




INSPIRED SENIOR LIVING

# July 2026

**HOLLAND GARDENS**  
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

## Memory Care Households Calendar

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;"><u>Locations Legend</u></p> <p>2nd Floor Kitchen (2K) 2nd Floor Multi-Purpose Room (2MP) 2nd Floor Living Room (2LR) 2nd Floor Dining Room (2DR) 2nd Floor Hallways (2FH) 2nd Floor Patio (2FP) Outing (RSVP) Theater (T)</p>	<p>Happy Canada Day! (2DR) <b>1</b> 9:30 Morning Yoga and Stretch Exercise (2MP) 10:30 Canada Day Bingo! (2MP) 1:30 Canada Day Party! (2K) 2:30 Fresh Smoothies &amp; Fit Minds! (2K) 3:30 Patio Games &amp; Music! (2LR) 6:00 Evening Snack Social &amp; Trivia (2MP) 7:00 Bingo Night With MC Nursing Team! (2MP)</p>	<p>9:30 Sing Fit *New Signature Program* (2MP) <b>2</b> 10:30 Summer Bingo! (2MP) 11:00 GO 4 Life Walking Club (2K) 1:30 Spot The Difference ! (2K) 2:30 Garden Patio Tea Party! (2K) 3:30 Java Music Club (2LR) 7:00 Colour By Numbers (2K)</p>	<p>Friday BBQ Lunches! (2K) <b>3</b> 9:30 Drum Fit Exercise Class (2DR) 10:30 School Days Bingo! (2K) 11:00 Pool Noodle Balloon Volleyball (2LR) 1:00 Scenic Outing Drive (RSVP) 1:30 Artful Enrichment Program (2DR) 2:30 Munchies &amp; Mocktails! (2FP) 3:00 Summer Sing A Long! (2K) 6:30 Comedy Movie Night &amp; Popcorn! (2LR)</p>	<p>10:00 Virtual Sing A Long (2LR) <b>4</b> 11:00 Balloon Tennis (2DR) 11:00 GO 4 Life Walking Club (2FH) 2:00 Afternoon Tea &amp; Treats! (2DR) 3:00 Movie Popcorn Matinee (2LR) 6:30 Reminiscing Group (2LR)</p>
<p>10:00 Virtual Church Service (2LR) <b>5</b> 10:30 Morning Exercise (2LR) 11:00 GO 4 Life Walking Club (2FH) 1:00 Bingo Afternoon! (2LR) 2:30 Afternoon Tea &amp; Treats (2DR) 3:00 Afternoon Movie Matinee With Popcorn (T) 6:30 Card Game Night (2MP)</p>	<p>9:30 Sing Fit *New Signature Program* (2MP) <b>6</b> 10:30 Number Bingo! (2K) 1:30 Music Monday! (2DR) 2:30 Tea Time &amp; Trivia! (2K) 3:30 Horse Races! (2K) 6:30 Music &amp; Therapeutic Colouring (2MP)</p>	<p>9:30 Music and Movement (2MP) <b>7</b> 10:30 Gardening Bingo &amp; Banana/Chocolate Smoothies! (2MP) 11:00 GO 4 Life Walking Club (2K) 1:30 Craft Afternoon With Elise! (2MP) 3:00 Music Trivia (2FP) 3:00 Summer Themed Manicures! (2LR) 6:30 Comedy Movie Night &amp; Popcorn! (2LR) 7:00 Reading Circle With PSW (2FH)</p>	<p>9:30 Morning Yoga and Stretch Exercise (2MP) <b>8</b> 10:30 Musical Instrument Bingo! (2MP) 1:30 Music Playlist Reminiscing (2K) 2:30 Fresh Smoothies &amp; Fit Minds! (2K) 3:30 Patio Games &amp; Music! (2LR) 6:00 Evening Snack Social &amp; Trivia (2MP) 7:00 Bingo Night With MC Nursing Team! (2MP)</p>	<p>9:30 