



## FROM THE MANAGER'S DESK



November. It is a time of remembrance A time to honour our veterans, the fallen and those still with us.

November is also the time we turn back the clocks.

Sunday the 3rd is the day. Do the tweaking and resetting on Saturday night, just before you go to bed, Then on Sunday morning, you can just relax and enjoy that extra hour of sleep knowing you're all set up.

Yes, get plenty of rest, eat well, stay hydrated, take your meds if you take any and practice good hand hygiene! You can't wash your hands enough, particularly at this time of the year. Coughs, colds, viruses and yes, Covid are all out there. Together, we have to do everything we can to keep the viruses out of our home.

Stay well everyone!

MICKI MCLEAN

## From the Activity Director

November is a time to remember and honour those who served our country. We would like to take a moment to thank all of our veterans both past and present. In November, we have lots of great programs planned for you all including a trip to see the parade on remembrance day hosted by the legion, entertainment, sing a long with the Cobourg Embers and much more. Have a look at your calendars for all of the fun stuff we have ahead! As always if you have any suggestions, comments or concerns, please feel free to attend our monthly activity meeting on November 5th or come see us at anytime! We hope you all have a wonderful and safe month!

Ash & Nat



## Karaoke

Come sing with us and do some Karaoke!

November 13th at 2:00 pm in the Bar Lounge!

## Cobourg Santa Clause

### Parade

We are excited to be apart of the Santa Clause Parade in Cobourg this year!

November 30th starting at 6:00 pm!

# November

*Lest we forget.*



**REMEMBRANCE DAY  
WORD SEARCH**

|   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|
| E | L | T | T | A | B | B | R | A | V | E |
| W | D | H | S | I | L | E | N | C | E | G |
| J | A | E | V | O | D | T | Y | T | T | R |
| U | Y | R | T | N | U | O | C | U | E | U |
| A | S | O | L | D | I | E | R | M | R | O |
| D | E | C | A | E | P | Y | E | N | A | N |
| A | C | R | O | S | S | M | P | R | N | O |
| N | O | V | E | M | B | E | R | P | S | H |
| A | F | R | E | E | D | O | M | E | O | P |
| C | S | E | R | V | I | C | E | B | Y | P |



- |         |          |          |         |
|---------|----------|----------|---------|
| BATTLE  | DOVE     | PEACE    | SERVICE |
| BRAVE   | FREEDOM  | POEM     | SILENCE |
| CANADA  | HERO     | POPPY    | SOLDIER |
| COUNTRY | HONOUR   | REMEMBER | VETERAN |
| CROSS   | NOVEMBER | RESPECT  | WAR     |



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](mailto:bthompson@palisadegardens.ca)

