



INSPIRED SENIOR LIVING

November 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 & Movement (2MP) 1</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Let's Get Baking! (2K)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:00 Bingo! (2DR)</p> <p>3:30 Funny Jokes & Short Stories (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>6:00 Evening Snack Social & Trivia (2MP)</p>	<p>10:15 Morning Yoga and Stretch Exercise (2MP) 2</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:15 Balloon Tennis (2MP)</p> <p>1:30 Feel Franfrantastic Dance Class! (2DR)</p> <p>2:00 Afternoon Tea & 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>Wear your Floral Print! 3</p> <p>10:00 Inga's Clothing & Sleepwear (ML)</p> <p>10:15 Drum Fit Exercise Class (2DR)</p> <p>11:00 Refresh & 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>2:00 Afternoon Tea & 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>6:00 Movie Night & Popcorn! (2LR)</p>	<p>11:00 Refresh & Hydrate (2DR) 4</p> <p>11:00 Bus Outing! (RSVP)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:15 Board Games and Puzzles (2LR)</p> <p>2:00 Afternoon Tea & Treats With Jokes! (2K)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>6:00 Reminiscing (2LR)</p>
<p>10:00 Virtual Church Service (2LR) 5</p> <p>10:30 Reading Circle & Tea Time (2MP)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>2:00 Catholic Church Service with Deacon David (T)</p> <p>3:00 One to One Visits (AF)</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>10:15 Gentle Exercise (2MP) 6</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Manicure Mondays (2LR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:15 Crafters Corner! (2MP)</p> <p>1:30 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 Music & Therapeutic Colouring (2MP)</p>	<p>10:15 Music and Movement (2MP) 7</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:30 Java Music Club (2LR)</p> <p>1:30 Live Entertainment! with Rick Groves (2DR)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>6:00 Movie Night & Popcorn! (2LR)</p>	<p>10:00 Mobile Boutique (ML) 8</p> <p>10:15 Music & Movement (2MP)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Let's Get Baking! (2K)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:00 Bingo! (2DR)</p> <p>1:30 GO4Life Walking Club (ML)</p> <p>3:30 Funny Jokes & Short Stories (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>6:00 Evening Snack Social & Trivia (2MP)</p>	<p>10:15 Morning Yoga and Stretch Exercise (2MP) 9</p> <p>11:00 Refresh & 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 & 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>Wear Red! 10</p> <p>10:15 Drum Fit Exercise Class (2DR)</p> <p>11:00 Refresh & 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>2:00 Afternoon Tea & 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>6:00 Movie Night & Popcorn! (2LR)</p>	<p>Remembrance Day! 11</p> <p>Wear Red!</p> <p>10:45 Remembrance Day Service (violinist) (ML)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:15 Board Games and Puzzles (2LR)</p> <p>2:00 Afternoon Tea & Treats With Jokes! (2K)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>6:00 Reminiscing (2LR)</p>
<p>9:00 Music & Therapeutic Colouring (2MP) 12</p> <p>10:00 Virtual Church Service (2LR)</p> <p>10:30 Reading Circle & Tea Time (2MP)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>3:00 One to One Visits (AF)</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>Winter Clothing Drive! (ML) 13</p> <p>10:15 Gentle Exercise (2MP)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Manicure Mondays (2LR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:15 Crafters Corner! (2MP)</p> <p>1:30 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 Music & Therapeutic Colouring (2MP)</p>	<p>10:15 Music and Movement (2MP) 14</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:30 Java Music Club (2LR)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>6:00 Movie Night & Popcorn! (2LR)</p>	<p>10:15 Music & Movement (2MP) 15</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Let's Get Baking! (2K)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:00 Bingo! (2DR)</p> <p>1:30 Live Entertainment! with Patricia Duffy (2DR)</p> <p>1:30 GO4Life Walking Club (ML)</p> <p>3:30 Funny Jokes & Short Stories (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>6:00 Evening Snack Social & Trivia (2MP)</p>	<p>10:15 Morning Yoga and Stretch Exercise (2MP) 16</p> <p>11:00 Refresh & 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 & 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>Silly Hair Day! 17</p> <p>10:15 Drum Fit Exercise Class (2DR)</p> <p>11:00 Refresh & 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>2:00 Afternoon Tea & 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>6:00 Movie Night & Popcorn! (2LR)</p>	<p>11:00 Refresh & Hydrate (2DR) 18</p> <p>11:00 Bus Outing! (RSVP)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:15 Board Games and Puzzles (2LR)</p> <p>2:00 Afternoon Tea & Treats With Jokes! (2K)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>6:00 Reminiscing (2LR)</p>



