




INSPIRED
SENIOR LIVING

February 2022

Memory Care Households

HOLLAND GARDENS
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:45 Ball Aerobics Exercise 10:30 Trivia & Brain Games 11:00 Refresh & Hydrate 1:30 Chinese New Year Musical Entertainment 2:00 AFTERNOON SNACKS 2:30 BINGO 7:00 Evening Snack Social	2 9:45 Music Fitness 10:30 Manicure Morning 11:00 Refresh & Hydrate 1:15 Java Music Club 2:00 AFTERNOON SNACKS 3:00 Therapeutic Colouring 7:00 Evening Snack Social	3 9:45 Morning Yoga and Stretch Exercise 10:30 Trivia & Brain Games 11:00 Refresh & Hydrate 1:00 Baking Afternoon 2:00 AFTERNOON SNACKS 3:00 Dance Party! 5:30 Craft Night! 7:00 Evening Snack Social	4 9:45 Music Fitness 10:30 LIFE SKILLS STATIONS 11:00 Refresh & Hydrate 1:00 Sing Along with Suzie Q 2:00 AFTERNOON SNACKS 3:00 Friendly Visits 7:00 Evening Snack Social	5 9:45 Balloon Volleyball 11:00 Refresh & Hydrate 11:00 Fish Tank Fun 1:00 BINGO 2:00 AFTERNOON SNACKS 7:00 Evening Snack Social
	6 9:45 Go For Life Walking Club 10:30 Virtual Church Service 11:00 Refresh & Hydrate 1:00 Animal Afternoon 2:00 AFTERNOON SNACKS 2:30 Colouring Me Calm 7:00 Evening Snack Social	7 9:45 Morning Yoga and Stretch Exercise 10:30 LIFE SKILLS STATIONS 11:00 Refresh & Hydrate 1:15 Board Games and Puzzles 2:00 AFTERNOON SNACKS 2:30 Movie Monday 7:00 Evening Snack Social	8 9:45 Ball Aerobics Exercise 11:00 Refresh & Hydrate 1:30 Ukelele Music with Frank 2:00 AFTERNOON SNACKS 2:30 BINGO 7:00 Evening Snack Social	9 9:45 Music Fitness 11:00 Refresh & Hydrate 1:15 Java Music Club 2:00 AFTERNOON SNACKS 3:00 Therapeutic Colouring 7:00 Evening Snack Social	10 9:45 Morning Yoga and Stretch Exercise 11:00 Refresh & Hydrate 2:00 AFTERNOON SNACKS 3:30 Dance Party! 7:00 Evening Snack Social	11 9:45 Music Fitness 10:30 LIFE SKILLS STATIONS 11:00 Refresh & Hydrate 1:00 Sing Along with Suzie Q 2:00 AFTERNOON SNACKS 2:30 Friendly Visits 7:00 Evening Snack Social
	12 9:45 Valentines Craft Time 11:00 Refresh & Hydrate 11:00 Fish Tank Fun 1:00 BINGO 2:00 AFTERNOON SNACKS 7:00 Evening Snack Social	13 9:45 Go For Life Walking Club 10:30 Virtual Church Service 11:00 Refresh & Hydrate 1:30 Piano Show with David 2:00 AFTERNOON SNACKS 2:30 Manicures with PSW 3:30 Colouring Me Calm 7:00 Evening Snack Social	14 9:45 Morning Yoga and Stretch Exercise 10:30 LIFE SKILLS STATIONS 11:00 Refresh & Hydrate 2:00 AFTERNOON SNACKS 2:30 Valentines Day Cookie Decorating 7:00 Evening Snack Social	15 9:45 Ball Aerobics Exercise 10:30 Trivia & Brain Games 11:00 Refresh & Hydrate 1:00 BINGO 2:00 AFTERNOON SNACKS 3:00 Shuffleboard 7:00 Evening Snack Social	16 9:45 Music Fitness 10:30 Manicure Morning 11:00 Refresh & Hydrate 1:15 Java Music Club 2:00 AFTERNOON SNACKS 3:00 Therapeutic Colouring 7:00 Evening Snack Social	17 9:45 Morning Yoga and Stretch Exercise 10:30 Trivia & Brain Games 11:00 Refresh & Hydrate 2:00 AFTERNOON SNACKS 3:00 Dance Party! 7:00 Evening Snack Social
	18 9:45 Music Fitness 10:30 LIFE SKILLS STATIONS 11:00 Refresh & Hydrate 1:00 Sing Along with Suzie Q 1:30 Beatles Piano Show with Craig 2:00 AFTERNOON SNACKS 2:15 Craft Time 7:00 Evening Snack Social	19 9:45 Balloon Volleyball 11:00 Refresh & Hydrate 11:00 Fish Tank Fun 1:00 BINGO 2:00 AFTERNOON SNACKS 7:00 Evening Snack Social				



