



INSPIRED SENIOR LIVING

January 2026

HOLLAND GARDENS
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Memory Care Households Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><u>Calendar Legend</u></p> <p>Outing Special Program Vendor Theme Day Living, Loving, Local Signature Program</p>	<p><u>Locations Legend</u></p> <p>2nd Floor Kitchen (2K) 2nd Floor Living Room (2LR) 2nd Floor Multi-Purpose Room (2MP) 2nd Floor Dining Room (2DR) 2nd Floor Hallways (2FH) Outing (RSVP) 2nd Floor Patio (2FP) Theater (T)</p>	<p>9:30 Sing Fit *New Signature Program* (2MP) 1</p> <p>10:30 Household Bingo! (2MP)</p> <p>11:00 GO 4 Life Walking Club (2K)</p> <p>1:30 Winter Baking Class! (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) 2</p> <p>10:30 School Days Bingo! (2K)</p> <p>11:00 Pool Noodle Balloon Volleyball (2LR)</p> <p>1:00 Hot Chocolate Outing Drive (RSVP)</p> <p>1:30 Artful Enrichment Program (2DR)</p> <p>2:30 Munchies & Mocktails! (2FP)</p> <p>3:00 Hot Chocolate Sing A Long! (2K)</p> <p>6:30 Christmas Movie Night & Popcorn! (2LR)</p>	<p>10:00 Virtual Sing A Long (2LR) 3</p> <p>11:00 Balloon Tennis (2DR)</p> <p>11:00 GO 4 Life Walking Club (2FH)</p> <p>2:00 Afternoon Tea & Treats! (2DR)</p> <p>3:00 Movie Popcorn Matinee (2LR)</p> <p>6:30 Reminiscing Group (2LR)</p>
<p>10:00 Virtual Church Service (2LR) 4</p> <p>10:30 Morning Exercise (2LR)</p> <p>11:00 GO 4 Life Walking Club (2FH)</p> <p>1:00 Bingo Afternoon! (2LR)</p> <p>2:30 Afternoon Tea & Treats (2DR)</p> <p>3:00 Afternoon Movie Matinee With Popcorn (T)</p> <p>6:30 Card Game Night (2MP)</p>	<p>9:30 Sing Fit *New Signature Program* (2MP) 5</p> <p>10:30 Number Bingo! (2K)</p> <p>1:30 Music Monday! (2DR)</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) 6</p> <p>10:30 Winter Bingo! (2MP)</p> <p>11:00 GO 4 Life Walking Club (2K)</p> <p>1:30 Crafters Corner! (2MP)</p> <p>3:00 Winter Themed Manicures! (2LR)</p> <p>6:30 Comedy Movie Night & Popcorn! (2LR)</p> <p>7:00 Hallway Strolls (2FH)</p>	<p>9:30 Morning Yoga and Stretch Exercise (2MP) 7</p> <p>10:30 Musical Instrument Bingo! (2MP)</p> <p>1:30 Music Playlist Reminiscing (2K)</p> <p>2:30 Apple Cider & 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) 8</p> <p>10:30 Household Bingo! (2MP)</p> <p>11:00 GO 4 Life Walking Club (2K)</p> <p>1:30 Entertainment With Zack! (2K)</p> <p>2:30 January Birthday 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) 9</p> <p>10:30 School Days Bingo! (2K)</p> <p>11:00 Pool Noodle Balloon Volleyball (2LR)</p> <p>1:00 Hot Chocolate Outing Drive (RSVP)</p> <p>1:30 Artful Enrichment Program (2DR)</p> <p>2:30 Munchies & Mocktails! (2FP)</p> <p>3:00 Hot Chocolate Sing A Long! (2K)</p> <p>6:30 Comedy Movie Night & Popcorn! (2LR)</p>	<p>10:00 Virtual Sing A Long (2LR) 10</p> <p>11:00 Balloon Tennis (2DR)</p> <p>11:00 GO 4 Life Walking Club (2FH)</p> <p>2:00 Afternoon Tea & Treats! (2DR)</p> <p>3:00 Movie Popcorn Matinee (2LR)</p> <p>6:30 Reminiscing Group (2LR)</p>
<p>10:00 Virtual Church Service (2LR) 11</p> <p>10:30 Morning Exercise (2LR)</p> <p>11:00 GO 4 Life Walking Club (2FH)</p> <p>1:00 Bingo Afternoon! (2LR)</p> <p>2:30 Afternoon Tea & Treats (2DR)</p> <p>3:00 Afternoon Movie Matinee With Popcorn (T)</p> <p>6:30 Card Game Night (2MP)</p>	<p>9:30 Sing Fit *New Signature Program* (2MP) 12</p> <p>10:30 Number Bingo! (2K)</p> <p>1:30 Music Monday! (2DR)</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) 13</p> <p>10:30 Winter Bingo! (2MP)</p> <p>11:00 GO 4 Life Walking Club (2K)</p> <p>1:30 Crafters Corner! (2MP)</p> <p>3:00 Winter Themed Manicures! (2LR)</p> <p>6:30 Comedy Movie Night & Popcorn! (2LR)</p> <p>7:00 Hallway Strolls (2FH)</p>	<p>9:30 Morning Yoga and Stretch Exercise (2MP) 14</p> <p>10:30 Musical Instrument Bingo! (2MP)</p> <p>1:30 Music Playlist Reminiscing (2K)</p> <p>2:30 Apple Cider & 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) 15</p> <p>10:30 Household Bingo! (2MP)</p> <p>11:00 GO 4 Life Walking Club (2K)</p> <p>1:30 Winter Baking Class! (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) 16</p> <p>10:30 School Days Bingo! (2K)</p> <p>11:00 Pool Noodle Balloon Volleyball (2LR)</p> <p>1:00 Hot Chocolate Outing Drive (RSVP)</p> <p>1:30 Artful Enrichment Program (2DR)</p> <p>2:30 Munchies & Mocktails! (2FP)</p> <p>3:00 Hot Chocolate Sing A Long! (2K)</p> <p>6:30 Comedy Movie Night & Popcorn! (2LR)</p>	<p>10:00 Virtual Sing A Long (2LR) 17</p> <p>11:00 Balloon Tennis (2DR)</p> <p>11:00 GO 4 Life Walking Club (2FH)</p> <p>2:00 Afternoon Tea & Treats! (2DR)</p> <p>3:00 Movie Popcorn Matinee (2LR)</p> <p>6:30 Reminiscing Group (2LR)</p>



