



INSPIRED SENIOR LIVING

# December 2023

## Holland Gardens Retirement Residence Memory Care Households

HOLLAND GARDENS  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>MONDAY</b> <b>DEC 25</b></p> <p><b>Christmas Day</b></p>	 <p><b>SUNDAY</b> <b>DEC 31</b></p> <p><b>New Years Eve</b></p>					
<p><b>10:00 Virtual Church Service (2LR) 3</b></p> <p><b>10:30 Reading Circle &amp; Tea Time (2MP)</b></p> <p><b>11:00 Refresh &amp; Hydrate (2DR)</b></p> <p><b>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</b></p> <p><b>11:30 GO 4 Life Walking indoor Club (ML)</b></p> <p><b>2:00 Christmas Music Club (2K)</b></p> <p><b>4:00 LIFE SKILLS: Table Setting (2DR)</b></p> <p><b>6:00 Sensory Sorting (2MP)</b></p> <p><b>6:30 Card Game Night (2MP)</b></p>	<p><b>10:15 Gentle Exercise (2MP) 4</b></p> <p><b>11:00 Manicure Mondays (2LR)</b></p> <p><b>11:00 Refresh &amp; Hydrate (2DR)</b></p> <p><b>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</b></p> <p><b>11:30 GO 4 Life Walking indoor Club (ML)</b></p> <p><b>1:15 Christmas Crafters Corner: Christmas Wreaths (CK)</b></p> <p><b>2:30 Chair Soccer (2K)</b></p> <p><b>4:00 LIFE SKILLS: Table Setting (2DR)</b></p> <p><b>6:00 Sensory Sorting (2MP)</b></p> <p><b>6:30 Music &amp; Therapeutic Colouring (2MP)</b></p>	<p><b>10:15 Christmas Music and Movement (2MP) 5</b></p> <p><b>11:00 Refresh &amp; Hydrate (2DR)</b></p> <p><b>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</b></p> <p><b>11:30 GO 4 Life Walking indoor Club (ML)</b></p> <p><b>1:30 Java Music Club (2LR)</b></p> <p><b>4:00 LIFE SKILLS: Table Setting (2DR)</b></p> <p><b>6:00 Bus Outing Christmas Lights Scenic Drive (RSVP)</b></p> <p><b>6:00 Sensory Sorting (2MP)</b></p> <p><b>6:30 Christmas Movie Night &amp; Popcorn! How the Grinch Stole Christmas (2LR)</b></p> <p><b>7:00 Christmas Hallway Walk (2FH)</b></p>	<p><b>10:15 Morning Yoga and Stretch Exercise (2MP) 6</b></p> <p><b>11:00 Refresh &amp; Hydrate (2DR)</b></p> <p><b>11:00 Let's Get Christmas Baking! (2K)</b></p> <p><b>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</b></p> <p><b>11:30 GO 4 Life Walking indoor Club (ML)</b></p> <p><b>1:00 Bingo! (2DR)</b></p> <p><b>2:30 Funny Jokes &amp; Short Stories (2MP)</b></p> <p><b>3:30 Mini Putt (2DR)</b></p> <p><b>4:00 LIFE SKILLS: Table Setting (2DR)</b></p> <p><b>6:00 Evening Snack Social &amp; Trivia (2MP)</b></p> <p><b>6:00 Sensory Sorting (2MP)</b></p>	<p><b>10:15 Christmas Music &amp; Movement (2MP) 7</b></p> <p><b>11:00 Refresh &amp; Hydrate (2DR)</b></p> <p><b>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</b></p> <p><b>11:30 GO 4 Life Walking indoor Club (ML)</b></p> <p><b>1:15 Balloon Tennis (2MP)</b></p> <p><b>2:00 Afternoon Tea &amp; Treats (2K)</b></p> <p><b>4:00 LIFE SKILLS: Table Setting (2DR)</b></p> <p><b>6:00 Sensory Sorting (2MP)</b></p> <p><b>7:00 Tic Tac Toe Competition (2K)</b></p>	<p><b>10:00 GO 4 Life Walking Club (ML) 1</b></p> <p><b>10:15 Drum Fit Exercise Class (2DR)</b></p> <p><b>11:00 Refresh &amp; Hydrate (2DR)</b></p> <p><b>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</b></p> <p><b>2:00 Afternoon Tea &amp; Treats With Short Stories (2DR)</b></p> <p><b>3:00 Friday Dance Party! (2DR)</b></p> <p><b>4:00 