



INSPIRED SENIOR LIVING

October 2023

HOLLAND GARDENS
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Holland Gardens Retirement Residence

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>8:00 National Seniors Day Pancake Breakfast! (DR)</p> <p>8:45 Non-Denominational Church Service (T)</p> <p>10:00 Crosswords Available At Reception (ML)</p> <p>2:00 Catholic Church Service with Deacon David (T)</p> <p>3:00 Octoberfest & Welcome Cocktail Hour (CK)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>2</p> <p>9:45 Assisted Living Exercise Class (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>2:00 Manicure Mondays (3FL)</p> <p>3:00 Loonie Bingo (CK)</p> <p>3:30 GO 4 Life Walking Club (ML)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>3</p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>11:00 Chair Yoga (CK)</p> <p>11:30 Georgian Downs Casino (RSVP)</p> <p>2:00 Life Enrichment Meeting with Crystal (CK)</p> <p>3:00 Crafters Corner (3FL)</p> <p>6:45 Card Game Night (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>4</p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>2:00 Fun & Games! (CK)</p> <p>3:00 GO4Life Walking Club (ML)</p> <p>3:30 Java Music Club (3FL)</p> <p>6:30 Euchre Night (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>5</p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>11:00 Drum Fit Exercise Class (T)</p> <p>1:00 Our Great National Parks - Netflix Series (T)</p> <p>2:15 Live Entertainment! with Judy McCoubrey (CK)</p> <p>3:30 Artful Enrichment (CK)</p> <p>6:45 Shuffleboard (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>6</p> <p>National Mad Hatter Day - wear a hat!</p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>2:00 Horse Races (CK)</p> <p>3:00 Apple Cider Cocktail Hour & Trivia! (PB)</p> <p>6:45 Billiards Game Night (GR)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>7</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>2:00 Loonie Bingo (CK)</p> <p>3:30 Guided Meditation (T)</p> <p>6:30 Scrabble Saturdays! (GR)</p> <p>7:00 Sports Game Night (PB)</p>
<p>8</p> <p>8:45 Non-Denominational Church Service (T)</p> <p>10:00 Crosswords Available At Reception (ML)</p> <p>2:00 Cafe Social with Elise! (CK)</p> <p>3:00 One to One Visits (AF)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>9</p> <p>Happy Thanksgiving!</p> <p>9:45 Assisted Living Exercise Class (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>2:00 Manicure Mondays (3FL)</p> <p>3:00 Loonie Bingo (CK)</p> <p>3:30 GO 4 Life Walking Club (ML)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>10</p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>11:00 Chair Yoga (CK)</p> <p>1:30 Bradford Greenhouse! (RSVP)</p> <p>2:00 Book Review Tea Party (CK)</p> <p>3:00 Crafters Corner (3FL)</p> <p>4:00 Tech Help! *Make Appointments With Reception* (CK)</p> <p>6:45 Card Game Night (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>11</p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>2:00 Fun & Games! (CK)</p> <p>3:00 GO4Life Walking Club (ML)</p> <p>3:30 Java Music Club (3FL)</p> <p>6:30 Euchre Night (PB)</p> <p>7:00 Resident Movie Pick (T)</p> <p>7:00 Hockey Night in Holland Gardens (PB)</p>	<p>12</p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>11:00 Drum Fit Exercise Class (T)</p> <p>11:00 Bingo Outing (Sutton) (RSVP)</p> <p>1:00 Our Great National Parks -Netflix Series (T)</p> <p>3:30 Artful Enrichment (CK)</p> <p>6:45 Shuffleboard (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>13</p> <p>Freaky Friday - Dress Silly</p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</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>14</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>2:15 Live Entertainment! with Emilio Zarris (CK)</p> <p>3:30 Guided Meditation (T)</p> <p>6:30 Scrabble Saturdays! (GR)</p> <p>7:00 Hockey Night in Holland Gardens (PB)</p>
<p>15</p> <p>8:45 Non-Denominational Church Service (T)</p> <p>10:00 Crosswords Available At Reception (ML)</p> <p>2:00 Cafe Social with Elise! (CK)</p> <p>3:00 One to One Visits (AF)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>16</p> <p>9:45 Assisted Living Exercise Class (3FL)</p> <p>10:00 Mila's Clothing & Accessories (ML)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>2:00 Manicure Mondays (3FL)</p> <p>3:00 Loonie Bingo (CK)</p> <p>3:30 GO 4 Life Walking Club (ML)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>17</p> <p>Breast Cancer Awareness *Wear Pink*</p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>11:00 Chair Yoga (CK)</p> <p>3:00 Crafters Corner (3FL)</p> <p>3:30 Resident Forum & Afternoon Tea Social (CK)</p> <p>6:45 Card Game Night (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>18</p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>2:00 Dementia Overview with Kelly (T)</p> <p>3:00 GO4Life Walking Club (ML)</p> <p>3:30 Java Music Club (3FL)</p> <p>6:30 Euchre Night (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>19</p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>11:00 Drum Fit Exercise Class (T)</p> <p>11:00 Shoppers and Bank Outing (RSVP)</p> <p>1:00 Our Great National Parks -Netflix Series (T)</p> <p>2:15 Live Entertainment! with Dave Toms (CK)</p> <p>3:30 Artful Enrichment (CK)</p> <p>6:45 Shuffleboard (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>20</p> <p>Blue Jeans Day</p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>10:00 Nelly's Comfort Shoes (ML)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:30 Mobile Hearing Clinic (S)</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>21</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>12:00 Fall High Tea @ Leacock Museum (RSVP)</p> <p>2:00 Loonie Bingo (CK)</p> <p>3:30 Guided Meditation (T)</p> <p>6:30 Scrabble Saturdays! (GR)</p> <p>7:00 Hockey Night in Holland Gardens (PB)</p>



