

# February 2025

## Valentine's Day Photoshoot

Come and get your picture taken for Valentine's Day! Bring a friend, a loved one, or yourself to take a funny or sweet photo! Friday, February 14th, 2024 at 2:00 PM in the Bar Lounge!

## Book Club

Interested in joining our book club? Come to the library the first Wednesday of every month at 11:00 AM to get your book! On the last Wednesday of the month at 11:00 AM to return the book and have a group discussion! For any questions speak to Natalie!

## Karaoke

Join us Friday, February 21st at 2:00 PM in the bar lounge for some fun Karaoke!

FROM THE MANAGER'S DESK

MICKI MCLEAN

From the Activity Director  
**Happy Valentine's Day Everyone!** 🍷🍷🍷

First, I want to say what an honour it has been to work with all of you here at Palisade Gardens, James Club and Harmony. I truly thank each and everyone of you for making this past year so wonderful! I will miss all of you but will return for a visit when I can! With that being said, I would like to introduce you to your new Activity Director, Rebecca! Please join me in giving her a very warm welcome to Palisade! We have some fun stuff planned for you this month so keep an eye on your calendar for what's to come! I hope you all have a wonderful month and a very happy valentines day!

Ashley Gilbert

## Craft Group

Come make some beautiful roses just in time for valentines day! Friday, February 7th at 10:00 AM in the activity room!

♥ HAPPY Valentine's DAY ♥

## BYOB Happy Hour

Starting in February - every Saturday and Sunday at 3:30 PM come on down for Happy Hour! Please remember to bring your own beverage as the bar

# February

Name: \_\_\_\_\_ Date: \_\_\_\_\_



## Valentines Day February 14th

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.



ADORE  
AFFECTION  
ARROW  
BE MINE  
BELOVED  
BOYFRIEND  
CANDY  
CHAMPAGNE  
CHERUB  
CHOCOLATE  
CUPID  
DARLING  
DEAREST  
FLOWERS

GIFTS  
GIRLFRIEND  
HEARTS  
HUG  
I LOVE YOU  
KISS  
LOVE  
PINK

POEM  
RED  
ROMANCE  
ROSES  
SWEETHEART  
VALENTINE



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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



# February 2025



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> 2:00 Entertainment with Everything Country (L) 3:30 Bring Your Own Beverage Happy Hour (BL)
<b>2</b> Groundhog Day 10:30 Coffee and Chats (BL) 3:30 Bring Your Own Beverage Happy Hour (BL)	<b>3</b> 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (LIB) 1:30 Bridge Group (4th Floor) 1:30 Euchre Group (AR) 3:30 Happy Hour (BL)	<b>4</b> 10:00 Chair Yoga (AR) 2:00 Entertainment with Don Owen (L) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	<b>5</b> 10:30 Fun & Fitness (AR) 11:00 Book Club (LIB) 1:30 Bridge Group (4th Floor) 1:30 Euchre Group (AR) 3:30 Happy Hour (BL)	<b>6</b> 10:00 Chair Yoga (AR) 10:30 Speaker Series: Jennifer Weeks - The Importance of Wills & Power of Attorneys (BL) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	<b>7</b> 10:00 Craft Group: Roses (AR) 10:30 Zumba (BL) 1:30 Bridge Group (4th Floor) 1:30 Euchre Group (AR) 2:00 Entertainment with Robert D'Cruz (L) 3:30 Happy Hour (BL)	<b>8</b> 3:30 Bring Your Own Beverage Happy Hour (BL)
<b>9</b> Superbowl Sunday Natalie Working 10:30 Coffee and Chats (BL) 2:00 Superbowl Party (BL) 3:30 Bring Your Own Beverage Happy Hour (BL)	<b>10</b> 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (LIB) 1:30 Bridge Group (4th Floor) 1:30 Euchre Group (AR) 2:00 Entertainment with Darlene & The Shamrock (L) 3:30 Happy Hour (BL)	<b>11</b> 10:00 Chair Yoga (AR) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	<b>12</b> 10:30 Fun & Fitness (AR) 1:30 Bridge Group (4th Floor) 1:30 Euchre Group (AR) 2:00 Entertainment with Sean R (L) 3:30 Happy Hour (BL)	<b>13</b> 10:00 Chair Yoga (AR) 11:00 Anglican Church (4th Floor) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	<b>14</b> Valentines Day 10:30 Zumba (BL) 1:30 Bridge Group (4th Floor) 1:30 Euchre Group (AR) 2:00 Valentines Day Photoshoot (BL) 3:30 Happy Hour (BL)	<b>15</b> 3:30 Bring Your Own Beverage Happy Hour (BL)
<b>16</b> 10:30 Coffee and Chats (BL) 3:30 Bring Your Own Beverage Happy Hour (BL)	<b>17</b> Family Day 1:30 Bridge Group (4th Floor) 1:30 Euchre Group (AR) 2:00 Entertainment with Hal Alison (L) 3:30 Bring Your Own Beverage Happy Hour (BL)	<b>18</b> 10:00 Chair Yoga (AR) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	<b>19</b> 10:30 Fun & Fitness (AR) 1:30 Bridge Group (4th Floor) 1:30 Euchre Group (AR) 2:00 Entertainment with Greg & Susan Williams (L) 3:30 Happy Hour (BL)	<b>20</b> 10:00 Chair Yoga (AR) 10:30 Trinity Church (4th Floor) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	<b>21</b> 10:30 Zumba (BL) 1:30 Bridge Group (4th Floor) 1:30 Euchre Group (AR) 2:00 Karaoke (BL) 3:30 Happy Hour (BL)	<b>22</b> 3:30 Bring Your Own Beverage Happy Hour (BL)
<b>23</b> 10:30 Coffee and Chats (BL) 3:30 Bring Your Own Beverage Happy Hour (BL)	<b>24</b> 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (LIB) 1:30 Bridge Group (4th Floor) 1:30 Euchre Group (AR) 2:00 Entertainment with Emilio (L) 3:30 Happy Hour (BL)	<b>25</b> 10:00 Chair Yoga (AR) 10:30 Residents Council (BL) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	<b>26</b> 10:30 Fun & Fitness (AR) 11:00 Book Club (LIB) 1:30 Bridge Group (4th Floor) 1:30 Euchre Group (AR) 3:30 Happy Hour (BL)	<b>27</b> 10:00 Catholic Church (TR) 10:00 Chair Yoga (AR) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	<b>28</b> 10:00 Trivia (L) 10:30 Zumba (BL) 1:30 Bridge Group (4th Floor) 1:30 Euchre Group (AR) 2:00 Entertainment with Ed Smith (L) 3:30 Happy Hour (BL)	

