



INSPIRED SENIOR LIVING

March 2026

Don Mills Retirement Residence



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|---|--|
| <p>10:00 Virtual Gentle Fitness (CC) 1</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 E8 ' Dear Mrs. Kennedy' (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: An Officer and a Gentleman (T&L)</p> | <p>10:00 Better your Mind - Fit Minds (Session 1) (CC) 2</p> <p>11:00 Better your Mind - Fit Minds (Session 2) (CC)</p> <p>1:30 Grandpa Writing Program to Ms Abbotts Gr 3/4 Class (B/B)</p> <p>1:30 Musical Movie Mondays: Frank Sinatra All or Nothing at All (T&L)</p> <p>2:30 Drum Fit (CC)</p> <p>3:00 Afternoon Tea and Treat Social (B/B)</p> <p>3:30 Rummy (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>11:15 Strength & Balance w/ Jerome (CC)</p> <p>2:00 Residents 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: Not Without my Daughter (T&L)</p> | <p>10:00 Functional Exercise with Kelly (B/B) 4</p> <p>11:00 Tech Help (CC)</p> <p>2:00 \$1 Bingo (CC)</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>10:15 Communion and Prayers with Elfreida and James (T&L) 5</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 ' Amazing Women Canadian Series' (T&L)</p> <p>2:30 Texas Hold'em *Bring \$2* ** Limited Spots** (CC)</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>4:00 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>10:00 Deck Game: Crafternoon " Frida Flower Crowns" (CC)</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>1:30 Deck Game: Come Play Euchre (CC)</p> <p>2:00 Friday Series: All the Light We Cannot See: Ep4 (T&L)</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>9:45 Premier League *Come watch English Football* (CC)</p> <p>10:00 Deck Game: Wordle (T&L)</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 Virtual Soca Silver Sneakers Class w/ Metro Physical Therapy (CC)</p> <p>2:00 Rum Punch & Entertainment w/ Jamaican Steelpan 'Lovesound' (B/B)</p> <p>3:30 Deck Game: Jamaican Dominos (CC)</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>10:00 Virtual Gentle Fitness (CC)</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>1:30 Cruise Week: Wheel of Fortune (CC)</p> <p>2:00 Sunday Series: The Crown S2 E9 " Paterfamilias" (T&L)</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 Deck Game: Better your Mind - Fit Minds (CC)</p> <p>11:00 Deck Game: Better your Mind - Fit Minds (CC)</p> <p>1:30 Hearing Clinic w/ Martin * Sign-up with at Front Desk* (SPA)</p> <p>1:30 Beach Spa Day: Paraffin Wax Treatment *sign up at reception* (B/B)</p> <p>2:00 Prime Documentary: Secret Life Of The Cruise (T&L)</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>11:15 Strength & Balance w/ Jerome (CC)</p> <p>1:30 National Geographic: Pirate Ships of the Caribbean (T&L)</p> <p>2:00 Carribean Rum Tasting * Sign up at the front desk* (B/B)</p> <p>3:00 Deck Game: What's In A Word? (T&L)</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>10:00 Functional Exercise with Kelly (B/B)</p> <p>10:30 Texas Hold'em *Bring \$2* **6 spots max** (CC)</p> <p>11:00 Tech Help (CC)</p> <p>1:30 Sunset \$1 Bingo (CC)</p> <p>2:00 Afternoon Documentary: Caribbean "The Wild Side of Paradise" (T&L)</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>10:00 Outing: Shoppers Drug mart/Metro Drop off *Sign up at the Front Desk* (OUT)</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>2:00 Bocce Tournament (DR)</p> <p>3:00 Happy Hour Special w/ Caesar and Poutines (Hand in your Passports) (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: 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>10:00 Britain's Most Historic Towns S1 Ep 1 "Roman Chester" (T&L)</p> <p>10:45 Mens Club w/ Cesar (B/B)</p> <p>11:00 Walking Word Search (*)</p> <p>1:30 Come Play Euchre (CC)</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>9:45 Premier League *Come watch English Football* (CC)</p> <p>10:00 Word Game: Wordle (T&L)</p> <p>1:30 Seated Tai Chi (CC)</p> <p>2:00 Resident Run Social Bridge (LB)</p> <p>2:30 Marketing Event: Dance Performance by Toronto's Chladach Irish Dance Studio (B/B)</p> <p>3:00 Afternoon Tea and Treat (B/B)</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>10:00 Virtual Gentle Fitness (CC) 15</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 E10 ' Mystery Man' (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: The War of the Roses (T&L)</p> | <p>10:00 Better your Mind - Fit Minds (Session 1) (CC) 16</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>2:30 Drum Fit (CC)</p> <p>3:00 Afternoon Tea and Treat Social (B/B)</p> <p>3:30 Rummy (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** (C) 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>11:15 Strength & Balance w/ Jerome (CC)</p> <p>2:00 What's In A Word? (T&L)</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>10:00 Functional Exercise with Kelly (B/B) 18</p> <p>11:00 Tech Help (CC)</p> <p>1:30 Culinary Meeting (T&L)</p> <p>2:30 \$1 Bingo with Neethu (CC)</p> <p>4:00 \$3 Cocktail Hour and Billiards (B/B)</p> <p>7:00 Movie Night: The Roses (T&L)</p> | <p>10:15 Communion and Prayers with Elfreida and James (T&L) 19</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>7:00 Movie Night: Conviction (T&L)</p> | <p>10:00 Health and Wellness Blood Pressure Clinic (T&L) 20</p> <p>10:45 Mens Club w/ Cesar (B/B)</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: 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>9:45 Premier League *Come watch English Football* (CC) 21</p> <p>10:00 Word Game: Wordle (T&L)</p> <p>1:30 Seated Tai Chi (CC)</p> <p>2:00 Resident Run Social Bridge (LB)</p> <p>2:00 MOMA Painting Package: *Judy Chicago* (LB)</p> <p>2:30 Saturday Series: PBS Documentaries ' Finding Your Roots Black Like Me' - S4 EP6 (T&L)</p> <p>3:00 Afternoon Tea and Treat (B/B)</p> <p>7:00 Movie Night: My Old Lady (T&L)</p> |



