



Active Living Choices November 2024

Don Mills Seniors Apartments

Katie Kalaitzidis | Active Living Manager

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VENVI

**DON MILLS
SENIORS' APARTMENTS**

— Retirement Living —

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Turn over for Scheduled Programs for November 17th to November 30th And Additional Information.</p>	<p>Note that programs are subject to change. We will notify you of any changes in the daily calendar.</p>		<p><u>Calendar Legend</u></p> <p>All Day Technology * Special Program Outing</p>	<p><u>Locations Legend</u></p> <p>Club Room (CLR) Link (LK) Gathering Place (GP) Fitness Room (F) Recreation Area (RA) 1st Floor (1F) Outside (OUT) Bistro (B) Craft Room (CR) Apartment Lobby (AL)</p>	<p>11:00 Better Living Exercise (LK) 1</p> <p>11:00 St. Bonaventure Catholic Mass (GP)</p> <p>12:30 Bridge (CLR)</p> <p>3:00 Zumba Exercises (LK)</p> <p>4:00 TGIF Social (Bring Own Beverage) (LK)</p> <p>7:30 Movie Night: A Man Called Otto (CLR)</p>	<p>9:30 Oktokats Jazz Band Practice (GP) 2</p> <p>11:00 Sudoku (CLR)</p> <p>1:00 Cribbage (CLR)</p> <p>2:00 Euchre (LK)</p> <p>7:30 Movie Night: Green Book (CLR)</p>
<p>10:00 Pick Up & Go Wonderful Weekend Edition (1F) 3</p> <p>3:00 Boggle Word Games (CLR)</p> <p>7:30 Movie Night: The Other Woman (CLR)</p>	<p>10:15 Exercise Group (LK) 4</p> <p>11:00 Don Mills Singers w/ Daniel Rubinoff (LK)</p> <p>1:00 Bridge (LK)</p> <p>1:45 Mindful Meditation (CLR)</p> <p>2:00 Rev it Up (F)</p> <p>2:30 Healthy Minds: Music that went to WWII Presentation by James Kekanovich (RA)</p> <p>4:00 Technology 101 - Tips & Tricks (CLR)</p> <p>4:45 Virtual Chair Yoga (CLR)</p> <p>7:30 Hurricanes Big Band Practice (GP)</p>	<p>Vendor: Creative Touch by Marcella (RA)</p> <p>9:15 Outing: 19th Avenue Famers Market 5</p> <p>10:15 Strengthening Exercises (LK)</p> <p>10:15 Nordic Pole Walking Group with Lorne (LK)</p> <p>11:00 Travelogue: Somebody Feed Phil (CLR)</p> <p>12:15 Outing: Duckworth's Fish & Chips (OUT)</p> <p>1:00 Mahjong (CLR)</p> <p>2:00 Sax Magic Band Practice (GP)</p> <p>2:00 Best of Tony Bennet Virtual Concert* (CLR)</p> <p>3:00 Yoga Group w/ Sally (F)</p> <p>4:00 Group Crosswords (CLR)</p> <p>7:00 Scrabble (CLR)</p>	<p>9:45 Nature Sounds Meditation Group -Note Earlier Time (F) 6</p> <p>10:00 Splash of Colour Art Group (CLR)</p> <p>10:45 Enchanted Flutes Band Practice (GP)</p> <p>11:00 Better Living: Exercise (LK)</p> <p>2:00 Knitting/Crochet Circle (LK)</p> <p>3:00 Calendar Planning Group (LK)</p> <p>4:00 Bingo* (CLR)</p> <p>4:45 Virtual Chair Yoga (CLR)</p> <p>7:00 Rummikub (CLR)</p> <p>7:30 George Lake Band Practice (GP)</p>	<p>10:15 Exercise to Music (LK) 7</p> <p>11:00 Craft with MaryAnn: Holiday Cards (CLR)</p> <p>2:00 Dominoes - Beginners Welcome! (LK)</p> <p>3:15 Brain Fitness (LK)</p> <p>4:00 Group Crosswords (LK)</p> <p>7:00 Court Whist (CLR)</p> <p>7:00 Bistro Pub Night (B)</p>	<p>10:00 Wordle (CLR) 8</p> <p>11:00 Better Living Exercise (LK)</p> <p>11:00 Mindful Meditation (CLR)</p> <p>11:00 St. Bonaventure Catholic Communion Service (GP)</p> <p>12:30 Bridge (CLR)</p> <p>3:00 Zumba Exercises (LK)</p> <p>4:00 TGIF Social (Bring Own Beverage) (LK)</p> <p>7:30 Movie Night: Meet the Parents (CLR)</p>	<p>11:00 Sudoku (CLR) 9</p> <p>1:00 Cribbage (CLR)</p> <p>2:00 Euchre (LK)</p> <p>7:30 Movie Night: Love at First Sight (CLR)</p>
<p>10:00 Pick Up & Go Wonderful Weekend Edition (1F) 10</p> <p>3:00 Boggle Word Games (CLR)</p> <p>7:30 Movie Night: Marry Me (CLR)</p>	<p>Remembrance Day 11</p> <p>10:15 Exercise Group (LK)</p> <p>10:45 Remembrance Day Service (GP)</p> <p>1:00 Bridge (LK)</p> <p>1:45 Mindful Meditation (CLR)</p> <p>2:00 Rev it Up (F)</p> <p>2:15 Healthy Mind: Canada in World War One Presentation by Dr. Lindsay (GP)</p> <p>4:00 Online Security & Scam Protection Lecture w/Renee (CLR)</p> <p>4:45 Virtual Chair Yoga (CLR)</p> <p>7:30 Hurricanes Big Band Practice (GP)</p>	<p>10:15 Strengthening Exercises (LK) 12</p> <p>11:00 Travelogue: Somebody Feed Phil (CLR)</p> <p>1:00 Mahjong (CLR)</p> <p>2:00 You Be the Judge* (LK)</p> <p>2:00 Sax Magic Band Practice (GP)</p> <p>3:00 Yoga Group w/ Sally (F)</p> <p>4:00 Group Crosswords (CLR)</p> <p>7:00 Scrabble (CLR)</p>	<p>9:45 Nature Sounds Meditation Group (F) 13</p> <p>10:00 Splash of Colour Art Group (CLR)</p> <p>10:45 Enchanted Flutes Band Practice (GP)</p> <p>11:00 Better Living: Exercise (LK)</p> <p>11:00 Outing: Bata Shoe Museum with Lunch at Sassafras</p> <p>2:00 Knitting/Crochet Circle (LK)</p> <p>2:30 Classical Concert with Lucia (RA)</p> <p>4:00 Bingo* (CLR)</p> <p>4:45 Virtual Chair Yoga (CLR)</p> <p>7:00 Rummikub (CLR)</p> <p>7:30 George Lake Band Practice (GP)</p>	<p>10:15 Music & Movement w/Renee (LK) 14</p> <p>11:00 Homemade Hot Chocolate - Choose Your Own Toppings (CLR)</p> <p>2:00 Dominoes - Beginners Welcome! (CLR)</p> <p>2:00 Wordle Group (CLR)</p> <p>2:30 Afternoon Concert with Davis Stevens (LK)</p> <p>4:00 Group Crosswords (CLR)</p> <p>7:00 Court Whist (CLR)</p>	<p>Vendor: Fashion Jewelry & Home Décor (RA) 15</p> <p>11:00 Better Living Exercise (LK)</p> <p>11:00 St. Bonaventure Catholic Communion Service (GP)</p> <p>12:30 Bridge (CLR)</p> <p>3:00 Zumba Exercises (LK)</p> <p>4:00 TGIF Social (Bring Own Beverage) (LK)</p> <p>7:30 Movie Night: Always be My Maybe (CLR)</p>	<p>9:30 Oktokats Jazz Band Practice (GP) 16</p> <p>11:00 Sudoku (CLR)</p> <p>1:00 Cribbage (CLR)</p> <p>2:00 Euchre (LK)</p> <p>7:30 Movie Night: E.T. (CLR)</p>



