



INSPIRED SENIOR LIVING

# November 2023

**HOLLAND GARDENS**  
RETIREMENT RESIDENCE

## Holland Gardens Retirement Residence

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:45 Assisted Living Exercise (3FL) <b>1</b> 11:00 Strength and Endurance Exercise Class (CK) 1:00 Upper Canada Mall Outing (RSVP) 2:00 Alzheimer Society: Supporting Communication (T) 2:00 Java Music Club (3FL) 3:30 Welcome Cocktail Hour with General Manager (CK) 6:30 Euchre Night (CK) 7:00 Resident Movie Pick (T)	9:45 Assisted Living Exercise (3FL) <b>2</b> 11:00 Drum Fit Exercise Class (T) 1:00 Our Planet -Netflix (T) 1:30 Fall Colors Scenic Drive! (RSVP) 2:30 Feel Franfrantastic Dance Class! (CK) 3:00 Artful Enrichment (CK) 6:45 Shuffleboard (PB) 7:00 Resident Movie Pick (T)	Wear your Floral Print! <b>3</b> 9:45 Assisted Living Exercise (3FL) 10:00 Inga's Clothing & Sleepwear (ML) 11:00 Strength and Endurance Exercise Class (CK) 11:30 GO 4 Life Walking Club (ML) 2:00 Horse Races (CK) 3:00 Cocktail Hour and Brain Games! (PB) 6:45 Billiards Game Night (GR) 7:00 Resident Movie Pick (T)	8:00 Therapeutic Coloring Pages Available At Reception (ML) <b>4</b> 10:00 Music & Movement (3FL) 2:00 Loonie Bingo (CK) 6:30 Scrabble Saturdays! (GR)
8:45 Non-Denominational Church Service (T) <b>5</b> 10:00 Crosswords Available At Reception (ML) 2:00 Catholic Church Service with Deacon David (T) 2:00 Cafe Social! (CK) 3:00 One to One Visits (AF) 7:00 Resident Movie Pick (T)	9:45 Assisted Living Exercise Class (3FL) <b>6</b> 11:00 Strength and Endurance Exercise Class (CK) 1:30 GO 4 Life Walking Club (ML) 2:00 Loonie Bingo (CK) 3:30 Manicure Mondays (3FL) 7:00 Resident Movie Pick (T)	9:45 Assisted Living Exercise (3FL) <b>7</b> 11:00 Casino Outing! (RSVP) 11:00 Chair Yoga (CK) 2:15 Entertainment with Rick Groves (CK) 3:00 Crafters Corner (3FL) 6:45 Card Game Night (PB) 7:00 Resident Movie Pick (T)	9:45 Assisted Living Exercise (3FL) <b>8</b> 10:00 Mobile Boutique (ML) 11:00 Strength and Endurance Exercise Class (CK) 1:30 GO4Life Walking Club (ML) 2:00 Alzheimer Society: Responding to Behaviors (T) 3:30 Java Music Club (3FL) 6:30 Euchre Night (CK) 7:00 Resident Movie Pick (T)	9:45 Assisted Living Exercise (3FL) <b>9</b> 11:00 Drum Fit Exercise Class (T) 1:00 Our Planet -Netflix (T) 2:00 Book Club Review Party! (CK) 3:00 Artful Enrichment (CK) 6:45 Shuffleboard (PB) 7:00 Resident Movie Pick (T)	Wear Red! <b>10</b> 9:45 Assisted Living Exercise (3FL) 10:00 Ann Bennington Card Sale 11:00 Strength and Endurance Exercise Class (CK) 11:30 GO 4 Life Walking Club (ML) 2:00 Horse Races (CK) 3:00 Cocktail Hour and Brain Games! (PB) 6:45 Billiards Game Night (GR) 7:00 Resident Movie Pick (T)	Remembrance Day! Wear Red! <b>11</b> 8:00 Therapeutic Coloring Pages Available At Reception (ML) 10:00 Music & Movement (3FL) 10:45 Remembrance Day Service (violinist) (ML) 2:00 Loonie Bingo (CK) 6:30 Scrabble Saturdays! (GR)
8:45 Non-Denominational Church Service (T) <b>12</b> 10:00 Crosswords Available At Reception (ML) 2:00 Cafe Social! (CK) 3:00 One to One Visits (AF) 7:00 Resident Movie Pick (T)	Winter Clothing Drive! (ML) <b>13</b> 9:45 Assisted Living Exercise Class (3FL) 11:00 Strength and Endurance Exercise Class (CK) 1:30 GO 4 Life Walking Club (ML) 2:00 Loonie Bingo (CK) 3:30 Manicure Mondays (3FL) 7:00 Resident Movie Pick (T)	9:45 Assisted Living Exercise (3FL) <b>14</b> 10:30 Walmart/Dollarama Shopping Trip (RSVP) 11:00 Chair Yoga (CK) 2:00 Resident Forum & Afternoon Tea Social (CK) 3:00 Crafters Corner (3FL) 6:45 Card Game Night (PB) 7:00 Resident Movie Pick (T)	9:45 Assisted Living Exercise (3FL) <b>15</b> 11:00 Strength and Endurance