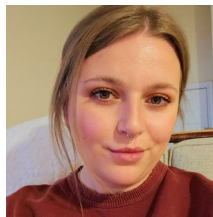


A Heartfelt Welcome from Your New Activity Director

As we step into March, I find myself eagerly gazing toward the horizon, anticipating the gentle arrival of spring. I suspect many of you share this quiet longing—the promise of warmth, renewal, and the soft unfurling of nature’s next chapter. It is with great joy that I introduce myself as your new Activity Director here at Palisade Gardens. For those I have yet to meet, I come to you from Canada’s Arctic (perhaps I bear some responsibility for our generous snowfall this season). Yet, as March whispers of fresh beginnings, I am eager to embark on this new journey with you, creating meaningful moments and cherished traditions together. This month, we will embrace both the familiar and the new. I am delighted to announce the launch of our Creative Writing Club, where we will explore the beauty of storytelling on the 11th and 18th. Our ever-enchanting wine tasting returns on the 9th, inviting you to indulge in an afternoon of fine flavors and good company. And, as always, I warmly welcome you to our Monthly Activity Meeting on Tuesday, the 4th, at 10:30 in the bar lounge—a space for sharing ideas, suggestions, and a few smiles along the way. Your voices shape the heart of our community, and I look forward to crafting experiences that bring joy, connection, and inspiration to each of you. Here’s to a beautiful month ahead!



-Rebecca Simms



Join us in the lobby on March 7th at 2:00pm for our first ever

Jeopardy Series

for a chance to win some fabulous prizes and show off your

St. Patrick's Day Celebration, March 17th at 2:00pm in the Bar Lounge



On March 10th, we will be welcoming Guest Speaker Const. Baggaley from the Cobourg Police Department who will be delivering an educational talk on Fraud Prevention .

We hope to see you there at 2:00pm in the Bar lounge!



The Poetry Corner



Lines Written in Early Spring

*“Through primrose tufts, in that green bower,
The periwinkle trailed its wreaths;*

*And 'tis my faith that every flower
Enjoys the air it breathes.”*

-William Wordsworth



Join us for an afternoon of Wine Tasting
March 9th in the Bar Lounge at 2:00pm



March Fire Prevention Tips from your Cobourg Fire Inspector

🔥 **Space Heaters:** Keep space heaters at least 3 feet away from anything that can burn, such as curtains, furniture, and bedding. Always turn them off when leaving the room or going to bed.

⚡ **Electrical Outlets:** Never overload outlets with too many devices or power bars. Use only one heat-producing appliance (e.g., space heater, toaster) per outlet to prevent overheating.

📄 **Escape Planning:** Create and practice a home fire escape plan with two ways out of every room. Ensure everyone knows how to exit quickly and where to meet outside in case of fire.



Activity Meeting on March 4th in the Bar Lounge at 10:30am

Bring your Questions and Suggestions!

"I come in like a lion and go out like a lamb,
Bringing green to the land with a magical hand.
I make you wear coats, then short sleeves with ease,
And sometimes surprise you with a late winter freeze
What am I?"

See Rebecca or Natalie to check if your Riddle Answer is correct!

Join us for a Head-to-Head Scrabble Tournament on March 27th at 10:30 in the bar lounge for a chance to win bragging rights against your friends! Who will prevail? Come down to find out!

Birdwatching in March: Signs of Spring

As winter loosens its grip, March welcomes the return of migratory birds to Cobourg, bringing lively sights and cheerful songs. Keep an eye out for these feathered visitors from your window or on a stroll through the gardens:

- **American Robin** – A sure sign of spring, these red-breasted birds return in March, often seen foraging on lawns.
- **Red-winged Blackbird** – Males arrive early to stake out territory, their bold red-and-yellow wing patches flashing as they call near wetlands.
- **Song Sparrow** – Listen for their sweet, melodic song as they perch on bare branches, welcoming the season's change.
- **Eastern Bluebird** – With their brilliant blue feathers, these gentle birds bring a splash of color to open spaces and feeders.
- **Canada Goose** – Look to the skies for their familiar V-shaped formations as they return to nesting grounds.

As the days grow longer, nature awakens, and the arrival of these birds reminds us that spring is just around the corner. Happy birdwatching!

Daylight Savings is on March 9th this month.
Don't forget to turn your clocks ahead one hour before you go to sleep!



Resident Spotlight: Diane Froncz – A Life of Compassion and Resilience

Diane's journey is a tapestry of compassion, resilience, and an unwavering dedication to nurturing both people, and her surroundings. After graduating from Port Hope High School in Ontario, she followed one of her school friends into nursing—completing her studies in 1961. At a time when few paths were available for women, and encouraged by a dear friend, Diane embraced the demanding profession with a passion that has never faded, even through the long, challenging hours of her early career.