Exercise with Natalie is M, W  
10:30 in the Activity Room

# November 2024

Shuttle Bus Tues & Thurs  
9:30-12 & 1-3:30



| Sun                                    | Mon  | Tue  | Wed  | Thu  | Fri  | Sat  |
|--|--|--|--|--|--|--|
|  |  |  |  |  | <b>1</b><br>10:00 Trivia (L)<br>10:30 Zumba (BL)<br>1:30 Euchre Group (AR)<br>1:30 Bridge Group (4th Floor)<br><b>2:00 Bean Bag Toss (L)</b><br>3:30 Happy Hour (BL)                             | <b>2</b><br><br><b>2:00 Bingo (AR)</b><br><b>2:00 Entertainment with Everything Country (L)</b>  |
| <b>3</b><br>10:30 Coffee & Chats (BL)  | <b>4</b><br>10:00 Boomer Visits<br>10:30 Fun & Fitness (AR)<br>1:30 Euchre Group (AR)<br>1:30 Bridge Group (4th Floor)<br><b>2:00 Entertainment with Sean R (L)</b><br>3:30 Happy Hour (BL)  | <b>5</b><br>10:00 Chair Yoga (AR)<br>10:30 Activity Meeting With Ashley (BL)<br>2:00 Bingo (AR)<br><b>2:00 Entertainment with Don Owen (L)</b><br>3:30 Happy Hour (BL) | <b>6</b><br>10:30 Fun & Fitness (AR)<br>11:00 Book Club (LIB)<br><b>12:00—2:00 Tocara Pop Up (L)</b><br>1:30 Euchre Group (AR)<br>1:30 Bridge Group (4th Floor)<br><b>2:00 Let's Travel: Portugal (BL)</b><br>3:30 Happy Hour (BL)   | <b>7</b><br>10:00 Chair Yoga (AR)<br>10:30 You Be The Judge (L)<br>2:00 Bingo (AR)<br>3:30 Happy Hour (BL)   | <b>8</b><br><b>10:00 Nail Parlor (AR)</b><br>10:30 Zumba (BL)<br>1:30 Euchre Group (AR)<br>1:30 Bridge Group (4th Floor)<br>2:00 Trivia (L)<br>3:30 Happy Hour (BL)                              | <b>9</b><br><br>2:00 Bingo (AR)  |
| <b>10</b><br>10:30 Coffee & Chats (BL) | <b>11</b> Ashley off<br><b>Remembrance Day</b><br>10:00 Boomer Visits<br><b>10:00 Trip to the Cenotaph for the Remembrance Day Ceremony</b><br>1:30 Euchre Group (AR)<br>1:30 Bridge Group (4th Floor)<br>3:30 Happy Hour (BL)                   | <b>12</b> Ashley off<br><br>10:00 Chair Yoga (AR)<br>2:00 Bingo (AR)<br>3:30 Happy Hour (BL)   | <b>13</b> Ashley off<br><br>10:30 Fun & Fitness (AR)<br>1:30 Euchre Group (AR)<br>1:30 Bridge Group (4th Floor)<br><b>2:00 Karaoke (BL)</b><br>3:30 Happy Hour (BL)  | <b>14</b> Ashley off<br>10:00 Chair Yoga (AR)<br><b>10:30 Anglican Church (4th Floor)</b><br>2:00 Bingo (AR)<br><b>2:00 Entertainment with Michael T (L)</b><br>3:30 Happy Hour (BL)   | <b>15</b> Ashley off<br>10:30 Zumba (BL)<br>1:30 Euchre Group (AR)<br>1:30 Bridge Group (4th Floor)<br><b>2:00 Entertainment with Ed Smith (L)</b><br>3:30 Happy Hour (BL)                       | <b>16</b><br><br>2:00 Bingo (AR)   |
| <b>17</b><br>10:30 Coffee & Chats (BL) | <b>18</b> 10:00 Boomer Visits<br>10:30 Fun & Fitness (AR)<br>1:30 Euchre Group (AR)<br>1:30 Bridge Group (4th Floor)<br><b>2:00 Entertainment with Hal Allison (L)</b><br>3:30 Happy Hour (BL)   | <b>19</b><br>10:00 Chair Yoga (AR)<br><b>10:30 Craft Group: Christmas Craft AR</b><br>2:00 Bingo (AR)<br>3:30 Happy Hour (BL)  | <b>20</b><br>10:30 Fun & Fitness (AR)<br>1:30 Euchre Group (AR)<br>1:30 Bridge Group (4th Floor)<br>2:00 Bowling (L)<br>3:30 Happy Hour (BL)   | <b>21</b><br>10:00 Chair Yoga (AR)<br><b>10:30 Bean Bag Toss (L)</b><br>2:00 Bingo (AR)<br><b>2:00 Entertainment with Lawrence Marks (L)</b><br>3:30 Happy Hour (BL)   | <b>22</b> Natalie Off<br><br>10:00 Trivia (L)<br>10:30 Zumba (BL)<br>1:30 Euchre Group (AR)<br>1:30 Bridge Group (4th Floor)<br>3:30 Happy Hour (BL)   | <b>23</b><br><br>2:00 Bingo (AR)   |
| <b>24</b><br>10:30 Coffee & Chats (BL) | <b>25</b> 10:00 Boomer Visits<br>10:30 Fun & Fitness (AR)<br>1:30 Euchre Group (AR)<br>1:30 Bridge Group (4th Floor)<br><b>2:00 Entertainment with Emilio (L)</b><br>3:30 Happy Hour (BL)<br><b>6:30 Sing-A-Long with The Cobourg Embers (L)</b> | <b>26</b><br>10:00 Chair Yoga (AR)<br><b>10:30 Resident's Council (BL)</b><br>2:00 Bingo (AR)<br>3:30 Happy Hour (BL)  | <b>27</b><br>10:00—11:30 Hearing Aid Clinic (BL)<br>10:30 Fun & Fitness (AR)<br>11:00 Book Club (LIB)<br>1:30 Euchre Group (AR)<br>1:30 Bridge Group (4th Floor)<br><b>2:00 Decorating for Christmas!</b><br>3:30 Happy Hour (BL)<br><b>6:30 Entertainment with Eric L (L)</b> | <b>28</b><br><b>10:00 Catholic Church (TR)</b><br>10:00 Chair Yoga (AR)<br><b>10:00 Decorating for Christmas!</b><br><b>2:00 Entertainment with Darlene and The Shamrockers (L)</b><br>2:00 Bingo (AR)<br>3:30 Happy Hour (BL) | <b>29</b><br>10:00 Trivia (L)<br>10:30 Zumba (BL)<br><b>11:30—3:00 Decorating The Van For The Parade! (L)</b><br>1:30 Euchre Group (AR)<br>1:30 Bridge Group (4th Floor)<br>3:30 Happy Hour (BL) | <b>30</b> Ash & Nat in<br><br>2:00 Bingo (AR)<br><b>2:00 St Andrews Day Celebration (L)</b><br><b>6:00 Cobourg Santa Clause Parade (O)</b> |

