

From the Activity Director:

From sweet treats to runway glamour to heartfelt remembrance, November at Palisade Gardens has something for everyone. As the air grows crisp and the days a little shorter, our calendar is packed with programs to bring joy, connection, and a touch of sparkle to the season. We begin with our **Activity Meeting on Tuesday, November 4th at 10:45am in the Bar Lounge**—your chance to hear what's ahead and share your wonderful ideas. That same week, we're welcoming a sweet new face: **Karen's Confection Corner**, a vendor bringing us an irresistible assortment of homemade treats. Keep your voices warmed up, because **Natalie will be hosting Karaoke** this month—a chance to sing your heart out and cheer on your neighbors! And by popular demand, **Scrabble Group** is returning, so dust off those word skills! On **November 11th**, we will pause together in solemn remembrance. A bus will take residents to the **cenotaph ceremony at Victoria Park** to honor those who served and sacrificed. This is a sign-up activity, and we encourage everyone to dress warmly as we attend rain, snow, or shine. The bus leaves promptly at 10:15am.



Mid-month brings two show-stopping events: On **November 15th**, a **Historical Aviation enthusiast** will visit with an incredible interactive display featuring wartime aircraft and stories. On **November 16th**, our residents will shine on the runway at **Modella's Fashion Show** right here in Cobourg! With light refreshments and plenty of glamour, this is one you won't want to miss. If you'd like to strut your stuff on the runway, please see myself or Natalie to sign up! Later in the month, we'll gather to create festive **Christmas decorations**, getting us into the holiday spirit. Natalie and I will be transforming Palisade Gardens into a winter wonderland in the third week of November, so keep your eyes peeled for the elves hard at work! We'll also be taking our popular **Lunch Bunch trip to Red Lobster in Peterborough**—a special outing by request.



Don't miss **Erin Hunter's Speaker Series** talk on the Northumberland Fare Share Food Drive, **Residents' Council on November 25th at 10:30am**, and the return of **Cindy's Tai Chi on November 26th**. Finally, a friendly reminder that **Daylight Savings Time ends on November 2nd**—don't forget to turn your clocks back one hour! With so many highlights ahead, November promises a balance of reflection, fun, and festive anticipation. We look forward to seeing you at these wonderful programs!

-Rebecca

Don't forget to turn your clocks BACK by one hour on November 2nd, 2025 for the end of daylight savings!



Karen's Confection Corner

Got a sweet tooth? Don't miss our newest vendor, **Karen's Confection Corner**, popping up this month with a delightful assortment of homemade sweets and treats. Perfect for gift-giving—or a little indulgence for yourself!



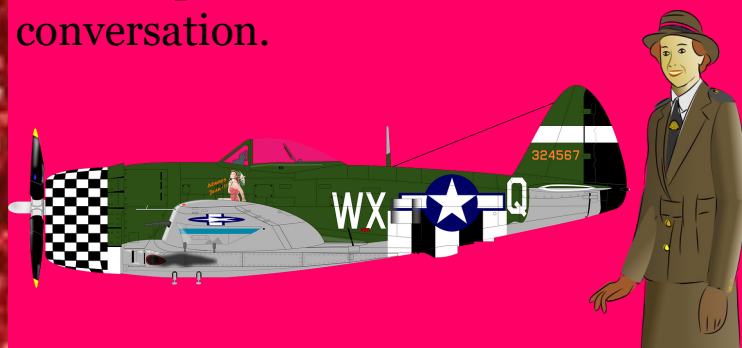
Sing It Out! Karaoke with Natalie

Warm up those vocal cords and join us for an afternoon of fun and laughter at **Karaoke with Natalie!** Whether you're a shower singer or a stage star, everyone's welcome to join in.



History Takes Flight – Aviation Presentation

Step back in time on **November 15th** with a fascinating visit from a **Historical Aviation enthusiast!** Explore wartime aircraft and stories through an interactive display that's sure to spark memories and conversation.

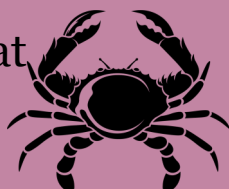


Lunch Bunch: Red Lobster Trip

By popular demand! Join us for a **seafood feast in Peterborough** at Red Lobster.

Bus leaves at 10:45am for our 11:30am reservation.

Limited seating—sign up at reception!



Remembrance Day Ceremony November 11th

Join us as we pay tribute to those who served. We'll be traveling to the **Victoria Park Cenotaph** for the community ceremony.

Bus departs at 10:15am. Dress for the weather.

