




INSPIRED
SENIOR LIVING

February 2022

Independent & Assisted Living

HOLLAND GARDENS
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Holland Steppers Walking Challenge *Record your laps at Reception (AF) 1 10:30 Mobility and Balance Exercise Class (CK) 11:15 Assisted Living Exercise Class (3FL) 2:15 Chinese New Year Musical Entertainment (PB) 3:30 Milk Bag Project With Julianna! (CK) 6:30 Java Music Club (CK) 6:45 Card Game Night (PB) 7:00 Resident Movie Pick: Blue Miracle (Group 1) (T)	Groundhog Day ! (AF) 2 Holland Steppers Walking Challenge *Record your laps at Reception (AF) 9:00 Find The Groundhog Scavenger Hunt!! *Available At Reception* (AF) 9:30 Walmart Plaza Outing Drop Off *Max 2 Residents* (RSVP) 10:00 Walmart Plaza Outing Drop Off *Max 2 Residents* (RSVP) 10:30 Virtual Zumba Exercise Class (T) 10:30 Walmart Plaza Outing Drop Off *Max 2 Residents* (RSVP) 11:00 Walmart Plaza Outing Drop Off *Max 2 Residents* (RSVP) 11:15 Virtual Zumba Exercise Class -Assisted Living (3FL) 1:30 Chocolate Bar Bingo! (Group 1) (CK) 2:45 Chocolate Bar Bingo! (Group 2) (CK) 6:45 Euchre Night (CK) 7:00 Resident Movie Pick: Blue Miracle (Group 2) (T)	Holland Steppers Walking Challenge *Record your laps at Reception (AF) 3 10:30 Mobility and Balance Exercise Class (CK) 11:15 Assisted Living Exercise Class (3FL) 2:00 Fit Minds Stay Sharp (CK) 3:00 Craft Afternoon With Julianna (CK) 6:45 Shuffleboard (GR) 7:00 Resident Movie Pick (T)	Holland Steppers Walking Challenge *Record your laps at Reception (AF) 4 Wear Your Red Day! (AF) 10:00 Sanita - Clothing and Jewelry Vendor (ML) 10:30 Strength and Endurance Exercise Class (CK) 11:15 Assisted Living Exercise Class (3FL) 1:30 Arm Chair Travel (Group 1) (T) 2:45 Arm Chair Travel (Group 2) (T) 6:45 Billiards Game Night (GR) 7:00 Resident Movie Pick (T)	Holland Steppers Walking Challenge *Record your laps at Reception (AF) 5 Therapeutic Colouring Pages Available At Reception (ML) 10:00 Resident Movie Pick (T) 2:00 Chocolate Bar Bingo!! (Group 1) (CK) 3:15 Chocolate Bar Bingo! (Group 2) (CK) 7:00 Scrabble Saturdays! (CK) 7:00 Sports Game Night (T)
	Holland Steppers Walking Challenge *Record your laps at Reception (AF) 6 Crosswords Available At Reception (ML) 8:45 Non-Denominational Church Service (T) 10:30 Resident Knitting Nook (CK) 2:00 Cinnamon Bun & Coffee, Tea Trolley Coming Around (AF) 7:00 Resident Movie Pick (T)	Holland Steppers Walking Challenge *Record your laps at Reception (AF) 7 Wear Your Comfy Sweater Day! (AF) 10:30 Strength and Endurance Exercise Class (CK) 11:15 Assisted Living Exercise Class (3FL) 2:30 Horse Racing (25 cent A Bet) (CK) 3:30 Nail Polish Change With Julianna *Make Appointments At Reception* (CK) 7:00 Resident Movie Pick (T)	Holland Steppers Walking Challenge *Record your laps at Reception (AF) 8 10:30 Mobility and Balance Exercise Class (CK) 11:15 Assisted Living Exercise Class (3FL) 2:15 Ukelele Music with Frank (PB) 3:30 Java Music Club (CK) 6:45 Card Game Night (PB) 7:00 Resident Movie Pick (T)	Holland Steppers Walking Challenge *Record your laps at Reception (AF) 9 10:30 Strength and Endurance Exercise Class (CK) 11:15 Assisted Living Exercise Class (3FL) 2:30 Chocolate Bar Bingo! (Group 1) (CK) 3:30 Chocolate Bar Bingo! (Group 2) (CK) 6:45 Euchre Night (CK) 7:00 Resident Movie Pick (T)	Holland Steppers Walking Challenge *Record your laps at Reception (AF) 10 10:00 Debbie Wilkes Clothing Vendor (ML) 10:30 Mobility and Balance Exercise Class (CK) 11:15 Assisted Living Exercise Class (3FL) 1:00 