LIFE SKILLS: Table Setting (2DR)</b></p> <p><b>6:00 Sensory Sorting (2MP)</b></p> <p><b>6:30 Christmas Movie Night &amp; Popcorn: Elf movie (2LR)</b></p>	<p><b>10:15 Drum Fit Exercise Class (2DR) 8</b></p> <p><b>11:00 Refresh &amp; Hydrate (2DR)</b></p> <p><b>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</b></p> <p><b>11:30 GO 4 Life Walking indoor Club (ML)</b></p> <p><b>1:30 Entertainment with Jim Clayton (2DR)</b></p> <p><b>2:00 Afternoon Tea &amp; Treats With Short Stories (2DR)</b></p> <p><b>3:00 Friday Dance Party! (2DR)</b></p> <p><b>4:00 LIFE SKILLS: Table Setting (2DR)</b></p> <p><b>6:00 Sensory Sorting (2MP)</b></p> <p><b>6:30 Christmas Movie Night &amp; Popcorn: Christmas Chronicles 1 (2LR)</b></p>
<p><b>9:00 Music &amp; Therapeutic Colouring (2MP) 10</b></p> <p><b>10:00 Virtual Church Service (2LR)</b></p> <p><b>10:30 Reading Circle &amp; Tea Time (2MP)</b></p> <p><b>11:00 Refresh &amp; Hydrate (2DR)</b></p> <p><b>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</b></p> <p><b>11:30 GO 4 Life Walking indoor Club (ML)</b></p> <p><b>2:00 Christmas Music Club (2K)</b></p> <p><b>4:00 LIFE SKILLS: Table Setting (2DR)</b></p> <p><b>6:00 Sensory Sorting (2MP)</b></p> <p><b>6:30 Card Game Night (2MP)</b></p> <p><b>7:00 Christmas Hallway Walk (2FH)</b></p>	<p><b>10:15 Gentle Exercise (2MP) 11</b></p> <p><b>11:00 Manicure Mondays (2LR)</b></p> <p><b>11:00 Winter Scenic Drive (RSVP)</b></p> <p><b>11:00 Refresh &amp; Hydrate (2DR)</b></p> <p><b>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</b></p> <p><b>11:30 GO 4 Life Walking indoor Club (ML)</b></p> <p><b>1:15 Christmas Crafters Corner! (2MP)</b></p> <p><b>3:00 Balloon Volleyball (2K)</b></p> <p><b>4:00 LIFE SKILLS: Table Setting (2DR)</b></p> <p><b>6:00 Sensory Sorting (2MP)</b></p> <p><b>6:30 Music &amp; Therapeutic Colouring (2MP)</b></p>	<p><b>10:15 Christmas Music and Movement (2MP) 12</b></p> <p><b>11:00 Refresh &amp; Hydrate (2DR)</b></p> <p><b>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</b></p> <p><b>11:30 GO 4 Life Walking indoor Club (ML)</b></p> <p><b>1:30 Java Music Club (2LR)</b></p> <p><b>3:00 Hot Apple Cider &amp; Pumpkin Pie Social (2MP)</b></p> <p><b>4:00 LIFE SKILLS: Table Setting (2DR)</b></p> <p><b>6:00 Sensory Sorting (2MP)</b></p> <p><b>6:30 Christmas Movie Night &amp; Popcorn! (2LR)</b></p> <p><b>7:00 Christmas Hallway Walk (2FH)</b></p>	<p><b>10:15 Morning Yoga and Stretch Exercise (2MP) 13</b></p> <p><b>11:00 Refresh &amp; Hydrate (2DR)</b></p> <p><b>11:00 Let's Get Christmas Baking! (2K)</b></p> <p><b>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</b></p> <p><b>11:30 GO 4 Life Walking indoor Club (ML)</b></p> <p><b>1:00 Bingo! (2DR)</b></p> <p><b>2:30 Funny Jokes &amp; Short Stories (2MP)</b></p> <p><b>4:00 LIFE SKILLS: Table Setting (2DR)</b></p> <p><b>6:00 Evening Snack Social &amp; Trivia (2MP)</b></p> <p><b>6:00 Sensory Sorting (2MP)</b></p>	<p><b>10:15 Christmas Music &amp; Movement (2MP) 14</b></p> <p><b>11:00 Refresh &amp; Hydrate (2DR)</b></p> <p><b>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</b></p> <p><b>11:30 GO 4 Life Walking indoor Club (ML)</b></p> <p><b>1:30 Live Entertainment! with Dave Toms (2DR)</b></p> <p><b>2:00 