



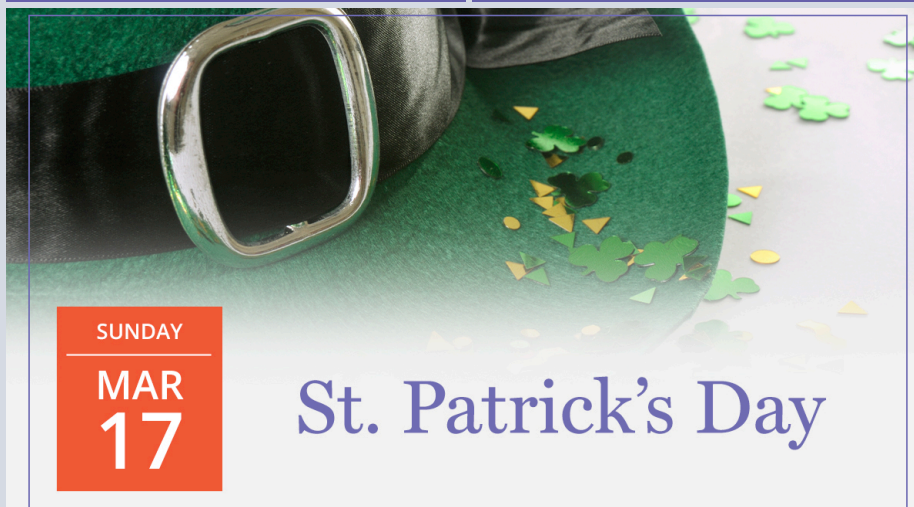

INSPIRED SENIOR LIVING

March 2024

Holland Gardens Retirement Residence Memory Care

HOLLAND GARDENS
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SUNDAY MAR 17</p> <p>St. Patrick's Day</p>	 <p>FRIDAY MAR 8</p> <p>International Women's Day</p>					
<p>9:00 Music & Therapeutic Colouring (2MP) 3</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>10:15 Gentle Exercise (2MP) 4</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) 5</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) 6</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>Sonita Jewellery Vendor (ML) 7</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>1:30 Feel Franfrantastic Dance Class! (2DR)</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>Dress in Blue Day 1</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>National 'Old Stuff' Day 2</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>
<p>10:00 Virtual Church Service (2LR) 10</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>10:15 Gentle Exercise (2MP) 11</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) 12</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) 13</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>3:30 Mini Putt (2DR)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>4:45 Living Loving Local Dinner (DR)</p> <p>6:00 Evening Snack Social & Trivia (2MP)</p> <p>6:00 Sensory Sorting (2MP)</p>	<p>10:15 Music & Movement (2MP) 14</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>Mobile Hearing Clinic (S) 15</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) 16</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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RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
St Patrick's Day! Dress in Green! (AF) 17 9:00 Music & Therapeutic Colouring (2MP) 10:00 Virtual Church Service (2LR) 10:30 Reading Circle & Tea Time (2MP) 11:00 Refresh & Hydrate (2DR) 11:00 Go For Life Walking Club (2FH) 4:00 LIFE SKILLS: Table Setting (2DR) 6:00 Sensory Sorting (2MP) 6:30 Card Game Night (2MP)	10:15 Gentle Exercise (2MP) 18 11:00 Manicure Mondays (2LR) 11:00 Refresh & Hydrate (2DR) 11:00 Go For Life Walking Club (2FH) 1:15 Crafters Corner! (2MP) 3:00 Balloon Volleyball (2K) 4:00 LIFE SKILLS: Table Setting (2DR) 6:00 Sensory Sorting (2MP) 6:30 Music & Therapeutic Colouring (2MP)	FIRST DAY OF SPRING! Wear Bright colours! (AF) 19 10:15 Music and Movement (2MP) 11:00 Refresh & Hydrate (2DR) 11:00 Go For Life Walking Club (2FH) 1:30 Java Music Club (2LR) 2:00 Seed Planting (CK) 3:00 Neighbourhood Walk (RSVP) 4:00 LIFE SKILLS: Table Setting (2DR) 6:00 Sensory Sorting (2MP) 6:30 Movie Night & Popcorn! (2LR) 7:00 Hallway Strolls (2FH)	10:15 Morning Yoga and Stretch Exercise (2MP) 20 11:00 Refresh & Hydrate (2DR) 11:00 Let's Get Baking! (2K) 11:00 Go For Life Walking Club (2FH) 1:00 Bingo! (2DR) 2:30 Funny Jokes & Short Stories (2MP) 4:00 LIFE SKILLS: Table Setting (2DR) 6:00 Evening Snack Social & Trivia (2MP) 6:00 Sensory Sorting (2MP)	MEDITERRANEAN CRUISE WEEK Launch - Port of the Day - SPAIN 21 Theme - Spanish Masquerade 10:15 Music & Movement (2MP) 11:00 Refresh & Hydrate (2DR) 11:00 Go For Life Walking Club (2FH) 2:00 Afternoon Tea & Treats (2K) 3:00 Bowling (2K) 4:00 LIFE SKILLS: Table Setting (2DR) 6:00 Sensory Sorting (2MP) 7:00 Tic Tac Toe Competition (2K)	MEDITERRANEAN CRUISE WEEK - Port of the Day - MOROCCO 22 Theme: Dress in Vibrant Moroccan colours! 