






INSPIRED SENIOR LIVING

March 2024

Holland Gardens Retirement Residence Independent / Assisted Living

HOLLAND GARDENS
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>FRIDAY MAR 8 International Women's Day</p>	 <p>SUNDAY MAR 17 St. Patrick's Day</p>	 <p>Verve Senior Living's Majestic Mediterranean Odyssey</p>			<p>Dress in Blue Day 1</p> <p>9:45 Assisted Living Exercise (3FL) 10:00 Jeopardy / Virtual Games (T) 11:00 Strength and Endurance Exercise Class (CK) 1:30 GO 4 Life Walking Club (ML) 2:00 Horse Races (CK) 3:00 Welcome Cocktail Hour with General Manager (CK) 6:45 Billiards Game Night (GR) 7:00 Resident Movie Pick: (T)</p>	<p>National 'Old Stuff' Day 2</p> <p>8:00 Therapeutic Coloring Pages Available At Reception (ML) 10:00 Music & Movement (3FL) 10:00 Jeopardy / Virtual Games (T) 1:30 GO 4 Life Walking Club (ML) 2:00 Loonie Bingo (CK) 3:00 Silly Auction *Bring Your Items* (CK) 6:30 Game Night Saturdays! (GR)</p>
<p>8:45 Non-Denominational Church Service (T) 3 10:00 Crosswords Available At Reception (ML) 10:00 Jeopardy / Virtual Games (T) 1:30 GO 4 Life Walking Club (ML) 2:00 Catholic Church Service with Deacon David (T) 3:00 Cafe Social! (CK) 6:00 Card Game Night: Bridge (GR) 7:00 Resident Movie Pick: (T)</p>	<p>9:45 Assisted Living Exercise Class (3FL) 4 10:00 Jeopardy / Virtual Games (T) 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) 3:30 Life Enrichment Meeting (CK) 7:00 Resident Movie Pick: (T)</p>	<p>9:45 Assisted Living Exercise (3FL) 5 10:00 Jeopardy / Virtual Games (T) 10:00 Shopping Outing (ML) 11:00 Chair Yoga (CK) 1:00 Learn to play "Pass the Ace" (PB) 1:30 GO 4 Life Walking Club (ML) 2:00 Learn to Play Pool/Billiards (GR) 3:00 Crafters Corner (CK) 6:45 Card Game Night (PB) 7:00 Resident Movie Pick: (T)</p>	<p>9:45 Assisted Living Exercise (3FL) 6 10:00 Jeopardy / Virtual Games (T) 11:00 Strength and Endurance Exercise Class (CK) 1:00 Fun & Games, Mexican Train Dominos! (CK) 1:30 GO 4 Life Walking Club (ML) 2:00 HG Choir! (PB) 3:30 Java Music Club (3FL) 4:45 Chef's Private Dinner (PDR) 6:30 Euchre and Pepper Bid Euchre Night (CK) 7:00 Resident Movie Pick: (T)</p>	<p>Sonita Jewellery Vendor (ML) 7 9:45 Assisted Living Exercise (3FL) 10:00 Jeopardy / Virtual Games (T) 11:00 Drum Fit Exercise Class (T) 11:30 Lunch Outing - "Port Soiree Restaurant" (RSVP) 1:30 GO 4 Life Walking Club (ML) 2:00 Artful Enrichment (CK) 2:15 Feel Franfrantastic Dance Class! (3FL) 6:45 Shuffleboard (PB) 7:00 Resident Movie Pick: (T)</p>	<p>National Women's Day 8</p> <p>8:00 Ladies' Breakfast (DR) 9:45 Assisted Living Exercise (3FL) 10:00 Jeopardy / Virtual Games (T) 11:00 Strength and Endurance Exercise Class (CK) 1:30 GO 4 Life Walking Club (ML) 2:00 Horse Races (CK) 3:00 Cocktail Hour and Entertainment! - Kid Crooner (PB) 6:45 Billiards Game Night (GR) 7:00 Resident Movie Pick: (T)</p>	<p>8:00 Therapeutic Coloring Pages Available At Reception (ML) 9 10:00 Music & Movement (3FL) 10:00 Jeopardy / Virtual Games (T) 1:30 GO 4 Life Walking Club (ML) 2:00 Loonie Bingo (CK) 6:30 Game Night Saturdays! (GR)</p>
<p>8:45 Non-Denominational Church Service (T) 10 10:00 Crosswords Available At Reception (ML) 10:00 Jeopardy / Virtual Games (T) 1:30 GO 4 Life Walking Club (ML) 2:00 Red Carpet Cafe Social! (CK) 6:00 Card Game Night: Bridge (GR) 7:00 Oscar Night! (T)</p>	<p>9:45 Assisted Living Exercise Class (3FL) 11 10:00 Jeopardy / Virtual Games (T) 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) 4:00 Tech Help! *Make Appointments With Reception* (CK) 7:00 Resident Movie Pick: (T)</p>	<p>9:45 Assisted Living Exercise (3FL) 12 10:00 Jeopardy / Virtual Games (T) 10:30 Frauds & Scams Presentation by SSP (T) 11:00 Chair Yoga (CK) 1:00 Learn to play "Pass the Ace" (PB) 1:30 GO 4 Life Walking Club (ML) 2:00 Learn to Play Pool/Billiards (GR) 3:00 Crafters Corner (CK) 6:45 Card Game Night (PB) 7:00 Resident Movie Pick: (T)</p>	<p>9:45 Assisted Living Exercise (3FL) 13 10:00 Jeopardy / Virtual Games (T) 11:00 Strength and Endurance Exercise Class (CK) 1:00 Fun & Games, Mexican Train Dominos! (CK) 1:30 GO 4 Life Walking Club (ML) 2:00 HG Choir! (PB) 3:30 Java Music Club (3FL) 4:45 Chef's Private Dinner (PDR) 4:45 Living Loving Local Dinner (DR) 6:30 Euchre and Pepper Bid Euchre Night (CK) 7:00 Resident Movie Pick: (T)</p>	<p>9:45 Assisted Living Exercise (3FL) 14 10:00 Jeopardy / Virtual Games (T) 11:00 Drum Fit Exercise Class (T) 11:00 Bingo Outing (Sutton) (RSVP) 1:00 "Netflix Series" - Planet Earth (T) 1:30 GO 4 Life Walking Club (ML) 2:00 Artful Enrichment (CK) 6:45 Shuffleboard (PB) 7:00 Resident Movie Pick: (T) 7:00 Magician Peter Mennie (CK)</p>	<p>Mobile Hearing Clinic (S) 15</p> <p>9:45 Assisted Living Exercise (3FL) 10:00 Jeopardy / Virtual Games (T) 11:00 Strength and Endurance Exercise Class (CK) 1:30 GO 4 Life Walking Club (ML) 2:00 Horse Races (CK) 3:00 Cocktail Hour and Games! (PB) 6:45 Billiards Game Night (GR) 7:00 Resident Movie Pick: (T)</p>	<p>8:00 Therapeutic Coloring Pages Available At Reception (ML) 16 10:00 Music & Movement (3FL) 10:00 Jeopardy / Virtual Games (T) 1:30 GO 4 Life Walking Club (ML) 2:00 Loonie Bingo (CK) 6:30 Game Night Saturdays! (GR)</p>



