PALISADE GARDENS
JAMES CLUB

NOVEMBER NEWS

ACTIVITY DEPARTMENT

November is full of opportunities to stay active and connected at Palisade Gardens! Join us for our Remembrance Day Ceremony, Cenotaph and casino outings, live entertainment, and November Birthday Party with Brian & Lee.

We also have plenty of favourites, including Bingo, Euchre, Zumba, Chair Yoga, Fun & Fitness, Creative Writing, and more!
As the weather gets colder, come out, try something new, and enjoy spending time with friends and neighbours. I look forward to another wonderful month together!

Warmly,
-Kaitlyn: Activity Director

ACTIVITY MEETING

Tuesday November 3rd at 10:45am in the Bar Lounge.
Discuss upcoming events
New Programs
Make Suggestions

COMPUTER ASSISTANCE



If you are having trouble with your computer or technology, Bill is in the Library Mondays at 11am

GUEST SPEAKER SERIES

Tuesday November 10th at 1pm -The Nurse Practitioner will be here to do a Q&A on Healthy Aging and give an overview of her role here at Palisade Gardens.

POP-UP SHOPS

This month we are excited to host



Bob's Woodworking: Wednesday November 4th from 11-2pm

Gemini Jewelry: Monday November 9th from 11-3pm

Karen's Confection Corner: Tuesday November 17th from 11-2pm

Pop-up Shops located in the Lobby

SAFETY TIP

Emergency Preparedness

You should be ready for any kind of emergency. An emergency kit is a great tool you should keep in your apartment in case of an emergency.

Things you could consider putting in it:
Water
Batteries
Flashlight
Food (granola bars, etc.)
Blanket
Pet Food
Medication
Copies of personal documents



This is just a starting point, think about what other things you could add.

BUS OUTINGS

Cobourg Cenotaph: November 11th with a 10am departure.

Casino: Novemeber 20th with a 10:30am departure.

Must sign up at front desk!

NOVEMBER RIDDLE



I have branches, but no fruit, trunk or leaves. What am I?

TIPS FROM JEN

Easy Ways to Prevent a Fall

As the cooler weather approaches, the risk of falling increases. Below are some suggestions to help keep you upright all season long.
1. Check Your Surroundings. It's easy to get busy thinking or chatting and forget to pay attention to what is under our feet! When you're out and about or even at home in familiar spaces, look around and see if there are any easy to spot hazards. These might include icy sidewalks, loose rugs, cords on the floor, wet/muddy spots or even our loving pets. Removing or simply being aware of these potential fall risks can make all the difference in our day-to-day safety.

2. Avoid Risky Behaviour. No, this isn't sky diving! Activities such as shovelling snow or stepping on a stool can be risky behaviour. If your inner voice says, "should I be doing this?" take a step back and assess your situation. Asking for help for one activity may save you asking for help while you recover from a fall.

3. Inspect your footwear. Sturdy shoes & boots that are in good condition are a vital part of fall prevention. Treads that are worn out cannot provide the traction they once did. Inspecting your footwear to ensure they are intact and supportive is imperative. If you walk outside in the slippery weather, consider purchasing cleats for your winter footwear. Cleats are a wonderful tool to help you maintain your balance through our slippery weather.

4. Exercise! Strength training with bands, light weights or bodyweight builds the muscles that hold our bodies up! Consistent exercise also help to maintain our reflexes. This comes in handy if we catch ourselves off balance – your reflexes kick in and your muscles flex to help keep our body upright and safe.

