



INSPIRED SENIOR LIVING

August 2025

Holland Gardens Retirement Residence

HOLLAND GARDENS
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p><u>Calendar Legend</u></p> <p>Outing Special Program Living, Loving, Local Signature Program</p>	<p><u>Locations Legend</u></p> <p>2nd Floor Kitchen (2K) 2nd Floor Multi-Purpose Room (2MP) 2nd Floor Living Room (2LR) 2nd Floor Dining Room (2DR) 2nd Floor Hallways (2FH) 2nd Floor Patio (2FP) Main Lobby (ML) Outing (RSVP)</p>	<p>9:30 Drum Fit Exercise Class (2DR) 1</p> <p>10:30 School Days Bingo! (2K)</p> <p>1:30 Artful Enrichment Program (2DR)</p> <p>2:30 Munchies & Mocktails! (2FP)</p> <p>3:00 Music Club! (2K)</p> <p>6:30 Movie Night & Popcorn! (2LR)</p>	<p>10:00 Virtual Sing A Long (2LR) 2</p> <p>11:00 GO 4 Life Walking Club (ML)</p> <p>3:00 Movie Popcorn Matinee (2LR)</p> <p>6:30 Reminiscing Group (2LR)</p>
<p>10:00 Virtual Church Service (2LR) 3</p> <p>10:30 Morning Exercise (2LR)</p> <p>11:00 GO 4 Life Walking Club (2FH)</p> <p>3:00 Afternoon Movie Matinee With Popcorn (2MP)</p> <p>6:30 Card Game Night (2MP)</p>	<p>9:30 Sing Fit *New Signature Program* (2MP) 4</p> <p>10:30 BINGO! (2K)</p> <p>2:30 Tea Time & Trivia! (2K)</p> <p>3:30 Manicure Monday! (2LR)</p> <p>6:30 Music & Therapeutic Colouring (2MP)</p>	<p>9:30 Music and Movement (2MP) 5</p> <p>10:30 Nature Bingo! (2MP)</p> <p>1:30 Crafters Corner! (2MP)</p> <p>2:30 Summer Smoothies On The Patio! (2K)</p> <p>3:30 Horse Races! (2LR)</p> <p>6:30 Movie Night & Popcorn! (2LR)</p> <p>7:00 Hallway Strolls (2FH)</p>	<p>9:30 Morning Yoga and Stretch Exercise (2MP) 6</p> <p>10:30 Number Bingo! (2K)</p> <p>2:30 Fresh Fruit & Fit Minds! (2K)</p> <p>3:30 GIANT BOWLING! (2LR)</p> <p>6:00 Evening Snack Social & Trivia (2MP)</p> <p>7:00 Bingo Night With MC Nursing Team! (2MP)</p>	<p>9:30 Sing Fit *New Signature Program* (2MP) 7</p> <p>10:30 Musical Instrument Bingo! (2MP)</p> <p>11:00 GO 4 Life Walking Club (2K)</p> <p>1:30 Patio Games (2K)</p> <p>2:30 Fancy High Tea Party! (2K)</p> <p>3:30 Java Music Club (2LR)</p> <p>7:00 Colour By Numbers (2K)</p>	<p>9:30 Drum Fit Exercise Class (2DR) 8</p> <p>10:30 School Days Bingo! (2K)</p> <p>1:30 Afternoon Entertainment With Judy (2LR)</p> <p>2:30 Munchies & Mocktails! (2FP)</p> <p>3:00 Music Club! (2K)</p> <p>6:30 Movie Night & Popcorn! (2LR)</p>	<p>10:00 Virtual Sing A Long (2LR) 9</p> <p>11:00 GO 4 Life Walking Club (ML)</p> <p>3:00 Movie Popcorn Matinee (2LR)</p> <p>6:30 Reminiscing Group (2LR)</p>
