



INSPIRED SENIOR LIVING

# July 2023

## Holland Gardens Retirement Residence Memory Care Households

**HOLLAND GARDENS**  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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						<p>Wear Red &amp; White! Canada Day! <b>1</b></p> <p>11:00 Refresh &amp; Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 11:30 Mayor and Council Members signing O'Canada (PB) 1:15 Board Games and Puzzles (2LR) 1:30 Canada Day Entertainment!! (2DR) (2K) 2:00 Afternoon Tea &amp; Treats With Jokes! (2K) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Reminiscing (2MP)</p>
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<p>9:30 Virtual Church Service (2LR) <b>2</b></p> <p>10:30 Reading Circle &amp; Tea Time (2MP) 10:45 Go For Life Walking Club (2FH) 10:45 Music &amp; Movement (2MP) 11:00 Refresh &amp; Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:30 Horse Derby! (2DR) 2:00 Arm Chair Travel &amp; Tea (2LR) 3:00 One to One (2FP) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Card Game Night (2MP)</p>	<p>10:15 Gentle Exercise (2MP) <b>3</b></p> <p>10:45 Go For Life Walking Club (2FH) 11:00 Refresh &amp; Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:00 Let's Get Baking! (2K) 1:15 Manicure Mondays (2LR) 2:00 Java Music Club (2LR) 3:30 Sensory Sorting (2MP) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Music &amp; Therapeutic Colouring (2MP)</p>	<p>10:15 Music and Movement (2MP) <b>4</b></p> <p>10:45 Go For Life Walking Club (2FH) 11:00 Refresh &amp; Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:00 Guess That Tune! (2MP) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Movie Night &amp; Popcorn! (2LR)</p>	<p>Vendor: Sonita's Jewelry (ML) <b>5</b></p> <p>10:15 Music Fitness (2DR) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh &amp; Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:00 Bingo! (2DR) 3:30 Funny Jokes &amp; Short Stories (2MP) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Evening Snack Social &amp; Trivia (2K)</p>	<p>10:15 Morning Yoga and Stretch Exercise (2MP) <b>6</b></p> <p>10:45 Go For Life Walking Club (2FH) 11:00 Refresh &amp; Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 2:00 Afternoon Tea &amp; Treats (2K) 2:00 Summer Dance! - Entertainers Just the Two of Us (CK) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Tic Tac Toe Competition (2K)</p>	<p>Mismatched Socks Day! <b>7</b></p> <p>10:15 Music Fitness (2MP) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh &amp; Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:15 Balloon Tennis (2MP) 2:00 Afternoon Tea &amp; Treats With Short Stories (2K) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Movie Night &amp; Popcorn (2LR)</p>	<p>10:45 Go For Life Walking Club (2FH) <b>8</b></p> <p>11:00 Refresh &amp; Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:15 Board Games and Puzzles (2LR) 2:00 Afternoon Tea &amp; Treats With Jokes! (2K) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Reminiscing (2MP)</p>
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<p>9:30 Virtual Church Service (2LR) <b>9</b></p> <p>10:30 Reading Circle &amp; Tea Time (2MP) 10:45 Go For Life Walking Club (2FH) 10:45 Music &amp; Movement (2MP) 11:00 Refresh &amp; Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:15 Music &amp; Therapeutic Colouring (2MP) 1:30 Horse Derby! (2DR) 2:00 Arm Chair Travel &amp; Tea (2LR) 3:00 Crafters Corner (2MP) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Card Game Night (2MP)</p>	<p>10:15 Gentle Exercise (2MP) <b>10</b></p> <p>10:45 Go For Life Walking Club (2FH) 11:00 Refresh &amp; Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:00 Let's Get Baking! (2K) 1:15 Manicure Mondays (2LR) 2:00 Java Music Club (2LR) 3:30 Sensory Sorting (2MP) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Music &amp; Therapeutic Colouring (2MP)</p>	<p>10:15 Music and Movement (2MP) <b>11</b></p> <p>10:45 Go For Life Walking Club (2FH) 11:00 Refresh &amp; Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:00 Guess That Tune! (2MP) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 6:30 Campfire Social! (P) 7:00 Movie Night &amp; Popcorn! (2LR)</p>	<p>10:15 Music Fitness (2DR) <b>12</b></p> <p>10:45 Go For Life Walking Club (2FH) 11:00 Refresh &amp; Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:00 Bingo! (2DR) 1:30 Entertainment with Emilio Zarris (2DR) 3:30 Funny Jokes &amp; Short Stories (2MP) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Evening Snack Social &amp; Trivia (2K)</p>	<p>10:15 Morning Yoga and Stretch Exercise (2MP) <b>13</b></p> <p>10:45 Go For Life Walking Club (2FH) 11:00 Refresh &amp; Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 2:00 Afternoon Tea &amp; Treats (2K) 3:00 One to One (2FP) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Tic Tac Toe Competition (2K)</p>	<p>Hawaiian Day <b>14</b></p> <p>10:15 Music Fitness (2MP) 10:45 Go For Life Walking Club (2FH) 11:00 Refresh &amp; Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:15 Balloon Tennis (2MP) 2:00 Afternoon Tea &amp; Treats With Short Stories (2K) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Movie Night &amp; Popcorn (2LR)</p>	<p>10:45 Go For Life Walking Club (2FH) <b>15</b></p> <p>11:00 Refresh &amp; Hydrate (2DR) 11:30 LIFE SKILLS: Table Setting For Lunch (2K) 1:15 Board Games and Puzzles (2LR) 2:00 Afternoon Tea &amp; Treats With Jokes! (2K) 4:00 LIFE SKILLS: Table Setting For Dinner (2K) 7:00 Reminiscing (2MP)</p>
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RETIREMENT RESIDENCE

