



INSPIRED
SENIOR LIVING

September 2025

Memory Care Households

HOLLAND GARDENS
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 10:00 Virtual Church Service (2LR) 7 10:30 Morning Exercise (2LR) 11:00 GO 4 Life Walking Club (2FH) 1:30 Grandparent's Day Entertainment With Davis Steven! (2K) 2:30 Afternoon Tea & Treats (2DR) 3:00 Afternoon Movie Matinee With Popcorn (T) 6:30 Card Game Night (2MP)	9:30 Sing Fit *New Signature Program* (2MP) 1 10:30 BINGO! (2K) 1:30 Entertainment With Kelly Davies! (2DR) 2:30 Tea Time & Trivia! (2K) 3:30 Movie Matinee & Popcorn (2K) 6:30 Music & Therapeutic Colouring (2MP)	9:30 Music and Movement (2MP) 2 10:30 Nature Bingo! (2MP) 1:30 Crafters Corner! (2MP) 2:30 Summer Smoothies On The Patio! (2K) 3:30 Summer Nail Polish Change On The Patio! (2LR) 6:30 Movie Night & Popcorn! (2LR) 7:00 Hallway Strolls (2FH)	9:30 Morning Yoga and Stretch Exercise (2MP) 3 10:30 Number Bingo! (2K) 11:00 Kick Ball (2K) 1:30 Music Playlist Reminiscing (2K) 2:30 Fresh Fruit & Fit Minds! (2K) 3:30 GIANT BOWLING! (2LR) 6:00 Evening Snack Social & Trivia (2MP) 7:00 Bingo Night With MC Nursing Team! (2MP)	9:30 Sing Fit *New Signature Program* (2MP) 4 10:30 Musical Instrument Bingo! (2MP) 11:00 GO 4 Life Walking Club (2K) 1:30 Patio Games (2K) 2:30 Fancy High Tea Party! (2K) 3:30 Java Music Club (2LR) 7:00 Colour By Numbers (2K)	9:30 Drum Fit Exercise Class (2DR) 5 10:30 School Days Bingo! (2K) 11:00 Gardening Group! (P) 1:30 Artful Enrichment Program (2DR) 2:30 Munchies & Mocktails! (2FP) 3:00 Music Club! (2K) 6:30 Movie Night & Popcorn! (2LR)	10:00 Virtual Sing A Long (2LR) 6 11:00 Balloon Tennis (2DR) 2:00 Afternoon Tea & Treats! (2DR) 3:00 Movie Popcorn Matinee (2LR) 6:30 Reminiscing Group (2LR)
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Culinary Arts Month		Be Bold		Locations Legend 2nd Floor Kitchen (2K) 2nd Floor Multi-Purpose Room (2MP) 2nd Floor Living Room (2LR) 2nd Floor Dining Room (2DR) 2nd Floor Hallways (2FH) Patio (P) 2nd Floor Patio (2FP) Theater (T) Outing (RSVP) All Floors (AF)		Calendar Legend Outing Special Program Vendor Theme Day Living, Loving, Local Signature Program