



## Activity Department

We are excited for this upcoming month. March is full of luck, entertainment, engaging activities and special events for all to enjoy!

Featured programs this month include:

### **Let's Travel to Ireland:**

**Monday, March 9<sup>th</sup> at 2pm**

Travel with us to Ireland as we explore its Culture, History, Food and More!

### **Scrabble Tournament:**

Join us **Wednesday March 11<sup>th</sup> at 2pm** in the Bar Lounge for a game of Scrabble. All Skill levels welcome!

### **NEW: Twilight Tea**

On **Wednesday March 25<sup>th</sup> at 2pm** join us in the **library** to enjoy a light tea while sharing memories and conversation. Through prompts and the theme of childhood, bring your stories/personal items and a listening ear.

### **St. Patrick's Day Party**

Celebrate the Irish with us **Tuesday March 17<sup>th</sup>** in the Bar Lounge!

As we welcome longer days and warmer weather, we look forward to making wonderful memories together this March.

-Kaitlyn: Activity Director



## Winter Parking

Winter parking regulations in the Town of Cobourg are in effect from **November 1<sup>st</sup> to March 31<sup>st</sup>**. Overnight parking is **NOT** permitted on designated major arterial and collector roads between 2:00am and 7:00am (Ex. Chapel St., D'arcy St., James St.). Staff and guests needing overnight parking are encouraged to use the Palisade Gardens parking lot.

## Euchre Day's

Grade 7 & 8 students will be visiting to play euchre with residents in the Bar Lounge on **March 9<sup>th</sup> and March 12<sup>th</sup>**. We look forward to welcoming the students and enjoying some great games together!

## March Riddle

I'm small and tricky, I guard my gold, and if you catch me, I'll do as I'm told.



## March Fire Safety Tip

What to do if you hear the Fire Alarm?



1. REMAIN in your apartment
2. Stay calm and listen for instructions. Building staff or emergency responders will direct you if you are in immediate danger.
3. DO NOT open your door unless instructed. Opening the door may allow smoke or fire to enter.
4. Keep your apartment sealed. Close windows and vents to prevent smoke from entering.
5. Do not use elevators unless emergency personnel instruct you to do so.

## Daylight Savings



Daylight Saving Time begins **Sunday March 8th**. Please remember to set your clocks ahead one hour before bed on Saturday and enjoy the longer daylight hours ahead.

## Volunteers

We welcome residents and community members to volunteer with our programs and activities. Whether you enjoy helping with events, welcoming others, or assisting behind the scenes, we'll match you with opportunities that reflect your interests.

Kaitlyn DeJong- Activity Director  
activity@palisadegardens.ca or  
(905)-372-1150 ext. 228

## Bus Outing



**Friday March 20<sup>th</sup>**

To the Mandarin Restaurant  
Please Sign up at the front desk!  
Limited spots available

## Pop-up Shops

This month we are excited to host a couple pop-up shops:

**NEW: Diane's Buttertarts** - Mar. 25

**Gemini Jewelry** - Mar. 30

## Activity Meeting

**Tuesday March 10<sup>th</sup> at 10:45am**

Discuss upcoming activities  
New Programs  
Make Suggestions  
All our Welcome to Attend

## March Clinic's

**Hearing Aid Clinic:** Thursday March 19<sup>th</sup> 10-11:30am (Near reception desk)

**Paramedicine Clinic:** March 28<sup>th</sup>  
2-4pm (Bar Lounge)

## Irish Blessing

May joy and peace surround you, contentment latch your door, and happiness be with you now and bless you evermore!

# MARCH 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**1**  
3:30 BYOB Happy Hour (BL)

**2**  
10am Boomer Visits  
10:30am Fun & Fitness (AR)  
11am Computer info with Bill (Lib)  
1:30pm Euchre Club (AR)  
2pm Entertainment with Don Owens  
3:30pm Happy Hour (BL)  
Kaitlyn Vacation

**3**  
10am Chair Yoga (AR)  
2pm Bingo (AR)  
3:30pm Happy Hour (BL)  
Kaitlyn Vacation

**4**  
10:30am Fun & Fitness (AR)  
11am Book Club (Lib)  
1:30pm Euchre (AR)  
1:15pm Afternoon Matinee (TR)  
3:30 Happy Hour (BL)  
Kaitlyn Vacation