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:45 Go For Life Walking Club 20</p> <p>10:30 Virtual Church Service</p> <p>11:00 Refresh & Hydrate</p> <p>1:00 Animal Afternoon</p> <p>2:00 AFTERNOON SNACKS</p> <p>3:30 Colouring Me Calm</p> <p>7:00 Evening Snack Social</p>	<p>9:45 Morning Yoga and Stretch Exercise 21</p> <p>10:30 LIFE SKILLS STATIONS</p> <p>11:00 Refresh & Hydrate</p> <p>1:15 Board Games and Puzzles With PSW's</p> <p>2:00 AFTERNOON SNACKS</p> <p>2:30 Movie Monday</p> <p>7:00 Evening Snack Social</p>	<p>9:45 Ball Aerobics Exercise 22</p> <p>10:30 Trivia & Brain Games</p> <p>11:00 Refresh & Hydrate</p> <p>1:00 BINGO</p> <p>2:00 AFTERNOON SNACKS</p> <p>2:30 Horse Racing!</p> <p>7:00 Evening Snack Social</p>	<p>9:45 Music Fitness 23</p> <p>10:30 Manicure Morning</p> <p>11:00 Refresh & Hydrate</p> <p>1:30 Musical Entertainment by Patricia Duffy</p> <p>2:00 AFTERNOON SNACKS</p> <p>2:30 Therapeutic Colouring</p> <p>7:00 Evening Snack Social</p>	<p>9:45 Morning Yoga and Stretch Exercise 24</p> <p>10:30 Trivia & Brain Games</p> <p>11:00 Refresh & Hydrate</p> <p>2:00 AFTERNOON SNACKS</p> <p>3:00 Dance Party!</p> <p>7:00 Evening Snack Social</p>	<p>9:45 Music Fitness 25</p> <p>10:30 LIFE SKILLS STATIONS</p> <p>11:00 Refresh & Hydrate</p> <p>1:00 Sing Along with Suzie Q</p> <p>2:00 AFTERNOON SNACKS</p> <p>3:00 Friendly Visits</p> <p>7:00 Evening Snack Social</p>	<p>9:45 Balloon Volleyball 26</p> <p>11:00 Refresh & Hydrate</p> <p>11:00 Fish Tank Fun</p> <p>1:00 BINGO</p> <p>2:00 AFTERNOON SNACKS</p> <p>7:00 Evening Snack Social</p>

<p>9:45 Go For Life Walking Club 27</p> <p>10:30 Virtual Church Service</p> <p>11:00 Refresh & Hydrate</p> <p>1:00 Animal Afternoon</p> <p>2:00 AFTERNOON SNACKS</p> <p>3:30 Colouring Me Calm</p> <p>7:00 Evening Snack Social</p>
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<p>9:45 Morning Yoga and Stretch Exercise 28</p> <p>10:30 LIFE SKILLS STATIONS</p> <p>11:00 Refresh & Hydrate</p> <p>1:15 Board Games and Puzzles With PSW's</p> <p>2:00 AFTERNOON SNACKS</p> <p>2:30 Movie Monday</p> <p>7:00 Evening Snack Social</p>
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