



INSPIRED SENIOR LIVING


February 2024

Holland Gardens Retirement Residence

Memory Care

HOLLAND GARDENS
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h2>Black History Month</h2>						
<p>9:00 Music & Therapeutic Colouring (2MP) 4</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>11:00 Go For Life Walking Club (2FH)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>6:00 Sensory Sorting (2MP)</p> <p>6:30 Card Game Night (2MP)</p>	<p>National Chocolate Fondue Day (AF) 5</p> <p>10:15 Gentle Exercise (2MP)</p> <p>11:00 Manicure Mondays (2LR)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Go For Life Walking Club (2FH)</p> <p>1:15 Crafters Corner! (2MP)</p> <p>3:00 Balloon Volleyball (2K)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>6:00 Sensory Sorting (2MP)</p> <p>6:30 Music & Therapeutic Colouring (2MP)</p>	<p>Sonita Jewelry (ML) 6</p> <p>10:15 Music and Movement (2MP)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Go For Life Walking Club (2FH)</p> <p>1:30 Java Music Club (2LR)</p> <p>3:00 Neighbourhood Walk (RSVP)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>6:00 Sensory Sorting (2MP)</p> <p>6:30 Movie Night & Popcorn! (2LR)</p> <p>7:00 Hallway Strolls (2FH)</p>	<p>10:15 Morning Yoga and Stretch Exercise (2MP) 7</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Let's Get Baking! (2K)</p> <p>11:00 Go For Life Walking Club (2FH)</p> <p>1:00 Bingo! (2DR)</p> <p>1:30 Feel Franfrantastic Dance Class! (2DR)</p> <p>1:30 Live Entertainment with Common Thread (2DR)</p> <p>2:30 Funny Jokes & Short Stories (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>6:00 Evening Snack Social & Trivia (2MP)</p> <p>6:00 Sensory Sorting (2MP)</p>	<p>10:15 Music & Movement (2MP) 8</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Go For Life Walking Club (2FH)</p> <p>2:00 Afternoon Tea & Treats (2K)</p> <p>3:00 Bowling (2K)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>6:00 Sensory Sorting (2MP)</p> <p>7:00 Tic Tac Toe Competition (2K)</p>	<p>Groundhog Day (AF) 2</p> <p>10:15 Drum Fit Exercise Class (2DR)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Go For Life Walking Club (2FH)</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>6:00 Sensory Sorting (2MP)</p> <p>6:30 Movie Night & Popcorn! (2LR)</p>	<p>10:30 Gentle Exercise (2DR) 3</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Go For Life Walking Club (2FH)</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>6:00 Sensory Sorting (2MP)</p> <p>6:30 Reminiscing Group (2LR)</p>
<p>10:00 Virtual Church Service (2LR) 11</p> <p>10:30 Reading Circle & Tea Time (2MP)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Go For Life Walking Club (2FH)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>6:00 Sensory Sorting (2MP)</p> <p>6:30 Card Game Night (2MP)</p>	<p>Mobile Boutique (ML) 12</p> <p>10:15 Gentle Exercise (2MP)</p> <p>11:00 Manicure Mondays (2LR)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Go For Life Walking Club (2FH)</p> <p>1:15 Crafters Corner! (2MP)</p> <p>3:00 Chair Soccer (2K)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>6:00 Sensory Sorting (2MP)</p> <p>6:30 Music & Therapeutic Colouring (2MP)</p>	<p>Shrove Tuesday (Pancake Tuesday) (AF) 13</p> <p>10:15 Music and Movement (2MP)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Go For Life Walking Club (2FH)</p> <p>1:30 Java Music Club (2LR)</p> <p>3:00 Our Daily Bread Readings (2MP)</p> <p>3:00 Neighbourhood Walk (RSVP)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>6:00 Sensory Sorting (2MP)</p> <p>6:30 Movie Night & Popcorn! (2LR)</p> <p>7:00 Hallway Strolls (2FH)</p>	<p>Valentine's Day - Wear Red! (AF) 14</p> <p>10:15 Morning Yoga and Stretch Exercise (2MP)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Let's Get Baking! (2K)</p> <p>11:00 Go For Life Walking Club (2FH)</p> <p>1:00 Bingo! (2DR)</p> <p>1:30 Live Entertainment! with Manvir! (2DR)</p> <p>2:30 Funny Jokes & Short Stories (2MP)</p> <p>3:30 Mini Putt (2DR)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>6:00 Evening Snack Social & Trivia (2MP)</p> <p>6:00 Sensory Sorting (2MP)</p>	<p>National Flag Day (AF) 15</p> <p>10:15 Music & Movement (2MP)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Go For Life Walking Club (2FH)</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>6:00 Sensory Sorting (2MP)</p> <p>7:00 Tic Tac Toe Competition (2K)</p>	<p>10:15 Drum Fit Exercise Class (2DR) 16</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Go For Life Walking Club (2FH)</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>6:00 Sensory Sorting (2MP)</p> <p>6:30 