**5**  
NO CHAIR YOGA TODAY  
3:30pm Happy Hour (BL)  
Kaitlyn Vacation

**6**  
10:35am Zumba! (BL)  
2pm Jeopardy (L)  
3:30pm Happy Hour (BL)  
Kaitlyn Vacation

**7**  
2pm Bingo (AR)  
3:30pm BYOB Happy Hour (BL)  
6:30pm Entertainment with Sean Roberts (L)

**8**  
3:30 BYOB Happy Hour (BL)  
Daylight Savings Time Begins 

**9**  
10am Boomer Visits  
10:30am Fun & Fitness (AR)  
11am Computer info with Bill (Lib)  
1pm Euchre with Grade 7&8's (BL)  
2:30pm Travel to Ireland (BL)  
3:30pm Happy Hour (BL)

**10**  
10am Chair Yoga (AR)  
10:45am Activity Meeting (BL)  
2pm Bingo (AR)  
3:30pm Happy Hour (BL)

**11**  
10:30am Fun & Fitness (AR)  
1:30pm Euchre Club (AR)  
2:15pm Tai Chi with Cindy (BL)  
3:30 Happy Hour (BL)

**12**  
10am Chair Yoga (AR)  
10:30am Anglican Church (4<sup>th</sup> Floor)  
11am Creative Writing (LIB)  
1pm Euchre with Grade 7&8's (BL)  
2pm Bingo (AR)  
3:30pm Happy Hour (BL)

**13**  
10:30am Crafting Group (AR)  
10:35am Zumba! (BL)  
2pm Entertainment with Kathy Wiles (L)  
3:30pm Happy Hour (BL)

**14**  
2pm Bingo (AR)  
3:30 BYOB Happy Hour (BL)

**15**  
3:30 BYOB Happy Hour (BL)

**16**  
10am Boomer Visits  
10:30am Fun & Fitness (AR)  
11am Computer info with Bill (Lib)  
1:30pm Euchre (AR)  
2pm Entertainment with Michael T  
3:30pm Happy Hour (BL)

 **17**  
10am Chair Yoga (AR)  
2pm St. Patricks Day Party  
3:30pm Happy Hour (BL)

**18**  
10:30am Fun & Fitness (AR)  
1:30pm Euchre Club (AR)  
2pm Speaker Series "senior helpers" Natasha Quinlan (BL)  
3:30 Happy Hour (BL)

**19**  
10am Chair Yoga (AR)  
10:00am-11:30am Hearing Aid Clinic (small room by reception)  
10:30am Trinity Church (4<sup>th</sup> Floor)  
2pm Prize Bingo (AR)  
3:30pm Happy Hour (BL)

**20**  
10:35am Zumba! (BL)  
11am Bus Outing: Mandarin (must sign up)  
2pm Entertainment with Darlene McGuinness (L)  
3:30pm Happy Hour (BL)

**21**  
2pm Bingo (AR)  
3:30 BYOB Happy Hour (BL)

**22**  
3:30 BYOB Happy Hour (BL)

**23**  
10am Boomer Visits  
10:30am Fun & Fitness (AR)  
11am Computer info with Bill (LIB)  
1:30pm Euchre Club(AR)  
2pm Entertainment with Emilio (L)  
3:30pm Happy Hour (BL)

**24**  
10am Chair Yoga (AR)  
10:45am Beauty Hour (AR)  
2pm Bingo (AR)  
3:30pm Happy Hour (BL)

**25**  
10:30am Fun & Fitness (AR)  
11am Book Club (LIB)  
11-2pm Diane's Buttertarts (L)  
1:30pm Euchre Club (AR)  
2pm Twilight Tea (LIB)  
2:15pm Tai Chi with Cindy (BL)  
3:30 Happy Hour (BL)

**26**  
10am Chair Yoga (AR)  
10am Catholic Mass (TR)  
11am Creative Writing (Lib)  
2pm Bingo (AR)  
3:30pm Happy Hour (BL)

**27**  
10:30am Crafting Group (AR)  
10:35am Zumba! (BL)  
2pm Entertainment with Ed Smith (L)  
3:30pm Happy Hour (BL)