INSPIRED SENIOR LIVING

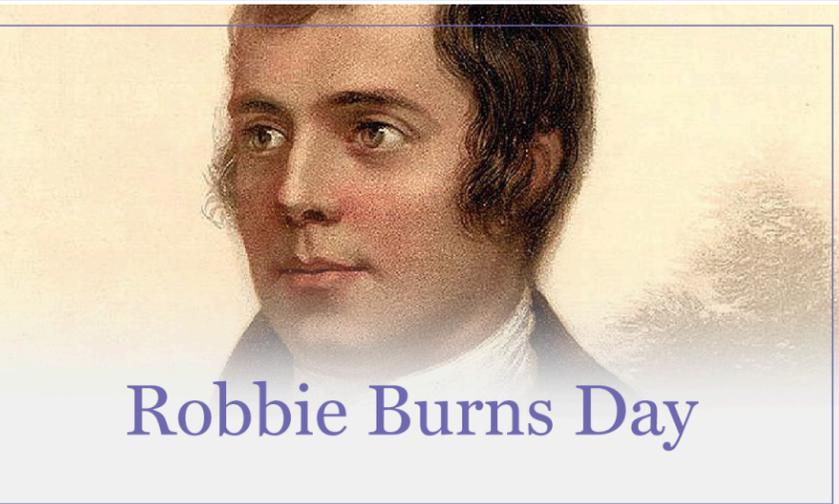
January 2026

HOLLAND GARDENS
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Memory Care Households Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Virtual Church Service (2LR) 18</p> <p>10:30 Morning Exercise (2LR)</p> <p>11:00 GO 4 Life Walking Club (2FH)</p> <p>1:00 Bingo Afternoon! (2LR)</p> <p>2:30 Afternoon Tea & Treats (2DR)</p> <p>3:00 Afternoon Movie Matinee With Popcorn (T)</p> <p>6:30 Card Game Night (2MP)</p>	<p>9:30 Sing Fit *New Signature Program* (2MP) 19</p> <p>10:30 Number Bingo! (2K)</p> <p>1:30 Music Monday! (2DR)</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) 20</p> <p>10:30 Winter Bingo! (2MP)</p> <p>11:00 GO 4 Life Walking Club (2K)</p> <p>1:30 Crafters Corner! (2MP)</p> <p>3:00 Winter Themed Manicures! (2LR)</p> <p>6:30 Comedy Movie Night & Popcorn! (2LR)</p> <p>7:00 Hallway Strolls (2FH)</p>	<p>9:30 Morning Yoga and Stretch Exercise (2MP) 21</p> <p>10:30 Musical Instrument Bingo! (2MP)</p> <p>1:30 Music Playlist Reminiscing (2K)</p> <p>2:30 Apple Cider & 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) 22</p> <p>10:30 Household Bingo! (2MP)</p> <p>11:00 GO 4 Life Walking Club (2K)</p> <p>1:30 Winter Baking Class! (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) 23</p> <p>10:30 School Days Bingo! (2K)</p> <p>11:00 Pool Noodle Balloon Volleyball (2LR)</p> <p>1:00 Hot Chocolate Outing Drive (RSVP)</p> <p>1:30 Artful Enrichment Program (2DR)</p> <p>2:30 Munchies & Mocktails! (2FP)</p> <p>3:00 Hot Chocolate Sing A Long! (2K)</p> <p>6:30 Comedy Movie Night & Popcorn! (2LR)</p>	<p>10:00 Virtual Sing A Long (2LR) 24</p> <p>11:00 Balloon Tennis (2DR)</p> <p>11:00 GO 4 Life Walking Club (2FH)</p> <p>2:00 Afternoon Tea & Treats! (2DR)</p> <p>3:00 Movie Popcorn Matinee (2LR)</p> <p>6:30 Reminiscing Group (2LR)</p>