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>16</b></p> <p>9:30 Virtual Church Service (2LR)</p> <p>10:30 Reading Circle &amp; Tea Time (2MP)</p> <p>10:45 Go For Life Walking Club (2FH)</p> <p>10:45 Music &amp; Movement (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2K)</p> <p>1:30 Horse Derby! (2DR)</p> <p>2:00 Arm Chair Travel &amp; Tea (2LR)</p> <p>3:00 Crafters Corner (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting For Dinner (2K)</p> <p>7:00 Card Game Night (2MP)</p>	<p><b>17</b></p> <p>10:15 Gentle Exercise (2MP)</p> <p>10:45 Go For Life Walking Club (2FH)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2K)</p> <p>1:00 Let's Get Baking! (2K)</p> <p>1:15 Manicure Mondays (2LR)</p> <p>2:00 Java Music Club (2LR)</p> <p>3:30 Sensory Sorting (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting For Dinner (2K)</p> <p>7:00 Music &amp; Therapeutic Colouring (2MP)</p>	<p><b>18</b></p> <p>10:15 Music and Movement (2MP)</p> <p>10:45 Go For Life Walking Club (2FH)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2K)</p> <p>1:00 Guess That Tune! (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting For Dinner (2K)</p> <p>7:00 Movie Night &amp; Popcorn! (2LR)</p>	<p><b>19</b></p> <p>10:15 Music Fitness (2DR)</p> <p>10:45 Go For Life Walking Club (2FH)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2K)</p> <p>1:00 Bingo! (2DR)</p> <p>3:30 Funny Jokes &amp; Short Stories (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting For Dinner (2K)</p> <p>7:00 Evening Snack Social &amp; Trivia (2K)</p>	<p><b>20</b></p> <p>10:15 Morning Yoga and Stretch Exercise (2MP)</p> <p>10:45 Go For Life Walking Club (2FH)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2K)</p> <p>1:30 Piano Lounge Entertainment by Patricia Duffy (2DR)</p> <p>2:00 Afternoon Tea &amp; Treats (2K)</p> <p>3:00 One to One (2FP)</p> <p>4:00 LIFE SKILLS: Table Setting For Dinner (2K)</p> <p>7:00 Tic Tac Toe Competition (2K)</p>	<p><b>21</b></p> <p>Wear Your Tie-Dye!</p> <p>10:15 Music Fitness (2MP)</p> <p>10:45 Go For Life Walking Club (2FH)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2K)</p> <p>1:15 Balloon Tennis (2MP)</p> <p>2:00 Afternoon Tea &amp; Treats With Short Stories (2K)</p> <p>4:00 LIFE SKILLS: Table Setting For Dinner (2K)</p> <p>7:00 Movie Night &amp; Popcorn (2LR)</p>	<p><b>22</b></p> <p>10:45 Go For Life Walking Club (2FH)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2K)</p> <p>1:15 Board Games and Puzzles (2LR)</p> <p>2:00 Afternoon Tea &amp; Treats With Jokes! (2K)</p> <p>4:00 LIFE SKILLS: Table Setting For Dinner (2K)</p> <p>7:00 Reminiscing (2MP)</p>
<p><b>23</b></p> <p>9:30 Virtual Church Service (2LR)</p> <p>10:30 Reading Circle &amp; Tea Time (2MP)</p> <p>10:45 Go For Life Walking Club (2FH)</p> <p>10:45 Music &amp; Movement (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2K)</p> <p>1:15 Music &amp; Therapeutic Colouring (2MP)</p> <p>1:30 Horse Derby! (2DR)</p> <p>2:00 Arm Chair Travel &amp; Tea (2LR)</p> <p>3:00 Crafters Corner (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting For Dinner (2K)</p> <p>7:00 Card Game Night (2MP)</p>	<p><b>24</b></p> <p>10:15 Gentle Exercise (2MP)</p> <p>10:45 Go For Life Walking Club (2FH)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2K)</p> <p>12:00 Mobile Hearing Clinic (ML)</p> <p>1:00 Let's Get Baking! (2K)</p> <p>1:15 Manicure Mondays (2LR)</p> <p>2:00 Java Music Club (2LR)</p> <p>3:30 Sensory Sorting (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting For Dinner (2K)</p> <p>7:00 Music &amp; Therapeutic Colouring (2MP)</p>	<p><b>25</b></p> <p>10:15 Music and Movement (2MP)</p> <p>10:45 Go For Life Walking Club (2FH)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2K)</p> <p>1:00 Guess That Tune! (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting For Dinner (2K)</p> <p>7:00 Movie Night &amp; Popcorn! (2LR)</p>	<p><b>26</b></p> <p>10:15 Music Fitness (2DR)</p> <p>10:45 Go For Life Walking Club (2FH)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2K)</p> <p>1:00 Bingo! (2DR)</p> <p>3:30 Funny Jokes &amp; Short Stories (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting For Dinner (2K)</p> <p>7:00 Evening Snack Social &amp; Trivia (2K)</p>	<p><b>27</b></p> <p>Mobile Boutique (ML)</p> <p>10:15 Morning Yoga and Stretch Exercise (2MP)</p> <p>10:45 Go For Life Walking Club (2FH)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2K)</p> <p>1:30 Music by Manvir! (2DR)</p> <p>2:00 Afternoon Tea &amp; Treats (2K)</p> <p>3:00 One to One (2FP)</p> <p>4:00 LIFE SKILLS: Table Setting For Dinner (2K)</p> <p>7:00 Tic Tac Toe Competition (2K)</p>	<p><b>28</b></p> <p>Sunshine Day, Wear Yellow!</p> <p>10:15 Music Fitness (2MP)</p> <p>10:45 Go For Life Walking Club (2FH)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2K)</p> <p>1:15 Balloon Tennis (2MP)</p> <p>2:00 Afternoon Tea &amp; Treats With Short Stories (2K)</p> <p>4:00 LIFE SKILLS: Table Setting For Dinner (2K)</p> <p>7:00 Movie Night &amp; Popcorn (2LR)</p>	<p><b>29</b></p> <p>10:45 Go For Life Walking Club (2FH)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2K)</p> <p>1:15 Board Games and Puzzles (2LR)</p> <p>2:00 Afternoon Tea &amp; Treats With Jokes! (2K)</p> <p>4:00 LIFE SKILLS: Table Setting For Dinner (2K)</p> <p>7:00 Reminiscing (2MP)</p>
<p><b>30</b></p> <p>9:30 Virtual Church Service (2LR)</p> <p>10:30 Reading Circle &amp; Tea Time (2MP)</p> <p>10:45 Go For Life Walking Club (2FH)</p> <p>10:45 Music &amp; Movement (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2K)</p> <p>1:30 Horse Derby! (2DR)</p> <p>2:00 Arm Chair Travel &amp; Tea (2LR)</p> <p>3:00 Crafters Corner (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting For Dinner (2K)</p> <p>7:00 Card Game Night (2MP)</p>	<p><b>31</b></p> <p>10:15 Gentle Exercise (2MP)</p> <p>10:45 Go For Life Walking Club (2FH)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2K)</p> <p>1:00 Let's Get Baking! (2K)</p> <p>1:15 Manicure Mondays (2LR)</p> <p>2:00 Java Music Club (2LR)</p> <p>3:30 Sensory Sorting (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting For Dinner (2K)</p> <p>7:00 Music &amp; Therapeutic Colouring (2MP)</p>	<p>SATURDAY JUL 1 CanadaDay</p>		<p><b>Calendar Legend</b></p> <p>Outing</p> <p>Special Program</p> <p>Living, Loving, Local</p> <p>Signature Program</p>	<p><b>Locations Legend</b></p> <p>2nd Floor Kitchen (2K)</p> <p>2nd Floor Multi-Purpose Room (2MP)</p> <p>2nd Floor Dining Room (2DR)</p> <p>2nd Floor Living Room (2LR)</p> <p>2nd Floor Hallways (2FH)</p> <p>2nd Floor Patio (2FP)</p> <p>Main Lobby (ML)</p> <p>Pub/Bistro (PB)</p> <p>Country Kitchen (CK)</p> <p>Patio (P)</p>	