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V E N V I

**DON MILLS
SENIORS' APARTMENTS**

— Retirement Living —

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
<p>10:00 Pick Up & Go Wonderful Weekend Edition (1F) 17</p> <p>2:00 Jubilee United Church Service (RA)</p> <p>3:00 Boggle Word Games (CLR)</p> <p>7:30 Movie Night: Escape From Pretoria (CLR)</p>	<p>10:15 Exercise Group (LK) 18</p> <p>11:00 Don Mills Singers w/ Daniel Rubinoff (LK)</p> <p>12:00 November Birthday Luncheon (GP)</p> <p>1:00 Bridge (LK)</p> <p>1:45 Mindful Meditation (CLR)</p> <p>2:00 Rev it Up (F)</p> <p>2:30 Afternoon Concert w/ Shaya Petroff (GP)</p> <p>3:30 Men's Pub Club in the Craft Room (CR)</p> <p>4:00 Technology 101 - Tips & Tricks (CLR)</p> <p>4:45 Virtual Chair Yoga (CLR)</p> <p>7:30 Hurricanes Big Band Practice (GP)</p>	<p>9:30 Outing: Fairview Mall (OUT) 19</p> <p>10:15 Strengthening Exercises (LK)</p> <p>10:15 Nordic Pole Walking Group with Lorne (LK)</p> <p>11:00 Travelogue: Somebody Feed Phil (CLR)</p> <p>1:00 Mahjong (CLR)</p> <p>2:00 You Be the Judge* (LK)</p> <p>2:00 Sax Magic Band Practice (GP)</p> <p>3:00 Yoga Group w/ Sally (F)</p> <p>4:00 Group Crosswords (CLR)</p> <p>7:00 Scrabble (CLR)</p>	<p><i>Vendor: Holiday decor, cards and jewelry made by MaryAnn (AL)</i> 20</p> <p>9:45 Nature Sounds Meditation Group (F)</p> <p>10:00 Splash of Colour Art Group (CLR)</p> <p>10:45 Enchanted Flutes Band Practice (GP)</p> <p>11:00 Better Living: Exercise (LK)</p> <p>2:00 Knitting/Crochet Circle (LK)</p> <p>2:00 Believe It or Not with Lynn & Daina (CLR)</p> <p>3:30 Healthy Minds: Lianne Harris presents: The Titanic Era: 1901-1918 (CR)</p> <p>4:45 Virtual Chair Yoga (CLR)</p> <p>7:00 Rummikub (CLR)</p> <p>7:30 George Lake Band Practice (GP)</p>	<p><i>Vendor: Vendor: Holiday decor, cards and jewelry made by MaryAnn (RA)</i> 21</p> <p>10:00 Music & Movement w/Renee (LK)</p> <p>10:30 Residents' General Meeting (LK)</p> <p>2:00 Who Built It? (CLR)</p> <p>2:00 Dominoes - Beginners Welcome! (LK)</p> <p>3:00 Canada: The Story of Us by CBC (CLR)</p> <p>4:00 Group Crosswords (CLR)</p> <p>7:00 Court Whist (CLR)</p>	<p>10:00 Wordle (CLR) 22</p> <p>11:00 Better Living Exercise (LK)</p> <p>11:00 Mindful Meditation (CLR)</p> <p>11:00 St. Bonaventure Catholic Communion Service (GP)</p> <p>12:30 Bridge (CLR)</p> <p>3:00 Zumba Exercises (LK)</p> <p>4:00 TGIF Social (Bring Own Beverage) (LK)</p> <p>7:30 Movie Night: Whitney Houston "I Wanna Dance with Somebody" (CLR)</p>	<p>11:00 Sudoku (CLR) 23</p> <p>1:00 Cribbage (CLR)</p> <p>2:00 Euchre (LK)</p> <p>7:30 Movie Night: Little Women (CLR)</p>			
<p>10:00 Pick Up & Go Wonderful Weekend Edition (1F) 24</p> <p>3:00 Boggle Word Games (CLR)</p> <p>7:30 Movie Night: Crazy Stupid Love (CLR)</p>	<p>10:15 Exercise Group (LK) 25</p> <p>11:00 Don Mills Singers w/ Daniel Rubinoff (LK)</p> <p>1:00 Bridge (LK)</p> <p>1:45 Mindful Meditation (CLR)</p> <p>2:00 Rev it Up (F)</p> <p>4:00 Wordscapes - Word Puzzle (CLR)</p> <p>4:45 Virtual Chair Yoga (CLR)</p> <p>7:30 Hurricanes Big Band Practice (GP)</p>	<p>10:15 Strengthening Exercises (LK) 26</p> <p>11:00 Church Of Our Saviour Anglican Service (GP)</p> <p>11:00 