



INSPIRED SENIOR LIVING

# April 2024

## Holland Gardens Retirement Residence Memory Care

HOLLAND GARDENS  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

### Sunday



**10:00 Virtual Church Service (2LR) 7**  
**10:30 Reading Circle & Tea Time (2MP)**  
**11:00 Refresh & Hydrate (2DR)**  
**11:00 Go For Life Walking Club (2FH)**  
**1:30 Feel Franfrantastic Dance Class! (2DR)**  
**4:00 LIFE SKILLS: Table Setting (2DR)**  
**6:00 Sensory Sorting (2MP)**  
**6:30 Card Game Night (2MP)**

**9:00 Music & Therapeutic Colouring (2MP) 14**  
**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)**

### Monday

**Happy 5th Anniversary Holland Gardens! 1**  
**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)**  
**1:30 Live Entertainment with Manvir (2DR)**  
**3:00 Balloon Volleyball (2K)**  
**4:00 LIFE SKILLS: Table Setting (2DR)**  
**6:00 Sensory Sorting (2MP)**  
**6:30 Music & Therapeutic Colouring (2MP)**

**Sarah Ann's Foot Care (S) 8**  
**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)**

**10:15 Gentle Exercise (2MP) 15**  
**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)**

### Tuesday

**10:15 Music and Movement (2MP) 2**  
**11:00 Refresh & Hydrate (2DR)**  
**11:00 Go For Life Walking Club (2FH)**  
**1:30 Java Music Club (2LR)**  
**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 Music and Movement (2MP) 9**  
**11:00 Refresh & Hydrate (2DR)**  
**11:00 Go For Life Walking Club (2FH)**  
**1:30 Java Music Club (2LR)**  
**3:00 Our Daily Bread Readings (2MP)**  
**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 Music and Movement (2MP) 16**  
**11:00 Refresh & Hydrate (2DR)**  
**11:00 Go For Life Walking Club (2FH)**  
**1:30 Java Music Club (2LR)**  
**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)**

### Wednesday

**10:15 Morning Yoga and Stretch Exercise (2MP) 3**  
**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)**

**10:15 Morning Yoga and Stretch Exercise (2MP) 10**  
**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)**

**10:15 Morning Yoga and Stretch Exercise (2MP) 17**  
**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)**

### Thursday

**10:15 Music & Movement (2MP) 4**  
**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)**

**10:15 Music & Movement (2MP) 11**  
**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)**

**10:15 Music & Movement (2MP) 18**  
**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)**

### Friday

**10:15 Drum Fit Exercise Class (2DR) 5**  
**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)**

**10:15 Drum Fit Exercise Class (2DR) 12**  
**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)**

**10:15 Drum Fit Exercise Class (2DR) 19**  
**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)**

### Saturday

**10:30 Gentle Exercise (2DR) 6**  
**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)**

**10:30 Gentle Exercise (2DR) 13**  
**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)**

**10:30 Gentle Exercise (2DR) 20**  
**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)**



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# April 2024

## Holland Gardens Retirement Residence Memory Care

**HOLLAND GARDENS**  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>10:00 Virtual Church Service (2LR) 21</b></p> <p>10:30 Reading Circle &amp; Tea Time (2MP)</p> <p>11:00 Refresh &amp; 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><b>10:15 Gentle Exercise (2MP) 22</b></p> <p>11:00 Manicure Mondays (2LR)</p> <p>11:00 Refresh &amp; 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 &amp; Therapeutic Colouring (2MP)</p>	<p><b>10:15 Music and Movement (2MP) 23</b></p> <p>11:00 Refresh &amp; 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><b>3:00 Neighbourhood Walk (RSVP)</b></p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>6:00 Sensory Sorting (2MP)</p> <p>6:30 Movie Night &amp; Popcorn! (2LR)</p> <p>7:00 Hallway Strolls (2FH)</p>	<p><b>10:15 Morning Yoga and Stretch Exercise (2MP) 24</b></p> <p>11:00 Refresh &amp; 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 &amp; 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 &amp; Trivia (2MP)</p> <p>6:00 Sensory Sorting (2MP)</p>	<p><b>10:15 Music &amp; Movement (2MP) 25</b></p> <p>11:00 Refresh &amp; 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 &amp; 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><b>10:15 Drum Fit Exercise Class (2DR) 26</b></p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:00 Go For Life Walking Club (2FH)</p> <p>2:00 Afternoon Tea &amp; 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 &amp; Popcorn! (2LR)</p>	<p><b>10:30 Gentle Exercise (2DR) 27</b></p> <p>11:00 Refresh &amp; 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 &amp; 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><b>9:00 Music &amp; Therapeutic Colouring (2MP) 28</b></p> <p>10:00 Virtual Church Service (2LR)</p> <p>10:30 Reading Circle &amp; Tea Time (2MP)</p> <p>11:00 Refresh &amp; 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><b>10:15 Gentle Exercise (2MP) 29</b></p> <p>11:00 Manicure Mondays (2LR)</p> <p>11:00 Refresh &amp; 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 &amp; Therapeutic Colouring (2MP)</p>	<p><b>10:00 Maria - Jewelry (ML) 30</b></p> <p>10:15 Music and Movement (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:00 Go For Life Walking Club (2FH)</p> <p>1:30 Java Music Club (2LR)</p> <p><b>3:00 Neighbourhood Walk (RSVP)</b></p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>6:00 Sensory Sorting (2MP)</p> <p>6:30 Movie Night &amp; Popcorn! (2LR)</p> <p>7:00 Hallway Strolls (2FH)</p>				
				<p><b>Locations Legend</b></p> <p>2nd Floor Dining Room (2DR)</p> <p>2nd Floor Multi-Purpose Room (2MP)</p> <p>2nd Floor Hallways (2FH)</p> <p>2nd Floor Living Room (2LR)</p> <p>2nd Floor Kitchen (2K)</p> <p>Outing (RSVP)</p> <p>Spa (S)</p> <p>Main Lobby (ML)</p>		<p><b>Calendar Legend</b></p> <p>Outing</p> <p>Special Program</p> <p>Living, Loving, Local</p> <p>Signature Program</p>