




INSPIRED SENIOR LIVING

July 2026

Independent & Assisted Living Calendar

HOLLAND GARDENS
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="text-align: center; font-size: 2em; color: #4a5568;">Canada Day</p>		<p style="text-align: center; font-size: 0.8em;"><u>Locations Legend</u></p> <p>Country Kitchen (CK) Theater (T) Main Lobby (ML) 3rd Floor Lounge (3FL) Pub/Bistro (PB) Games Room (GR) Parking Lot Patio (PLP) Dining Room (DR) Outing (RSVP) Patio (P) All Floors (AF) Gazebo (G) Private Dining Room (PDR) Reception (R) Spa (S)</p>	<p>Happy Canada Day! Wear Your Red & White! (AF) 1</p> <p>Canada Day Scavenger Hunt *Sheets Available At Reception* Winner Gets A Prize! (ML)</p> <p>10:00 Morning Smoothies On The Patio & Ladder Toss! (P)</p> <p>1:00 Resident Run: GO 4 Life Walking Club (ML)</p> <p>1:30 Celebrating Canada Day With The Crusin Band! (P)</p> <p>6:30 Resident Run: Euchre and Pepper Bid Euchre Night (CK)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>10:00 Assisted Living Exercise Class (3FL) 2</p> <p>10:00 Morning Bocce! (PLP)</p> <p>11:00 Drum Fit IL & AL (CK)</p> <p>1:30 Artful Enrichment Program: Hibiscus Step By Step Painting *RSVP* (CK)</p> <p>3:00 Watermelon & Bean Bag Toss (P)</p> <p>6:30 Resident Run: Cribbage Night (CK)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>BBQ Lunch Friday's! (DR) 3</p> <p>10:00 Assisted Living Exercise Class (3FL)</p> <p>10:00 Ladder Toss Fridays! (PLP)</p> <p>11:00 Noddle Balloon Soccer (CK)</p> <p>1:00 Resident Run: GO 4 Life Walking Club (ML)</p> <p>2:00 Horse Races! 50 Cents A Bet! (CK)</p> <p>3:00 Cocktail Hour and Games! (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>Puzzles & Colouring Pages Available in Mailroom (ML) 4</p> <p>10:00 Morning Coffee With Sadie! (CK)</p> <p>11:00 Resident Run: GO 4 Life Walking Club (ML)</p> <p>2:00 Loonie Bingo With Life Enrichment! (CK)</p> <p>3:15 Java Music Sing A Long (3FL)</p> <p>6:30 Yahtzee Night! *Resident Run* (GR)</p> <p>7:00 Resident Movie Pick (T)</p>
<p>8:45 Non-Denominational Church Service (T) 5</p> <p>10:00 Crosswords Available At Reception (ML)</p> <p>1:00 Fit Minds Stay Sharp Packages Available At Reception (CK)</p> <p>2:00 Catholic Church Service with Deacon David (T)</p> <p>3:00 Reception Choice Movie Matinee & Popcorn! (T)</p> <p>6:30 Resident Run: Card Game Night: Bridge (GR)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>10:00 Assisted Living Exercise Class (3FL) 6</p> <p>10:00 Jeopardy! (T)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>2:00 Loonie Bingo With Life Enrichment! (CK)</p> <p>3:00 Nail Polish Change With Life Enrichment *RSVP* (GR)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>World Chocolate Day! *Guess How Many Chocolates At Reception!* (ML) 7</p> <p>10:00 Assisted Living Exercise Class (3FL)</p> <p>10:00 Mini Putt Mornings & Banana/Chocolate Smoothies! (T)</p> <p>11:00 Chair Yoga IL & AL (CK)</p> <p>11:00 Georgian Mall Shopping Trip *RSVP* (RSVP)</p> <p>1:00 Pass The Ace (PB)</p> <p>2:00 Canadian Themed Tea Party *RSVP* (G)</p> <p>3:00 Artful Enrichment: Summer Patio Stone Craft Workshop! *RSVP* (CK)</p> <p>6:30 Resident Run: Card Game Night (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>10:00 Assisted Living Exercise Class (3FL) 8</p> <p>10:00 Jeopardy! (T)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:00 Resident Run: GO 4 Life Walking Club (ML)</p> <p>1:30 Snakes & Ladders *New Betting Game* (CK)</p> <p>3:00 Golden Moments *New Signature Program* Launch Party! (T)</p> <p>4:30 Chef's Private Dinner *RSVP With Sam* (PDR)</p> <p>6:30 Resident Run: Euchre and Pepper Bid Euchre Night (CK)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>Theme: Beach Day - Wear Your Beach Attire! (AF) 9</p> <p>8:00am Ladies Breakfast Today! (DR)</p> <p>Eraida's Seamstress Services *Alvaro's Mom* (ML)</p> <p>EZ Fit Shoes Vendor (ML)</p> <p>9:00 Pick Up Your MOMA Handouts At Reception For Next Week's Art Session! (R)</p> <p>10:00 Assisted Living Exercise Class (3FL)</p> <p>10:00 Morning Bocce! (PLP)</p> <p>11:00 Drum Fit IL & AL (CK)</p> <p>2:00 Beach Party!