

Don Mills Senior Apartments (1055/1057 Don Mills Rd., Toronto, ON) • Connie Alcock, Director of Recreation (416.445.7555 ext. 2005/Connie.alcock@reveraliving.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PROGRAMS ARE SUBJECT TO CHANGE. CHANGES WILL BE POSTED ON THE DAILIES.		1 Shopping at Eglinton Square (10:15) 10:00 Range of Motion Exercises (C) 10:45 What's in a Name? (C) 1:00 Gentle Fitness (C) 1:30/2:30/3:30 ETAG: Computer Assistance Group (CR) 1:45 Falls Prevention (C) 2:30 Name IT! Trivia Game (L) 4:00 Group Crossword (C) 7:00 Bridge/Scrabble (C)	2 Lunch at Maids' Cottage (11:00) 10:00 Cardio & Core Exercises (L) 10:00 Splash of Colour Art Class (C) 1:00 Gentle Fitness (C) 1:45 Healthy Hearts (C) 3:30 Happy Hour (R) 7:00 George Lake Big Band Practice (GP) 7:30 Movie Night (C) 7:30 Entertainer: Paula Stapleton (R)	3 10:00 Stretching & Balance Exercises (C) 10:00 ETAG: Computer Assistance (CR) 10:45 Cool Down & Nutrition Break (C) 1:00/1:45 Gentle Fitness/Falls Prevention (C) 2:00 Bid Euchre (L) 2:30 Carpet Bowling (GP) 2:30 Tai Chi & Meditation (4) 3:00 Skip Bo (L) 4:15 Rev It Up Workout (Exercise Room) 7:00 Court Whist (C)	4 10:00 Morning Exercises (C) 10:30 Don Mills Singers (L) 11:00 Roman Catholic Mass (4) 1:00 Gentle Fitness (C) 1:45 Healthy Hearts (C) 2:15 Crosswords/Wordbuilder (R) 3:30 Happy Hour with Paul Butler (R) 7:00 Bridge (C) 7:30 Entertainer: Vivianna (L)	5 10:15 Morning Exercise (R) 11:00 Breaking News (R) 1:00 Crib (C) 2:00 Euchre (L) 2:15 Bingo (R) 4:00 Happy Hour (R) 7:30 Movie Night: "Everest" (C)
	6 11:00 Downton Abbey Episode (CR) 2:45 Lowenna at the Piano (L) 7:30 Classic Movie Night (C)	7 Bayview Village (1:30 – 4:00) 10:00 Zumba Style Dance Exercise (C) 10:45 Cranium Crunches: Brain Fitness(C) 1:00 Bridge (L) 2:30 One-on-Ones 2:30 Bridge Class with Debby (CR) 4:00 Bingo at the Apartments (L) 7:00 Euchre (C) 7:30 Hurricanes Big Band Practice(GP)	8 Shopping at Eglinton Square (10:15) 10:00 Range of Motion Exercises (C) 10:45 All About: Int'l Women's Day (C) 1:00 Gentle Fitness (C) 1:30/2:30/3:30 ETAG: Computer Assistance Group (CR) 1:45 Falls Prevention (C) 2:30 Lianne Harris: Myth & Media (GP) 4:00 Group Crossword (C) 7:00 Bridge/Scrabble (C)	9 R.O.M. Wildlife Photo Exhibit (1:00 – 4:00) 10:00 Cardio & Core Exercises (L) 10:00 Splash of Colour Art Class (C) 1:00 Gentle Fitness (C) 1:45 Healthy Hearts (C) 3:30 Happy Hour with Paul Butler (R) 7:00 George Lake Big Band Practice (GP) 7:30 Movie Night (C) 7:30 Entertainer: Shaya Petroff (R)	10 10:00 Stretching & Balance Exercises (C) 10:00 ETAG: Computer Assistance (CR) 10:45 Story Behind the Songs (C) 1:00/1:45 Gentle Fitness/Falls Prevention (C) 2:00 Bid Euchre (L) 2:30 Carpet Bowling (GP) 2:30 Tai Chi & Meditation (4) 3:00 Skip Bo (L) 4:15 Rev It Up Workout (Exercise Room) 7:00 Court Whist (C)	11 10:00 Morning Exercises (C) 10:30 Don Mills Singers (L) 11:00 Roman Catholic Communion (4) 1:00 Gentle Fitness (C) 1:45 Healthy Hearts (C) 2:15 Crosswords/Wordbuilder (R) 3:30 Happy Hour (R) 7:00 Bridge (L)