INSPIRED SENIOR LIVING

March 2024

Holland Gardens Retirement Residence Independent / Assisted Living

HOLLAND GARDENS
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

St Patrick's Day! Dress in Green! (AF) 17

8:45 Non-Denominational Church Service (T)

10:00 Crosswords Available At Reception (ML)

10:00 Jeopardy / Virtual Games (T)

11:30 St. Patrick's Day Buffet (DR)

1:30 GO 4 Life Walking Club (ML)

2:15 St. Patrick's Day Entertainment (CK)

6:00 Card Game Night: Bridge (GR)

7:00 Resident Movie Pick: (T)

9:45 Assisted Living Exercise Class (3FL) 18

10:00 Jeopardy / Virtual Games (T)

11:00 Strength and Endurance Exercise Class - balloon tennis (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)

FIRST DAY OF SPRING! Wear Bright colours! (AF) 19

9:45 Assisted Living Exercise (3FL)

10:00 Jeopardy / Virtual Games (T)

11:00 Chair Yoga (CK)

11:00 Georgian Downs Casino Outing*RSVP* (RSVP)

1:00 Learn to play "Pass the Ace" (PB)

1:30 GO 4 Life Walking Club (ML)

2:00 Seed Planting (CK)

2:00 Learn to Play Pool/Billiards (GR)

3:00 Crafters Corner (CK)

6:45 Card Game Night (PB)

7:00 Resident Movie Pick: (T)

9:45 Assisted Living Exercise (3FL) 20

10:00 Jeopardy / Virtual Games (T)

11:00 Strength and Endurance Exercise Class (CK)

1:00 Fun & Games, Mexican Train Dominos! (CK)

1:30 GO 4 Life Walking Club (ML)

2:00 Resident Forum & Afternoon Social (CK)

3:00 Book Club Social (CK)

3:30 Java Music Club (3FL)

4:45 Chef's Private Dinner (PDR)

6:30 Euchre and Pepper Bid Euchre Night (CK)

7:00 Resident Movie Pick: (T)

Smile Mobile Dental (S) 21

MEDITERRANEAN CRUISE WEEK Launch - Port of the Day - SPAIN
Theme - Spanish Masquerade

9:30 Passport pick up & Photo booth (ML)

9:45 Assisted Living Exercise (3FL)

10:00 Virtual City Finder Games (T)

11:00 Drum Fit Exercise Class to Spanish Music! (T)

1:00 Daily Travelogue - SPAIN! (T)

1:30 GO 4 Life Walking Club (ML)

2:00 Artful Enrichment - Mask creation! (CK)

3:00 Spanish Sangria Cocktail Hour (PB)

4:00 Deck Games - Shuffleboard (PB)

5:00 Cruise Week Bon Voyage Gala Dinner - Masquerade Theme! (DR)

7:00 Mediterranean Movie Night: Vicky Cristina Barcelona (T)

MEDITERRANEAN CRUISE WEEK - Port of the Day - MOROCCO 22
Theme: Dress in Vibrant Moroccan colours!

8:00 Men's Breakfast (DR)

9:45 Assisted Living Exercise (3FL)

10:00 Jeopardy / Virtual Games (T)

11:00 Belly Dancing Exercise Class (CK)

1:00 Daily Travelogue - MOROCCO! (T)

1:30 GO 4 Life Walking Club (ML)

2:00 Deck Games - Camel Races (CK)

3:00 Mediterranean Wine Tasting Cocktail Hour (PB)

6:45 Deck Games - Bowling (GR)

7:00 Mediterranean Movie Night: Casablanca (T)

MEDITERRANEAN CRUISE WEEK - Port of the Day - ITALY 23
Theme - Italian colours: Dress in Red, White or Green!

8:00 Therapeutic Coloring Pages Available At Reception (ML)

10:00 Music & Movement (3FL)

10:00 Jeopardy / Virtual Games (T)

1:00 Open House (ML)

1:00 Daily Travelogue - ITALY! (T)

1:00 Italian Cocktails (PB)

1:00 Cruise Week Craft - Painted Glass (ML)

1:30 GO 4 Life Walking Club (ML)

2:00 Live Entertainment! (CK)

6:30 Game Night Saturdays! (GR)

7:00 Mediterranean Movie Night: Under the Tuscan Sun (T)

MEDITERRANEAN CRUISE WEEK - Port of the Day - TURKIYE 24
Theme: wear your Tie-Dye!

8:45 Non-Denominational Church Service (T)

10:00 Crosswords Available At Reception (ML)

10:00 Jeopardy / Virtual Games (T)

11:00 Cruise Ship Scavenger Hunt *Pick up at Reception (R)

1:00 Daily Travelogue - TURKIYE! (T)

1:30 GO 4 Life Walking Club (ML)

2:00 Cafe Social! - Turkish Tea! (CK)

3:30 Deck Games! (CK)

6:00 Card Game Night: Bridge (GR)

7:00 Resident Movie Pick: (T)

7:00 Mediterranean Movie Night: Skyfall (T)

MEDITERRANEAN CRUISE WEEK - Port of the Day - GREECE 25
Theme: Beach day in Greece - wear your beach attire! (AF)

9:45 Assisted Living Exercise Class (3FL)

10:00 Jeopardy / Virtual Games (T)

11:00 Strength and Endurance Exercise Class (CK)

12:00 Captain's Lunch (DR)

1:00 Daily Travelogue - GREECE! (T)

1:30 GO 4 Life Walking Club (ML)

1:30 Egg Decorating (3FL)

2:00 Cruise Ship Loonie Bingo (CK)

3:00 Olive Tasting & Lemon Smoothie Happy Hour (PB)

3:30 Manicure Mondays (3FL)

4:00 Deck Games - Mini Olympics (CK)

7:00 Mediterranean Movie Night: Mamma Mia (T)

MEDITERRANEAN CRUISE WEEK - Port of the Day - CROATIA 26
Theme: Sunhat & Croatian Flag colours of Red, White or Blue!