Sing Fit *New Signature Program* (2MP) <b>9</b> 10:30 Summer Bingo! (2MP) 11:00 GO 4 Life Walking Club (2K) 1:30 Spot The Difference ! (2K) 2:30 Garden Patio Tea Party! (2K) 3:30 Java Music Club (2LR) 7:00 Colour By Numbers (2K)</p>	<p>Friday BBQ Lunches! (2K) <b>10</b> 9:30 Drum Fit Exercise Class (2DR) 10:30 School Days Bingo! (2K) 11:00 Pool Noodle Balloon Volleyball (2LR) 1:00 Scenic Outing Drive (RSVP) 1:30 Artful Enrichment Program (2DR) 2:30 Munchies &amp; Mocktails! (2FP) 3:00 Summer Sing A Long! (2K) 6:30 Comedy Movie Night &amp; Popcorn! (2LR)</p>	<p>10:00 Virtual Sing A Long (2LR) <b>11</b> 11:00 Balloon Tennis (2DR) 11:00 GO 4 Life Walking Club (2FH) 2:00 Afternoon Tea &amp; Treats! (2DR) 3:00 Movie Popcorn Matinee (2LR) 6:30 Reminiscing Group (2LR)</p>
<p>10:00 Virtual Church Service (2LR) <b>12</b> 10:30 Morning Exercise (2LR) 11:00 GO 4 Life Walking Club (2FH) 1:00 Bingo Afternoon! (2LR) 2:30 Afternoon Tea &amp; Treats (2DR) 3:00 Afternoon Movie Matinee With Popcorn (T) 6:30 Card Game Night (2MP)</p>	<p>9:30 Sing Fit *New Signature Program* (2MP) <b>13</b> 10:30 Number Bingo! (2K) 1:30 Music Monday! (2DR) 2:30 Tea Time &amp; Trivia! (2K) 3:30 Horse Races! (2K) 6:30 Music &amp; Therapeutic Colouring (2MP)</p>	<p>9:30 Music and Movement (2MP) <b>14</b> 10:30 Gardening Bingo! (2MP) 11:00 GO 4 Life Walking Club (2K) 1:30 Entertainment With Zack! (2MP) 3:00 Music Trivia (2FP) 3:00 Summer Themed Manicures! (2LR) 6:30 Comedy Movie Night &amp; Popcorn! (2LR) 7:00 Reading Circle With PSW (2FH)</p>	<p>9:30 Morning Yoga and Stretch Exercise (2MP) <b>15</b> 10:30 Musical Instrument Bingo! (2MP) 1:30 Craft Afternoon With Sadie! (2K) 2:30 Fresh Smoothies &amp; Fit Minds! (2K) 3:30 Patio Games &amp; Music! (2LR) 6:00 Evening Snack Social &amp; Trivia (2MP) 7:00 Bingo Night With MC Nursing Team! (2MP)</p>	<p>9:30 Sing Fit *New Signature Program* (2MP) <b>16</b> 10:30 Summer Bingo! (2MP) 11:00 GO 4 Life Walking Club (2K) 1:30 Spot The Difference ! (2K) 2:30 Garden Patio Tea Party! (2K) 3:30 Java Music Club (2LR) 7:00 Colour By Numbers (2K)</p>	<p>Friday BBQ Lunches! (2K) <b>17</b> 9:30 Drum Fit Exercise Class (2DR) 10:30 School Days Bingo! (2K) 11:00 Pool Noodle Balloon Volleyball (2LR) 1:00 Scenic Outing Drive (RSVP) 1:30 Artful Enrichment Program (2DR) 2:30 Munchies &amp; Mocktails! (2FP) 3:00 Summer Sing A Long! (2K) 6:30 Comedy Movie Night &amp; Popcorn! (2LR)</p>	<p>10:00 Virtual Sing A Long (2LR) <b>18</b> 11:00 Balloon Tennis (2DR) 11:00 GO 4 Life Walking Club (2FH) 2:00 Afternoon Tea &amp; Treats! (2DR) 3:00 Movie Popcorn Matinee (2LR) 6:30 Reminiscing Group (2LR)</p>



