



INSPIRED SENIOR LIVING

June 2023

HOLLAND GARDENS
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Holland Gardens Retirement Residence Memory Care Households

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Celebrating Senior's Month</p>						
<p>4</p> <p>9:30 Virtual Church Service (2LR) 10:30 Reading Circle & Tea Time (2MP) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:15 Mini Bowling Tournament (2K) 2:00 Arm Chair Travel & Tea (2LR) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Card Game Night (2MP)</p>	<p>5</p> <p>10:15 Morning Yoga and Stretch Exercise (2MP) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:15 Manicure Mondays (2LR) 3:30 Sensory Sorting (2MP) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Music & Therapeutic Colouring (2MP)</p>	<p>6</p> <p>10:15 Music and Movement (2MP) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:30 Occupation Bingo! (Win Prizes) (2K) 2:00 Music on the Patio with Manvir (P) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Movie Night & Popcorn! (2LR)</p>	<p>7</p> <p>10:15 Music Fitness (2DR) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:30 Java Music Club (2LR) 2:00 Strawberry Ice Cream Social (P) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Evening Snack Social & Trivia (2K)</p>	<p>8</p> <p>Corporate Photoshoot (AF) 10:00 Mobile Smile Clinic (S) 10:15 Morning Yoga and Stretch Exercise (2MP) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:15 Balloon Tennis (2MP) 2:00 Afternoon Tea & Treats (2K) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Tic Tac Toe Competition (2K)</p>	<p>9</p> <p>National Doughnut Day Wear Polka Dots Day! 10:15 Music Fitness (2MP) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 11:30 Brain Games (2DR) 2:00 Afternoon Tea & Treats With Short Stories (2K) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Movie Night & Popcorn (2LR)</p>	<p>3</p> <p>10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:15 Board Games and Puzzles (2LR) 2:00 Afternoon Tea & Treats With Jokes! (2K) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Reminiscing (2MP)</p>
<p>11</p> <p>9:30 Virtual Church Service (2LR) 10:30 Reading Circle & Tea Time (2MP) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:15 Music & Therapeutic Colouring (2MP) 2:00 Arm Chair Travel & Tea (2LR) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Card Game Night (2MP)</p>	<p>12</p> <p>10:15 Morning Yoga and Stretch Exercise (2MP) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:15 Manicure Mondays (2LR) 3:30 Sensory Sorting (2MP) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Music & Therapeutic Colouring (2MP)</p>	<p>13</p> <p>10:15 Music and Movement (2MP) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:30 Occupation Bingo! (Win Prizes) (2K) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Movie Night & Popcorn! (2LR)</p>	<p>14</p> <p>10:00 Vendor: Sonita's Jewelry (ML) 10:15 Music Fitness (2DR) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:30 Java Music Club (2LR) 1:30 Music by Judy (2DR) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Evening Snack Social & Trivia (2K)</p>	<p>15</p> <p>Seniors Health Fair (RSVP) 10:15 Morning Yoga and Stretch Exercise (2MP) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:15 Balloon Tennis (2MP) 2:00 Afternoon Tea & Treats (2K) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Tic Tac Toe Competition (2K)</p>	<p>16</p> <p>Crazy Hair Day! 10:00 Ann Bennington's Card Sale (ML) 10:15 Music Fitness (2MP) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 11:30 Brain Games (2DR) 2:00 Afternoon Tea & Treats With Short Stories (2K) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Movie Night & Popcorn (2LR)</p>	<p>17</p> <p>10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:15 Board Games and Puzzles (2LR) 2:00 Afternoon Tea & Treats With Jokes! (2K) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Reminiscing (2MP)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Father's Day 18 9:30 Virtual Church Service (2LR) 10:30 Reading Circle & Tea Time (2MP) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:15 Mini Bowling Tournament (2K) 1:30 Father's Day Entertainment (2DR) 2:00 Arm Chair Travel & Tea (2LR) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Card Game Night (2MP)	19 10:15 Morning Yoga and Stretch Exercise (2MP) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:15 Manicure Mondays (2LR) 3:30 Sensory Sorting (2MP) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Music & Therapeutic Colouring (2MP)	20 Inga Clothing & Sleepwear (ML) 10:15 Music and Movement (2MP) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:30 Occupation Bingo! (Win Prizes) (2K) 3:00 Book Club - New Book Pick Up! (ML) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Movie Night & Popcorn! (2LR)	21 Summer Solstice National Indigenous Peoples Day 10:15 Music Fitness (2DR) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:00 Java Music Club (2LR) 1:30 Ice Cream Truck Visit! (ML) 3:00 Patio Social with music (P) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Evening Snack Social & Trivia (2K)	22 10:15 Morning Yoga and Stretch Exercise (2MP) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:15 Balloon Tennis (2MP) 1:30 Entertainment with James Regan (2LR) 2:00 Afternoon Tea & Treats (2K) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Tic Tac Toe Competition (2K)	23 National Pink Day! (wear pink) 10:15 Music Fitness (2MP) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 2:00 Afternoon Tea & Treats With Short Stories (2K) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Movie Night & Popcorn (2LR)	24 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:15 Board Games and Puzzles (2LR) 2:00 Afternoon Tea & Treats With Jokes! (2K) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Reminiscing (2MP)
25 9:30 Virtual Church Service (2LR) 10:30 Reading Circle & Tea Time (2MP) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:15 Music & Therapeutic Colouring (2MP) 2:00 Arm Chair Travel & Tea (2LR) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Card Game Night (2MP)	26 10:15 Morning Yoga and Stretch Exercise (2MP) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:15 Manicure Mondays (2LR) 3:30 Sensory Sorting (2MP) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Music & Therapeutic Colouring (2MP)	27 10:15 Music and Movement (2MP) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:30 Occupation Bingo! (Win Prizes) (2K) 1:30 Music with David Toms (2DR) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Movie Night & Popcorn! (2LR)	28 10:15 Music Fitness (2DR) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:00 Java Music Club (2LR) 2:00 Zoo to You! (CK) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Evening Snack Social & Trivia (2K)	29 Maria's Jewelry (ML) 10:15 Morning Yoga and Stretch Exercise (2MP) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:15 Balloon Tennis (2MP) 2:00 Afternoon Tea & Treats (2K) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Tic Tac Toe Competition (2K)	30 Wear Your Hat Day! 10:15 Music Fitness (2MP) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh & Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 2:00 Afternoon Tea & Treats With Short Stories (2K) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Movie Night & Popcorn (2LR)	



Locations Legend

2nd Floor Kitchen (2K)	Main Lobby (ML)
2nd Floor Multi-Purpose Room (2MP)	Patio (P)
2nd Floor Dining Room (2DR)	All Floors (AF)
2nd Floor Hallways (2FH)	Spa (S)
2nd Floor Living Room (2LR)	Outing (RSVP)
	Dining Room (DR)
	Country Kitchen (CK)

Calendar Legend

- Outing
- Special Program
- Living, Loving, Local
- Signature Program