Bradford Library Book Drop Off/Pick Up! (Group 1) (RSVP) 1:30 Bradford Library Book Drop Off/Pick Up! (Group 2) (RSVP) 1:30 Get to Know Your Neighbours Resident Biography: Stanley Toombs (T) 2:00 Bradford Public Library (Group 3) (RSVP) 2:15 Milk Bag Project! (CK) 2:30 Bradford Public Library (Group 4) (RSVP) 6:45 Shuffleboard (GR) 7:00 Resident Movie Pick (T)	Holland Steppers Walking Challenge *Record your laps at Reception (AF) 11 10:30 Mobility and Balance Exercise Class (CK) 11:15 Assisted Living Exercise Class (3FL) 2:00 Arm Chair Travel : Botswana Safari Road Trip (Group 1) (T) 3:30 Meet me at the MOMA: Artist of the Month Presentation (CK) 6:00 Arm Chair Travel: Botswana Safari Road Trip (Group 2) (T) 6:45 Billiards Game Night (GR) 7:00 Resident Movie Pick (T)
	Holland Steppers Walking Challenge *Record your laps at Reception (AF) 12 Therapeutic Colouring Pages Available At Reception (ML) 10:00 Resident Movie Pick (T) 2:00 Chocolate Bar Bingo!! (Group 1) (CK) 3:15 Chocolate Bar Bingo! (Group 2) (CK) 7:00 Scrabble Saturdays! (CK) 7:00 Sports Game Night (T)	Holland Steppers Walking Challenge *Record your laps at Reception (AF) 13 Crosswords Available At Reception (ML) 8:45 Non-Denominational Church Service (T) 10:30 Resident Knitting Nook (CK) 2:00 Warm Apple Crumble Trolley Coming Around (AF) 2:30 Piano Lounge with David (PB) 6:30 Super Bowl Sunday! (T)	Holland Steppers Walking Challenge *Record your laps at Reception (AF) 14 Happy Valentine's Day- Wear Your Red, White & Pink! (ML) Valentines Day Scavenger Hunt *Winner Gets A Prize* (AF) 10:30 Mobility and Balance Exercise Class (CK) 11:15 Assisted Living Exercise Class (3FL) 2:00 Valentines Day Cart * Chocolate Covered Strawberries & Champagne (CK) 7:00 Resident Movie Pick (T)	Holland Steppers Walking Challenge *Record your laps at Reception (AF) 15 10:30 Mobility and Balance Exercise Class (CK) 11:15 Assisted Living Exercise Class (3FL) 2:00 Chocolate Bar Bingo! (Group 1) (CK) 3:00 Chocolate Bar Bingo! (Group 2) (CK) 6:45 Card Game Night (PB) 7:00 Resident Movie Pick (T)	Holland Steppers Walking Challenge *Record your laps at Reception (AF) 16 10:30 Strength and Endurance Exercise Class (CK) 11:15 Assisted Living Exercise Class (3FL) 1:30 Resident Forum: Group 1 (CK) 2:15 Resident Forum: Group 2 (CK) 3:00 Resident Forum: Group 3 (CK) 6:45 Euchre Night (CK) 7:00 Resident Movie Pick (T)	Holland Steppers Walking Challenge *Record your laps at Reception (AF) 17 10:30 Mobility and Balance Exercise Class (CK) 11:15 Assisted Living Exercise Class (3FL) 1:00 Marshalls & Dollarama Outing *Max 2 Residents* (RSVP) 1:30 Fit Minds Stay Sharp (CK) 1:30 Marshalls & Dollarama Outing *Max 2 Residents* (RSVP) 2:00 Marshalls & Dollarama Outing *Max 2 Residents* (RSVP) 2:30 Marshalls & Dollarama Outing *Max 2 Residents* (RSVP) 6:30 Craft Night (CK) 6:45 Shuffleboard (GR) 7:00 Resident Movie Pick (T)
	Holland Steppers Walking Challenge *Record your laps at Reception (AF) 18 10:30 Mobility and Balance Exercise Class (CK) 11:15 Assisted Living Exercise Class (3FL) 2:15 Beatles Piano Show with Craig (2DR) 3:30 Arm Chair Travel (Group 1) (T) 6:00 Arm Chair Travel (Group 2) (T) 6:45 Billiards Game Night (GR) 7:00 Resident Movie Pick (T)	Holland Steppers Walking Challenge *Record your laps at Reception (AF) 19 Therapeutic Colouring Pages Available At Reception (ML) 10:00 Resident Movie Pick (T) 2:00 Chocolate Bar Bingo!! (Group 1) (CK) 3:15 Chocolate Bar Bingo! (Group 2) (CK) 7:00 Scrabble Saturdays! (CK) 7:00 Sports Game Night (T)				



