



INSPIRED
SENIOR LIVING

September 2026

Memory Care Households Calendar

HOLLAND GARDENS
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar Legend Outing Special Program Theme Day Meet Me at the MOMA Living, Loving, Local Signature Program	Locations Legend 2nd Floor Multi-Purpose Room (2MP) 2nd Floor Kitchen (2K) 2nd Floor Living Room (2LR) 2nd Floor Dining Room (2DR) 2nd Floor Hallways (2FH) 2nd Floor Patio (2FP) Outing (RSVP) Theater (T) Pub/Bistro (PB) Country Kitchen (CK) Parking Lot Patio (PLP)	9:30 Music and Movement 1 (2MP) 10:30 Gardening Bingo! (2MP) 11:00 GO 4 Life Walking Club (2K) 1:30 Craft Afternoon! (2MP) 3:00 Music Trivia (2FP) 3:00 Manicures With Life Enrichment! (2LR) 6:30 Comedy Movie Night & Popcorn! (2LR) 7:00 Reading Circle With PSW (2FH)	9:30 Morning Yoga and Stretch Exercise (2MP) 2 10:30 Musical Instrument Bingo! (2MP) 1:30 Music Playlist Reminiscing (2K) 2:30 Fresh Smoothies & Fit Minds! (2K) 3:30 Patio Games & Music! (2LR) 6:00 Evening Snack Social & Trivia (2MP) 7:00 Bingo Night With MC Nursing Team! (2MP)	9:30 Sing Fit *New Signature Program* 3 (2MP) 10:30 Summer Bingo! (2MP) 11:00 GO 4 Life Walking Club (2K) 1:30 Spot The Difference ! (2K) 2:30 Entertainment With Zack! (2MP) 3:30 Java Music Club (2LR) 7:00 Colour By Numbers (2K)	9:30 Drum Fit Exercise Class 4 (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 & Mocktails! (2FP) 3:00 Friday Sing A Long! (2K) 6:30 Comedy Movie Night & Popcorn! (2LR)	10:00 Virtual Sing A Long 5 (2LR) 11:00 Balloon Tennis (2DR) 11:00 GO 4 Life Walking Club (2FH) 2:00 Afternoon Tea & Treats! (2DR) 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) 1:00 Bingo Afternoon! (2LR) 2:30 Afternoon Tea & Treats (2DR) 3:00 Afternoon Movie Matinee With Popcorn (T) 6:30 Card Game Night (2MP)	Labour Day! 7 10:30 PSW Number Bingo! (2K) 1:30 Balloon Volleyball With PSWs (2K) 2:30 Tea Time & Trivia! (2K) 6:30 Music & Therapeutic Colouring (2MP)	9:30 Music and Movement 8 (2MP) 10:30 Gardening Bingo! (2MP) 11:00 GO 4 Life Walking Club (2K) 1:30 Craft Afternoon! (2MP) 3:00 Music Trivia (2FP) 3:00 Manicures With Life Enrichment! (2LR) 6:30 Comedy Movie Night & Popcorn! (2LR) 7:00 Reading Circle With PSW (2FH)	9:30 Morning Yoga and Stretch Exercise (2MP) 9 10:30 Musical Instrument Bingo! (2MP) 1:45 Common Thread Live Entertainment (CK) 2:30 Fresh Smoothies & Fit Minds! (2K) 3:30 Patio Games & Music! (2LR) 6:00 Evening Snack Social & Trivia (2MP) 7:00 Bingo Night With MC Nursing Team! (2MP)	9:30 Sing Fit *New Signature Program* 10 (2MP) 10:30 Summer Bingo! (2MP) 11:00 GO 4 Life Walking Club (2K) 1:30 Spot The Difference ! (2K) 2:30 Who AM I Trivia & Refreshments (PB) 3:30 Java Music Club (2LR) 7:00 Colour By Numbers (2K)	9:30 Drum Fit Exercise Class 11 (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 & Mocktails! (2FP) 3:00 Friday Sing A Long! (2K) 6:30 Comedy Movie Night & Popcorn! (2LR)	10:00 Virtual Sing A Long 12 (2LR) 11:00 Balloon Tennis (2DR) 11:00 GO 4 Life Walking Club (2FH) 2:00 Afternoon Tea & Treats! (2DR) 3:00 Movie Popcorn Matinee (2LR) 6:30 Reminiscing Group (2LR)
10:00 Virtual Church Service (2LR) 13 10:30 Morning Exercise (2LR) 11:00 GO 4 Life Walking Club (2FH) 1:00 Bingo Afternoon! (2LR) 2:30 Afternoon Tea & Treats (2DR) 3:00 Afternoon Movie Matinee With Popcorn (T) 6:30 Card Game Night (2MP)	9:30 Sing Fit *New Signature Program* (2MP) 14 10:30 Number Bingo! (2K) 1:30 Music Monday! (2DR) 2:30 Tea Time & Trivia! (2K) 3:30 Horse Races! (2K) 6:30 Music & Therapeutic Colouring (2MP)	9:30 Music and Movement 15 (2MP) 10:30 Gardening Bingo! (2MP) 11:00 GO 4 Life Walking Club (2K) 2:00 Farm Animal Visit By Triple C (PLP) 3:00 Music Trivia (2FP) 3:00 Manicures With Life Enrichment! (2LR) 6:30 Comedy Movie Night & Popcorn! (2LR) 7:00 Reading Circle With PSW (2FH)	