<p>10:00 Virtual Church Service (2LR) 10</p> <p>10:30 Morning Exercise (2LR)</p> <p>11:00 GO 4 Life Walking Club (2FH)</p> <p>3:00 Afternoon Movie Matinee With Popcorn (2MP)</p> <p>6:30 Card Game Night (2MP)</p>	<p>9:30 Sing Fit *New Signature Program* (2MP) 11</p> <p>10:30 BINGO! (2K)</p> <p>1:00 Summer Scenic Drive (RSVP)</p> <p>2:30 Tea Time & Trivia! (2K)</p> <p>3:30 Horse Races! (2K)</p> <p>6:30 Music & Therapeutic Colouring (2MP)</p>	<p>9:30 Music and Movement (2MP) 12</p> <p>10:30 Nature Bingo! (2MP)</p> <p>1:30 Crafters Corner! (2MP)</p> <p>2:30 Summer Smoothies On The Patio! (2K)</p> <p>3:30 Summer Nail Polish Change On The Patio! (2LR)</p> <p>6:30 Movie Night & Popcorn! (2LR)</p> <p>7:00 Hallway Strolls (2FH)</p>	<p>9:30 Morning Yoga and Stretch Exercise (2MP) 13</p> <p>10:30 Number Bingo! (2K)</p> <p>1:30 Music Playlist Reminiscing (2K)</p> <p>2:30 Fresh Fruit & Fit Minds! (2K)</p> <p>3:30 GIANT BOWLING! (2LR)</p> <p>6:00 Evening Snack Social & Trivia (2MP)</p> <p>7:00 Bingo Night With MC Nursing Team! (2MP)</p>	<p>9:30 Sing Fit *New Signature Program* (2MP) 14</p> <p>10:30 Musical Instrument Bingo! (2MP)</p> <p>11:00 GO 4 Life Walking Club (2K)</p> <p>2:30 Fancy High Tea Party! (2K)</p> <p>3:30 Java Music Club (2LR)</p> <p>7:00 Colour By Numbers (2K)</p>	<p>9:30 Drum Fit Exercise Class (2DR) 15</p> <p>10:30 School Days Bingo! (2K)</p> <p>1:30 Artful Enrichment Program (2DR)</p> <p>2:30 Munchies & Mocktails! (2FP)</p> <p>3:00 Music Club! (2K)</p> <p>6:30 Movie Night & Popcorn! (2LR)</p>	<p>10:00 Virtual Sing A Long (2LR) 16</p> <p>11:00 GO 4 Life Walking Club (ML)</p> <p>3:00 Movie Popcorn Matinee (2LR)</p> <p>6:30 Reminiscing Group (2LR)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>10:00 Virtual Church Service (2LR) 17</p> <p>10:30 Morning Exercise (2LR)</p> <p>11:00 GO 4 Life Walking Club (2FH)</p> <p>3:00 Afternoon Movie Matinee With Popcorn (2MP)</p> <p>6:30 Card Game Night (2MP)</p>	<p>9:30 Sing Fit *New Signature Program* (2MP) 18</p> <p>10:30 BINGO! (2K)</p> <p>2:30 Tea Time & Trivia! (2K)</p> <p>3:30 Horse Races! (2K)</p> <p>6:30 Music & Therapeutic Colouring (2MP)</p>	<p>9:30 Music and Movement (2MP) 19</p> <p>10:30 Nature Bingo! (2MP)</p> <p>1:30 Crafters Corner! (2MP)</p> <p>2:30 Italian Garden Party & Treats (2K)</p> <p>3:30 Summer Nail Polish Change On The Patio! (2LR)</p> <p>6:30 Movie Night & Popcorn! (2LR)</p> <p>7:00 Hallway Strolls (2FH)</p>	<p>9:30 Morning Yoga and Stretch Exercise (2MP) 20</p> <p>10:30 Number Bingo! (2K)</p> <p>1:00 Summer Scenic Drive (RSVP)</p> <p>2:30 Fresh Fruit & Fit Minds! (2K)</p> <p>3:00 EXOTIC ANIMAL VISIT !!! LIVE ANIMALS (2K)</p> <p>6:00 Evening Snack Social & Trivia (2MP)</p> <p>7:00 Bingo Night With MC Nursing Team! (2MP)</p>	<p>9:30 Sing Fit *New Signature Program* (2MP) 21</p> <p>10:30 Musical Instrument Bingo! (2MP)</p> <p>11:00 GO 4 Life Walking Club (2K)</p> <p>1:30 Entertainment with Kid Crooner (2K)</p> <p>2:30 August Birthday Tea Party! (2K)</p> <p>3:30 Java Music Club (2LR)</p> <p>7:00 