Movie Night & Popcorn! (2LR)</p>	<p>Random Act of Kindness Day (AF) 17</p> <p>10:30 Gentle Exercise (2DR)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Go For Life Walking Club (2FH)</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>6:00 Sensory Sorting (2MP)</p> <p>6:30 Reminiscing Group (2LR)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Music & Therapeutic Colouring (2MP) 18</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>11:00 Go For Life Walking Club (2FH)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>6:00 Sensory Sorting (2MP)</p> <p>6:30 Card Game Night (2MP)</p>	<p>FAMILY DAY (AF) 19</p> <p>10:15 Gentle Exercise (2MP)</p> <p>11:00 Manicure Mondays (2LR)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Go For Life Walking Club (2FH)</p> <p>1:15 Crafters Corner! (2MP)</p> <p>3:00 Balloon Volleyball (2K)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>6:00 Sensory Sorting (2MP)</p> <p>6:30 Music & Therapeutic Colouring (2MP)</p>	<p>10:15 Music and Movement (2MP) 20</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Go For Life Walking Club (2FH)</p> <p>1:30 Java Music Club (2LR)</p> <p>3:00 Neighbourhood Walk (RSVP)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>6:00 Sensory Sorting (2MP)</p> <p>6:30 Movie Night & Popcorn! (2LR)</p> <p>7:00 Hallway Strolls (2FH)</p>	<p>10:15 Morning Yoga and Stretch Exercise (2MP) 21</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Let's Get Baking! (2K)</p> <p>11:00 Go For Life Walking Club (2FH)</p> <p>1:00 Bingo! (2DR)</p> <p>2:30 Funny Jokes & Short Stories (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>6:00 Evening Snack Social & Trivia (2MP)</p> <p>6:00 Sensory Sorting (2MP)</p>	<p>10:15 Music & Movement (2MP) 22</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Go For Life Walking Club (2FH)</p> <p>2:00 Afternoon Tea & Treats (2K)</p> <p>3:00 Bowling (2K)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>6:00 Sensory Sorting (2MP)</p> <p>7:00 Tic Tac Toe Competition (2K)</p>	<p>10:15 Drum Fit Exercise Class (2DR) 23</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Go For Life Walking Club (2FH)</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>6:00 Sensory Sorting (2MP)</p> <p>6:30 Movie Night & Popcorn! (2LR)</p>	<p>10:30 Gentle Exercise (2DR) 24</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Go For Life Walking Club (2FH)</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>6:00 Sensory Sorting (2MP)</p> <p>6:30 Reminiscing Group (2LR)</p>
<p>10:00 Virtual Church Service (2LR) 25</p> <p>10:30 Reading Circle & Tea Time (2MP)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Go For Life Walking Club (2FH)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>6:00 Sensory Sorting (2MP)</p> <p>6:30 Card Game Night (2MP)</p>	<p>Sarah Ann's Foot Care Services (S) 26</p> <p>10:15 Gentle Exercise (2MP)</p> <p>11:00 Manicure Mondays (2LR)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Go For Life Walking Club (2FH)</p> <p>1:15 Crafters Corner! (2MP)</p> <p>3:00 Chair Soccer (2K)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>6:00 Sensory Sorting (2MP)</p> <p>6:30 Music & Therapeutic Colouring (2MP)</p>	<p>10:15 Music and Movement (2MP) 27</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Go For Life Walking Club (2FH)</p> <p>1:30 Java Music Club (2LR)</p> <p>3:00 Our Daily Bread Readings (2MP)</p> <p>3:00 Neighbourhood Walk (RSVP)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>6:00 Sensory Sorting (2MP)</p> <p>6:30 Movie Night & Popcorn! (2LR)</p> <p>7:00 Hallway Strolls (2FH)</p>	<p>10:15 Morning Yoga and Stretch Exercise (2MP) 28</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Let's Get Baking! (2K)</p> <p>11:00 Go For Life Walking Club (2FH)</p> <p>1:00 Bingo! (2DR)</p> <p>1:30 Live Entertainment with Patricia Duffy (2LR)</p> <p>2:30 Funny Jokes & Short Stories (2MP)</p> <p>3:30 Mini Putt (2DR)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>6:00 Evening Snack Social & Trivia (2MP)</p> <p>6:00 Sensory Sorting (2MP)</p>	<p>Leap Day!! (AF) 29</p> <p>10:15 Music & Movement (2MP)</p> <p>11:00 Refresh & Hydrate (2DR)</p> <p>11:00 Go For Life Walking Club (2FH)</p> <p>1:15 Balloon Tennis (2MP)</p> <p>2:00 February Birthday Party! (2K)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>6:00 Sensory Sorting (2MP)</p> <p>7:00 Tic Tac Toe Competition (2K)</p>	 <p>WEDNESDAY FEB 14 Valentine's Day</p>	



SATURDAY
FEB 10
Lunar Year Dragon

Be your best self

Locations Legend

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

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program