- Entertainers Just the Two of Us (CK)</p> <p>6:15 Bon Fire Night With Sonia *RSVP* (G)</p> <p>6:30 Resident Run: Cribbage Night (CK)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>BBQ Lunch Friday's! (DR) 10</p> <p>10:00 Assisted Living Exercise Class (3FL)</p> <p>10:00 Ladder Toss Fridays! (PLP)</p> <p>11:00 Noddle Balloon Soccer (CK)</p> <p>1:00 Resident Run: GO 4 Life Walking Club (ML)</p> <p>2:00 Horse Races! 50 Cents A Bet! (CK)</p> <p>3:00 Mojito Cocktail Hour and Games! (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>Puzzles & Colouring Pages Available in Mailroom (ML) 11</p> <p>10:00 Morning Coffee With Sadie! (CK)</p> <p>11:00 Resident Run: GO 4 Life Walking Club (ML)</p> <p>2:00 Loonie Bingo With Life Enrichment! (CK)</p> <p>3:15 Java Music Sing A Long (3FL)</p> <p>6:30 Yahtzee Night! *Resident Run* (GR)</p> <p>7:00 Resident Movie Pick (T)</p>
<p>Sunday Brunch 11:00am-1:00pm *Guests RSVP At Reception* (DR) 12</p> <p>8:45 Non-Denominational Church Service (T)</p> <p>10:00 Crosswords Available At Reception (ML)</p> <p>1:00 Fit Minds Stay Sharp Packages Available At Reception (CK)</p> <p>3:00 Reception Choice Movie Matinee & Popcorn! (T)</p> <p>6:30 Resident Run: Card Game Night: Bridge (GR)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>10:00 Assisted Living Exercise Class (3FL) 13</p> <p>10:00 Jeopardy! (T)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>2:00 Loonie Bingo With Terry! (CK)</p> <p>3:00 Nail Polish Change With Life Enrichment *RSVP* (GR)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>10:00 Assisted Living Exercise Class (3FL) 14</p> <p>10:00 Mini Putt Mornings (T)</p> <p>11:00 Chair Yoga IL & AL (CK)</p> <p>1:00 Pass The Ace (PB)</p> <p>2:15 July Birthday Celebration & Entertainment With Zack On The Patio! (P)</p> <p>3:30 Water Balloon Contest *Bring Your Team Mate* (P)</p> <p>6:30 Resident Run: Card Game Night (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>10:00 Assisted Living Exercise Class (3FL) 15</p> <p>10:00 Library Drop Off (RSVP)</p> <p>10:00 Jeopardy! (T)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:00 Resident Run: GO 4 Life Walking Club (ML)</p> <p>1:30 Snakes & Ladders *New Betting Game* (CK)</p> <p>3:00 Artful Enrichment Program: Floral Series- Peony Painting *RSVP* (CK)</p> <p>6:30 Resident Run: Euchre and Pepper Bid Euchre Night (CK)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>Mary Kay Vendor (ML) National Daiquiri Day! (AF) 16</p> <p>10:00 Assisted Living Exercise Class (3FL)</p> <p>10:00 Morning Bocce! (PLP)</p> <p>11:00 Drum Fit IL & AL (CK)</p> <p>11:00 BINGO IN SUTTON! *RSVP* (RSVP)</p> <p>1:30 Daiquiri's & Meet Me at The MoMA: Lawren Stewart Harris CC LL.D. Art Inspiration Class & Presentation (CK)</p> <p>3:15 The Price Is Right! *Dessert Edition* (CK)</p> <p>6:30 Resident Run: Cribbage Night (CK)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>BBQ Lunch Friday's! (DR) 17</p> <p>*Special Living, Loving, Local Dinner Tonight! * (DR)</p> <p>10:00 Assisted Living Exercise Class (3FL)</p> <p>10:00 Ladder Toss Fridays! (PLP)</p> <p>11:00 Noddle Balloon Soccer (CK)</p> <p>1:00 Resident Run: GO 4 Life Walking Club (ML)</p> <p>2:00 Horse Races! 50 Cents A Bet! (CK)</p> <p>3:00 Cocktail Hour and Games! (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>Puzzles & Colouring Pages Available in Mailroom (ML) 18</p> <p>10:00 Bradford Farmers Market Outing *RSVP* (RSVP)</p> <p>11:00 Resident Run: GO 4 Life Walking Club (ML)</p> <p>2:00 Loonie Bingo With Life Enrichment! (CK)</p> <p>3:15 Java Music Sing A Long (3FL)</p> <p>6:30 Yahtzee Night! *Resident Run* (GR)</p> <p>7:00 Resident Movie Pick (T)</p>