<p>10:00 Virtual Church Service (2LR) 25</p> <p>10:30 Morning Exercise (2LR)</p> <p>11:00 GO 4 Life Walking Club (2FH)</p> <p>1:00 Bingo Afternoon! (2LR)</p> <p>2:30 Afternoon Tea & Treats (2DR)</p> <p>3:00 Afternoon Movie Matinee With Popcorn (T)</p> <p>6:30 Card Game Night (2MP)</p>	<p>9:30 Sing Fit *New Signature Program* (2MP) 26</p> <p>10:30 Number Bingo! (2K)</p> <p>1:30 Music Monday! (2DR)</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) 27</p> <p>10:30 Winter Bingo! (2MP)</p> <p>11:00 GO 4 Life Walking Club (2K)</p> <p>1:30 Crafters Corner! (2MP)</p> <p>3:00 Winter Themed Manicures! (2LR)</p> <p>6:30 Comedy Movie Night & Popcorn! (2LR)</p> <p>7:00 Hallway Strolls (2FH)</p>	<p>9:30 Morning Yoga and Stretch Exercise (2MP) 28</p> <p>10:30 Musical Instrument Bingo! (2MP)</p> <p>1:30 Music Playlist Reminiscing (2K)</p> <p>2:30 Apple Cider & 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) 29</p> <p>10:30 Household Bingo! (2MP)</p> <p>11:00 GO 4 Life Walking Club (2K)</p> <p>1:30 Winter Baking Class! (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) 30</p> <p>10:30 School Days Bingo! (2K)</p> <p>11:00 Pool Noodle Balloon Volleyball (2LR)</p> <p>1:00 Hot Chocolate Outing Drive (RSVP)</p> <p>1:30 Artful Enrichment Program (2DR)</p> <p>2:30 Munchies & Mocktails! (2FP)</p> <p>3:00 Hot Chocolate Sing A Long! (2K)</p> <p>6:30 Comedy Movie Night & Popcorn! (2LR)</p>	<p>10:00 Virtual Sing A Long (2LR) 31</p> <p>11:00 Balloon Tennis (2DR)</p> <p>11:00 GO 4 Life Walking Club (2FH)</p> <p>2:00 Afternoon Tea & Treats! (2DR)</p> <p>3:00 Movie Popcorn Matinee (2LR)</p> <p>6:30 Reminiscing Group (2LR)</p>



Robbie Burns Day

Be Colourful

Locations Legend

- 2nd Floor Kitchen (2K)
- 2nd Floor Living Room (2LR)
- 2nd Floor Multi-Purpose Room (2MP)

- 2nd Floor Dining Room (2DR)
- 2nd Floor Hallways (2FH)
- Outing (RSVP)
- 2nd Floor Patio (2FP)
- Theater (T)

Calendar Legend

- Outing
- Special Program
- Vendor
- Theme Day
- Living, Loving, Local
- Signature Program