



INSPIRED SENIOR LIVING

July 2023

HOLLAND GARDENS
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Holland Gardens Retirement Residence

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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						<p>Canada Day! 1</p> <p>Therapeutic Colouring Pages Available At Reception (ML)</p> <p>Wear Red & White!</p> <p>10:00 Resident Movie Pick (T)</p> <p>11:30 GO 4 Life Walking Club (ML)</p> <p>11:30 Mayor and Council Members signing O'Canada (PB)</p> <p>2:15 Canada Day Entertainment!! (CK)</p> <p>7:00 Scrabble Saturdays! (CK)</p> <p>7:00 Sports Game Night (T)</p>
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<p>8:45 Non-Denominational Church Service (T) 2</p> <p>10:00 Crosswords Available At Reception (ML)</p> <p>2:00 Catholic Church Service with Deacon David (T)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>9:45 Assisted Living Exercise Class (3FL) 3</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>2:00 Loonie Bingo (CK)</p> <p>3:30 Manicure Mondays (CK)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>9:45 Assisted Living Exercise Class (3FL) 4</p> <p>11:00 Chair Yoga (CK)</p> <p>11:30 Georgian Downs Casino (RSVP)</p> <p>2:00 Artful Enrichment (CK)</p> <p>3:00 Welcome Cocktail Hour with General Manager (CK)</p> <p>4:00 GO4Life Walking Club (ML)</p> <p>6:45 Card Game Night (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>Vendor: Sonita's Jewelry (ML) 5</p> <p>9:45 Assisted Living Exercise Class (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:00 Armchair Travel (T)</p> <p>2:00 Life Enrichment Meeting with Crystal (CK)</p> <p>3:00 Mini Putt (CK)</p> <p>6:30 Euchre Night (CK)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>9:45 Assisted Living Exercise Class (3FL) 6</p> <p>11:00 Drum Fit Exercise Class (T)</p> <p>1:00 Armchair Travel (T)</p> <p>2:00 Summer Dance! - Entertainers Just the Two of Us (CK)</p> <p>3:00 Java Music Club (3FL)</p> <p>6:45 Shuffleboard (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>Mismatched Socks Day! 7</p> <p>9:45 Assisted Living Exercise Class (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:00 Armchair Travel (T)</p> <p>2:00 Horse Races (CK)</p> <p>3:00 Cocktail Hour and Brain Games! (PB)</p> <p>6:45 Billiards Game Night (GR)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>Therapeutic Colouring Pages Available At Reception (ML) 8</p> <p>10:00 Resident Movie Pick (T)</p> <p>10:30 Music & Movement (3FL)</p> <p>11:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Garden Tea Party (P)</p> <p>7:00 Scrabble Saturdays! (CK)</p> <p>7:00 Sports Game Night (T)</p>
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<p>8:45 Non-Denominational Church Service (T) 9</p> <p>10:00 Crosswords Available At Reception (ML)</p> <p>1:00 Documentary: Our Planet - Episode 1 (T)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>9:45 Assisted Living Exercise Class (3FL) 10</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>11:30 Bradford Greenhouse (RSVP)</p> <p>2:00 Loonie Bingo (CK)</p> <p>3:30 Manicure Mondays (CK)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>9:45 Assisted Living Exercise Class (3FL) 11</p> <p>11:00 Chair Yoga (CK)</p> <p>1:00 Armchair Travel (T)</p> <p>2:00 Artful Enrichment (CK)</p> <p>3:00 Book Club Social (P)</p> <p>4:00 GO4Life Walking Club (ML)</p> <p>6:30 Campfire Social! (P)</p> <p>6:45 Card Game Night (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>9:45 Assisted Living Exercise Class (3FL) 12</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:00 Armchair Travel (T)</p> <p>2:15 Entertainment with Emilio Zarris (CK)</p> <p>3:00 Smoothie Bar Social (P)</p> <p>6:30 Euchre Night (CK)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>9:45 Assisted Living Exercise Class (3FL) 13</p> <p>11:00 Drum Fit Exercise Class (T)</p> <p>11:00 Bingo Outing (Sutton) (RSVP)</p> <p>1:00 Armchair Travel (T)</p> <p>2:00 Tech Help! *Make Appointments With Reception* (CK)</p> <p>3:00 Java Music Club (3FL)</p> <p>6:45 Shuffleboard (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>Hawaiian Day 14</p> <p>9:45 Assisted Living Exercise Class (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:00 Armchair Travel (T)</p> <p>2:00 Horse Races (CK)</p> <p>3:00 Cocktail Hour and Hula Hoop Challenge! (Staff Welcome) (CK)</p> <p>6:45 Billiards Game Night (GR)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>Therapeutic Colouring Pages Available At Reception (ML) 15</p> <p>10:00 Resident Movie Pick (T)</p> <p>10:30 Music & Movement (3FL)</p> <p>11:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Loonie Bingo (CK)</p> <p>7:00 Scrabble Saturdays! (CK)</p> <p>7:00 Sports Game Night (T)</p>
