



INSPIRED
SENIOR LIVING

January 2025

Independent & Assisted Living

Calendar

HOLLAND GARDENS
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<u>Locations Legend</u> Country Kitchen (CK) Theater (T) Main Lobby (ML) 3rd Floor Lounge (3FL) Pub/Bistro (PB) Games Room (GR) Outing (RSVP) Dining Room (DR) All Floors (AF) Private Dining Room (PDR) Spa (S)	9:45 Jeopardy / Virtual Games (T) 1 11:00 Exercise With Elise! (CK) 1:00 GO 4 Life Walking Club (ML) 1:00 Fun & Games, Mexican Train Dominos! (CK) 2:00 Afternoon Social With Elise (CK) 3:00 Movie Matinee & Popcorn (T) 6:30 Euchre and Pepper Bid Euchre Night (CK) 7:00 Resident Movie Pick: (T)	9:45 Assisted Living Exercise (3FL) 2 9:45 Jeopardy / Virtual Games (T) 10:00 Giant Tiger & Value Village Shopping Trip! (RSVP) 11:00 Drum Fit Exercise Class (CK) 1:30 Artful Enrichment Program! (CK) 2:45 The Christmas Take Down! *Help Life Enrichment Take Down The Christmas Decorations* (ML) 6:45 Shuffleboard (PB) 7:00 Resident Movie Pick: (T)	Theme Day: Casual Friday! (ML) 3 9:45 Assisted Living Exercise (3FL) 9:45 Jeopardy! (T) 11:00 Strength and Endurance Exercise Class (CK) 1:00 GO 4 Life Walking Club (ML) 2:00 Horse Races! 50 Cents A Bet! (CK) 3:00 Cocktail Hour and Friendly Feud! (PB) 6:45 Billiards Game Night (GR) 7:00 Resident Movie Pick: (T)	Puzzles & Colouring Pages Available in Mailroom (ML) 4 10:00 Morning Story Share (T) 11:00 Morning Exercise Class (3FL) 2:00 Loonie Bingo (CK) 3:15 Sing A Long With Elise! (PB) 6:30 Game Night Saturdays! (GR)
8:45 Non-Denominational Church Service (T) 5 10:00 Crosswords Available At Reception (ML) 1:00 Fit Minds Stay Sharp (CK) 2:00 Catholic Church Service with Deacon David (T) 2:30 Afternoon Tea Party *RSVP* (CK) 6:00 Card Game Night: Bridge (GR) 7:00 Resident Movie Pick: (T)	9:45 Assisted Living Exercise Class (3FL) 6 9:45 Jeopardy / Virtual Games (T) 11:00 Strength and Endurance Exercise Class (CK) 1:00 GO 4 Life Walking Club (ML) 1:30 Manicure Monday's *RSVP* (CK) 2:00 Loonie Bingo (CK) 3:15 Java Music Club! (3FL) 7:00 Resident Movie Pick: (T)	9:45 Assisted Living Exercise (3FL) 7 9:45 Jeopardy / Virtual Games (T) 11:00 Chair Yoga (CK) 1:00 Pass The Ace (PB) 1:45 Artful Enrichment Live Workshop: Winter Cardinal *RSVP* (T) 3:00 Indoor Ladder Toss Competition! (T) 6:45 Card Game Night (PB) 7:00 Resident Movie Pick: (T)	Theme Day: Dress Cozy! (ML) 8 9:45 Assisted Living Exercise (3FL) 9:45 Jeopardy / Virtual Games (T) 11:00 Strength and Endurance Exercise Class (CK) 1:00 GO 4 Life Walking Club (ML) 1:00 Fun & Games, Mexican Train Dominos! (CK) 1:30 Winter Themed Craft *RSVP* (CK) 3:00 Wine & Cheese Social *RSVP* (PB) 6:30 Euchre and Pepper Bid Euchre Night (CK) 7:00 Resident Movie Pick: (T)	Jewelry Vendor: Maria (ML) 9 9:45 Assisted Living Exercise (3FL) 9:45 Jeopardy / Virtual Games (T) 10:00 Walmart & Bank Run *RSVP* (RSVP) 11:00 Drum Fit Exercise Class (CK) 2:15 Accordion Entertainment By Val (CK) 3:15 Let's Debate! (CK) 6:45 Shuffleboard (PB) 7:00 Resident Movie Pick: (T)	Ladies Breakfast (DR) 10 9:45 Assisted Living Exercise (3FL) 9:45 Jeopardy! (T) 11:00 Strength and Endurance Exercise Class (CK) 1:00 GO 4 Life Walking Club (ML) 2:00 Horse Races! 50 Cents A Bet! (CK) 3:00 Cocktail Hour and Friendly Feud! (PB) 6:45 Billiards Game Night (GR) 7:00 Resident Movie Pick: (T)	Puzzles & Colouring Pages Available in Mailroom (ML) 11 10:00 Morning Story Share (T) 11:00 Morning Exercise Class (3FL) 2:00 Loonie Bingo (CK) 3:15 Sing A Long With Elise! (PB) 6:30 Game Night Saturdays! (GR)