Exercise Class (CK) 1:30 GO4Life Walking Club (ML) 2:15 Musical Entertainment by Patricia Duffy (PB) 3:30 Java Music Club (3FL) 6:30 Euchre Night (CK) 7:00 Resident Movie Pick (T)	9:45 Assisted Living Exercise (3FL) <b>16</b> 11:00 Drum Fit Exercise Class (T) 11:00 Bingo Outing (Sutton) (RSVP) 1:00 Our Planet -Netflix (T) 3:00 Artful Enrichment (CK) 6:45 Shuffleboard (PB) 7:00 Resident Movie Pick (T)	Silly Hair Day! <b>17</b> 9:45 Assisted Living Exercise (3FL) 11:00 Strength and Endurance Exercise Class (CK) 11:30 GO 4 Life Walking Club (ML) 2:00 Horse Races (CK) 3:00 Cocktail Hour and Brain Games! (PB) 6:45 Billiards Game Night (GR) 7:00 Resident Movie Pick (T)	8:00 Therapeutic Coloring Pages Available At Reception (ML) <b>18</b> 10:00 Music & Movement (3FL) 2:00 Loonie Bingo (CK) 6:30 Scrabble Saturdays! (GR)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b> 8:45 Non-Denominational Church Service (T) 10:00 Crosswords Available At Reception (ML) 2:00 Cafe Social! (CK) 3:00 One to One Visits (AF) 7:00 Resident Movie Pick (T)	<b>20</b> 9:45 Assisted Living Exercise Class (3FL) 11:00 Strength and Endurance Exercise Class (CK) 1:30 GO 4 Life Walking Club (ML) 2:00 Loonie Bingo (CK) 3:30 Manicure Mondays (3FL) 7:00 Resident Movie Pick (T)	<b>21</b> 9:45 Assisted Living Exercise (3FL) 11:00 Chair Yoga (CK) 11:30 Lunch Outing! (RSVP) 2:15 Music by Manvir! (CK) 3:00 Crafters Corner (3FL) 6:45 Card Game Night (PB) 7:00 Resident Movie Pick (T)	<b>22</b> 9:45 Assisted Living Exercise (3FL) 10:00 Maria's Jewelry (ML) 11:00 Strength and Endurance Exercise Class (CK) 1:30 GO4Life Walking Club (ML) 2:00 Alzheimer Society: Ambiguous Loss & Grief (T) 3:30 Java Music Club (3FL) 6:30 Euchre Night (CK) 7:00 Resident Movie Pick (T)	<b>23</b> 9:45 Assisted Living Exercise (3FL) 11:00 Drum Fit Exercise Class (T) 1:00 Our Planet -Netflix (T) 2:00 Christmas Bazaar Craft! (CK) 3:00 Life Enrichment Meeting (CK) 6:45 Shuffleboard (PB) 7:00 Resident Movie Pick (T)	<b>24</b> Wear Bright Colors! 9:45 Assisted Living Exercise (3FL) 11:00 Strength and Endurance Exercise Class (CK) 11:30 GO 4 Life Walking Club (ML) 2:00 Horse Races (CK) 3:00 Cocktail Hour and Brain Games! (PB) 6:45 Billiards Game Night (GR) 7:00 Resident Movie Pick (T)	<b>25</b> 8:00 Therapeutic Coloring Pages Available At Reception (ML) 10:00 Music & Movement (3FL) 2:00 Loonie Bingo (CK) 6:30 Scrabble Saturdays! (GR)
<b>26</b> 8:45 Non-Denominational Church Service (T) 10:00 Crosswords Available At Reception (ML) 2:00 Cafe Social! (CK) 3:00 One to One Visits (AF) 7:00 Resident Movie Pick (T)	<b>27</b> 9:45 Assisted Living Exercise Class (3FL) 11:00 Strength and Endurance Exercise Class (CK) 1:30 GO 4 Life Walking Club (ML) 2:00 Loonie Bingo (CK) 3:30 Manicure Mondays (3FL) 7:00 Resident Movie Pick (T)	<b>28</b> 9:45 Assisted Living Exercise (3FL) 10:00 Barrie Greenhouse! (RSVP) 11:00 Chair Yoga (CK) 3:00 Crafters Corner (3FL) 6:45 Card Game Night (PB) 7:00 Resident Movie Pick (T)	<b>29</b> 9:45 Assisted Living Exercise (3FL) 11:00 Strength and Endurance Exercise Class (CK) 1:30 GO4Life Walking Club (ML) 2:15 Live Entertainment with Common Thread! (CK) 3:30 Java Music Club (3FL) 6:30 Euchre Night (CK) 7:00 Resident Movie Pick (T)	<b>30</b> 9:45 Assisted Living Exercise (3FL) 10:00 Shoppers/Bank Trip! (RSVP) 11:00 Drum Fit Exercise Class (T) 1:00 Our Planet -Netflix (T) 2:00 Resident and Staff Birthday Celebration (CK) 6:45 Shuffleboard (PB) 7:00 Resident Movie Pick (T)		



SATURDAY  
NOV 11

### Remembrance Day



SUNDAY  
NOV 12

### Diwali

**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)  
 Outing (RSVP)  
 Games Room (GR)  
 All Floors (AF)