ACTIVITY LOCATION LEGEND

AR— Activity Room

BL— Bar Lounge

L—Lobby

DR— Dining Room

O— Outdoors

TR—Theatre Room



# Harmony November 2024



| Sun                                    | Mon   | Tue  | Wed   | Thu   | Fri  | Sat   |
|--|---|--|---|---|--|---|
|  |   |  |   |   | 1<br>10:00 Morning Meditation<br>2:00 Dice Game<br>3:15 Friendly Chats | 2<br>10:00 Coffee & Coloring<br>2:00 Afternoon Movie  |
| 3<br>2:00 Entertainment with Don Owen  | 4<br>9:30 Fun & Fitness<br>10:00 Boomer Visits<br>10:15 Card Games<br>2:00 Hallway Bowling<br>3:15 Friendly Chats                               | 5<br>10:00 Stretching Class<br>10:30 Reminiscing Group<br>2:00 Entertainment with Kathy Wiles<br>3:15 Friendly Chats | 6<br>9:30 Fun & Fitness<br>10:15 Sing-A-Long<br>2:00 Harmony Bingo<br>3:15 Friendly Chats                 | 7<br>10:00 Who Am I?<br>2:00 Family Feud<br>3:15 Friendly Chats   | 8<br>10:00 Trivia<br>2:00 Beauty Hour<br>3:15 Friendly Chats           | 9<br>10:00 Coffee & Coloring<br>2:00 Afternoon Movie  |
| 10<br>2:00 Entertainment with Don Owen | 11 Ashley off<br>Remembrance Day<br>9:45 Remembrance Day Service on the TV<br>10:00 Boomer Visits<br>2:00 Name That Tune<br>3:15 Friendly Chats | 12 Ashley off<br>10:00 Chair Yoga<br>10:30 Morning Social  | 13 Ashley off<br>9:30 Fun & Fitness<br>3:15 Friendly Chats  | 14 Ashley off<br>10:00 Harmony Bingo  | 15 Ashley off<br>10:00 Bean Bag Toss<br>2:00 Entertainment with Ian B  | 16<br>10:00 Coffee & Coloring<br>2:00 Afternoon Movie |
| 17<br>2:00 Entertainment with Don Owen | 18<br>9:30 Fun & Fitness<br>10:00 Boomer Visits<br>10:15 Who Am I?<br>2:00 Craft Group<br>3:15 Friendly Chats                                   | 19<br>10:00 Stretching Class<br>10:30 Noodle Balloon<br>2:00 Pass the Ball Stop The Music<br>3:15 Friendly Chats     | 20<br>9:30 Fun & Fitness<br>10:15 Finish The Phrase<br>2:00 Let's Travel: Portugal<br>3:15 Friendly Chats | 21<br>10:00 Sing-A-Long<br>2:00 Entertainment with Don Owen<br>3:15 Friendly Chats  | 22 Natalie Off<br>2:00 Afternoon Social                                | 23<br>10:00 Coffee & Coloring<br>2:00 Afternoon Movie |
| 24<br>2:00 Entertainment with Don Owen | 25<br>9:30 Fun & Fitness<br>10:00 Boomer Visits<br>10:15 Card Games<br>2:00 Entertainment with Emilio (O)<br>3:15 Friendly Chats                | 26<br>10:00 Chair Yoga<br>10:30 Reading Group<br>2:00 Afternoon Strolls (Indoor)<br>3:15 Friendly Chats              | 27<br>9:30 Fun & Fitness<br>10:15 Trivia<br>2:00 Harmony Bingo<br>3:15 Friendly Chats                     | 28<br>10:00 Hymn Sing<br>10:30 Catholic Church<br>2:00 Entertainment with Darlene and The Shamrock (O)<br>3:15 Friendly Chats | 29<br>10:00 Morning Meditation<br>3:15 Friendly Chats                  | 30<br>10:00 Coffee & Coloring<br>2:00 Afternoon Movie |