8:45 Non-Denominational Church Service (T) 12 10:00 Crosswords Available At Reception (ML) 1:00 Fit Minds Stay Sharp (CK) 2:00 Afternoon Tea Party! *RSVP* (CK) 6:00 Card Game Night: Bridge (GR) 7:00 Resident Movie Pick: (T)	9:45 Assisted Living Exercise Class (3FL) 13 9:45 Jeopardy / Virtual Games (T) 11:00 Strength and Endurance Exercise Class (CK) 1:00 GO 4 Life Walking Club (ML) 1:30 Manicure Monday's *RSVP* (CK) 2:00 Loonie Bingo (CK) 3:15 Java Music Club! (3FL) 7:00 Resident Movie Pick: (T)	9:45 Assisted Living Exercise (3FL) 14 9:45 Jeopardy / Virtual Games (T) 11:00 Chair Yoga (CK) 1:00 Pass The Ace (PB) 1:30 Clay Sculpting Class Part 1 *RSVP* (CK) 3:00 Balloon Volleyball Competiton! (CK) 6:45 Card Game Night (PB) 7:00 Resident Movie Pick: (T)	National Hat Day! Wear Your Hats!! (AF) 15 9:45 Assisted Living Exercise (3FL) 9:45 Jeopardy / Virtual Games (T) 11:00 Strength and Endurance Exercise Class (CK) 1:00 GO 4 Life Walking Club (ML) 1:00 Fun & Games, Mexican Train Dominos! (CK) 1:30 Tech Help! *Make Appointments With Reception* (CK) 2:45 Artful Enrichment Program! : Clay Sculpting Class Part 2 *RSVP* (CK) 4:30 Chef's Private Dinner *RSVP* (PDR) 6:30 Euchre and Pepper Bid Euchre Night (CK) 7:00 Resident Movie Pick: (T)	9:45 Assisted Living Exercise (3FL) 16 9:45 Jeopardy / Virtual Games (T) 11:00 Drum Fit Exercise Class (CK) 11:00 BINGO WORLD-NEWMARKET (RSVP) 2:15 Entertainment with Emilio Zarris (ML) 3:00 Ladder Toss (T) 6:45 Shuffleboard (PB) 7:00 Resident Movie Pick: (T)	9:45 Assisted Living Exercise (3FL) 17 9:45 Jeopardy! (T) 11:00 Strength and Endurance Exercise Class (CK) 1:00 GO 4 Life Walking Club (ML) 2:00 Horse Races! 50 Cents A Bet! (CK) 3:00 Cocktail Hour and Friendly Feud! (PB) 6:45 Billiards Game Night (GR) 7:00 Resident Movie Pick: (T)	Puzzles & Colouring Pages Available in Mailroom (ML) 18 10:00 Morning Story Share (T) 11:00 Morning Exercise Class (3FL) 2:00 Loonie Bingo (CK) 3:15 Sing A Long With Elise! (PB) 6:30 Game Night Saturdays! (GR)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Popcorn Day! (T) 19 Sunday Brunch 11:00am-1:00pm *Guests RSVP At Reception* (DR) 8:45 Non-Denominational Church Service (T) 10:00 Crosswords Available At Reception (ML) 1:00 Fit Minds Stay Sharp (CK) 2:00 Let's Debate! (CK) 6:00 Card Game Night: Bridge (GR) 7:00 Resident Movie Pick: (T)	9:45 Assisted Living Exercise Class (3FL) 20 9:45 Jeopardy / Virtual Games (T) 11:00 Strength and Endurance Exercise Class (CK) 1:00 GO 4 Life Walking Club (ML) 1:30 Manicure Monday's *RSVP* (CK) 2:00 Loonie Bingo (CK) 3:15 Java Music Club! (3FL) 7:00 Resident Movie Pick: (T)	9:45 Assisted Living Exercise (3FL) 21 9:45 Jeopardy / Virtual Games (T) 11:00 Chair Yoga (CK) 1:00 Pass The Ace (PB) 1:30 Robbie Burns Themed Craft *RSVP* (CK) 3:00 The Price Is Right! Dessert Edition (CK) 6:45 Card Game Night (PB) 7:00 Resident Movie Pick: (T)	9:45 Assisted Living Exercise (3FL) 22 9:45 Jeopardy / Virtual Games (T) 11:00 Strength and Endurance Exercise Class (CK) 1:00 GO 4 Life Walking Club (ML) 1:00 Fun & Games, Mexican Train Dominos! (CK) 2:00 Live Entertainment - The Sparklettes Robbie Burns Performance (CK) 3:00 Tech Help! *Make Appointments With Reception* (CK) 6:30 Euchre and Pepper Bid