ACTIVITY LOCATION LEGEND

AR— Activity Room

BL— Bar Lounge

L— Lobby

DR— Dining Room

O— Outdoor







TR— Theatre Room

LIB—Library



# February 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> 10:00 Coffee & Coloring 2:00 Afternoon Movie
<b>2</b> <i>Groundhog Day</i> 10:00 Coffee & Coloring 2:00 Entertainment with Don Owen	<b>3</b> 9:30 Fun & Fitness 10:00 Boomer Visits 2:00 Sing-A-Long	<b>4</b> 10:00 Chair Yoga 10:30 Reminiscing Group 2:00 Entertainment with Kathy Wiles	<b>5</b> 9:30 Fun & Fitness 2:00 Harmony Bingo	<b>6</b> 10:00 Stretching Class 10:30 Friendly Chats	<b>7</b> 9-2:00 Hallway Bowling	<b>8</b> 10:00 Coffee & Coloring 2:00 Afternoon Movie 
<b>9</b> <i>Superbowl Sunday</i> 10:00 Coffee & Coloring 2:00 Entertainment with Don Owen	<b>10</b> 9:30 Fun & Fitness 10:00 Boomer Visits 2:00 Craft Group: Roses	<b>11</b> 10:00 Chair Yoga 10:30 Reminiscing Group 	<b>12</b> 9:30 Fun & Fitness 2:00 Beauty Hour	<b>13</b> 10:00 Stretching Class 10:30 Friendly Chats	<b>14</b> <i>Valentines Day</i> 10:00 Valentines Day Bingo 2:00 Entertainment with Ian B 	<b>15</b> 10:00 Coffee & Coloring 2:00 Afternoon Movie 
<b>16</b> 10:00 Coffee & Coloring 2:00 Entertainment with Don Owen	<b>17</b> <i>Family Day</i> 	<b>18</b> 10:00 Chair Yoga 10:30 Reminiscing Group 	<b>19</b> 9:30 Fun & Fitness 2:00 Who Am I?	<b>20</b> 10:00 Stretching Class 10:30 Friendly Chats	<b>21</b> 10:00 Sing-A-Long	<b>22</b> 10:00 Coffee & Coloring 2:00 Afternoon Movie
<b>23</b> 10:00 Coffee & Coloring 2:00 Entertainment with Don Owen	<b>24</b> 9:30 Fun & Fitness 10:00 Boomer Visits 2:00 Afternoon Trivia	<b>25</b> 10:00 Chair Yoga 10:30 Reminiscing Group 2:00 Entertainment with Sean R	<b>26</b> 9:30 Fun & Fitness 2:00 Harmony Bingo	<b>27</b> 10:00 Stretching Class 10:30 Friendly Chats	<b>28</b> 2:00 Beauty Hour	