



INSPIRED SENIOR LIVING

August 2023

HOLLAND GARDENS
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Holland Gardens Retirement Residence

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|--|--|
| | | 9:45 Assisted Living Exercise (3FL) 1 10:30 Upper Canada Mall (RSVP) 11:00 Chair Yoga (CK) 2:00 Welcome Cocktail Hour with General Manager (CK) 3:00 GO 4 Life Walking Club (ML) 3:30 Artful Enrichment (CK) 6:45 Card Game Night (PB) 7:00 Resident Movie Pick (T) | 9:45 Assisted Living Exercise (3FL) 2 10:00 Maria's Jewelry (ML) 11:00 Strength and Endurance Exercise Class (CK) 2:30 Feel Franfrantastic Dance Class! (CK) 3:30 Smoothie Social (CK) 6:30 Euchre Night (PB) 7:00 Resident Movie Pick (T) | 9:45 Assisted Living Exercise (3FL) 3 11:00 Drum Fit Exercise Class (T) 11:30 GO4Life Walking Club (ML) 2:00 Life Enrichment Meeting with Crystal (CK) 3:00 Java Music Club (3FL) 3:00 Hand Hygiene Education (T) 6:45 Shuffleboard (PB) 7:00 Resident Movie Pick (T) | Caribana! Wear Bright Colors! 4 International Beer Day! 9:45 Assisted Living Exercise (3FL) 11:00 Strength and Endurance Exercise Class (CK) 2:00 Horse Races (CK) 3:00 Cocktail Hour and Beer Trivia! (PB) 6:45 Billiards Game Night (GR) 7:00 Resident Movie Pick (T) | 8:00 Therapeutic Coloring Pages Available At Reception (ML) 5 10:30 Music & Movement (3FL) 11:30 GO 4 Life Walking Club (ML) 1:00 Crafters Corner (3FL) 2:15 Live Entertainment! (CK) 6:30 Scrabble Saturdays! (GR) 7:00 Sports Game Night (PB) |
| National Friendship Day! 6 8:45 Non-Denominational Church Service (T) 10:00 Crosswords Available At Reception (ML) 2:00 Catholic Church Service with Deacon David (T) 7:00 Resident Movie Pick (T) | Civic Holiday! 7 Camp Week! 9:45 Assisted Living Exercise Class (3FL) 11:00 Strength and Endurance Exercise Class (CK) 1:00 Scavenger Hunt! (AF) 2:00 Loonie Bingo (CK) 3:30 Manicure Mondays (CK) 7:00 Resident Movie Pick (T) | Camp Week! 8 9:45 Assisted Living Exercise (3FL) 11:00 Chair Yoga (CK) 2:15 Live Entertainment! with Rick Groves (CK) 3:00 GO 4 Life Walking Club (ML) 3:30 Artful Enrichment - Rock Painting (CK) 6:45 Card Game Night (PB) 7:00 Resident Movie Pick (T) | Camp Week! 9 World Indigenous Day - Wear Orange 9:45 Assisted Living Exercise (3FL) 11:00 Strength and Endurance Exercise Class (CK) 2:00 Camp Games! (ML) 6:30 Euchre Night (PB) 7:00 Resident Movie Pick (T) | Camp Week! 10 National S'mores Day! 9:45 Assisted Living Exercise (3FL) 11:00 Drum Fit Exercise Class (T) 11:00 Bingo Outing (Sutton) (RSVP) 11:30 GO4Life Walking Club (ML) 2:00 Camp Fire S'mores Social! (CK) 3:00 Java Music Club (3FL) 6:45 Shuffleboard (PB) 7:00 Resident Movie Pick (T) | Camp Week! 11 Wear Team Colors! 9:45 Assisted Living Exercise (3FL) 11:00 Strength and Endurance Exercise Class (CK) 2:00 Horse Races (CK) 3:00 Cocktail Hour and Camp Closing Ceremony! (PB) 6:45 Billiards Game Night (GR) 7:00 Resident Movie Pick (T) | 8:00 Therapeutic Coloring Pages Available At Reception (ML) 12 9:00 Niagara Peach Festival (RSVP) 10:30 Music & Movement (3FL) 11:30 GO 4 Life Walking Club (ML) 1:00 Crafters Corner (3FL) 2:00 Loonie Bingo (CK) 6:30 Scrabble Saturdays! (GR) 7:00 Sports Game Night (PB) |
| 8:45 Non-Denominational Church Service (T) 13 10:00 Crosswords Available At Reception (ML) 7:00 Resident Movie Pick (T) | 9:45 Assisted Living Exercise Class (3FL) 14 10:00 Vendor: Mila (ML) 11:00 Strength and Endurance Exercise Class (CK) 2:00 Loonie Bingo (CK) 3:30 Manicure Mondays (CK) 7:00 Resident Movie Pick (T) | 9:45 Assisted Living Exercise (3FL) 15 11:00 Chair Yoga (CK) 2:00 Resident Forum & Iced Tea Social (CK) 3:00 GO 4 Life Walking Club (ML) 3:30 Artful Enrichment (CK) 6:45 Card Game Night (PB) 7:00 Resident Movie Pick (T) | 9:45 Assisted Living Exercise (3FL) 16 11:00 Strength and Endurance Exercise Class (CK) 2:15 Live Entertainment! with James Regan (CK) 3:30 Pictionary! (CK) 6:30 Euchre Night (PB) 7:00 Resident Movie Pick (T) | 9:45 Assisted Living Exercise (3FL) 17 10:00 Casino Rama Trip! (RSVP) 11:00 Drum Fit Exercise Class (T) 11:30 GO4Life Walking Club (ML) 2:00 Tech Help! *Make Appointments With Reception* (AF) 3:00 Java Music Club (3FL) 4:00 Flu Education (T) 6:45 Shuffleboard (PB) 7:00 Resident Movie Pick (T) | Pinot Noir Day! - Wear Red! 18 BWG Carrot Fest! 9:45 Assisted Living Exercise (3FL) 10:00 Carrot Fest! (RSVP) 11:00 Strength and Endurance Exercise Class (CK) 1:00 Documentary: Holy Grail of Wine (T) 2:00 Horse Races (CK) 3:00 Cocktail Hour and Wine Trivia! (PB) 6:45 Billiards Game Night (GR) 7:00 Resident Movie Pick (T) | BWG Carrot Fest! 19 8:00 Therapeutic Coloring Pages Available At Reception (ML) 10:30 Music & Movement (3FL) 11:30 GO 4 Life Walking Club (ML) 1:00 Crafters Corner (3FL) 2:00 Loonie Bingo (CK) 6:30 Scrabble Saturdays! (GR) 7:00 Sports Game Night (PB) |