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RETIREMENT RESIDENCE

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:45 Non-Denominational Church Service (T) 19</p> <p>10:00 Crosswords Available At Reception (ML)</p> <p>1:00 Fit Minds Stay Sharp Packages Available At Reception (CK)</p> <p>3:00 Reception Choice Movie Matinee & Popcorn! (T)</p> <p>6:30 Resident Run: Card Game Night: Bridge (GR)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>10:00 Assisted Living Exercise Class (3FL) 20</p> <p>10:00 Jeopardy! (T)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:15 Life Enrichment Meeting With Julianna (T)</p> <p>2:00 Loonie Bingo With Life Enrichment! (CK)</p> <p>3:00 Nail Polish Change With Life Enrichment *RSVP* (GR)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>Cassie Clothing Vendor (ML)</p> <p>10:00 Assisted Living Exercise Class (3FL) 21</p> <p>10:00 Mini Putt Mornings (T)</p> <p>11:00 Rosary With Father John (T)</p> <p>11:00 Chair Yoga IL & AL (CK)</p> <p>11:00 The Briar's Lunch Outing *RSVP* (RSVP)</p> <p>1:00 Pass The Ace (PB)</p> <p>2:00 Summer Potted Plant Workshop *RSVP* (CK)</p> <p>3:00 Resident Forum With Department Managers Featuring Lemon Sorbet (CK)</p> <p>4:00 Book Club With Shelley! (CK)</p> <p>6:15 Bon Fire Night With Elise *RSVP* (G)</p> <p>6:30 Resident Run: Card Game Night (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>Special French Dinner With Violinist (DR) 22</p> <p>10:00 Assisted Living Exercise Class (3FL)</p> <p>10:00 Jeopardy! (T)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:00 Resident Run: GO 4 Life Walking Club (ML)</p> <p>1:30 Snakes & Ladders *New Betting Game* (CK)</p> <p>3:00 Wine & Cheese Event *RSVP* (PB)</p> <p>6:30 Resident Run: Euchre and Pepper Bid Euchre Night (CK)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>National Lemon Day Wear Your Yellow (ML) 23</p> <p>8:00am Men's Breakfast Today! (DR)</p> <p>10:00 Assisted Living Exercise Class (3FL)</p> <p>10:00 Morning Bocce! (PLP)</p> <p>11:00 Drum Fit IL & AL (CK)</p> <p>1:30 Meet Me at The MoMA: Winnifred Patcheymarsh Art Inspiration Class & Presentation (CK)</p> <p>3:00 Water Balloon Contest *Bring Your Team Mate* (PLP)</p> <p>6:30 Resident Run: Cribbage Night (CK)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>BBQ Lunch Friday's! (DR) 24</p> <p>Hearing Aid Clinic With Martin 1:30-3:30pm (S)</p> <p>National Cowboy Day! Wear Your Country Attire!! (ML)</p> <p>10:00 Assisted Living Exercise Class (3FL)</p> <p>10:00 Ladder Toss Fridays! (PLP)</p> <p>11:00 Noddle Balloon Soccer (CK)</p> <p>1:00 Resident Run: GO 4 Life Walking Club (ML)</p> <p>2:00 Horse Races! 50 Cents A Bet! (CK)</p> <p>3:00 Cocktail Hour and Games! (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>Puzzles & Colouring Pages Available in Mailroom (ML) 25</p> <p>10:00 Bradford Farmers Market Outing *RSVP* (RSVP)</p> <p>11:00 Resident Run: GO 4 Life Walking Club (ML)</p> <p>2:00 Loonie Bingo With Life Enrichment! (CK)</p> <p>3:15 Java Music Sing A Long (3FL)</p> <p>6:30 Yahtzee Night! *Resident Run* (GR)</p> <p>7:00 Resident Movie Pick (T)</p>