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:45 Non-Denominational Church Service (T) 16</p> <p>10:00 Crosswords Available At Reception (ML)</p> <p>1:00 Movie Matinee (T)</p> <p>1:00 Documentary: Our Planet - Episode 2 (T)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>9:45 Assisted Living Exercise Class (3FL) 17</p> <p>10:00 Ann Bennington Card Sale (ML)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>11:30 50's & 60's Dance at South Shore (RSVP)</p> <p>2:00 Loonie Bingo (CK)</p> <p>3:30 Manicure Mondays (CK)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>9:45 Assisted Living Exercise Class (3FL) 18</p> <p>10:00 Tanger Outlet Mall (RSVP)</p> <p>11:00 Chair Yoga (CK)</p> <p>1:00 Armchair Travel (T)</p> <p>2:00 Lianne Harris Guest Speaker: (T)</p> <p>3:00 Artful Enrichment (CK)</p> <p>4:00 GO4Life Walking Club (ML)</p> <p>6:45 Card Game Night (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>9:45 Assisted Living Exercise Class (3FL) 19</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:00 Armchair Travel (T)</p> <p>2:00 Resident Forum & Lemonade Social (CK)</p> <p>3:00 Mini Putt (CK)</p> <p>6:30 Euchre Night (CK)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>9:45 Assisted Living Exercise Class (3FL) 20</p> <p>11:00 Drum Fit Exercise Class (T)</p> <p>1:00 Armchair Travel (T)</p> <p>2:15 Piano Lounge Entertainment by Patricia Duffy (PB)</p> <p>3:00 Java Music Club (3FL)</p> <p>6:45 Shuffleboard (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>Wear Your Tie-Dye! 21</p> <p>9:45 Assisted Living Exercise Class (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:00 Armchair Travel (T)</p> <p>2:00 Horse Races (CK)</p> <p>3:00 Cocktail Hour and Brain Games! (PB)</p> <p>6:45 Billiards Game Night (GR)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>Therapeutic Colouring Pages Available At Reception (ML) 22</p> <p>10:00 Resident Movie Pick (T)</p> <p>10:30 Music & Movement (3FL)</p> <p>11:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Loonie Bingo (CK)</p> <p>7:00 Scrabble Saturdays! (CK)</p> <p>7:00 Sports Game Night (T)</p>
<p>8:45 Non-Denominational Church Service (T) 23</p> <p>10:00 Crosswords Available At Reception (ML)</p> <p>1:00 Documentary: Our Planet - Episode 3 (T)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>9:45 Assisted Living Exercise Class (3FL) 24</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>12:00 Mobile Hearing Clinic (ML)</p> <p>2:00 Loonie Bingo (CK)</p> <p>3:30 Manicure Mondays (CK)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>9:45 Assisted Living Exercise Class (3FL) 25</p> <p>11:00 Chair Yoga (CK)</p> <p>1:00 Armchair Travel (T)</p> <p>2:00 Artful Enrichment (CK)</p> <p>3:00 Book Club Review & Book Return (P)</p> <p>4:00 GO4Life Walking Club (ML)</p> <p>6:30 Cocktails on the Patio! (P)</p> <p>6:45 Card Game Night (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>9:45 Assisted Living Exercise Class (3FL) 26</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>11:30 Lunch Outing (RSVP)</p> <p>1:00 Armchair Travel (T)</p> <p>2:00 Smoothie Bar Social (P)</p> <p>3:00 Hand Hygiene Education (T)</p> <p>6:30 Euchre Night (CK)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>Mobile Boutique (ML) 27</p> <p>9:45 Assisted Living Exercise Class (3FL)</p> <p>10:00 Picnic at the Beach! (RSVP)</p> <p>11:00 Drum Fit Exercise Class (T)</p> <p>1:00 Armchair Travel (T)</p> <p>2:15 Music by Manvir! (CK)</p> <p>3:00 Java Music Club (3FL)</p> <p>6:45 Shuffleboard (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>Sunshine Day, Wear Yellow! 28</p> <p>9:45 Assisted Living Exercise Class (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:00 Armchair Travel (T)</p> <p>2:00 Horse Races (CK)</p> <p>3:00 Resident Birthday Celebration! (CK)</p> <p>6:45 Billiards Game Night (GR)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>Therapeutic Colouring Pages Available At Reception (ML) 29</p> <p>10:00 Resident Movie Pick (T)</p> <p>10:30 Music & Movement (3FL)</p> <p>11:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Loonie Bingo (CK)</p> <p>7:00 Scrabble Saturdays! (CK)</p> <p>7:00 Sports Game Night (T)</p>
<p>8:45 Non-Denominational Church Service (T) 30</p> <p>10:00 Crosswords Available At Reception (ML)</p> <p>1:00 Documentary: Our Planet - Episode 4 (T)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>9:45 Assisted Living Exercise Class (3FL) 31</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>2:00 Loonie Bingo (CK)</p> <p>3:30 Manicure Mondays (CK)</p> <p>7:00 Resident Movie Pick (T)</p>			<p>Calendar Legend</p> <p>Outing</p> <p>Special Program</p> <p>Living, Loving, Local</p> <p>Signature Program</p>	<p>Locations Legend</p> <p>Theater (T)</p> <p>Country Kitchen (CK)</p> <p>3rd Floor Lounge (3FL)</p> <p>Main Lobby (ML)</p> <p>Pub/Bistro (PB)</p> <p>Outing (RSVP)</p> <p>Patio (P)</p> <p>Games Room (GR)</p>	