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RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19</p> <p>10:00 Virtual Church Service (2LR)</p> <p>10:30 Reading Circle & Tea Time (2MP)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>3:00 One to One Visits (AF)</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>20</p> <p>10:15 Gentle Exercise (2MP)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Manicure Mondays (2LR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:15 Crafters Corner! (2MP)</p> <p>1:30 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 Music & Therapeutic Colouring (2MP)</p>	<p>21</p> <p>10:15 Music and Movement (2MP)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:30 Java Music Club (2LR)</p> <p>1:30 Live Entertainment with Manvir (2DR)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>6:00 Movie Night & Popcorn! (2LR)</p>	<p>22</p> <p>10:00 Maria's Jewelry (ML)</p> <p>10:15 Music & Movement (2MP)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Let's Get Baking! (2K)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:00 Bingo! (2DR)</p> <p>1:30 GO4Life Walking Club (ML)</p> <p>3:30 Funny Jokes & Short Stories (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>6:00 Evening Snack Social & Trivia (2MP)</p>	<p>23</p> <p>10:15 Morning Yoga and Stretch Exercise (2MP)</p> <p>11:00 Refresh & 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 & 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>24</p> <p>Wear Bright Colors!</p> <p>10:15 Drum Fit Exercise Class (2DR)</p> <p>11:00 Refresh & 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>2:00 Afternoon Tea & 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>6:00 Movie Night & Popcorn! (2LR)</p>	<p>25</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Bus Outing! (RSVP)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:15 Board Games and Puzzles (2LR)</p> <p>2:00 Afternoon Tea & Treats With Jokes! (2K)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>6:00 Reminiscing (2LR)</p>
<p>26</p> <p>9:00 Music & Therapeutic Colouring (2MP)</p> <p>10:00 Virtual Church Service (2LR)</p> <p>10:30 Reading Circle & Tea Time (2MP)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>3:00 One to One Visits (AF)</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>27</p> <p>10:15 Gentle Exercise (2MP)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Manicure Mondays (2LR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:15 Crafters Corner! (2MP)</p> <p>1:30 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 Music & Therapeutic Colouring (2MP)</p>	<p>28</p> <p>10:15 Music and Movement (2MP)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:30 Java Music Club (2LR)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>6:00 Movie Night & Popcorn! (2LR)</p>	<p>29</p> <p>10:15 Music & Movement (2MP)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Let's Get Baking! (2K)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>1:00 Bingo! (2DR)</p> <p>1:30 Entertainment With Common Thread (2DR)</p> <p>1:30 GO4Life Walking Club (ML)</p> <p>3:30 Funny Jokes & Short Stories (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>5:30 Sensory Sorting (2MP)</p> <p>6:00 Evening Snack Social & Trivia (2MP)</p>	<p>30</p> <p>10:15 Morning Yoga and Stretch Exercise (2MP)</p> <p>11:00 Refresh & 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 & 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>		

SATURDAY
NOV 11

Remembrance Day

SUNDAY
NOV 12

Diwali

Locations Legend

2nd Floor Dining Room (2DR)	2nd Floor Kitchen (2K)
2nd Floor Multi-Purpose Room (2MP)	Main Lobby (ML)
2nd Floor Living Room (2LR)	All Floors (AF)
	Outing (RSVP)
	Theater (T)

Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program