13 Daylight Savings 11:00 Downton Abbey Episode (CR) 2:30 Easter Tea with Harvest Assembly (R) 2:45 Lowenna at the Piano (L) 7:30 Classic Movie Night (C)	14 10:00 Zumba Style Dance Exercise (C) 10:45 "A Brainy Week": Music's Effects on Memory (C) 1:00 Bridge (L) 2:30 Rob Fogle's Music Series: Frank Sinatra (GP) 2:30 Bridge Class with Debby (CR) 4:00 Laughter, the Best Medicine (C) 7:00 Euchre (C) 7:30 Hurricanes Big Band Practice(GP)	15 Shopping at Eglinton Square (10:15) 10:00 Range of Motion Exercises (C) 10:45 "A Brainy Week": Neuroplasticity (C) 1:00 Gentle Fitness (C) 1:30/2:30/3:30 ETAG: Computer Assistance Group (CR) 1:45 Falls Prevention (C) 2:30 Around the World: South Africa (L) 4:00 Group Crossword (C) 7:00 Bridge/Scrabble (C)	16 Canada Blooms (11:00 – 3:00) 10:00 Cardio & Core Exercises (L) 10:00 Splash of Colour Art Class (C) 1:00 Gentle Fitness (C) 1:45 Healthy Hearts (C) 3:30 Happy Hour (R) 7:00 George Lake Big Band Practice (GP) 7:30 Movie Night (C) 7:30 Entertainer: David Wildsmith (R)	17 St. Patrick's Day 9:00 Breakfast Bunch (C) 10:00 Stretching & Balance Exercises (L) 10:00 ETAG: Computer Assistance (CR) 10:45 St. Patrick's Day Trivia (C) 1:00/1:45 Gentle Fitness/Falls Prevention (C) 2:00 Bid Euchre (L) 2:30 St. Patrick's Day Celebration: Fiddler Shane Cook (GP) 2:30 Tai Chi & Meditation (4) 3:00 Skip Bo (L) 5:30 Dinner In: Pickle Barrel (L) 7:00 Court Whist (C)	18 Ajax Casino (10:00 – 3:30) 10:00 Morning Exercises (C) 10:30 Don Mills Singers (L) 11:00 Roman Catholic Communion (4) 1:00 Gentle Fitness (C) 1:45 Healthy Hearts (C) 2:15 Crosswords/Wordbuilder (R) 3:30 Sip & Chat (L) 7:00 Bridge (C) 7:30 Entertainer: Mark Kelsey (L)	19 10:15 Morning Exercise (R) 11:00 Breaking News (R) 1:00 Crib (C) 2:00 Euchre (L) 2:15 Bingo (R) 4:00 Happy Hour (R) 7:30 Movie Night: "Suffragette" (C)
20 Spring Begins 11:00 Downton Abbey Episode (CR) 2:30 Irwin Patterson's Travel Log (GP) 2:45 Lowenna at the Piano (L) 7:30 Classic Movie Night (C)	21 Walmart (1:30 – 3:30) 10:00 Morning Exercises (C) 10:45 Around the World (C) 1:00 Bridge (L) 2:15 Natural Wonders (R) 2:30 Bridge Class with Debby (CR) 4:00 Age of Expressionism (R) 7:00 Euchre (C) 7:30 Hurricanes Big Band Practice(GP)	22 Shopping at Eglinton Square (10:15) 10:00 Morning