Not long after her graduation in September 1961, Diane married her high school sweetheart, Chester, in a romance that quickly blossomed into a lifelong partnership. Balancing a rewarding yet demanding career, all the while raising three children, she built a warm, loving family and became a trusted caregiver. From 1961 to 1973, she worked in the very building that now lives on in spirit at Palisade Gardens, leaving an indelible mark on everyone she encountered.

Diane's commitment to caring extended well beyond her nursing duties. Deeply involved with St. Peter's Church, she sought out opportunities to serve in new ways. In the early 1980s, a pioneering lecture on university-level courses offered via cassette tapes opened up a new chapter in her life, and in 1984 she proudly earned her certificate in Gerontology. This achievement paved the way for her role as head Parish Nurse—a role in which she poured not just the modest hours of official duty, but often over 100 hours each month into supporting and uplifting her community.

Her nurturing spirit shines through in her personal passions as well. A devoted gardener, Diane once tended to a vibrant garden of more than 50 rose bushes—her favorite blossoms that reflect her own beauty and strength. When the garden rests from its season, she finds comfort in the simple joys of a good movie or an engrossing book, moments that allow her to unwind and reflect.

Since moving to Palisade Gardens in 2019, Diane has continued to enrich our community. Transitioning gracefully from the role of Residents Council secretary to its President, she is known for her warm demeanor and genuine love for connecting with others. Whether at happy hour or in quiet conversation, her presence brings people together and fosters a sense of belonging.

Deeply proud of her Irish heritage, Diane often reminisces about a cherished trip to Ireland with Chester—a journey that celebrated her roots and the legacy of her immigrant family. Today, as she beams with pride watching her three grandchildren pursue higher education, she remains an enduring source of inspiration for all of us, and an example of how to live life with pride. Even in the wake of losing her beloved husband last year, her resilient spirit and unwavering capacity for care continue to light the way for all of us.

In every chapter of her life, Diane has exemplified service, love, and the enduring pursuit of a kinder, more compassionate world. Her story invites us to honor our heritage, embrace our passions, and care deeply for one another. It is with heartfelt admiration that we feature her in this month's resident spotlight column. She is a vibrant reminder to us all to carry forward a legacy of kindness, and commitment.



You can spot our lovely Diane in the second row from the top, second in from the right in this photo of her graduating class

If you wish to have your name added or removed from our mailing list please call (905) 372-1150 or email Brenda Thompson at bthompson@palisadegardens.ca

Exercise with Natalie is M, W

10:30 in the Activity Room

Happy Hour every Monday-Friday
in the lobby from 3:30 to 4:45



March 2025



Shuttle Bus Tues & Thurs

9:30-12 & 1-3:30

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 3:30 BYOB Happy Hour
2 3:30 BYOB Happy Hour	3 Casino Visit 9:00-2:00 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Club (4th Floor)	4 Shrove Tuesday 10:00 Chair Yoga (AR) 10:30 Activity Meeting (BL) 2:00 Bingo (AR) 3:30 Mardi Gras Happy Hour (BL)	5 10:30 Fun & Fitness (AR) 11:00 Book Club (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Club (4th Floor) 2:00 Entertainment with Don Owen (L)	6 10:00 Chair Yoga (AR) 10:30 Nail Parlor (AR) 2:00 Bingo (AR)	7 10:35 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Club (4th Floor) 2:00 Jeopardy (L)	8 International Women's Day 3:30 Bring Your Own Beverage
9 Daylight Savings 10:30 Lets Travel: Ireland (AR) 2pm Wine Tasting (BL)	10 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (Library) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Speaker Series: Const. Baggaley on Fraud Prevention (BL)	11 10:00 Chair Yoga (AR) 10:30 Creative Writing Group (LIB) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	12 10:30 Fun & Fitness (AR) 1:30 Euchre Group (BL) 1:30 Bridge Club (4th Floor) 2:00 Trivia (L) 3:30 Happy Hour (BL)	13 10:00 Chair Yoga (AR) 10:30 Anglican Church (4th Floor) 2:00 Bingo (AR) 6:30 Entertainment with Darlene & the Sham-rockers (L)	14 10:35 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Club (4th Floor) 2:00 Entertainment with Kathy Wiles (L)	15 3:30 Bring Your Own Beverage Happy Hour
16 3:30 Bring Your Own Beverage Happy Hour	17 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (Library) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 St. Patrick's Day Celebration (BL) 3:30 St. Patrick's Day Happy Hour (BL)	18 NCAA March Madness Begins 10:00 Chair Yoga (AR) 10:30 Creative Writing Group (LIB) 2:00 Prize Bingo (AR)	19 10-11:30 Hearing Aid Clinic (BL) 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Club (4th Floor) 2:00 Trivia (L)	20 First Day of Spring 10:00 Chair Yoga (AR) 10:30 Trinity Church (4th Floor) 12-2:00 Tocara Jewelry 2:00 Bingo (AR)	21 10:00 Bath Bomb Making Class (AR) 10:35 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Club (4th Floor)	22 3:30 Bring Your Own Beverage Happy Hour 2:00 Entertainment with Ed Smith (L)
23 3:30 Bring Your Own Beverage Happy Hour	24 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (Library) 1:30 Euchre Group (AR) 1:30 Bridge Club (4th Floor)	25 10:00 Chair Yoga (AR) 10:30 Resident Council Meeting (BL) 2:00 Bingo (AR) 3:30 Happy Hour (BL) 6:30 Entertainment with Diedrey Francois (L)	26 10:30 Fun & Fitness (AR) 11:00 Book Club (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Club (4th Floor) 2:00 Craft Group (AR)	27 10:00 Chair Yoga (AR) 10:00 Catholic Church (4th Floor) 10:30 Scrabble Tournament (BL) 2:00 Bingo (AR)	28 10:35 Zumba (BL) 1:30 Euchre Group (BL) 1:30 Bridge Club (4th Floor) 2:00 Let's Travel to Nunavut with Rebecca Q & A	29 3:30 Bring Your Own Beverage Happy Hour
30 2:00 Entertainment with Eric Lambier (L)	31 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (Library) 1:30 Euchre Group (AR) 1:30 Bridge Club (4th Floor) 2:00 Entertainment with Emilio					