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## Memory Care Households Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Virtual Church Service (2LR) <b>19</b></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 &amp; 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) <b>20</b></p> <p>10:30 Number Bingo! (2K)</p> <p>1:30 Music Monday! (2DR)</p> <p>2:30 Tea Time &amp; Trivia! (2K)</p> <p>3:30 Horse Races! (2K)</p> <p>6:30 Music &amp; Therapeutic Colouring (2MP)</p>	<p>9:30 Music and Movement (2MP) <b>21</b></p> <p>10:30 Gardening Bingo! (2MP)</p> <p>11:00 GO 4 Life Walking Club (2K)</p> <p>1:30 Craft Afternoon With Elise! (2MP)</p> <p>3:00 Music Trivia (2FP)</p> <p>3:00 Summer Themed Manicures! (2LR)</p> <p>6:30 Comedy Movie Night &amp; Popcorn! (2LR)</p> <p>7:00 Reading Circle With PSW (2FH)</p>	<p>9:30 Morning Yoga and Stretch Exercise (2MP) <b>22</b></p> <p>10:30 Musical Instrument Bingo! (2MP)</p> <p>1:30 Music Playlist Reminiscing (2K)</p> <p>2:30 Fresh Smoothies &amp; Fit Minds! (2K)</p> <p>3:30 Patio Games &amp; Music! (2LR)</p> <p>6:00 Evening Snack Social &amp; Trivia (2MP)</p> <p>7:00 Bingo Night With MC Nursing Team! (2MP)</p>	<p>9:30 Sing Fit *New Signature Program* (2MP) <b>23</b></p> <p>10:30 Summer Bingo! (2MP)</p> <p>11:00 GO 4 Life Walking Club (2K)</p> <p>1:30 Spot The Difference! (2K)</p> <p>2:30 Garden Patio Tea Party! (2K)</p> <p>3:30 Java Music Club (2LR)</p> <p>7:00 Colour By Numbers (2K)</p>	<p>Friday BBQ Lunches! (2K) <b>24</b></p> <p>9:30 Drum Fit Exercise Class (2DR)</p> <p>10:30 School Days Bingo! (2K)</p> <p>11:00 Pool Noodle Balloon Volleyball (2LR)</p> <p>1:00 Scenic Outing Drive (RSVP)</p> <p>1:30 Artful Enrichment Program (2DR)</p> <p>2:30 Munchies &amp; Mocktails! (2FP)</p> <p>3:00 Summer Sing A Long! (2K)</p> <p>6:30 Comedy Movie Night &amp; Popcorn! (2LR)</p>	<p>10:00 Virtual Sing A Long (2LR) <b>25</b></p> <p>11:00 Balloon Tennis (2DR)</p> <p>11:00 GO 4 Life Walking Club (2FH)</p> <p>2:00 Afternoon Tea &amp; 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) <b>26</b></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 &amp; 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) <b>27</b></p> <p>10:30 Number Bingo! (2K)</p> <p>1:30 Music Monday! (2DR)</p> <p>2:30 Tea Time &amp; Trivia! (2K)</p> <p>3:30 Horse Races! (2K)</p> <p>6:30 Music &amp; Therapeutic Colouring (2MP)</p>	<p>9:30 Music and Movement (2MP) <b>28</b></p> <p>10:30 Gardening Bingo! (2MP)</p> <p>11:00 GO 4 Life Walking Club (2K)</p> <p>1:30 Craft Afternoon With Elise! (2MP)</p> <p>3:00 Music Trivia (2FP)</p> <p>3:00 Summer Themed Manicures! (2LR)</p> <p>6:30 Comedy Movie Night &amp; Popcorn! (2LR)</p> <p>7:00 Reading Circle With PSW (2FH)</p>	<p>9:30 Morning Yoga and Stretch Exercise (2MP) <b>29</b></p> <p>10:30 Musical Instrument Bingo! (2MP)</p> <p>1:30 Music Playlist Reminiscing (2K)</p> <p>2:30 Fresh Smoothies &amp; Fit Minds! (2K)</p> <p>3:30 Patio Games &amp; Music! (2LR)</p> <p>6:00 Evening Snack Social &amp; Trivia (2MP)</p> <p>7:00 Bingo Night With MC Nursing Team! (2MP)</p>	<p>9:30 Sing Fit *New Signature Program* (2MP) <b>30</b></p> <p>10:30 Summer Bingo! (2MP)</p> <p>11:00 GO 4 Life Walking Club (2K)</p> <p>1:30 Spot The Difference! (2K)</p> <p>2:30 Garden Patio Tea Party! (2K)</p> <p>3:30 Java Music Club (2LR)</p> <p>7:00 Colour By Numbers (2K)</p>	<p>Friday BBQ Lunches! (2K) <b>31</b></p> <p>9:30 Drum Fit Exercise Class (2DR)</p> <p>10:30 School Days Bingo! (2K)</p> <p>11:00 Pool Noodle Balloon Volleyball (2LR)</p> <p>1:00 Scenic Outing Drive (RSVP)</p> <p>1:30 Artful Enrichment Program (2DR)</p> <p>2:30 Munchies &amp; Mocktails! (2FP)</p> <p>3:00 Summer Sing A Long! (2K)</p> <p>6:30 Comedy Movie Night &amp; Popcorn! (2LR)</p>	



**Be Supported**

**Locations Legend**

2nd Floor Kitchen (2K)	2nd Floor Dining Room (2DR)
2nd Floor Multi-Purpose Room (2MP)	2nd Floor Hallways (2FH)
2nd Floor Living Room (2LR)	2nd Floor Patio (2FP)
	Outing (RSVP)
	Theater (T)

**Calendar Legend**

Outing

Special Program

Theme Day

Meet Me at the MOMA

Living, Loving, Local

Signature Program