NOVEMBER 2026

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 3pm Pub Trivia (BL) 3:30 BYOB Happy Hour (BL) Daylight Savings Ends	**2** 10am Boomer Visits 10am Fun & Fitness (AR) 1pm Euchre Club (AR) 2pm Entertainment with Don Owens (L) 3:30pm Happy Hour (BL)	**3** 10am Chair Yoga (AR) 10:45am Activity Meeting (BL) 2pm Bingo (AR) 3:30pm Happy Hour (BL) 6:30pm The Crown TV Series (BL)	**4** 10am Fun & Fitness (AR) 11am Book Club (Lib) 11-2pm Bob's Woodworking Shop (L) 1pm Euchre Club (AR) 2:15pm Tai Chi with Cindy (BL) 3:30 Happy Hour (BL)	**5** 10am Chair Yoga (AR) 10:45am Creative Writing (LIB) 2pm Bingo (AR) 3:30pm Happy Hour (BL) 6:30pm The Crown TV Series (BL)	**6** 10:35am Zumba! (BL) 1pm Euchre Club (AR) 2pm Jeopardy (L) 3:30pm Happy Hour (BL) Kaitlyn OFF	**7** 2pm Bingo (AR) 3:30pm BYOB Happy Hour (BL)
8 2pm Entertainment with Ray H (L) 3pm Pub Trivia (BL) 3:30 BYOB Happy Hour (BL)	**9** 10am Boomer Visits 10am Fun & Fitness (AR) 11-3pm Vendor: Gemini Jewelry (L) 1pm Euchre Club (AR) 2:15pm Tai Chi with Cindy (BL) 3:30pm Happy Hour (BL)	**10** 10am Chair Yoga (AR) 1pm Guest Speaker: Nurse Practitioner (BL) 2pm Bingo (AR) 3:30pm Happy Hour (BL) 6:30pm The Crown TV Series (BL)	**11** 9am Bus Outing: Cenotaph 10am Fun & Fitness (AR) 11am Remembrance Day Ceremony (BL) 1pm Euchre Club (AR) 1-2:30pm Walker Clinic (BL) 3:30 Happy Hour (BL) Remembrance Day	**12** 10am Chair Yoga (AR) 10:30am Anglican Church (4th Floor) 2pm Bingo (AR) 3:30pm Happy Hour (BL) 6:30pm The Crown TV Series (BL)	**13** 10:35am Zumba! (BL) 1pm Euchre Club (AR) 2pm Entertainment with Darlene M (L) 3:30pm Happy Hour (BL)	**14** 2pm Bingo (AR) 2pm Family Game Show (L) 3:30 BYOB Happy Hour (BL)
15 3pm Pub Trivia (BL) 3:30 BYOB Happy Hour (BL)	**16** 10am Boomer Visits 10am Fun & Fitness (AR) 1pm Euchre (AR) 2pm Entertainment with Michael T (L) 3:30pm Happy Hour (BL) Natalie OFF	**17** 10am Chair Yoga (AR) 11-2pm Vendor: Karen's Confection Corner (L) 3:30pm Happy Hour (BL) 6:30pm The Crown TV Series (BL) Natalie OFF	**18** 10am Fun & Fitness (AR) 1pm Euchre Club (AR) 2pm Entertainment with Sean Roberts (L) 3:30 Happy Hour (BL) Natalie OFF	**19** 10am Chair Yoga (AR) 10:00am-11:30am Hearing Aid Clinic (LIB) 2pm Prize Bingo (AR) 3:30pm Happy Hour (BL) 6:30pm The Crown TV Series (BL) Natalie OFF	**20** 10am Bus Outing: Casino 10:35am Zumba! (BL) 1pm Euchre Club (AR) 2pm Birthday Party with Brian & Lee (L) 3:30pm Happy Hour (BL) Natalie OFF	**21** 2pm Bingo (AR) 3:30 BYOB Happy Hour (BL)
22 3pm Pub Trivia (BL) 3:30 BYOB Happy Hour (BL)	**23** 10am Boomer Visits 10am Fun & Fitness (AR) 1pm Euchre Club (AR) 2pm Entertainment with Emilio (L) 3:30pm Happy Hour (BL)	**24** 10am Chair Yoga (AR) 10:30am Resident Council (BL) 2pm Bingo (AR) 3:30pm Happy Hour (BL) 6:30pm The Crown TV Series (BL)	**25** 10am Fun & Fitness (AR) 11am Book Club (LIB) 1pm Euchre Club (AR) 2pm Beauty Hour (BL) 3:30pm Happy Hour with Piano by Marianne (BL)	**26** 10am Chair Yoga with Kaitlyn (AR) 10am Catholic Mass (TR) 11am Creative Writing (LIB) 2pm Bingo (AR) 3:30pm Happy Hour (BL) 6:30pm The Crown TV Series (BL)	**27** 10:35am Zumba! (BL) 1pm Euchre Club (AR) 2pm Entertainment with Ed Smith (L) 3:30pm Happy Hour (BL) Kaitlyn OFF	**28** 2pm Bingo (AR) 2-4pm Paramedicine Clinic (BL) 3:30 BYOB Happy Hour (BL)
29 3pm Pub Trivia (BL) 3:30 BYOB Happy Hour (BL) 6:30pm Entertainment with Brent (L)	**30** 10am Boomer Visits 10am Fun & Fitness (AR) 1pm Euchre Club (AR) 2pm Let's Travel (BL) 3:30pm Happy Hour (BL)					

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

HARMONY NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 2pm Entertainment with Don Owens Daylight Savings	**2** 10am Boomer Visits 10:30am Chair Yoga 1pm VR Travel Experience Demo	**3** 10am Fun & Fitness 10:30 Morning Meditation 2pm Jeopardy	**4** 10am Scenic Drive 2pm Entertainment with Sean Roberts	**5** 10am Fun & Fitness 10:30am Hand Massage 2pm Poppy Craft	**6** 10am Zumba! 10:30am Reading Group 2pm Music Therapy Kaitlyn Away	**7** Colouring & Activity Booklets
8 2pm Entertainment with Don Owens	**9** 10am Boomer Visits 10:30am Chair Yoga 2pm Entertainment Darlene B	**10** 10am Fun & Fitness 10:30 Noodle Balloon 2pm Beauty Hour	**11** 10am Remembrance Day Ceremony 2pm Board Games	**12** 10am Fun & Fitness 10:30am Morning Meditation 2pm Sing-along	**13** 10am Zumba! 10:30am Word Webs 2pm Music Therapy	**14** Colouring & Activity Booklets
15 2pm Entertainment with Don Owens	**16** 10am Boomer Visits 10:30am Chair Yoga 2pm Entertainment with Jean Marc L Natalie Away	**17** 10am Fun & Fitness 10:30am Finish the Phrase 2pm Decorate Christmas Tree Natalie Away	**18** 10:30am Music & Movement 2pm Entertainment with Ian B Natalie Away	**19** 10am Chair Yoga 10- 11:30 Hearing Aid Clinic 2pm Movie Afternoon Natalie Away	**20** 10am Zumba! 10:30am 1:1 Chats 2pm Music Therapy Natalie Away	**21** Colouring & Activity Booklets
22 2pm Entertainment with Don Owens	**23** 10am Boomer Visits 10:30am Chair Yoga 2pm Entertainment with Emilio (Lobby)	**24** 10am Fun & Fitness 10:30am What's that Sound? 2pm Bingo	**25** 9:30am Fun & Fitness with Natalie 10:30am Guess the Smell 2pm Entertainment with Darlene M	**26** 10am Hymn Sing 10:30am Catholic Mass 2pm Christmas Craft	**27** 10am Zumba! 10:30am Reminicing Group 2pm Sing-along Kaitlyn Away	**28** Colouring & Activity Booklets
29 2pm Entertainment with Don Owens	**30** 10am Boomer Visits 10:30am Chair Yoga 2pm The Price is Right					