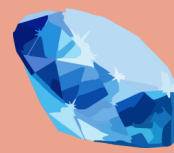


Modella Fashion Show – November 16th

Get ready to sparkle! Our residents are hitting the runway at **Modella**, Cobourg's premier fashion boutique. Enjoy light refreshments, fabulous outfits, and an afternoon of glamour and community spirit.

This is a sign-up activity—please visit Reception to reserve your spot!

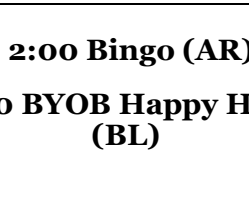
If you'd like to walk the runway, see **Rebecca or Natalie** to express your interest.



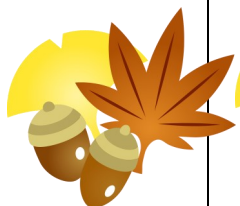
Speaker Series: Erin Hunter

We're pleased to welcome **Erin Hunter**, who will be sharing about the **Northumberland Fare Share Food Drive** and how our community can get involved.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 	 	 	 	 	1 2:00 Bingo (AR) 3:30 BYOB Happy Hour (BL)
2 3:30 BYOB Happy Hour (BL)	3 10:00 Boomer Visits 10:30 Fun & Fitness with Natalie (AR) 11:00 Computer Info with Bill (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Michael T (L)	4 10:00 Chair Yoga (AR) 10:45 Activity Meeting (BL) 2:00 Bingo (AR)	5 10:30 Fun & Fitness with Natalie (AR) 11:00 Book Club (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Don Owen (L)	6 10:00 Chair Yoga (AR) 10:40 Beauty Hour (AR) 2:00 Bingo (AR) 6:30 Betty's Sing-A-Long (L)	7 10:35 Zumba! (BL) 11-2 Karen's Confection Corner Pop-Up Vendor (L) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Jeopardy! (L)	8 2:00 Bingo (AR) 3:30 BYOB Happy Hour (BL)
9 2:00 Entertainment with Darlene M (L) 3:30 BYOB Happy Hour (BL)	10 10:00 Boomer Visits 10:30 Fun & Fitness with Natalie (AR) 11:00 Computer Info with Bill (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Karaoke with Natalie! (BL)	11 10:00 Chair Yoga (AR) 10:15 Trip to Remembrance Day Ceremony-Victoria Park Cenotaph (sign up near reception) 2:00 Bingo (AR)	12 10:30 Fun & Fitness with Natalie (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Eric L (L)	13 10:00 Chair Yoga (AR) 10:30 Anglican Church (4th Floor) 2:00 Bingo (AR) 6:30 Betty's Sing-A-Long (L)	14 10:35 Zumba! (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Scrabble Group (BL)	15 2:00 Historical Aviation Display (L) 3:30 BYOB Happy Hour (BL)
16 12:45-3pm Outing to the Modella Fashion Show (please sign up at reception) 3:30 BYOB Happy Hour (BL)	17 10:00 Boomer Visits 10:30 Fun & Fitness with Natalie (AR) 11:00 Computer Info with Bill (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Christmas Crafting Hour (AR)	18 10:00 Chair Yoga (AR) 3:30 Happy Hour (BL) Christmas Decorating	19 10-11:30 Hearing Aide Clinic (small room by reception) 10:45 Lunch Bunch Visit to the Red Lobster (sign up near reception) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Speaker Series: Erin Hunter on "Fare Share Food Bank" (BL) Christmas Decorating	20 10:00 Chair Yoga (AR) 10:30 Trinity Church (4th Floor) 12-2 Tocara Jewelry Pop-Up Vendor (L) 6:30 Betty's Sing-A-Long (L) Christmas Decorating	21 10:35 Zumba! (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 6:30 Entertainment with Deidrey F (L) Rebecca Off	22 2:00 Bingo (AR) 2-4 Paramedicine Clinic (BL) 3:30 BYOB Happy Hour (BL)
23 3:30 BYOB Happy Hour (BL)	24 10:00 Boomer Visits 10:30 Fun & Fitness with Natalie (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)	25 10:00 Chair Yoga (AR) 10:30 Resident's Council (BL) 2:00 Bingo (AR) Rebecca Off	26 10:30 Fun & Fitness with Natalie (AR) 11:00 Book Club (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:15 Tai Chi with Cindy (BL)	27 10:00 Catholic Church (TR) 10:00 Chair Yoga (AR) 2:00 Prize Bingo! (AR) 6:30 Betty's Sing-A-Long (L)	28 10:35 Zumba! (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Ed Smith (L) Natalie Off	29 2:00 Bingo (AR) 3:30 BYOB Happy Hour (BL)
30 3:30 BYOB Happy Hour (BL)	LEST WE FORGET					  