9:45 Assisted Living Exercise (3FL)

10:00 Jeopardy / Virtual Games (T)

11:00 Chair Yoga (CK)

1:00 Casino Games (PB)

1:00 Daily Travelogue - CROATIA! (T)

1:30 GO 4 Life Walking Club (ML)

2:00 Chef Demo - Mediterranean!! (CK)

2:00 Learn to Play Pool/Billiards (GR)

3:00 Crafters Corner - Beadwork (CK)

4:00 Deck Games - Indoor mini golf (ML)

6:45 Card Game Night (PB)

7:00 Mediterranean Movie Night: Out to Sea (T)

MEDITERRANEAN CRUISE WEEK - Port of the Day - FRANCE 27
Theme: Vive le France - Pink & White party! (AF)

9:45 Assisted Living Exercise (3FL)

10:00 Jeopardy / Virtual Games (T)

10:30 Lianne Harris - All Things Mediterranean! (T)

11:00 Strength and Endurance Exercise Class (CK)

1:00 Daily Travelogue - FRANCE! (T)

1:00 Deck Games - Dominos (CK)

1:30 GO 4 Life Walking Club (ML)

2:00 HG Choir! (PB)

2:15 Live Entertainment with Zack (CK)

3:30 Java Music Club (3FL)

5:00 Cruise Gala Dinner (DR)

6:30 Euchre and Pepper Bid Euchre Night (CK)

7:00 Mediterranean Movie Night: Chocolat (T)

CRUISE WEEK - Return Home - CANADA! (AF) 28

9:45 Assisted Living Exercise (3FL)

10:00 Jeopardy / Virtual Games (T)

10:30 Bus Outing! Shaw's Maple Syrup Farm & Pancake House (RSVP)

11:00 Drum Fit Exercise Class (T)

1:00 Daily Travelogue - CANADA! (T)

1:30 GO 4 Life Walking Club (ML)

2:00 Artful Enrichment (CK)

3:00 Resident and Staff Birthday Celebration (CK)

6:45 Shuffleboard (PB)

7:00 Resident Movie Pick: (T)

7:00 Cruise Week Movie Night: Grey Owl (T)

Good Friday (AF) 29

10:00 Jeopardy / Virtual Games (T)

11:00 Easter Scavenger Hunt *Pick up at Reception (R)

1:30 GO 4 Life Walking Club (ML)

2:00 Good Friday Church Service (T)

6:45 Billiards Game Night (GR)

7:00 Resident Movie Pick: (T)

8:00 Therapeutic Coloring Pages Available At Reception (ML) 30

10:00 Music & Movement (3FL)

10:00 Jeopardy / Virtual Games (T)

1:30 GO 4 Life Walking Club (ML)

2:00 Loonie Bingo (CK)

6:30 Game Night Saturdays! (GR)

Easter Sunday (AF) 31

8:45 Non-Denominational Church Service (T)

10:00 Crosswords Available At Reception (ML)

10:00 Jeopardy / Virtual Games (T)

11:00 Easter Egg Hunt (AF)

1:30 GO 4 Life Walking Club (ML)

2:00 Cafe Social! Happy Easter! (CK)

6:00 Card Game Night: Bridge (GR)

7:00 Resident Movie Pick: (T)



Be your best self

Locations Legend

Theater (T)

Country Kitchen (CK)

Main Lobby (ML)

3rd Floor Lounge (3FL)

Pub/Bistro (PB)

Games Room (GR)

Locations Legend

All Floors (AF)

Dining Room (DR)

Outing (RSVP)

Private Dining Room (PDR)

Spa (S)

Reception (R)

Calendar Legend

Outing

Special Program

Theme Day

Cruise Week

Living, Loving, Local

Signature Program