

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



April 2026 Newsletter

Don Mills

Retirement Residence



April Outings

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

Shoppers and Metro Drop Off

Thursday April 2nd at 2:30pm

Dinner at Red Lobster

Tuesday April 14th at 4pm

Fairview Mall

Thursday April 23rd at 10am

Art Gallery Trip: Your Pick at Our Activities Meeting

Friday April 24th at 10am

Afternoon Tea at Old Mill Toronto

Thursday April 30th at 2pm

Meetings This Month

Residents Forum

Tuesday April 7th at 2pm in the Theatre

Activities Meeting with Shanay

Friday April 10th at 10am in the Theatre

Share your Thoughts

Culinary Meeting with Chef Cesar

Wednesday April 29th at 1:30pm in the Theatre

**Living, Loving
Local**

Culinary Corner

**April 28th @ 1:30pm in the
Country Club.**



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
Egg!**

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.

April Highlights**Artful Enrichment Week 2026**

Join us for a vibrant celebration of creativity during our

Artful Enrichment Week, dedicated to honoring all forms of artistic expression! We're excited to host our **first Don Mills Residence Art Show**. Residents are invited to showcase their work on Wednesday April 22nd at 4pm in the Bar Bistro during Cocktail hour. From paintings and quilts to wood carvings and other handmade pieces—everyone is welcome to participate.

Display your creations and share your talents with the community.

Want to participate?

We would love to have you involved! Please see **Life Enrichment Manager Shanay** for more details on how to be part of this exciting showcase

Outing: Art Gallery Trip your pick

Join us on **Friday, April 10 at 10:00 AM!**

Shanay will present highlights from two popular destinations:

- McMichael Canadian Art Collection
- Art Gallery of Ontario

You'll get to explore the featured exhibits and **vote on which location we'll visit on Friday, April 24**. The museum with the most votes wins!

Interested in joining the trip?

Please sign up at the front desk to reserve your spot—spaces are limited.

- ♦ **Cost:** \$30 per resident for Art Gallery

Fitness Program Updates

We're excited to share some updates to our fitness programs!

Jerome is back!

Join Jerome on **Thursday, April 2** as he resumes facilitating his three regular exercise classes. Please see the calendar for times.

New Schedule Changes Starting April 13:

Drumfit

Now on **Sundays at 1:30 PM** in the Country Club

Virtual Silver Sneakers (NEW!)

A fun, cardio-based dance class combining

movement and music

Mondays at 2:30 PM

Led by the Life Enrichment Team with a guided

Video.

If you have any questions, please reach out to the Life Enrichment Team. We look forward to staying active together!

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 ' Beijing Secrets From Forbidden City'

Thursday April 2nd at 1:30pm in the Theatre

Happy Hour and Ent w/ Pianist Martin Wall

Friday April 10th at 3pm in the Dining Room

Entertainment w/ Kelly Davis

Friday April 17th at 3:30pm in the Bar Bistro

Happy Hour and Entertainment w/ Guitarist Nathan Hiltz and Tap Dancer Vincent Marchesano

Friday April 24th at 3:30pm in the Bar Bistro

Guest Speaker Lianne Harris

Join Lianne Harris on **Thursday, April 2 at 1:30 PM** in the theatre for a fascinating presentation.

Step inside China's legendary Forbidden City and discover the hidden world of its emperors—their daily lives,

immense power, and surprising isolation. Learn about the women, advisors, eunuchs, and

servants who lived entirely in service within its walls.



This engaging 1-hour presentation offers a unique glimpse into one of history's most mysterious and guarded places.

Dance together Latin Fiesta * Live Dance Performance*

As part of Artful Enrichment Week, explore the art of dance with this fun and interactive experience!

Join our seated dance instructor, Katya, along with two guest dancers as they perform lively Latin dances. Enjoy the show and take part as we get moving together!

Monday, April 20 at 2:00 PM

Location: Bar Bistro

Come experience a different side of art—no dance experience needed!

New Weekend Series this Month

Saturday Series: *Being Beethoven*

Starting **Saturday, April 18**

Join us for this engaging documentary series exploring the life of composer Ludwig van Beethoven. Set within the context of his time, the series reveals a story of musical brilliance alongside personal struggles, including isolation and hearing loss.

Don't miss this inspiring look at one of history's greatest composers.



Creative Art Workshop

Paint Your Own Ceramic Flower Pot

Celebrate spring with a fun, hands-on art workshop!

Join us on **Saturday, April 25 at 2:15 PM** in the Country Club to decorate your very own ceramic flower pot. Once finished, choose from a selection of flowers to create your first arrangement.

Spots are limited—please sign up at the front desk to reserve your place!

April Highlights

Welcome Sips and Continental Delights w/ Stu for New Residents and families

We're excited to welcome all new residents and their families! Join us for a warm **Welcome Social** with our General Manager, Stu, who will give you a glimpse into the operations of Don Mills Retirement Residence!

This is a great opportunity to:

- Get comfortable in your new home
 - Ask questions
 - Meet fellow residents

When: Sunday, April 19 at 10:30 AM

Where: Bar Bistro

Invitations will be sent out—if you don't receive one, don't worry! You'll be included in the next social in May.