<p>8:45 Non-Denominational Church Service (T) 26</p> <p>10:00 Crosswords Available At Reception (ML)</p> <p>1:00 Fit Minds Stay Sharp Packages Available At Reception (CK)</p> <p>3:00 Reception Choice Movie Matinee & Popcorn! (T)</p> <p>6:30 Resident Run: Card Game Night: Bridge (GR)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>10:00 Assisted Living Exercise Class (3FL) 27</p> <p>10:00 Jeopardy! (T)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>2:00 Loonie Bingo With Terry! (CK)</p> <p>3:00 Nail Polish Change With Life Enrichment *RSVP* (GR)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>10:00 Assisted Living Exercise Class (3FL) 28</p> <p>10:00 Mini Putt Mornings (T)</p> <p>11:00 Chair Yoga IL & AL (CK)</p> <p>11:00 Georgian Downs Casino Drop Off *RSVP* (RSVP)</p> <p>1:00 Pass The Ace (PB)</p> <p>2:00 *Live* Artful Enrichment: Wild Flower Mountain Painting *RSVP* (CK)</p> <p>3:15 Water Balloon Contest *Bring Your Team Mate* (P)</p> <p>6:30 Resident Run: Card Game Night (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>10:00 Assisted Living Exercise Class (3FL) 29</p> <p>10:00 Jeopardy! (T)</p> <p>11:00 Strength and Endurance Exercise Class (CK)</p> <p>1:00 Resident Run: GO 4 Life Walking Club (ML)</p> <p>2:00 Dancing With Derek (CK)</p> <p>3:00 Artful Enrichment: Recycled Art Class: Summer Window Flowers *RSVP* (CK)</p> <p>6:30 Resident Run: Euchre and Pepper Bid Euchre Night (CK)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>National Cheesecake Day! (ML) 30</p> <p>10:00 Assisted Living Exercise Class (3FL)</p> <p>10:00 Morning Bocce! (PLP)</p> <p>11:00 Drum Fit IL & AL (CK)</p> <p>11:00 Walmart Shopping *Shuttle Service* (RSVP)</p> <p>1:30 Snakes & Ladders *New Betting Game* (CK)</p> <p>3:00 Cheesecake Social *RSVP* (PB)</p> <p>6:30 Resident Run: Cribbage Night (CK)</p> <p>7:00 Resident Movie Pick (T)</p>	<p>BBQ Lunch Friday's! (DR) 31</p> <p>10:00 Assisted Living Exercise Class (3FL)</p> <p>10:00 Ladder Toss Fridays! (PLP)</p> <p>11:00 Noddle Balloon Soccer (CK)</p> <p>1:00 Resident Run: GO 4 Life Walking Club (ML)</p> <p>2:00 Horse Races! 50 Cents A Bet! (CK)</p> <p>3:00 Cocktail Hour and Games! (PB)</p> <p>7:00 Resident Movie Pick (T)</p>	



Be Supported

Locations Legend

Country Kitchen (CK)	Outing (RSVP)
Theater (T)	Patio (P)
Main Lobby (ML)	All Floors (AF)
3rd Floor Lounge (3FL)	Gazebo (G)
Pub/Bistro (PB)	Private Dining Room (PDR)
Games Room (GR)	Reception (R)
Parking Lot Patio (PLP)	Spa (S)
Dining Room (DR)	

Calendar Legend

Outing

Special Program

Theme Day

Meet Me at the MOMA

Living, Loving, Local

Signature Program