



INSPIRED SENIOR LIVING

# August 2023

## Holland Gardens Retirement Residence Memory Care Households

HOLLAND GARDENS  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>10:15 Music and Movement (2MP) <b>1</b></p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:00 Guess That Tune! (2MP)</p> <p>3:00 GO 4 Life Walking Club (ML)</p> <p>4:00 LIFE SKILLS: Table Setting For Dinner (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Movie Night &amp; Popcorn! (2LR)</p>	<p>10:00 Maria's Jewelry (ML) <b>2</b></p> <p>10:15 Music Fitness (2DR)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:30 Feel Franfrantastic Dance Class! (2DR)</p> <p>3:30 Funny Jokes &amp; Short Stories (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting For Dinner (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Evening Snack Social &amp; Trivia (2MP)</p>	<p>10:15 Morning Yoga and Stretch Exercise (2MP) <b>3</b></p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:00 Drum Fit Exercise Class (T)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO4Life Walking Club (ML)</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 (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Tic Tac Toe Competition (2K)</p>	<p>Caribana! Wear Bright Colors! International Beer Day! <b>4</b></p> <p>10:15 Music Fitness (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:15 Balloon Tennis (2MP)</p> <p>2:00 Afternoon Tea &amp; Treats With Short Stories (2DR)</p> <p>3:00 Friday Dance Party! (2DR)</p> <p>4:00 LIFE SKILLS: Table Setting For Dinner (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Movie Night &amp; Popcorn! (2LR)</p>	<p>11:00 Refresh &amp; Hydrate (2DR) <b>5</b></p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO 4 Life Walking Club (ML)</p> <p>1:30 Live Entertainment! (2LR)</p> <p>2:00 Afternoon Tea &amp; Treats With Jokes! (2K)</p> <p>4:00 LIFE SKILLS: Table Setting For Dinner (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Reminiscing (2LR)</p>
<p>National Friendship Day! <b>6</b></p> <p>9:00 Music &amp; Therapeutic Colouring (2MP)</p> <p>10:00 Virtual Church Service (2LR)</p> <p>10:30 Reading Circle &amp; Tea Time (2MP)</p> <p>10:45 Drum Fit! (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>2:00 Horse Derby! (2DR)</p> <p>2:00 Catholic Church Service with Deacon David (T)</p> <p>3:00 Crafters Corner (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Card Game Night (2MP)</p>	<p>Civic Holiday! <b>7</b></p> <p>Camp Week!</p> <p>10:15 Gentle Exercise (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:15 Manicure Mondays (2LR)</p> <p>1:30 Bus Outing! (RSVP)</p> <p>3:00 Java Music Club (2LR)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Music &amp; Therapeutic Colouring (2MP)</p>	<p>Camp Week! <b>8</b></p> <p>10:15 Music and Movement (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:30 Live Entertainment! with Rick Groves (2DR)</p> <p>3:00 GO 4 Life Walking Club (ML)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Movie Night &amp; Popcorn! (2LR)</p>	<p>Camp Week! <b>9</b></p> <p>World Indigenous Day - Wear Orange</p> <p>10:15 Music Fitness (2DR)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:00 Camp Games! (ML)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Evening Snack Social &amp; Trivia (2MP)</p>	<p>Camp Week! <b>10</b></p> <p>National S'mores Day!</p> <p>10:15 Morning Yoga and Stretch Exercise (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:00 Drum Fit Exercise Class (T)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO4Life Walking Club (ML)</p> <p>1:15 Balloon Tennis (2MP)</p> <p>2:00 Camp Fire S'mores Social! (CK)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Tic Tac Toe Competition (2K)</p>	<p>Camp Week! <b>11</b></p> <p>Wear Team Colors!</p> <p>10:15 Music Fitness (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:00 Let's Get Baking! (2K)</p> <p>2:00 Afternoon Tea &amp; Treats With Short Stories (2DR)</p> <p>3:00 Friday Dance Party! (2DR)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Movie Night &amp; Popcorn! (2LR)</p>	<p>Camp Week! <b>12</b></p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO 4 Life Walking Club (ML)</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 (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Reminiscing (2LR)</p>
<p>Camp Week! <b>13</b></p> <p>10:00 Virtual Church Service (2LR)</p> <p>10:30 Reading Circle &amp; Tea Time (2MP)</p> <p>10:45 Drum Fit! (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>2:00 Horse Derby! (2DR)</p> <p>3:00 Crafters Corner (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Card Game Night (2MP)</p>	<p><b>14</b></p> <p>10:00 Vendor: Mila (ML)</p> <p>10:15 Gentle Exercise (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:15 Manicure Mondays (2LR)</p> <p>1:30 Bus Outing! (RSVP)</p> <p>3:00 Java Music Club (2LR)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Music &amp; Therapeutic Colouring (2MP)</p>	<p><b>15</b></p> <p>10:15 Music and Movement (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:00 Guess That Tune! (2MP)</p> <p>3:00 GO 4 Life Walking Club (ML)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Movie Night &amp; Popcorn! (2LR)</p>	<p><b>16</b></p> <p>10:15 Music Fitness (2DR)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:00 Bingo! (2DR)</p> <p>1:30 Live Entertainment! with James Regan (2LR)</p> <p>3:30 Funny Jokes &amp; Short Stories (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Evening Snack Social &amp; Trivia (2MP)</p>	<p><b>17</b></p> <p>10:15 Morning Yoga and Stretch Exercise (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:00 Drum Fit Exercise Class (T)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO4Life Walking Club (ML)</p> <p>1:15 Balloon Tennis (2MP)</p> <p>2:00 Afternoon Tea &amp; Treats (2K)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>4:00 Flu Education (T)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Tic Tac Toe Competition (2K)</p>	<p><b>18</b></p> <p>BWG Carrot Fest! Pinot Noir Day! - Wear Red!