Travelogue: Somebody Feed Phil (CLR)</p> <p>1:00 Mahjong (CLR)</p> <p>2:00 You Be the Judge* (LK)</p> <p>2:00 Sax Magic Band Practice (GP)</p> <p>3:00 Yoga Group w/ Sally (F)</p> <p>4:00 Group Crosswords (CLR)</p> <p>7:00 Scrabble (CLR)</p>	<p>9:45 Nature Sounds Meditation Group (F) 27</p> <p>10:00 Splash of Colour Art Group (CLR)</p> <p>10:45 Enchanted Flutes Band Practice (GP)</p> <p>11:00 Better Living: Exercise (LK)</p> <p>1:00 Outing: Pickle Barrel</p> <p>2:00 Knitting/Crochet Circle (LK)</p> <p>3:00 Silver Screen Music (CLR)</p> <p>4:00 Bingo* (CLR)</p> <p>4:45 Virtual Chair Yoga (CLR)</p> <p>7:00 Rummikub (CLR)</p> <p>7:30 George Lake Band Practice (GP)</p>	<p>9:00 Breakfast Bunch (CLR) 28</p> <p>10:00 Exercise to Music (CLR)</p> <p>2:00 Dominoes - Beginners Welcome! (LK)</p> <p>2:30 Book Club Meeting: "My Name is Lucy Barton" (CLR)</p> <p>4:00 Group Crosswords (CLR)</p> <p>7:00 Court Whist (CLR)</p> <p>7:00 Bistro Pub Night (B)</p>	<p><i>Vendor: Ladies One Stop Shop (RA)</i> 29</p> <p>9:40 Outing: Pickering Casino</p> <p>11:00 Better Living Exercise (LK)</p> <p>11:00 St. Bonaventure Catholic Communion Service (GP)</p> <p>12:30 Bridge (CLR)</p> <p>3:00 Zumba Exercises (LK)</p> <p>4:00 TGIF Social (Bring Own Beverage) (LK)</p> <p>7:30 Movie Night: 42 Jackie Robinson (CLR)</p>	<p><i>St. Andrew's Day</i> 30</p> <p><i>Vendor: Kiwanis Club of East York Holiday Treat Sale (RA)</i></p> <p>9:30 Oktokats Jazz Band Practice (GP)</p> <p>11:00 Sudoku (CLR)</p> <p>1:00 Cribbage (CLR)</p> <p>2:00 Euchre (LK)</p> <p>7:30 Movie Night: Mrs. Harris Goes to Paris (CLR)</p>			
<p>November Outings</p> <p>19th Avenue Farmers Market (Independent) Tuesday November 5th from 9:15am to 11:30am</p> <p>Duckworth's Fish & Chips Tuesday November 5th from 12:15pm to 3:30pm</p> <p>Bata Shoe Museum with Lunch at Sassafras Restaurant Wednesday November 13th from 11:00am to 4:30pm</p> <p>Fairview Mall Shopping (Independent) Tuesday November 19th from 9:30am to 12:00pm</p> <p>Pickle Barrel Restaurant Wednesday November 27th from 1:00pm to 4:00pm</p> <p>Pickering Casino (Independent) Friday November 29th from 9:30am to 3:00pm</p>		<p>Special Events</p> <p>Wednesday November 6th at 3:00pm - Calendar Planning Meeting</p> <p>Monday November 11th at 10:45am - Remembrance Day Service</p> <p>Wednesday November 13th at 2:30pm - Classical Concert with Lucia</p> <p>Thursday November 14th at 2:30pm - Afternoon Concert with Davis Stevens</p> <p>Monday November 18th at 12:00pm - November Birthday Luncheon</p> <p>Monday November 18th at 3:30pm - Men's Pub Club in the Craft Room</p> <p>Thursday November 21st at 10:30am - General Meeting</p> <p>Thursday November 28th at 9:00am - Breakfast Bunch</p>		<p>Locations Legend</p> <p>Club Room (CLR)</p> <p>Link (LK)</p> <p>Gathering Place (GP)</p> <p>Fitness Room (F)</p> <p>Recreation Area (RA)</p> <p>1st Floor (1F)</p> <p>Outside (OUT)</p> <p>Bistro (B)</p> <p>Craft Room (CR)</p> <p>Apartment Lobby (AL)</p>		<p>Note that programs are subject to change. We will notify you of any changes in the daily calendar.</p>		<p>Turn over for Scheduled Programs for November 1st to November 16th And Additional Information.</p>	