ACTIVITY LOCATION LEGEND 3 AR- Activity Room BL- Bar Lounge L- Lobby DR- Dining Room O- Outdoors TR- Theatre Room LIB-Library



Harmony March 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 10:00 Coffee and Colouring 2:00 Afternoon Movie
2 10:00 Coffee and Colouring 2:00 Entertainment with Don Owen	3 9:30 Fun & Fitness 10:00 Boomer Visits 10:30 Sing-Along 2:00 Beauty Hour	4 9:30 Spring Picture Sorting 10:30 Guess the Object 2:00 Entertainment with Kathy Wiles	5 9:30 Fun & Fitness 10:30 Hand Massages 2:00 Reading Group	6 9:30 Chair Yoga 10:00 Sing-A-Long 2:00 Entertainment with Ian B	7 9:30 Jenga 10:00 Zumba 2:00 Mardi Gras Fiction and Facts	8 <i>International Women's Day</i> 10:00 Coffee and Colouring 2:00 Afternoon Movie
9 9:30 Travel to Ireland & Trivia 2:00 Entertainment with Don Owen	10 9:30 Fun & Fitness 10:00 Boomer Visits 10:30 Women in History Empowerment 2:00 Word Games	11 9:30 Noodle Balloon and Ball Toss 10:00 Finish That Phrase 2:00 Shamrock Painting Activity	12 9:30 Fun & Fitness 10:30 Sorting Activity 2:00 Harmony Bingo	13 9:30 Balloon Volleyball 10:00 Chair Yoga 2:00 St Patties Social with Ice Cream Floats	14 10:00 Zumba 10:30 Reminiscing Group 2:00 Entertainment with Ian Buchanan	15 10:00 Coffee and Colouring 2:00 Afternoon Movie
16 10:00 Coffee and Colouring 2:00 Entertainment with Don Owen	17 <i>St. Patrick's Day</i> 9:30 Fun & Fitness 10:00 Boomer Visits 10:15 St. Patrick's Day Story Time and Lore	18 <i>First Day of Spring</i> 10:00 Sing-A-Long 2:00 Entertainment with Sean Roberts	19 9:30 Fun & Fitness 10:30 Hand Massages 2:00 Entertainment with Darlene & The Shamrock	20 9:30 Bean Bag Toss 10:15 Sing-Along 2:00 Harmony Bingo	21 10:00 Zumba 10:30 Categories Word Challenge 2:00 Entertainment with Ed Smith	22 10:00 Coffee and Colouring 2:00 Afternoon Movie
23 10:00 Coffee and Colouring 2:00 Entertainment with Don Owen	24 9:30 Fun & Fitness 10:00 Boomer Visits 2:00 Picture Bingo	25 10:00 Trivia 10:30 Hallway Bowling 2:00 Flower Painting Hour	26 9:30 Fun & Fitness 10:30 Reminiscence: Careers 2:00 Name That Tune!	27 10:00 Hymn Sing 10:30 Catholic Church 2:00 Entertainment with Don Owen	28 10:00 Zumba 10:35 Trivia 2:00 Craft Group	29 10:00 Coffee and Colouring 2:00 Afternoon Movie
30 10:00 Coffee and Colouring 2:00 Entertainment with Don Owen	31 9:30 Fun & Fitness 10:00 Boomer Visits 2:00 Entertainment with Emilio					