Afternoon Tea &amp; Treats (2K)</b></p> <p><b>3:00 Bowling (2K)</b></p> <p><b>4:00 LIFE SKILLS: Table Setting (2DR)</b></p> <p><b>6:00 Sensory Sorting (2MP)</b></p> <p><b>7:00 Tic Tac Toe Competition (2K)</b></p>	<p><b>10:15 Drum Fit Exercise Class (2DR) 15</b></p> <p><b>11:00 Refresh &amp; Hydrate (2DR)</b></p> <p><b>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</b></p> <p><b>11:30 GO 4 Life Walking indoor Club (ML)</b></p> <p><b>1:30 Bus Outing Christmas Scenic Drive (RSVP)</b></p> <p><b>2:00 Afternoon Tea &amp; Treats With Short Stories (2DR)</b></p> <p><b>3:00 Friday Dance Party! (2DR)</b></p> <p><b>4:00 LIFE SKILLS: Table Setting (2DR)</b></p> <p><b>6:00 Sensory Sorting (2MP)</b></p> <p><b>6:30 Christmas Movie Night &amp; Popcorn: Christmas Chronicles 2 (2LR)</b></p>	<p><b>11:00 Refresh &amp; Hydrate (2DR) 16</b></p> <p><b>11:00 Christmas Carols and Poems (2MP)</b></p> <p><b>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</b></p> <p><b>11:30 GO 4 Life Walking indoor Club (ML)</b></p> <p><b>1:15 Board Games and Puzzles (2LR)</b></p> <p><b>2:00 Afternoon Tea &amp; Treats With Jokes! (2K)</b></p> <p><b>4:00 LIFE SKILLS: Table Setting (2DR)</b></p> <p><b>6:00 Sensory Sorting (2MP)</b></p> <p><b>6:30 Reminiscing Group (2LR)</b></p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>10:00 Virtual Church Service (2LR) 17</b></p> <p>10:30 Reading Circle &amp; Tea Time (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO 4 Life Walking indoor Club (ML)</p> <p>2:00 Christmas Music Club (2K)</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>7:00 Christmas Hallway Walk (2FH)</p>	<p><b>10:15 Gentle Exercise (2MP) 18</b></p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO 4 Life Walking indoor Club (ML)</p> <p>1:15 Christmas 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 Christmas Music and Movement (2MP) 19</b></p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:00 Java Music Club (2LR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO 4 Life Walking indoor Club (ML)</p> <p>1:30 The Goldenaires Choir Performance (2DR)</p> <p>3:00 Our Daily Bread Readings (2MP)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>6:00 Sensory Sorting (2MP)</p> <p>6:30 Christmas Movie Night &amp; Popcorn! (2LR)</p> <p>7:00 Christmas Hallway Walk (2FH)</p>	<p><b>10:15 Morning Yoga and Stretch Exercise (2MP) 20</b></p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:00 Let's Get Christmas Baking! (2K)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO 4 Life Walking indoor Club (ML)</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>5:00 Bus Outing Christmas Lights Drive (RSVP)</p> <p>6:00 Evening Snack Social &amp; Trivia (2MP)</p> <p>6:00 Sensory Sorting (2MP)</p>	<p><b>10:15 Christmas Music &amp; Movement (2MP) 21</b></p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO 4 Life Walking indoor Club (ML)</p> <p>1:15 Balloon Tennis (2MP)</p> <p>2:00 Afternoon Tea &amp; Treats (2K)</p> <p>2:30 Live Entertainment! With Noah Kosta (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) 22</b></p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO 4 Life Walking indoor Club (ML)</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>5:30 