

HAPPY Thanksgiving!

Come enjoy a thanksgiving tea on Friday October 11th at 2:00 pm in the Bar Lounge!

Pumpkin Patch Outing

Join us October 23rd for a trip to Pingles Farmers market! We will visit the pumpkin patch, apple orchard and more! Sign up in the lobby! Bus leaves at 12:30 PM!

FROM THE MANAGER'S DESK

October already! We held onto summer for most of September, but now it's time to break out the sweaters, embrace the cooler temps and enjoy Mother Nature's show of colour and the autumn leaves. It really is a beautiful time of the year. Part of the beauty of October goes beyond the spectacular colours and the crisp, fresh air. October brings us Thanksgiving. A time to think about and share all the things for which we are grateful. I am blessed to have a long list of those things and those people in my life. I hope the same is true for you. That's my wish. So here's to gratitude. Here's to friends, family, good health, good food and here's to you! Stay well everyone. Happy Thanksgiving.



MICKI MCLEAN

From the Activity Staff

Happy October everyone! We don't know about you, but we love all things fall! Get ready to celebrate the season with a thanksgiving tea, pumpkin patch, pumpkin carving, entertainment and much more! Don't forget to dress up in your best costume for the Halloween party! We can't **WAIT** to see the costumes! As always we hope you have a happy and safe month!



Ash & Nat

Oktoberfest Party

Join us on Friday October 4th at 2:00 PM in the Bar Lounge for an Oktoberfest party! Come enjoy some treats and refreshments!



October



Find all 25 HIDDEN WORDS in the word search puzzle below. Good luck!

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

ACORN
 APPLES
 AUTUMN
 CANDY
 CIDER
 COBWEB
 CORNSTALKS

COSTUME
 FIELDS
 FULL MOON
 GOURDS
 HALLOWEEN
 HARVEST

HAYRIDE
 JACKET
 LEAVES
 PICKING
 PUMPKIN
 RAKE

SCARECROW
 SCENIC
 TRAILS
 WAGON
 WOODS
 YARDWORK

Halloween Party

Join us on October 31st at 2:00 PM in the Bar Lounge for a fun Halloween Party!! Dress up in your best costume and come down for some treats and fun!!

Pumpkin Carving

Come carve a pumpkin just in time for Halloween! October 29th 10:00 AM in the Bar Lounge!

Let's Travel!

Let's travel to Germany! Join us October 2nd at 2:00 PM in the Bar Lounge as we learn all about Germany!

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 Bar Lounge



October 2024



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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Oktoberfest Week 10:00 Chair Yoga (AR) 10:30 Activity Meeting (BL) 2:00 Bingo (AR) 2:00 Entertainment with Don Owen (L) 3:30 Happy Hour (BL)	2 Oktoberfest Week 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Let's Travel: Germany (L) 3:30 Happy Hour (BL)	3 Oktoberfest Week 10:00 Chair Yoga (AR) 10:30 You Be The Judge (L) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	4 Oktoberfest Week 10:00 Trivia (L) 10:30 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Oktoberfest Party (L) 3:30 Happy Hour (BL)	5 Natalie working 2:00 Bingo (AR)
6 10:30 Coffee & Chats (BL) 	7 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (LIB) 11:00-3:00 Gemini Jewelry Pop Up (L) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Bean Bag Toss (BL) 3:30 Happy Hour (BL)	8 10:00 Chair Yoga (AR) 10:30 Current Events (L) 2:00 Bingo (AR) 2:00 Entertainment with Sean R (L) 3:30 Happy Hour (BL)	9 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Parachute Game (L) 3:30 Happy Hour (BL)	10 10:00 Chair Yoga (AR) 11:00 Anglican Church (4th Floor) 2:00 Bingo (AR) 2:00 Entertainment with Michael T (L) 3:30 Happy Hour (BL)	11 Natalie Off 10:30 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Thanksgiving Tea (BL) 3:30 Happy Hour (BL)	12 2:00 Bingo (AR) 2:00 Entertainment with Eric L (L)
13 10:30 Coffee & Chats (BL) 	14 <p>Happy Thanksgiving!</p>	15 Natalie Off 10:00 Chair Yoga (AR) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	16 Natalie Off 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 3:30 Happy Hour (BL)	17 Natalie Off 10:00 Chair Yoga (AR) 10:30 Trinity Church (4th Floor) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	18 Natalie off 10:30 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Ed Smith (L) 3:30 Happy Hour (BL)	19 2:00 Bingo (AR)
20 10:30 Coffee & Chats (BL) 2:00 Entertainment with Lesley Daly (L) 	21 Natalie Off 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 3:30 Happy Hour (BL)	22 10:00 Chair Yoga (AR) 10:30 Bean Bag Toss (L) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	23 10:30 Fun & Fitness (AR) 12:30 Pingles Farmers Market and Pumpkin Patch Outing—Sign Up In Lobby! 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 3:30 Happy Hour (BL)	24 10:00 Chair Yoga (AR) 10:30 Bocce Ball (O) 10:00 Catholic Church (TR) 2:00 Prize Bingo (AR) 3:30 Happy Hour (BL)	25 10:30 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Craft Group: Christmas Parade Décor (BL) 3:30 Happy Hour (BL)	26 2:00 Bingo (AR)
27 10:30 Coffee & Chats (BL) 	28 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Emilio (L) 3:30 Happy Hour (BL)	29 10:00 Chair Yoga (AR) 10:00-11:30 Pumpkin Carving (BL) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	30 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Darlene (L) 3:30 Happy Hour (BL)	31 10:00 Chair Yoga (AR) 2:00 Halloween Costume Party! (BL)		