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Holland Steppers Walking Challenge 20 *Record your laps at Reception (AF) Crosswords Available At Reception (ML) 8:45 Non-Denominational Church Service (T) 10:30 Resident Knitting Nook (CK) 2:00 Coffee & Tea Trolley With Fresh Cookies (AF) 7:00 Resident Movie Pick (T)	Holland Steppers Walking Challenge 21 *Record your laps at Reception (AF) 10:30 Strength and Endurance Exercise Class (CK) 11:15 Assisted Living Exercise Class (3FL) 2:30 Horse Racing (25 cent A Bet) (CK) 3:30 Nail Polish Change With Julianna *Make Appointments At Reception* (CK) 7:00 Resident Movie Pick (T)	Holland Steppers Walking Challenge 22 *Record your laps at Reception (AF) Wear Your PJ's Day! (AF) 10:30 Mobility and Balance Exercise Class (CK) 11:15 Assisted Living Exercise Class (3FL) 1:30 Chocolate Bar Bingo! (Group 1) (CK) 2:45 Chocolate Bar Bingo! (Group 2) (CK) 6:45 Card Game Night (PB) 7:00 Resident Movie Pick (T)	Holland Steppers Walking Challenge 23 *Record your laps at Reception (AF) 10:30 Strength and Endurance Exercise Class (CK) 11:15 Assisted Living Exercise Class (3FL) 2:15 Musical Entertainment by Patricia Duffy (PB) 3:15 Milk Bag Project! (CK) 6:30 Java Music Club (CK) 6:45 Euchre Night (CK) 7:00 Resident Movie Pick (T)	Holland Steppers Walking Challenge 24 *Record your laps at Reception (AF) 9:30 Shoppers Drug Mart *Max 2 Residents* (RSVP) 10:00 Shoppers Drug Mart *Max 2 Residents* (RSVP) 10:30 Mobility and Balance Exercise Class (CK) 10:30 Shoppers Drug Mart *Max 2 Residents* (RSVP) 11:00 Shoppers Drug Mart *Max 2 Residents* (RSVP) 11:15 Assisted Living Exercise Class (3FL) 2:00 Fit Minds Stay Sharp (CK) 3:30 Craft Afternoon (CK) 6:45 Shuffleboard (GR) 7:00 Resident Movie Pick (T)	Holland Steppers Walking Challenge 25 *Record your laps at Reception (AF) 10:30 Strength and Endurance Exercise Class (CK) 11:15 Assisted Living Exercise Class (3FL) 1:30 Arm Chair Travel (Group 1) (T) 2:45 Meet me at the MOMA: Step by Step Painting (CK) 6:00 Arm Chair Travel (Group 2) (T) 6:45 Billiards Game Night (GR) 7:00 Resident Movie Pick (T)	Holland Steppers Walking Challenge 26 *Record your laps at Reception (AF) Therapeutic Colouring Pages Available At Reception (ML) 10:00 Resident Movie Pick (T) 2:00 Chocolate Bar Bingo!! (Group 1) (CK) 3:15 Chocolate Bar Bingo! (Group 2) (CK) 7:00 Scrabble Saturdays! (CK) 7:00 Sports Game Night (T)

Holland Steppers Walking Challenge 27
 *Record your laps at Reception (AF)
 Crosswords Available At Reception (ML)
 8:45 Non-Denominational Church Service (T)
 10:30 Resident Knitting Nook (CK)
 2:00 February Resident Birthday Trolley Coming Around (AF)
 7:00 Resident Movie Pick (T)

Holland Steppers Walking Challenge 28
 *Record your laps at Reception (AF)
 Wear Your Floral Clothing! (AF)
 10:30 Strength and Endurance Exercise Class (CK)
 10:30 Mobility and Balance Exercise Class (CK)
 11:15 Assisted Living Exercise Class (3FL)
 2:30 Craft Afternoon (CK)
 7:00 Resident Movie Pick (T)



Locations Legend

Country Kitchen (CK)
 Theater (T)
 All Floors (AF)
 3rd Floor Lounge (3FL)
 Outing (RSVP)
 Main Lobby (ML)
 Pub/Bistro (PB)
 Games Room (GR)
 2nd Floor Dining Room (2DR)

Calendar Legend

Outing
 Special Program
 Signature Program