Exercises (C) 10:45 Jeopardy (C) 1:00 Gentle Fitness (C) 1:30/2:30/3:30 ETAG: Computer Assistance Group (CR) 1:45 Falls Prevention (C) 4:00 Group Crossword (C) 7:00 Bridge/Scrabble (C)	23 One of a Kind Craft Show (11:00 – 3:30) 10:00 Morning Exercises (L) 10:00 Splash of Colour Art Class (C) 1:00 Gentle Fitness (C) 1:45 Healthy Hearts (C) 3:30 Happy Hour (R) 7:00 George Lake Big Band Practice (GP) 7:30 Movie Night (C) 7:30 Entertainer: Joe Rankin (R)	24 10:00 Morning Exercises (C) 10:00 ETAG: Computer Assistance (CR) 11:30 Birthday Lunch (GP) 1:00/1:45 Gentle Fitness/Falls Prevention (C) 2:00 Bid Euchre (L) 2:30 Carpet Bowling (GP) 2:30 Tai Chi & Meditation (4) 3:00 Skip Bo (L) 4:15 Rev It Up Workout (Exercise Room) 7:00 Court Whist (C)	25 Good Friday 10:15 Morning Exercises (R) 11:00 Roman Catholic Communion (4) 2:30 Easter Trivia (R) 3:30 Happy Hour with Paul Butler (R) 7:00 Bridge (L)	26 10:15 Morning Exercise (R) 11:00 Breaking News (R) 1:00 Crib (C) 2:00 Euchre (L) 2:15 Bingo (R) 4:00 Happy Hour (R) 7:30 Movie Night: "Spotlight" (C)
27 Easter Sunday 11:00 Downton Abbey Episode (CR) 2:30 Jubilee United Church Service (R) 2:45 Lowenna at the Piano (L) 7:30 Classic Movie Night (C)	28 Easter Monday 10:00 Zumba Style Dance Exercise (C) 10:45 History of Easter/Tea Time (C) 1:00 Bridge (L) 2:30 Rob Fogle's Music Series: Billie Holiday (GP) 2:30 Bridge Class with Debby (CR) 4:00 Special Projects Meeting (1) 7:00 Euchre (C) 7:30 Hurricanes Big Band Practice(GP)	29 Shopping at Eglinton Square (10:15) 10:00 Range of Motion Exercises (C) 10:45 Jeopardy (C) 1:00 Gentle Fitness (C) 1:30/2:30/3:30 ETAG: Computer Assistance Group (CR) 1:45 Falls Prevention (C) 2:30 Book Club Meeting (L) 4:00 Group Crossword (C) 5:00 Dinner Bunch (PD) 7:00 Bridge/Scrabble (C)	30 (1) Cedarbrae Mall Trip (9:30 – 12:00) (2) Allan Gardens Easter Show (1:00) 10:00 Cardio & Core Exercises (L) 10:00 Splash of Colour Art Class (C) 1:00 Gentle Fitness (C) 1:45 Healthy Hearts (C) 3:30 Happy Hour (R) 7:00 George Lake Big Band Practice (GP) 7:30 Movie Night (C) 7:30 Entertainer: Marty Oakes(R)	31 10:00 Stretching & Balance Exercises (C) 10:00 ETAG: Technology Assistance (CR) 10:30 Residents' General Meeting (L) 1:00/1:45 Gentle Fitness/Falls Prevention (C) 2:00 Bid Euchre (L) 2:30 Carpet Bowling (GP) 2:30 Tai Chi & Meditation (4) 3:00 Skip Bo (L) 4:15 Rev It Up Workout (Exercise Room) 7:00 Court Whist (C)	ROOM LEGEND C: Don Mills Club Room L: Don Mills Link 1: Don Mills 1 st Floor Lounge	ROOM LEGEND R: Donway Recreation Area CR: Donway Craft Room GP: Donway Gathering Place PD: Donway Private Dining 4: Donway 4 th Flr. Lounge AL: Assisted Living Lounge