Care (MC)