



INSPIRED
SENIOR LIVING

July 2025

Memory Care Households

HOLLAND GARDENS
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 Music and Movement (2MP) 1 10:30 Nature Bingo! (2MP) 1:30 Canada Day Craft! (2MP) 3:00 Canada Day Party! (2K) 3:30 Summer Nail Polish Change On The Patio! (2LR) 6:30 Movie Night & Popcorn! (2LR) 7:00 Hallway Strolls (2FH)	10:00 Morning Yoga and Stretch Exercise (2MP) 2 10:30 Number Bingo! (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)	10:00 Sing Fit *New Signature Program* (2MP) 3 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)	10:00 Drum Fit Exercise Class (2DR) 4 10:30 School Days Bingo! (2K) 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) 5 11:00 GO 4 Life Walking Club (ML) 3:00 Movie Popcorn Matinee (2LR) 6:30 Reminiscing Group (2LR)
10:00 Virtual Church Service (2LR) 6 10:30 Morning Exercise (2LR) 11:00 GO 4 Life Walking Club (2FH) 3:00 Afternoon Movie Matinee With Popcorn (2MP) 6:30 Card Game Night (2MP)	10:00 Sing Fit *New Signature Program* (2MP) 7 10:30 BINGO! (2K) 1:00 Summer Scienic Drive (RSVP) 2:30 Tea Time & Trivia! (2K) 3:30 Horse Races! (2K) 6:30 Music & Therapeutic Colouring (2MP)	10:00 Music and Movement (2MP) 8 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)	10:00 Morning Yoga and Stretch Exercise (2MP) 9 10:30 Number Bingo! (2K) 1:30 Entertainment On The Patio With Manvir (2FP) 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)	10:00 Sing Fit *New Signature Program* (2MP) 10 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)	10:00 Drum Fit Exercise Class (2DR) 11 10:30 School Days Bingo! (2K) 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) 12 11:00 GO 4 Life Walking Club (ML) 3:00 Movie Popcorn Matinee (2LR) 6:30 Reminiscing Group (2LR)
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Virtual Church Service (2LR) 20 10:30 Morning Exercise (2LR) 11:00 GO 4 Life Walking Club (2FH) 3:00 Afternoon Movie Matinee With Popcorn (2MP) 6:30 Card Game Night (2MP)	10:00 Sing Fit *New Signature Program* (2MP) 21 10:30 BINGO! (2K) 1:00 Summer Scienic Drive (RSVP) 2:30 Tea Time & Trivia! (2K) 3:30 Horse Races! (2K) 6:30 Music & Therapeutic Colouring (2MP)	10:00 Music and Movement (2MP) 22 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)	10:00 Morning Yoga and Stretch Exercise (2MP) 23 10:30 Number Bingo! (2K) 1:30 Music Playlist Reminising (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)	10:00 Sing Fit *New Signature Program* (2MP) 24 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)	10:00 Drum Fit Exercise Class (2DR) 25 10:30 School Days Bingo! (2K) 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) 26 11:00 GO 4 Life Walking Club (ML) 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 Hallways (2FH)
2nd Floor Multi-Purpose Room (2MP)	2nd Floor Dining Room (2DR)
2nd Floor Living Room (2LR)	2nd Floor Patio (2FP)
	Main Lobby (ML)
	Outing (RSVP)

Calendar Legend
Outing
Special Program
Living, Loving, Local
Signature Program