ACTIVITY LOCATION LEGEND

AR— Activity Room

BL— Bar Lounge

L-Lobby

DR— Dining Room

O— Outdoors

TR-Theatre Room



Harmony October 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Oktoberfest Week 10:00 Stretching Class 2:00 Entertainment with Kathy Wiles 3:15 Friendly Chats	2 Oktoberfest Week 9:30 Fun & Fitness 10:15 Finish The Phrase 2:00 Harmony Bingo 3:15 Friendly Chats	3 Oktoberfest Week 10:00 Noodle Balloon 2:00 Oktoberfest Party 3:15 Friendly Chats	4 Oktoberfest Week 10:00 Let's Travel: Germany 2:00 Entertainment with Ian B 3:15 Friendly Chats	5 Natalie working 10:00 Sing-A-Long 2:00 Afternoon Movie
6 2:00 Entertainment with Don Owen 	7 9:30 Fun & Fitness 10:15 Card Games 2:00 Name That Tune 3:15 Friendly Chats	8 10:00 Chair Yoga 2:00 Categories 3:15 Friendly Chats	9 9:30 Fun & Fitness 10:15 Family Feud 2:00 Beauty Hour 3:15 Friendly Chats	10 10:00 Trivia 2:00 Entertainment with Don Owen 3:15 Friendly Chats	11 Natalie Off 10:00 Thanksgiving Social	12 10:00 Coffee & Coloring 2:00 Afternoon Movie
13 2:00 Entertainment with Don Owen 	14 Happy Thanksgiving!	15 Natalie Off 10:00 Stretching Class 10:30 Reminiscing Group	16 Natalie Off 9:30 Fun & Fitness 2:00 Sing-A-Long	17 Natalie Off 10:00 Noodle Balloon	18 Natalie off 10:00 Morning Meditation 2:00 Entertainment with Ed Smith (L)	19 10:00 Coffee & Coloring 2:00 Afternoon Movie
20 2:00 Entertainment with Don Owen 	21 Natalie Off 9:30 Fun & Fitness 2:00 Who Am I?	22 10:00 Chair Yoga 2:00 Bean Bag Toss 3:15 Friendly Chats	23 9:30 Fun & Fitness 10:15 Finish The Phrase 2:00 Harmony Bingo 3:15 Friendly Chats	24 10:00 Hymn Sing 10:30 Catholic Service 2:00 Entertainment with Don Owen 3:15 Friendly Chats	25 10:00 Bocce Ball 2:00 Dice Game 3:15 Friendly Chats	26 10:00 Coffee & Coloring 2:00 Afternoon Movie
27 2:00 Entertainment with Don Owen 	28 9:30 Fun & Fitness 10:00 Beauty Hour 2:00 Entertainment with Emilio (L) 3:15 Friendly Chats	29 10:00 Painting Pumpkins 2:00 Entertainment with Lawrence Marks 3:15 Friendly Chats	30 9:30 Fun & Fitness 10:15 Sing-A-Long 2:00 Entertainment with Darlene (L) 3:15 Friendly Chats	31 10:00 Halloween Party 3:15 Friendly Chats 		

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