Manicure Mondays (2LR)</p> <p>6:00 Sensory Sorting (2MP)</p> <p>6:30 Christmas Movie Night &amp; Popcorn: The Santa Claus (2LR)</p>	<p><b>11:00 Refresh &amp; Hydrate (2DR) 23</b></p> <p>11:00 Christmas Carols and Poems (2MP)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO 4 Life Walking indoor Club (ML)</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) 24</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>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO 4 Life Walking indoor Club (ML)</p> <p>1:30 Live Entertainment! (2DR)</p> <p>2:00 Virtual Student Christmas concert by Vernon Christian School (2K)</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>7:00 Christmas Hallway Walk (2FH)</p>	<p><b>11:00 Refresh &amp; Hydrate (2DR) 25</b></p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO 4 Life Walking indoor Club (ML)</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 Christmas Music and Movement (2MP) 26</b></p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:00 Intellectual Puzzle Games (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO 4 Life Walking indoor Club (ML)</p> <p>1:30 Java Music Club (2LR)</p> <p>4:00 LIFE SKILLS: Table Setting (2DR)</p> <p>6:00 Sensory Sorting (2MP)</p> <p>6:30 Christmas Movie Night &amp; Popcorn! (2LR)</p> <p>7:00 Christmas Hallway Walk (2FH)</p>	<p><b>10:15 Morning Yoga and Stretch Exercise (2MP) 27</b></p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:00 Let's Get Christmas Baking! (2K)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO 4 Life Walking indoor Club (ML)</p> <p>1:00 Bingo! (2DR)</p> <p>2:30 Funny Jokes &amp; Short Stories (2MP)</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 Christmas Music &amp; Movement (2MP) 28</b></p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO 4 Life Walking indoor Club (ML)</p> <p>2:00 Afternoon Tea &amp; 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><b>10:15 Drum Fit Exercise Class (2DR) 29</b></p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO 4 Life Walking indoor Club (ML)</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 Christmas Movie Night &amp; Popcorn: Home Alone (2LR)</p>	<p><b>11:00 Refresh &amp; Hydrate (2DR) 30</b></p> <p>11:00 Christmas Carols and Poems (2MP)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO 4 Life Walking indoor Club (ML)</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>10:00 Virtual Church Service (2LR) 31</b></p> <p>10:30 Reading Circle &amp; Tea Time (2MP)</p> <p>11:00 Refresh &amp; Hydrate (2DR)</p> <p>11:30 LIFE SKILLS: Table Setting For Lunch (2DR)</p> <p>11:30 GO 4 Life Walking indoor Club (ML)</p> <p>2:00 Christmas Music Club (2K)</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>7:00 Christmas Hallway Walk (2FH)</p>				<p><b>Locations Legend</b></p> <p>2nd Floor Dining Room (2DR)</p> <p>2nd Floor Multi-Purpose Room (2MP)</p> <p>Main Lobby (ML)</p> <p>2nd Floor Living Room (2LR)</p> <p>2nd Floor Kitchen (2K)</p> <p>2nd Floor Hallways (2FH)</p> <p>Outing (RSVP)</p> <p>Country Kitchen (CK)</p>		<p><b>Calendar Legend</b></p> <p>Outing</p> <p>Special Program</p> <p>Theme Day</p> <p>Living, Loving, Local</p> <p>Signature Program</p>