




INSPIRED SENIOR LIVING

# February 2024

## Holland Gardens Retirement Residence Independent / Assisted Living

HOLLAND GARDENS  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h3>Black History Month</h3>						
<p>8:45 Non-Denominational Church Service (T) <b>4</b></p> <p>10:00 Crosswords Available At Reception (ML)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Catholic Church Service with Deacon David (T)</p> <p>3:00 Cafe Social! (CK)</p> <p>6:00 Card Game Night: Bridge (GR)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p>National Chocolate Fondue Day (AF) <b>5</b></p> <p>9:45 Assisted Living Exercise Class (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Loonie Bingo (CK)</p> <p>3:30 Manicure Mondays (3FL)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p>Sonita Jewelry (ML) <b>6</b></p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>11:00 Chair Yoga (CK)</p> <p>1:00 Learn to play "Pass the Ace" (PB)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>3:00 Crafters Corner - Valentine's Craft (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) <b>7</b></p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:15 Live Entertainment with Common Thread! (CK)</p> <p>2:30 Feel Franfrantastic Dance Class! (3FL)</p> <p>3:30 Java Music Club (3FL)</p> <p>4:45 Chef's Private Dinner (PDR)</p> <p>6:30 Euchre and Pepper Bid Euchre Night (CK)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p>9:45 Assisted Living Exercise (3FL) <b>8</b></p> <p>11:00 Drum Fit Exercise Class (T)</p> <p>1:00 "Netflix Series" - Planet Earth (T)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Artful Enrichment (CK)</p> <p>6:45 Shuffleboard (PB)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p>Groundhog Day (AF) <b>2</b></p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Horse Races (CK)</p> <p>3:00 Cocktail Hour and Games! (PB)</p> <p>6:45 Billiards Game Night (GR)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p>8:00 Therapeutic Coloring Pages Available At Reception (ML) <b>3</b></p> <p>10:00 Music &amp; Movement (3FL)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Loonie Bingo (CK)</p> <p>6:30 Scrabble Saturdays! (GR)</p>
<p>8:45 Non-Denominational Church Service (T) <b>4</b></p> <p>10:00 Crosswords Available At Reception (ML)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Catholic Church Service with Deacon David (T)</p> <p>3:00 Cafe Social! (CK)</p> <p>6:00 Card Game Night: Bridge (GR)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p>National Chocolate Fondue Day (AF) <b>5</b></p> <p>9:45 Assisted Living Exercise Class (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Loonie Bingo (CK)</p> <p>3:30 Manicure Mondays (3FL)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p>Sonita Jewelry (ML) <b>6</b></p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>11:00 Chair Yoga (CK)</p> <p>1:00 Learn to play "Pass the Ace" (PB)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>3:00 Crafters Corner - Valentine's Craft (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) <b>7</b></p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:15 Live Entertainment with Common Thread! (CK)</p> <p>2:30 Feel Franfrantastic Dance Class! (3FL)</p> <p>3:30 Java Music Club (3FL)</p> <p>4:45 Chef's Private Dinner (PDR)</p> <p>6:30 Euchre and Pepper Bid Euchre Night (CK)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p>9:45 Assisted Living Exercise (3FL) <b>8</b></p> <p>11:00 Drum Fit Exercise Class (T)</p> <p>1:00 "Netflix Series" - Planet Earth (T)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Artful Enrichment (CK)</p> <p>6:45 Shuffleboard (PB)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p>National Pizza Day (AF) <b>9</b></p> <p>8:00 Men's Superbowl Breakfast (DR)</p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Horse Races (CK)</p> <p>3:00 Cocktail Hour and Games! (PB)</p> <p>6:45 Billiards Game Night (GR)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p>Happy Chinese New Year! (ML) <b>10</b></p> <p>8:00 Therapeutic Coloring Pages Available At Reception (ML)</p> <p>10:00 Music &amp; Movement (3FL)</p> <p>1:00 "The Long Weekend" Live Theatre (RSVP)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Loonie Bingo (CK)</p> <p>6:30 Scrabble Saturdays! (GR)</p>
<p>SuperBowl LVIII - Wear your team Jersey! (T) <b>11</b></p> <p>8:45 Non-Denominational Church Service (T)</p> <p>10:00 Crosswords Available At Reception (ML)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Cafe Social! (CK)</p> <p>4:00 Tech Help! *Make Appointments With Reception* (CK)</p> <p>6:00 Card Game Night: Bridge (GR)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p>Mobile Boutique (ML) <b>12</b></p> <p>9:45 Assisted Living Exercise Class (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Loonie Bingo (CK)</p> <p>3:30 Manicure Mondays (3FL)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p>Shrove Tuesday (Pancake Tuesday) (AF) <b>13</b></p> <p>HAPPY MARDI GRAS!! WEAR YOUR PURPLE, GREEN &amp; GOLD! (AF)</p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>11:00 Chair Yoga (CK)</p> <p>1:00 Learn to play "Pass the Ace" (PB)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Resident Forum &amp; Afternoon Social (CK)</p> <p>3:00 Crafters Corner - Mardi Gras masks (CK)</p> <p>3:30 Java Music Club (3FL)</p> <p>6:45 Card Game Night (PB)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p>Valentine's Day - Wear Red! (AF) <b>14</b></p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:30 Live Entertainment! with Manvir! (CK)</p> <p>3:30 Valentine's Tea (CK)</p> <p>4:45 Chef's Private Dinner (PDR)</p> <p>6:30 Euchre and Pepper Bid Euchre Night (CK)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p>National Flag Day (AF) <b>15</b></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 "Netflix Series" - Planet Earth (T)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Artful Enrichment (CK)</p> <p>6:45 Shuffleboard (PB)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p>9:45 Assisted Living Exercise (3FL) <b>16</b></p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Horse Races (CK)</p> <p>3:00 Cocktail Hour and Games! (PB)</p> <p>6:45 Billiards Game Night (GR)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p>Random Act of Kindness Day (AF) <b>17</b></p> <p>8:00 Therapeutic Coloring Pages Available At Reception (ML)</p> <p>10:00 Music &amp; Movement (3FL)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Loonie Bingo (CK)</p> <p>6:30 Scrabble Saturdays! (GR)</p>