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March 2026

Don Mills Retirement Residence



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Dental Hygienist Visit w/ Joanne *Sign up at the Front Desk* (SPA) 22

10:00 Virtual Gentle Fitness (CC)

10:30 Crafters Corner (B/B)

11:00 Activity Booklet * Front Desk* (C)

1:30 Resident Run Rummikub (B/B)

2:00 Sunday Series: The Crown S2 E2 ' A Company of Men' (T&L)

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 Better your Mind - Fit Minds (Session 1) (CC) **23**

11:00 Better your Mind - Fit Minds (Session 2) (CC)

1:30 Paraffin Wax Treatment *sign up at reception* (B/B)

1:30 Musical Movie Mondays: Walk the Line (T&L)

2:30 Drum Fit (CC)

3:00 Afternoon Tea and Treat Social (B/B)

3:30 Rummy (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)

11:15 Strength & Balance w/ Jerome (CC)

1:30 Mel Robbins Podcast: What Makes a Good Life? Lessons From the Longest Study on Happiness (T&L)

2:00 Texas Hold'em *Bring \$2* **6 spots max** (CC)

3:00 Afternoon Tea and Treat Social (B/B)

3:30 What's In A Word? (T&L)

4:00 Nature Walk and Reflection (MIL)

7:00 Movie Night: The Magic of Belle Isle (T&L)

10:00 Functional Exercise with Kelly (B/B) **25**

11:00 Tech Help (CC)

2:00 \$1 Bingo (CC)

2:00 Movie Matinee: Wild Oats (T&L)

3:30 Birthday Happy Hour Entertainment w/ John Amato ' March Birthdays' (B/B)

7:00 Movie Night: Wild Oats (T&L)

10:00 Outing: Pickering Casino *Sign-up at Front desk* (OUT) **26**

10:15 Communion and Prayers with Elfreida and James (T&L)

10:45 Gentle Fitness w/ Jerome (B/B)

11:00 Tech Help Sign up at Reception (STS)

11:15 Strength & Balance w/ Jerome (CC)

2:00 Bocce Tournament (DR)

3:00 Afternoon Tea and Treat Social Timeless Tunes with Joe (B/B)

3:30 Quiddler and Canasta Card Game (CC)

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 Outing Yorkdale Mall * Sign up at the Front Desk* (OUT) **27**

10:00 Britain's Most Historic Towns S1 Ep 2 "Viking York" (T&L)

11:00 Walking Word Search (*)

11:00 Seated Dance class with Katya (B/B)

1:30 Come Play Euchre (CC)

2:00 Prime Series: The Night Manager S1 Ep 3 (T&L)

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**

9:45 Premier League *Come watch English Football* (CC)

10:00 Word Game: Wordle (T&L)

10:45 Don Mills Choir w/ Marcus *Sing along* (T&L)

1:30 Seated Tai Chi (CC)

2:00 Resident Run Social Bridge (LB)

2:00 MOMA Painting Package: *Jim Fitzpatrick* (LB)

2:30 Saturday Series: PBS Documentaries ' Finding Your Roots Children of the Revolution' - S4 EP7 (T&L)

3:00 Afternoon Tea and Treat (B/B)

7:00 Movie Night: The Lady in the Van (T&L)

10:00 Virtual Gentle Fitness (CC) **29**

10:30 Crafters Corner (B/B)

11:00 Activity Booklet * Front Desk* (C)

1:30 Resident Run Rummikub (B/B)

2:00 Sunday Series: The Crown S2 E2 ' A Company of Men' (T&L)

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 Better your Mind - Fit Minds (Session 1) (CC) **30**

11:00 Better your Mind - Fit Minds (Session 2) (CC)

1:30 Paraffin Wax Treatment *sign up at reception* (B/B)

1:30 Musical Movie Mondays: Mama Mia Here we go again (T&L)

2:30 Drum Fit (CC)

3:00 Afternoon Tea and Treat Social (B/B)

3:30 Rummy (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)

11:15 Strength & Balance w/ Jerome (CC)

1:30 Prime Series: Nile ' 5000 Years of History' Ep 1 (T&L)

2:00 Texas Hold'em *Bring \$2* **6 spots max** (CC)

3:00 Afternoon Tea and Treat Social (B/B)

3:30 What's In A Word? (T&L)

4:00 Nature Walk and Reflection (MIL)

7:00 Movie Night: Rental Family (T&L)



Be Welcomed

Calendar Legend

Outing

Special Program

Cruise Week

Living, Loving, Local

Signature Program

Highlight

Locations Legend

Great Escapes (T&L)

Don's Bar/Bistro (B/B)

The Country Club (CC)

Meet in the Lobby (MIL)

Suite-to-Suite (STS)

Concierge (C)

Decadence Dining Hall (DDH)

Outing (OUT)

Dining Room (DR)

Library (LB)

Spa (SPA)

1st or 2nd floor (*)

Mills Lobby (ML)