9:30 Morning Yoga and Stretch Exercise (2MP) 16 10:30 Musical Instrument Bingo! (2MP) 1:30 Music Playlist Reminiscing (2K) 2:30 Fresh Smoothies & Fit Minds! (2K) 3:30 Dance, Dance, Dance! (2K) 6:00 Evening Snack Social & Trivia (2MP) 7:00 Bingo Night With MC Nursing Team! (2MP)	9:30 Sing Fit *New Signature Program* 17 (2MP) 10:30 Summer Bingo! (2MP) 11:00 GO 4 Life Walking Club (2K) 1:30 Craft Afternoon! (2MP) 2:30 Who AM I Trivia & Refreshments (PB) 3:30 Java Music Club (2LR) 7:00 Colour By Numbers (2K)	9:30 Drum Fit Exercise Class 18 (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 & Mocktails! (2FP) 3:00 Friday Sing A Long! (2K) 6:30 Comedy Movie Night & Popcorn! (2LR)	10:00 Virtual Sing A Long 19 (2LR) 11:00 Balloon Tennis (2DR) 11:00 GO 4 Life Walking Club (2FH) 2:00 Afternoon Tea & Treats! (2DR) 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) 1:00 Bingo Afternoon! (2LR) 2:30 Afternoon Tea & Treats (2DR) 3:00 Afternoon Movie Matinee With Popcorn (T) 6:30 Card Game Night (2MP)	9:30 Sing Fit *New Signature Program* (2MP) 21 10:30 Number Bingo! (2K) 1:30 Music Monday! (2DR) 2:30 Tea Time & Trivia! (2K) 3:30 Horse Races! (2K) 6:30 Music & Therapeutic Colouring (2MP)	9:30 Music and Movement (2MP) 22 10:30 Gardening Bingo! (2MP) 11:00 GO 4 Life Walking Club (2K) 1:30 Craft Afternoon! (2MP) 3:00 Music Trivia (2FP) 3:00 Manicures With Life Enrichment! (2LR) 6:30 Comedy Movie Night & Popcorn! (2LR) 7:00 Reading Circle With PSW (2FH)	9:30 Morning Yoga and Stretch Exercise (2MP) 23 10:30 Musical Instrument Bingo! (2MP) 1:30 Music Playlist Reminiscing (2K) 2:30 Fresh Smoothies & Fit Minds! (2K) 3:30 Dance, Dance, Dance! (2K) 6:00 Evening Snack Social & Trivia (2MP) 7:00 Bingo Night With MC Nursing Team! (2MP)	9:30 Sing Fit *New Signature Program* (2MP) 24 10:30 Summer Bingo! (2MP) 11:00 GO 4 Life Walking Club (2K) 1:30 Spot The Difference ! (2K) 2:30 Who AM I Trivia & Refreshments (PB) 3:30 Java Music Club (2LR) 7:00 Colour By Numbers (2K)	9:30 Drum Fit Exercise Class (2DR) 25 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 & Mocktails! (2FP) 3:00 Friday Sing A Long! (2K) 6:30 Comedy Movie Night & Popcorn! (2LR)	10:00 Virtual Sing A Long (2LR) 26 11:00 Balloon Tennis (2DR) 11:00 GO 4 Life Walking Club (2FH) 2:00 Afternoon Tea & Treats! (2DR) 3:00 Movie Popcorn Matinee (2LR) 6:30 Reminiscing Group (2LR)
10:00 Virtual Church Service (2LR) 27 10:30 Morning Exercise (2LR) 11:00 GO 4 Life Walking Club (2FH) 1:00 Bingo Afternoon! (2LR) 2:30 Afternoon Tea & Treats (2DR) 3:00 Afternoon Movie Matinee With Popcorn (T) 6:30 Card Game Night (2MP)	9:30 Sing Fit *New Signature Program* (2MP) 28 10:30 Number Bingo! (2K) 1:30 Music Monday! (2DR) 2:30 Tea Time & Trivia! (2K) 3:30 Horse Races! (2K) 6:30 Music & Therapeutic Colouring (2MP)	9:30 Music and Movement (2MP) 29 10:30 Gardening Bingo! (2MP) 11:00 GO 4 Life Walking Club (2K) 1:30 Craft Afternoon! (2MP) 3:00 Music Trivia (2FP) 3:00 Manicures With Life Enrichment! (2LR) 6:30 Comedy Movie Night & Popcorn! (2LR) 7:00 Reading Circle With PSW (2FH)	9:30 Morning Yoga and Stretch Exercise (2MP) 30 10:30 Musical Instrument Bingo! (2MP) 1:30 Music Playlist Reminiscing (2K) 2:30 Fresh Smoothies & Fit Minds! (2K) 3:30 Dance, Dance, Dance! (2K) 6:00 Evening Snack Social & Trivia (2MP) 7:00 Bingo Night With MC Nursing Team! (2MP)	Day for Truth and Reconciliation		HAPPY LABOUR DAY Labour Day
Grandparent's Day		Be Supported		Locations Legend 2nd Floor Multi-Purpose Room (2MP) 2nd Floor Kitchen (2K) 2nd Floor Living Room (2LR) 2nd Floor Dining Room (2DR) 2nd Floor Hallways (2FH) 2nd Floor Patio (2FP) Outing (RSVP) Theater (T) Pub/Bistro (PB) Country Kitchen (CK) Parking Lot Patio (PLP)		Calendar Legend Outing Special Program Theme Day Meet Me at the MOMA Living, Loving, Local Signature Program