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# February 2024

## Holland Gardens Retirement Residence Independent / Assisted Living

HOLLAND GARDENS  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:45 Non-Denominational Church Service (T) <b>18</b></p> <p>10:00 Crosswords Available At Reception (ML)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Cafe Social! (CK)</p> <p>6:00 Card Game Night: Bridge (GR)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p><b>FAMILY DAY (AF) 19</b></p> <p>9:45 Assisted Living Exercise Class (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Loonie Bingo (CK)</p> <p>3:30 Manicure Mondays (3FL)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p>9:45 Assisted Living Exercise (3FL) <b>20</b></p> <p>11:00 Chair Yoga (CK)</p> <p>1:00 Learn to play "Pass the Ace" (PB)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Live Entertainment with "Just the Two of Us!" (CK)</p> <p>3:00 Crafters Corner - Chinese Lanterns (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) <b>21</b></p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Fun &amp; Games, Jeopardy! (CK)</p> <p>3:00 Book Club Social (CK)</p> <p>3:30 Java Music Club (3FL)</p> <p>4:45 Chef's Private Dinner (PDR)</p> <p>6:30 Euchre and Pepper Bid Euchre Night (CK)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p>9:45 Assisted Living Exercise (3FL) <b>22</b></p> <p>10:00 Bus Outing! Shopping (RSVP)</p> <p>11:00 Drum Fit Exercise Class (T)</p> <p>1:00 "Netflix Series" - Planet Earth (T)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Artful Enrichment (CK)</p> <p>6:45 Shuffleboard (PB)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p>National Margarita Day (AF) <b>23</b></p> <p>8:00 Ladies Breakfast (DR)</p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Horse Races (CK)</p> <p>3:00 Cocktail Hour and Games! (PB)</p> <p>6:45 Billiards Game Night (GR)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p>8:00 Therapeutic Coloring Pages Available At Reception (ML) <b>24</b></p> <p>10:00 Music &amp; Movement (3FL)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Loonie Bingo (CK)</p> <p>6:30 Scrabble Saturdays! (GR)</p>
<p>8:45 Non-Denominational Church Service (T) <b>25</b></p> <p>10:00 Crosswords Available At Reception (ML)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Les &amp; Alice Anniversary Social (CK)</p> <p>2:00 Cafe Social! (CK)</p> <p>6:00 Card Game Night: Bridge (GR)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p><b>Sarah Ann's Foot Care Services (S) 26</b></p> <p>9:45 Assisted Living Exercise Class (3FL)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Loonie Bingo (CK)</p> <p>3:30 Manicure Mondays (3FL)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p>9:45 Assisted Living Exercise (3FL) <b>27</b></p> <p>11:00 Chair Yoga (CK)</p> <p>1:00 Learn to play "Pass the Ace" (PB)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Georgian Downs Casino *RSVP* (RSVP)</p> <p>3:00 Crafters Corner (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) <b>28</b></p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:15 Live Entertainment with Patricia Duffy (PB)</p> <p>3:30 Java Music Club (3FL)</p> <p>4:45 Chef's Private Dinner (PDR)</p> <p>6:30 Euchre and Pepper Bid Euchre Night (CK)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p>Leap Day!! (AF) <b>29</b></p> <p>9:45 Assisted Living Exercise (3FL)</p> <p>11:00 Drum Fit Exercise Class (T)</p> <p>1:00 "Netflix Series" - Planet Earth (T)</p> <p>1:30 GO 4 Life Walking Club (ML)</p> <p>2:00 Artful Enrichment (CK)</p> <p>3:00 Murder Mystery Birthday Party (PB)</p> <p>6:45 Shuffleboard (PB)</p> <p>7:00 Resident Movie Pick: (T)</p>	<p>WEDNESDAY <b>FEB 14</b> Valentine's Day</p>	

SATURDAY  
**FEB 10**  
Lunar Year Dragon

Be your best self

**Locations Legend**

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

**Calendar Legend**

Outing

Special Program

Living, Loving, Local

Signature Program