**28**  
2pm Bingo (AR)  
2-4pm Paramedicine Clinic (BL)  
3:30 BYOB Happy Hour (BL)

**29**  
10:30am Scrabble Tournament (BL)  
2pm Youth Piano Recital (L)  
3:30 BYOB Happy Hour (BL)

**30**  
10am Boomer Visits  
10:30 Fun & Fitness (AR)  
11am Computer info with Bill (Lib)  
11am-3pm Gemini Jewelry (BL)  
1:30pm Euchre Club (AR)  
2pm Entertainment with Brian & Lee (L)  
3:30pm Happy Hour (BL)

**31**  
10am Chair Yoga (AR)  
10:30 Residents Council (BL)  
2pm Bingo  
3:30pm Happy Hour (BL)  
3:30 Happy hour piano with Marianne Marusic (L)

ACTIVITY LOCATION LEGEND AR-ACTIVITY ROOM BL-BAR LOUNGE L-LOBBY TR-THEATRE ROOM LIB-LIBRARY

# HARMONY MARCH 2026

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**1**  
10am Entertainment with Don Owens

**2**  
9:30am Fun & Fitness with Natalie  
10am Boomer Visits  
2pm Guess the Career  
Kaitlyn Away

**3**  
10am Chair Yoga  
10:30 Morning Meditation  
2pm Afternoon Matinee  
Kaitlyn Away

**4**  
9:30am Fun & Fitness with Natalie  
2pm Entertainment with Darlene M  
Kaitlyn Away

**5**  
10am Beauty Hour  
2pm Travel to Ireland  
Kaitlyn Away

**6**  
10am Zumba!  
10:30am Famous Faces  
2pm Music Therapy  
Kaitlyn Away

**7**  
Colouring & Activity Booklets

**8**  
2pm Entertainment with Don Owens  
Daylight Savings 

**9**  
9:30am Fun & Fitness with Natalie  
10am Boomer Visits  
10:30am Finish the Phrase  
2pm Entertainment with Jean L

**10**  
10am Chair Yoga  
10:30 Noodle Balloon  
2pm Irish Bingo

**11**  
9:30am Fun & Fitness with Natalie  
10:30 Fill your Pot with Gold  
2pm Entertainment with Ray H

**12**  
10am Reading Group  
2pm Modeling with Clay

**13**  
10am Zumba!  
10:30am Word Webs  
2pm Baking (AR)

**14**  
Colouring & Activity Booklets

**15**  
2pm Entertainment with Don Owens

**16**  
9:30am Fun & Fitness with Natalie  
10am Boomer Visits  
10:30am Irish Trivia  
2pm Entertainment with Darlene B

**17**  
10am Chair Yoga  
10:30am Irish Dice Game  
1pm Shamrock Shakes 

**18**  
9:30am Fun & Fitness with Natalie  
10:30 Guess the Object  
2pm Entertainment with Ian B

**19**  
10am Who Am I?  
10- 11:30 Hearing Aid Clinic  
2pm Bean Bag Toss

**20**  
10am Zumba!  
10:30am Mad Libs  
2pm Music Therapy

**21**  
2pm Entertainment with Kathy Wiles

**22**  
2pm Entertainment with Don Owens

**23**  
9:30am Fun & Fitness with Natalie  
10am Boomer Visits  
10:30am Group Crossword  
2pm Entertainment with Emilio (Lobby)

**24**  
10am Chair Yoga  
10:30am Reminiscing Group  
2pm Jeopardy

**25**  
9:30am Fun & Fitness with Natalie  
10:30am Guess the Smell  
2pm Entertainment with Sean Roberts

**26**  
10am Hymn Sing  
10:30am Catholic Mass  
2pm Spring Collage Making

**27**  
10am Zumba!  
10:30am Spring Trivia  
2pm Music Therapy

**28**  
Colouring & Activity Booklets

**29**  
2pm Entertainment with Don Owens

**30**  
9:30am Fun & Fitness with Natalie  
10am Boomer Visits  
10:30am Guess the Sound  
2pm Painted Butterflies

**31**  
10am Chair Yoga  
10:30am Never Have I Ever  
2pm Matching Cities