Euchre Night (CK) 7:00 Resident Movie Pick: (T)	Men's Breakfast! (DR) 23 9:45 Assisted Living Exercise (3FL) 9:45 Jeopardy / Virtual Games (T) 11:00 Drum Fit Exercise Class (CK) 11:30 Stacked Pancake Lunch *RSVP* (RSVP) 1:30 Artful Enrichment Program! (CK) 3:00 Silly Auction Afternoon*BRING YOUR ITEMS* (CK) 6:45 Shuffleboard (PB) 7:00 Resident Movie Pick: (T)	Mobile Hearing Clinic 1:30pm-3:30pm (S) (S) 24 Wear Your Plaid Day! (ML) 9:45 Assisted Living Exercise (3FL) 9:45 Jeopardy! (T) 11:00 Strength and Endurance Exercise Class (CK) 1:00 GO 4 Life Walking Club (ML) 2:00 Horse Races! 50 Cents A Bet! (CK) 3:00 Cocktail Hour and Friendly Feud! (PB) 4:45 Robbie Burns Dinner & Bag Piper *RSVP* (CK) 6:45 Billiards Game Night (GR) 7:00 Resident Movie Pick: (T)	Puzzles & Colouring Pages Available in Mailroom (ML) 25 10:00 Morning Story Share (T) 11:00 Morning Exercise Class (3FL) 2:00 Loonie Bingo (CK) 3:15 Sing A Long With Elise! (PB) 6:30 Game Night Saturdays! (GR)
8:45 Non-Denominational Church Service (T) 26 10:00 Crosswords Available At Reception (ML) 1:00 Fit Minds Stay Sharp (CK) 2:00 January Birthday Tea Party! *RSVP* (CK) 6:00 Card Game Night: Bridge (GR) 7:00 Resident Movie Pick: (T)	9:45 Assisted Living Exercise Class (3FL) 27 9:45 Jeopardy / Virtual Games (T) 11:00 Strength and Endurance Exercise Class (CK) 1:00 GO 4 Life Walking Club (ML) 1:30 Manicure Monday's *RSVP* (CK) 2:00 Loonie Bingo (CK) 3:15 Java Music Club! (3FL) 7:00 Resident Movie Pick: (T)	9:45 Assisted Living Exercise (3FL) 28 9:45 Jeopardy / Virtual Games (T) 11:00 Chair Yoga (CK) 1:00 Pass The Ace (PB) 2:00 Artful Enrichment Presentation: Art Of Asia! Celebrate The Lunar New Year (T) 3:00 Resident Forum With All Department Managers (CK) 4:00 Book Club With Shelley! (CK) 6:45 Card Game Night (PB) 7:00 Resident Movie Pick: (T)	Happy Chinese New Year!! Year Of The Snake (ML) 29 Wear Your Red For Chinese New Year! (ML) 9:45 Assisted Living Exercise (3FL) 9:45 Jeopardy / Virtual Games (T) 11:00 Strength and Endurance Exercise Class (CK) 1:00 GO 4 Life Walking Club (ML) 1:00 Fun & Games, Mexican Train Dominos! (CK) 1:30 Chinese New Year Competition! (Chopstick Game & Ping Pong Challenge!) (CK) 2:30 Chinese Tea & Horoscopes For The New Year! (CK) 3:30 Arm Chair Travel: The Secrets Of The Great Wall-Ancient China From Above Presentation (T) 6:30 Euchre and Pepper Bid Euchre Night (CK) 7:00 Resident Movie Pick: (T)	9:45 Assisted Living Exercise (3FL) 30 9:45 Jeopardy / Virtual Games (T) 11:00 Drum Fit Exercise Class (CK) 11:00 Georgian Downs Casino Outing *RSVP* (RSVP) 2:15 Entertainment with Kid Crooner (CK) 3:15 The Art Race Challenge *RSVP* (CK) 6:45 Shuffleboard (PB) 7:00 Resident Movie Pick: (T)	9:45 Assisted Living Exercise (3FL) 31 9:45 Jeopardy! (T) 11:00 Strength and Endurance Exercise Class (CK) 1:00 GO 4 Life Walking Club (ML) 2:00 Horse Races! 50 Cents A Bet! (CK) 3:00 Chinese New Year Themed Cocktail Hour With Chinese Trivia! (PB) 6:45 Billiards Game Night (GR) 7:00 Resident Movie Pick: (T)	

Be Empowered

Locations Legend	
Country Kitchen (CK)	Outing (RSVP)
Theater (T)	Dining Room (DR)
Main Lobby (ML)	All Floors (AF)
3rd Floor Lounge (3FL)	Private Dining Room (PDR)
Pub/Bistro (PB)	Spa (S)
Games Room (GR)	

Calendar Legend	
Outing	Sign up Required
Special Program	Theme Day
Vendor	Living, Loving, Local
Holidays	Signature Program
New Program	Active Week