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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

22
8:45 Non-Denominational Church Service (T)
10:00 Crosswords Available At Reception (ML)
2:00 Cafe Social with Elise! (CK)
3:00 One to One Visits (AF)
7:00 Resident Movie Pick (T)

23
9:45 Assisted Living Exercise Class (3FL)
11:00 Strength and Endurance Exercise Class (CK)
2:00 Manicure Mondays (3FL)
3:00 Loonie Bingo (CK)
3:30 GO 4 Life Walking Club (ML)
7:00 Resident Movie Pick (T)

24
9:45 Assisted Living Exercise (3FL)
11:00 Chair Yoga (CK)
11:30 Lunch Outing! (RSVP)
2:00 Fun & Games! (CK)
3:00 Crafters Corner (3FL)
6:45 Card Game Night (PB)
7:00 Resident Movie Pick (T)

25
9:45 Assisted Living Exercise (3FL)
10:00 Maria's Jewelry (Vendor) (ML)
11:00 Strength and Endurance Exercise Class (CK)
1:30 Chef Demo & Food Education (CK)
3:00 GO4Life Walking Club (ML)
3:30 Java Music Club (3FL)
6:30 Euchre Night (PB)
7:00 Resident Movie Pick (T)

26
9:45 Assisted Living Exercise (3FL)
11:00 Drum Fit Exercise Class (T)
1:00 Our Great National Parks -Netflix Series (T)
2:00 Live Entertainment with the Jukebox Jammers! (CK)
3:30 Artful Enrichment (CK)
6:45 Shuffleboard (PB)
7:00 Resident Movie Pick (T)

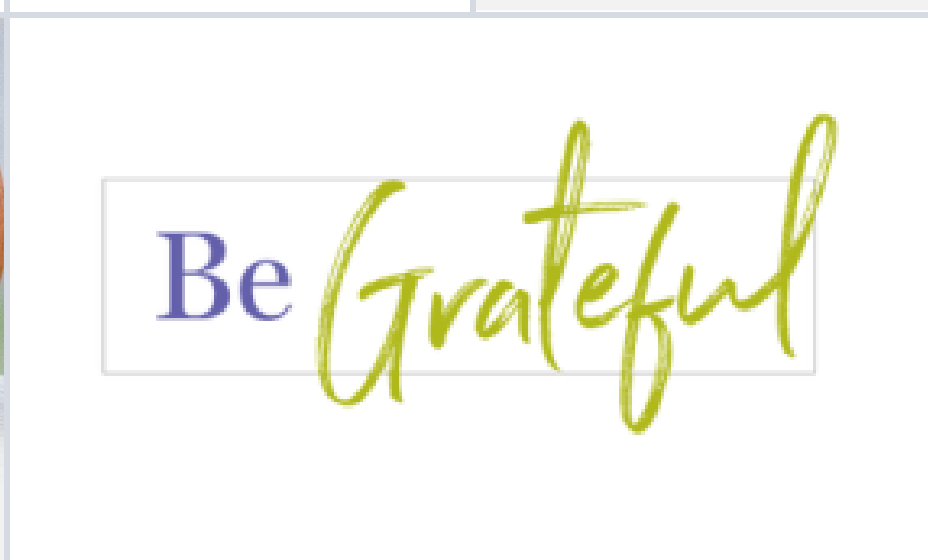
27
High Tea Dress Up Day!
9:45 Assisted Living Exercise (3FL)
11:00 Strength and Endurance Exercise Class (CK)
2:00 Horse Races (CK)
3:00 Resident and Staff Birthday Tea Celebration (CK)
6:45 Billiards Game Night (GR)
7:00 Resident Movie Pick (T)

28
8:00 Therapeutic Coloring Pages Available At Reception (ML)
10:30 Music & Movement (3FL)
11:30 GO 4 Life Walking Club (ML)
2:00 Loonie Bingo (CK)
3:30 Guided Meditation (T)
6:30 Scrabble Saturdays! (GR)
7:00 Hockey Night in Holland Gardens (PB)

29
8:45 Non-Denominational Church Service (T)
10:00 Crosswords Available At Reception (ML)
2:00 Cafe Social with Elise! (CK)
3:00 One to One Visits (AF)
7:00 Resident Movie Pick (T)

30
9:45 Assisted Living Exercise Class (3FL)
11:00 Strength and Endurance Exercise Class (CK)
1:00 Upper Canada Mall Outing (RSVP)
2:00 Manicure Mondays (3FL)
3:00 Loonie Bingo (CK)
3:30 GO 4 Life Walking Club (ML)
7:00 Resident Movie Pick (T)

31
Department Pumpkin and Costume Contest!
9:45 Assisted Living Exercise (3FL)
11:00 Chair Yoga (CK)
2:15 Halloween Party with Live Music! (CK)
3:30 Trick Or Treating with Children & Grandchildren! (ML)
6:45 Card Game Night (PB)
7:00 Resident Movie Pick (T)



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)
Dining Room (DR)
Spa (S)