Harmony November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 	 	 	 	 	1 10:00 Coffee, Colouring, and Activity Booklets (Kitchen) 2:00 Afternoon movie
2 10:00 Coffee, Colouring, and Activity Booklets (Kitchen) 2:00 Entertainment with Don Owen (TV Room)	3 9:45 Fun & Fitness with Natalie (TV Room) 10:30 Boomer Visits (TV Room) 2:00 The Price is Right! 40's Edition (TV Room)	4 10:00 Chair Yoga (TV Room) 10:30 Meditation Morning & Hand Massages (TV Room) 2:00 Entertainment with Kathy Wiles (TV Room)	5 9:45 Fun & Fitness with Natalie (TV Room) 10:30 The "Never Have I Ever" Game (TV Room) 2:00 Matching Cities Game (TV Room)	6 10:00 Who am I? (TV Room) 2:00 Modelling with Clay: Christmas Shapes (Kitchen)	7 10:00 Zumba! (TV Room)  10:30 Mad Libs (TV Room) 2:00 Music Therapist Visit (TV Room)	8 10:00 Coffee, Colouring, and Activity Booklets (Kitchen)
9 10:00 Coffee, Colouring, and Activity Booklets (Kitchen) 2:00 Entertainment with Don Owen (TV Room)	10 9:45 Fun & Fitness with Natalie (TV Room) 10:30 Boomer Visits (TV Room) 2:00 Art Therapy with Christy! (Kitchen) 	11 10:00 Chair Yoga (TV Room) 10:30 Remembrance Day: War Time Song Sing-A-Long (TV Room)  2:00 Reading Comprehension Group (TV Room)	12 9:45 Fun & Fitness with Natalie (TV Room) 10:30 The Balloon Game (TV Room) 2:00 Let's Travel: Prague! (TV Room) 	13 10:00 Christmas Trivia (Kitchen) 2:00 Salt Dough Ornament Making (Kitchen)	14 10:00 Zumba! (TV Room) 10:30 Reminiscing Group: Christmas Holidays & Traditions (TV Room) 2:00 Entertainment with Ian B (TV Room)	15 10:00 Coffee, Colouring, and Activity Booklets (Kitchen) 2:00 Afternoon
16 10:00 Coffee, Colouring, and Activity Booklets (Kitchen) 2:00 Entertainment with Don Owen (TV Room)	17 9:45 Fun & Fitness with Natalie (TV Room) 10:30 Boomer Visits (TV Room) 2:00 Entertainment with Darlene Brooks (TV Room)	18 10:00 Coffee, Coloring, and Activity Booklets (Kitchen) 2:00 Entertainment with Sean R (TV Room) <i>Facility Christmas Decorating</i>	19 10:00 Coffee, Coloring, and Activity Booklets (Kitchen)  2:00 Christmas Tree Decorating Group (TV Room) <i>Facility Christmas Decorating</i>	20 10:00 Coffee, Coloring, and Activity Booklets (Kitchen) 2:00 Afternoon Movie <i>Facility Christmas Decorating</i>	21 10:00 Zumba! (TV Room) 10:30 What's in the Bag? Sensory Exploration Game (TV Room) 2:00 Music Therapist Visit (TV Room) <i>Rebecca Off</i>	22 10:00 Coffee, Colouring, and Activity Booklets (Kitchen) 2:00 Afternoon movie
23 10:00 Coffee, Colouring, and Activity Booklets (Kitchen) 2:00 Entertainment with Don Owen (TV Room)	24 9:45 Fun & Fitness with Natalie (TV Room) 10:30 Boomer Visits (TV Room) 2:00 Entertainment with Emilio (L) 	25 10:00 Chair Yoga (TV Room) 10:30 Alphabet Artist (Kitchen) 2:00 Christmas Popcorn Stringing and Ornament Creation (Kitchen) <i>Rebecca Off</i> 	26 9:45 Fun & Fitness with Natalie (TV Room) 10:30 Bubble Badminton! (TV Room) 2:00 Christmas Cookie Decorating! (Kitchen) 	27 10:00 Hymn Sing (TV Room) 10:30 Catholic Church Service (TV Room) 2:00 Nail Parlor (Kitchen)	28 10:00 Zumba! (TV Room) 10:30 Guess the Scent (TV Room) 2:00 Music Therapist Visit (TV Room) <i>Natalie Off</i>	29 10:00 Coffee, Colouring, and Activity Booklets (Kitchen) 2:00 Afternoon movie
30 10:00 Coffee, Colouring, and Activity Booklets (Kitchen) 2:00 Entertainment with Don Owen (TV Room)						