



INSPIRED
SENIOR LIVING

October 2026

HOLLAND GARDENS
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Memory Care Households Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Thanksgiving		<u>Calendar Legend</u> Outing Special Program Theme Day Meet Me at the MOMA Living, Loving, Local Signature Program	<u>Locations Legend</u> 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) Pub/Bistro (PB) Outing (RSVP) All Floors (AF) Theater (T)	9:30 Sing Fit *New Signature Program* (2MP) 1 10:30 Summer Bingo! (2MP) 11:00 GO 4 Life Walking Club (2K) 1:30 Afternoon Entertainment With Davis Steven! (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) 2 10:30 School Days Bingo! (2K) 11:00 Pool Noodle Balloon Volleyball (2LR) 1:00 Fall Colour 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) 3 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) 4 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)	Active Aging Week (AF) 5 9:30 Sing Fit *New Signature Program* (2MP) 10:30 Number Bingo! (2K) 1:30 Music Monday! (2DR) 2:30 Tea Time & Trivia! (2K) 3:30 Active Aging Week: Horse Races! (2K) 6:30 Music & Therapeutic Colouring (2MP)	Active Aging Week (AF) 6 9:30 Music and Movement (2MP) 10:30 Gardening Bingo! (2MP) 11:00 GO 4 Life Walking Club (2K) 1:30 Craft Afternoon! (2MP) 3:00 Manicures With Life Enrichment! (2LR) 3:00 Active Aging Week: Music Trivia (2FP) 6:30 Comedy Movie Night & Popcorn! (2LR) 7:00 Reading Circle With PSW (2FH)	Active Aging Week (AF) 7 9:30 Morning Yoga and Stretch Exercise (2MP) 10:30 Musical Instrument Bingo! (2MP) 1:30 Music Playlist Reminiscing (2K) 2:30 Fresh Smoothies & Fit Minds! (2K) 3:30 Active Aging Week: Dance, Dance, Dance! (2K) 6:00 Evening Snack Social & Trivia (2MP) 7:00 Bingo Night With MC Nursing Team! (2MP)	Active Aging Week (AF) 8 9:30 Sing Fit *New Signature Program* (2MP) 10:30 Summer Bingo! (2MP) 11:00 GO 4 Life Walking Club (2K) 1:30 Spot The Difference ! (2K) 2:30 Active Aging Week: Who AM I Trivia & Refreshments (PB) 3:30 Java Music Club (2LR) 7:00 Colour By Numbers (2K)	Active Aging Week (AF) 9 9:30 Drum Fit Exercise Class (2DR) 10:30 School Days Bingo! (2K) 11:00 Active Aginig Week: Pool Noodle Balloon Volleyball (2LR) 1:00 Fall Colour 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) 10 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) 11 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)	Happy Thanksgiving! (2MP) 12 9:30 Sing Fit *New Signature Program* (2MP) 10:30 Number Bingo! (2K) 1:30 Music Monday! (2DR) 2:30 Tea Time & Trivia! (2K) 6:30 Music & Therapeutic Colouring (2MP)	9:30 Music and Movement (2MP) 13 10:30 Gardening Bingo! (2MP) 11:00 GO 4 Life Walking Club (2K) 1:30 Fall 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) 14 10:30 Musical Instrument Bingo! (2MP) 1:30 Afternoon Entertainment With Kelly Davis! (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) 15 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) 16 10:30 School Days Bingo! (2K) 11:00 Pool Noodle Balloon Volleyball (2LR) 1:00 Fall Colour 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) 17 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) 18 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) 19 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) 20 10:30 Gardening Bingo! (2MP) 11:00 GO 4 Life Walking Club (2K) 1:30 Halloween 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) 21 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) 22 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) 23 10:30 School Days Bingo! (2K) 11:00 Pool Noodle Balloon Volleyball (2LR) 1:00 Fall Colour 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) 24 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) 25 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) 26 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) 27 10:30 Gardening Bingo! (2MP) 11:00 GO 4 Life Walking Club (2K) 1:30 Halloween Craft Afternoon! (2MP) 3:00 Music Trivia (2FP) 3:00 Halloween 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) 28 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) 29 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) 30 10:30 Halloween Bingo! (2K) 11:00 Pool Noodle Balloon Volleyball (2LR) 1:00 Fall Colour Scenic Outing Drive (RSVP) 1:30 Halloween Party! (2DR) 2:30 Halloween Munchies & Mocktails! (2FP) 3:00 Friday Sing A Long! (2K) 6:30 Comedy Movie Night & Popcorn! (2LR)	Happy Halloween! (2FH) 31 10:00 Virtual Sing A Long (2LR) 11:00 Balloon Tennis (2DR) 11:00 GO 4 Life Walking Club (2FH) 2:00 Halloween Afternoon Tea & Treats! (2DR) 3:00 Halloween Movie Popcorn Matinee (2LR) 6:30 Reminiscing Group (2LR)



Locations Legend	
2nd Floor Kitchen (2K)	2nd Floor Hallways (2FH)
2nd Floor Multi-Purpose Room (2MP)	2nd Floor Patio (2FP)
2nd Floor Living Room (2LR)	Pub/Bistro (PB)
2nd Floor Dining Room (2DR)	Outing (RSVP)
	All Floors (AF)
	Theater (T)

Calendar Legend
Outing
Special Program
Theme Day
Meet Me at the MOMA
Living, Loving, Local
Signature Program