</p> <p>10:15 Music Fitness (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:00 Let's Get Baking! (2K)</p> <p>2:00 Afternoon Tea &amp; Treats With Short Stories (2DR)</p> <p>3:00 Friday Dance Party! (2DR)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Movie Night &amp; Popcorn! (2LR)</p>	<p><b>19</b></p> <p>BWG Carrot Fest!</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO 4 Life Walking Club (ML)</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 (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Reminiscing (2LR)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Carnival Week! 20</b></p> <p>9:00 Music &amp; Therapeutic Colouring (2MP)</p> <p>10:00 Virtual Church Service (2LR)</p> <p>10:30 Reading Circle &amp; Tea Time (2MP)</p> <p>10:45 Drum Fit! (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 Family &amp; Friend BBQ! (DR)</p> <p>2:00 Horse Derby! (2DR)</p> <p>3:00 Crafters Corner (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Card Game Night (2MP)</p>	<p><b>Carnival Week! 21</b></p> <p>10:15 Gentle Exercise (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:15 Manicure Mondays (2LR)</p> <p>1:30 Bus Outing! (RSVP)</p> <p>3:00 Java Music Club (2LR)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Music &amp; Therapeutic Colouring (2MP)</p>	<p><b>Carnival Week! 22</b></p> <p>Dress Casual Day!</p> <p>10:15 Music and Movement (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:00 Guess That Tune! (2MP)</p> <p>1:30 Live Entertainment! with Zack (2LR)</p> <p>2:00 Staff Appreciation &amp; Dunk Tank (P)</p> <p>3:00 GO 4 Life Walking Club (ML)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Movie Night &amp; Popcorn! (2LR)</p>	<p><b>Carnival Week! 23</b></p> <p>10:15 Music Fitness (2DR)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:00 Bingo! (2DR)</p> <p>2:00 Carnival Games! (ML)</p> <p>3:30 Funny Jokes &amp; Short Stories (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Evening Snack Social &amp; Trivia (2MP)</p>	<p><b>Carnival Week! 24</b></p> <p>10:15 Morning Yoga and Stretch Exercise (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:00 Drum Fit Exercise Class (T)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO4Life Walking Club (ML)</p> <p>1:00 Circus Relay Race! (2DR)</p> <p>2:00 Afternoon Tea &amp; Treats (2K)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Tic Tac Toe Competition (2K)</p>	<p><b>Carnival Week! 25</b></p> <p>National Banana Split Day! Dress Silly!</p> <p>10:15 Music Fitness (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:00 Let's Get Baking! (2K)</p> <p>2:00 Afternoon Tea &amp; Treats With Short Stories (2DR)</p> <p>3:00 Friday Dance Party! (2DR)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Movie Night &amp; Popcorn! (2LR)</p>	<p><b>Carnival Week! 26</b></p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO 4 Life Walking Club (ML)</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 (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Reminiscing (2LR)</p>
<p>10:00 Virtual Church Service (2LR)</p> <p>10:30 Reading Circle &amp; Tea Time (2MP)</p> <p>10:45 Drum Fit! (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>2:00 Horse Derby! (2DR)</p> <p>3:00 Crafters Corner (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Card Game Night (2MP)</p> <p><b>27</b></p>	<p>10:15 Gentle Exercise (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:15 Manicure Mondays (2LR)</p> <p>1:30 Bus Outing! (RSVP)</p> <p>3:00 Java Music Club (2LR)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Music &amp; Therapeutic Colouring (2MP)</p> <p><b>28</b></p>	<p>10:15 Music and Movement (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:00 Guess That Tune! (2MP)</p> <p>3:00 GO 4 Life Walking Club (ML)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Movie Night &amp; Popcorn! (2LR)</p> <p><b>29</b></p>	<p>10:00 Vendor: Sonita's Jewelry (ML)</p> <p>10:15 Music Fitness (2DR)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:30 Live Entertainment! with Patricia Duffy (2DR)</p> <p>3:30 Funny Jokes &amp; Short Stories (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Evening Snack Social &amp; Trivia (2MP)</p> <p><b>30</b></p>	<p>10:15 Morning Yoga and Stretch Exercise (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:00 Drum Fit Exercise Class (T)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO4Life Walking Club (ML)</p> <p>1:15 Balloon Tennis (2MP)</p> <p>2:00 Afternoon Tea &amp; Treats (2K)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>7:00 Tic Tac Toe Competition (2K)</p> <p><b>31</b></p>		



### Locations Legend

2nd Floor Dining Room (2DR)  
2nd Floor Multi-Purpose Room (2MP)  
2nd Floor Living Room (2LR)  
Main Lobby (ML)

2nd Floor Kitchen (2K)  
Theater (T)  
Outing (RSVP)  
2nd Floor Patio (2FP)  
Country Kitchen (CK)  
Dining Room (DR)  
Patio (P)

### Calendar Legend

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