Colour By Numbers (2K)</p>	<p>9:30 Drum Fit Exercise Class (2DR) 22</p> <p>10:30 School Days Bingo! (2K)</p> <p>1:30 Artful Enrichment Program (2DR)</p> <p>2:30 Munchies & Mocktails! (2FP)</p> <p>3:00 Music Club! (2K)</p> <p>6:30 Movie Night & Popcorn! (2LR)</p>	<p>10:00 Virtual Sing A Long (2LR) 23</p> <p>11:00 GO 4 Life Walking Club (ML)</p> <p>3:00 Movie Popcorn Matinee (2LR)</p> <p>6:30 Reminiscing Group (2LR)</p>	
<p>10:00 Virtual Church Service (2LR) 24</p> <p>10:30 Morning Exercise (2LR)</p> <p>11:00 GO 4 Life Walking Club (2FH)</p> <p>3:00 Afternoon Movie Matinee With Popcorn (2MP)</p> <p>6:30 Card Game Night (2MP)</p>	<p>9:30 Sing Fit *New Signature Program* (2MP) 25</p> <p>10:30 BINGO! (2K)</p> <p>1:00 Summer Scenic Drive (RSVP)</p> <p>2:30 Banana Split Social (2K)</p> <p>3:30 Horse Races! (2K)</p> <p>6:30 Music & Therapeutic Colouring (2MP)</p>	<p>9:30 Music and Movement (2MP) 26</p> <p>10:30 Nature Bingo! (2MP)</p> <p>1:30 Crafters Corner! (2MP)</p> <p>2:30 Summer Smoothies On The Patio! (2K)</p> <p>3:30 Summer Nail Polish Change On The Patio! (2LR)</p> <p>6:30 Movie Night & Popcorn! (2LR)</p> <p>7:00 Hallway Strolls (2FH)</p>	<p>9:30 Morning Yoga and Stretch Exercise (2MP) 27</p> <p>10:30 Number Bingo! (2K)</p> <p>1:30 Music Playlist Reminiscing (2K)</p> <p>2:30 Fresh Fruit & Fit Minds! (2K)</p> <p>3:30 Java Music Club! (2FP)</p> <p>6:00 Evening Snack Social & Trivia (2MP)</p> <p>7:00 Bingo Night With MC Nursing Team! (2MP)</p>	<p>9:30 Sing Fit *New Signature Program* (2MP) 28</p> <p>10:30 Musical Instrument Bingo! (2MP)</p> <p>11:00 GO 4 Life Walking Club (2K)</p> <p>1:30 Patio Games (2K)</p> <p>2:30 Fancy High Tea Party! (2K)</p> <p>7:00 Colour By Numbers (2K)</p>	<p>9:30 Drum Fit Exercise Class (2DR) 29</p> <p>10:30 School Days Bingo! (2K)</p> <p>1:30 Artful Enrichment Program (2DR)</p> <p>2:30 Munchies & Mocktails! (2FP)</p> <p>3:00 Music Club! (2K)</p> <p>6:30 Movie Night & Popcorn! (2LR)</p>	<p>10:00 Virtual Sing A Long (2LR) 30</p> <p>11:00 GO 4 Life Walking Club (ML)</p> <p>3:00 Movie Popcorn Matinee (2LR)</p> <p>6:30 Reminiscing Group (2LR)</p>	
<p>10:00 Virtual Church Service (2LR) 31</p> <p>10:30 Morning Exercise (2LR)</p> <p>11:00 GO 4 Life Walking Club (2FH)</p> <p>3:00 Afternoon Movie Matinee With Popcorn (2MP)</p> <p>6:30 Card Game Night (2MP)</p>	<p>MONDAY AUG 25 Banana Split Day</p>					<p><u>Locations Legend</u></p> <ul style="list-style-type: none"> 2nd Floor Kitchen (2K) 2nd Floor Multi-Purpose Room (2MP) 2nd Floor Living Room (2LR) 2nd Floor Dining Room (2DR) 2nd Floor Hallways (2FH) 2nd Floor Patio (2FP) Main Lobby (ML) Outing (RSVP) 	<p><u>Calendar Legend</u></p> <ul style="list-style-type: none"> Outing Special Program Living, Loving, Local Signature Program