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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|---|---|
| <p>8:45 Non-Denominational Church Service (T) 20</p> <p>10:00 Crosswords Available At Reception (ML)</p> <p>11:30 Family & Friend BBQ! (DR)</p> <p>7:00 Resident Movie Pick (T)</p> | <p>Carnival Week! 21</p> <p>9:45 Assisted Living Exercise Class (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:00 Cirque de Soleil (T)</p> <p>2:00 Loonie Bingo (CK)</p> <p>3:30 Manicure Mondays (CK)</p> <p>7:00 Resident Movie Pick (T)</p> | <p>Carnival Week! 22</p> <p>Dress Casual Day!</p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>11:00 Chair Yoga (CK)</p> <p>1:00 Cirque de Soleil (T)</p> <p>2:00 Staff Appreciation & Dunk Tank (P)</p> <p>2:15 Live Entertainment! with Zack (CK)</p> <p>3:00 GO 4 Life Walking Club (ML)</p> <p>3:30 Artful Enrichment (CK)</p> <p>6:45 Card Game Night (PB)</p> <p>7:00 Resident Movie Pick (T)</p> | <p>Carnival Week! 23</p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:00 Cirque de Soleil (T)</p> <p>2:00 Carnival Games! (ML)</p> <p>6:30 Euchre Night (PB)</p> <p>7:00 Resident Movie Pick (T)</p> | <p>Carnival Week! 24</p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>11:00 Drum Fit Exercise Class (T)</p> <p>11:30 GO4Life Walking Club (ML)</p> <p>11:30 Lunch Outing (RSVP)</p> <p>1:00 Cirque de Soleil (T)</p> <p>2:00 Java Music Club (3FL)</p> <p>3:00 Circus Relay Race! (CK)</p> <p>6:45 Shuffleboard (PB)</p> <p>7:00 Resident Movie Pick (T)</p> | <p>Carnival Week! 25</p> <p>Dress Silly!</p> <p>National Banana Split Day!</p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:00 Cirque de Soleil (T)</p> <p>2:00 Horse Races (CK)</p> <p>3:00 Banana Splits and Silly Trivia! (CK)</p> <p>6:45 Billiards Game Night (GR)</p> <p>7:00 Resident Movie Pick (T)</p> | <p>Carnival Week! 26</p> <p>8:00 Therapeutic Coloring Pages Available At Reception (ML)</p> <p>10:30 Music & Movement (3FL)</p> <p>11:30 GO 4 Life Walking Club (ML)</p> <p>1:00 Crafters Corner (3FL)</p> <p>2:00 Loonie Bingo (CK)</p> <p>6:30 Scrabble Saturdays! (GR)</p> <p>7:00 Sports Game Night (PB)</p> |
| <p>8:45 Non-Denominational Church Service (T) 27</p> <p>10:00 Crosswords Available At Reception (ML)</p> <p>7:00 Resident Movie Pick (T)</p> | <p>9:45 Assisted Living Exercise Class (3FL) 28</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 (3FL) 29</p> <p>11:00 Chair Yoga (CK)</p> <p>2:00 Sponge Darts (P)</p> <p>3:00 GO 4 Life Walking Club (ML)</p> <p>3:30 Artful Enrichment (CK)</p> <p>6:45 Card Game Night (PB)</p> <p>7:00 Resident Movie Pick (T)</p> | <p>9:45 Assisted Living Exercise (3FL) 30</p> <p>10:00 Vendor: Sonita's Jewelry (ML)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>2:15 Live Entertainment! with Patricia Duffy (CK)</p> <p>6:30 Euchre Night (PB)</p> <p>7:00 Resident Movie Pick (T)</p> | <p>9:45 Assisted Living Exercise (3FL) 31</p> <p>11:00 Drum Fit Exercise Class (T)</p> <p>11:30 GO4Life Walking Club (ML)</p> <p>11:30 Shoppers Drug Mart Shopping Trip! (RSVP)</p> <p>2:00 Resident and Staff Birthday Celebration (CK)</p> <p>3:00 Java Music Club (3FL)</p> <p>6:45 Shuffleboard (PB)</p> <p>7:00 Resident Movie Pick (T)</p> | | |



Calendar Legend

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

Locations Legend

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