10:15 Drum Fit Exercise Class (2DR) 11:00 Refresh & Hydrate (2DR) 11:00 Go For Life Walking Club (2FH) 2:00 Afternoon Tea & Treats With Short Stories (2DR) 3:00 Friday Dance Party! (2DR) 4:00 LIFE SKILLS: Table Setting (2DR) 6:00 Sensory Sorting (2MP) 6:30 Movie Night & Popcorn! (2LR)	MEDITERRANEAN CRUISE WEEK - Port of the Day - ITALY 23 Theme - Italian colours: Dress in Red, White or Green! 10:30 Gentle Exercise (2DR) 11:00 Refresh & Hydrate (2DR) 11:00 Go For Life Walking Club (2FH) 1:15 Board Games and Puzzles (2LR) 2:00 Afternoon Tea & Treats With Jokes! (2K) 4:00 LIFE SKILLS: Table Setting (2DR) 6:00 Sensory Sorting (2MP) 6:30 Reminiscing Group (2LR)
10:00 Virtual Church Service (2LR) 24 10:30 Reading Circle & Tea Time (2MP) 11:00 Refresh & Hydrate (2DR) 11:00 Go For Life Walking Club (2FH) 4:00 LIFE SKILLS: Table Setting (2DR) 6:00 Sensory Sorting (2MP) 6:30 Card Game Night (2MP)	MEDITERRANEAN CRUISE WEEK - Port of the Day - GREECE 25 Theme: Beach day in Greece - wear your beach attire! (AF) 10:15 Gentle Exercise (2MP) 11:00 Manicure Mondays (2LR) 11:00 Refresh & Hydrate (2DR) 11:00 Go For Life Walking Club (2FH) 1:15 Crafters Corner! (2MP) 3:00 Chair Soccer (2K) 4:00 LIFE SKILLS: Table Setting (2DR) 6:00 Sensory Sorting (2MP) 6:30 Music & Therapeutic Colouring (2MP)	MEDITERRANEAN CRUISE WEEK - Port of the Day - CROATIA 26 Theme: Sunhat & Croatian Flag colours of Red, White or Blue! 10:15 Music and Movement (2MP) 11:00 Refresh & Hydrate (2DR) 11:00 Go For Life Walking Club (2FH) 1:30 Java Music Club (2LR) 3:00 Neighbourhood Walk (RSVP) 3:00 Easter Egg Decorating (2MP) 4:00 LIFE SKILLS: Table Setting (2DR) 6:00 Sensory Sorting (2MP) 6:30 Movie Night & Popcorn! (2LR) 7:00 Hallway Strolls (2FH)	MEDITERRANEAN CRUISE WEEK - Port of the Day - FRANCE 27 Theme: Vive le France - Pink & White party! (AF) 10:15 Morning Yoga and Stretch Exercise (2MP) 11:00 Refresh & Hydrate (2DR) 11:00 Let's Get Baking! (2K) 11:00 Go For Life Walking Club (2FH) 1:00 Bingo! (2DR) 2:30 Funny Jokes & Short Stories (2MP) 3:30 Mini Putt (2DR) 4:00 LIFE SKILLS: Table Setting (2DR) 6:00 Evening Snack Social & Trivia (2MP) 6:00 Sensory Sorting (2MP)	CRUISE WEEK - Return Home - CANADA! (AF) 28 10:15 Music & Movement (2MP) 11:00 Refresh & Hydrate (2DR) 11:00 Go For Life Walking Club (2FH) 1:15 Balloon Tennis (2MP) 2:00 Afternoon Tea & Treats (2K) 4:00 LIFE SKILLS: Table Setting (2DR) 6:00 Sensory Sorting (2MP) 7:00 Tic Tac Toe Competition (2K)	Good Friday (AF) 29 10:15 Drum Fit Exercise Class (2DR) 11:00 Refresh & Hydrate (2DR) 11:00 Go For Life Walking Club (2FH) 2:00 Afternoon Tea & Treats With Short Stories (2DR) 3:00 Friday Dance Party! (2DR) 4:00 LIFE SKILLS: Table Setting (2DR) 6:00 Sensory Sorting (2MP) 6:30 Movie Night & Popcorn! (2LR)	10:30 Gentle Exercise (2DR) 30 11:00 Refresh & Hydrate (2DR) 11:00 Go For Life Walking Club (2FH) 1:15 Board Games and Puzzles (2LR) 2:00 Afternoon Tea & Treats With Jokes! (2K) 4:00 LIFE SKILLS: Table Setting (2DR) 6:00 Sensory Sorting (2MP) 6:30 Reminiscing Group (2LR)

Easter Sunday (AF) 31 9:00 Music & Therapeutic Colouring (2MP) 10:00 Virtual Church Service (2LR) 10:30 Reading Circle & Tea Time (2MP) 11:00 Refresh & Hydrate (2DR) 11:00 Go For Life Walking Club (2FH) 11:00 Easter Egg Hunt (AF) 4:00 LIFE SKILLS: Table Setting (2DR) 6:00 Sensory Sorting (2MP) 6:30 Card Game Night (2MP)



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)
	Dining Room (DR)
	Spa (S)
	Country Kitchen (CK)

Calendar Legend
Outing
Special Program
Living, Loving, Local
Signature Program