




Bouquet Making

On Saturday, February 14th, we warmly invite you to join us for a special bouquet-making event. Come craft a beautiful bouquet to keep for yourself or share with someone you care about. It will be a joyful time filled with laughter, friendship, and love! Perfect for celebrating the season of hearts!



Winter parking regulations in the Town of Cobourg are in effect from **November 1 to March 31**. Overnight parking is **not permitted on designated major arterial and collector roads between 2:00 a.m. and 7:00 a.m.** (e.g., Chapel St., D'Arcy St., James St.).

Staff and guests needing overnight parking are encouraged to use the **Palisade Gardens parking lot**.

The Poetry Corner

*"Hope" is the thing with feathers,
That perches in the soul,
And sings the tune without
the words,
And never stops, at all*
by Emily Dickinson



Welcome from the New Activity Director

We have an exciting month planned for February, full of entertainment, engaging activities, and special events for everyone to enjoy!

My name is **Kaitlyn Dejong**, and I'm excited to introduce myself as your new Activity Director here at Palisade Gardens. I'm looking forward to getting to know everyone and creating fun, engaging activities that bring our community together. Please feel free to share your ideas, I'd love to hear what you enjoy!

This month, we're thrilled to host a couple of **pop-up shoppes**, including Jane's British Bakery on February 3rd, Kari's Fashion on February 12th and Tocar Jewelry on February 25th. Perfect opportunities to browse, shop, and support local vendors.

The **Winter Olympics** begin on **February 6**, and we'll be kicking things off with the Opening Ceremony on the TV, along with fun Olympic-themed games throughout the afternoon.

On **Valentine's Day**, join us in the **Bar Lounge** for a special celebration! In the morning, we'll be hosting a **photo shoot**, and later we'll be **making beautiful bouquets**. A lovely way to celebrate friendship, love, and connection.

Other highlights this month include **Tai Chi with Cindy** on **Wednesday, February 25**, a relaxing and energizing activity for mind and body. Additionally, the **Cobourg Police** will join us for our **Guest Speaker Series** on **Monday, February 23**, offering an informative and engaging session. Please come with your questions



Send a Heart-A-Gram!

This February, we are spreading kindness with **Heart-A-Grams**! Residents are invited to write a short message, and our team will place it on a heart and deliver it to the recipient's door.

Heart-A-Grams may be sent to **anyone**—a friend, neighbor, staff member, or even as a secret admirer. This is a wonderful way to celebrate friendship and brighten someone's day.

To ensure delivery before Valentine's Day, please submit your message **no later than February 14**. Message forms will be available At Reception

Winter Olympics Celebration

Celebrate the start of the **Winter Olympics** with us in the **Bar Lounge**! The Opening Ceremony will be shown on the TV starting at **2:00 PM**.

We'll be **tracking all the countries** as the Games unfold and playing fun Olympic-themed games throughout the afternoon. Cheer on your favorite teams, join in the activities, and enjoy the excitement!

Come join the fun, socialize, and share the Olympic spirit with friends.



February Riddle

I'm small and bright, sometimes red or pink,
I carry feelings you may not always think.
I'm given with love, a gesture so sweet,
I make February moments a little more complete.



Let's Travel to Italy

Travel with us to Italy on Monday, February 2nd at 2:00 p.m. in the Bar Lounge, as we talk about its culture, history, food, and the many experiences it offers.

This Month in History

February may be the shortest month of the year, but it is filled with memorable moments from history!

- On **February 2**, Groundhog Day was first officially celebrated in Punxsutawney, Pennsylvania, a tradition that continues to this day.
- On **February 14, 1929**, the first Academy Awards were announced, honoring excellence in film for the very first time.
- On **February 20, 1962**, John Glenn became the first American to orbit the Earth, marking a historic achievement in space exploration.
- In **February 1896**, the Tootsie Roll was introduced, becoming one of America's oldest and most beloved candies.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 3:30 BYOB Happy Hour (BL)	2 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) 2pm Let's Travel: Italy	3 10:00 Chair Yoga (AR) 10:45 Activity Meeting (BL) 2-4 Janes British Shop 2:00 Bingo (AR) 3:30 Happy Hour	4 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 Bob & Lee (L) 3:30 Happy Hour	5 10:00 Chair Yoga (AR) 2:00 Bingo 3:30 Happy Hour	6 10:35 Zumba! (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Opening Winter Olympics Ceremony 3:30 Happy Hour	7 2pm Bingo (AR) 3:30 BYOB Happy Hour (BL) 6:30 Entertainment with Terry M (L)
8 3:30 BYOB Happy Hour (BL) Super Bowl	9 10:00 Boomer Visits 10:30 Fun & Fitness with Kaitlyn(AR) 11:00 Computer Info with Bill (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Sean Roberts (L) Natalie Vacation	10 10:00 Chair Yoga with Kaitlyn (AR) 2:00 Bingo (AR) 2pm Entertainment with Diedrey (L) 3:30 Happy Hour	11 10:30 Fun & Fitness with Natalie (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:15 Tai Chi With Cindy 3:30 Happy Hour	12 10:00 Chair Yoga (AR) 10:30 Anglican Church (4th Floor) 2:00 Bingo 11-2 Keri Fashion Vendor 3:30 Happy Hour 6:30 Paint and Sip	13 10:35 Zumba! (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Jeopardy (L) 3:30 Happy Hour	14 Valentines Day! 10am Valentines Photo Shoot 2pm Bingo (AR) 2:00pm Bouquet Flower arranging
15 3:30 BYOB Happy Hour (BL)	16 10:00 Boomer Visits 11:00 Computer Info with Bill (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Michale T (L) Family Day Stat Holiday	17 10:00 Chair Yoga (AR) 2:00 Bingo (AR) 3:30 Happy Hour Pancake Tuesday	18 1:30 10:30 Fun & Fitness with Natalie (AR) Euchre Group (AR) 1:30 Bridge Group (4th Floor) Entertainment with John Pebble (L) 3:30 Happy Hour Ash Wednesday	19 10:00 Chair Yoga (AR) 10:30 Trinity Church (4th Floor) 2:00 Prize Bingo 3:30 Happy Hour	20 10:35 Zumba! (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment Darlene and the Shamrock (L) 3:30 Happy Hour	21 2pm Bingo (AR) 3:30 BYOB Happy Hour (BL)
22 3:30 BYOB Happy Hour (BL)	23 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) Speaker series Cobourg Police 3:30 Happy Hour	24 10:00 Chair Yoga (AR) 10:30 Resident Council (BL) 2:00 Bingo (AR) 3:30 Happy Hour	25 10:30 Fun & Fitness with (AR) 11am Book Club (LIB) 12-1 Tocara Jewelry 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:15 Tai Chi With Cindy 3:30 Happy Hour Kaitlyn Vacation	26 10:00 Chair Yoga (AR) 10:00 Catholic Church (TR) 3:30 Happy Hour Kaitlyn Vacation	27 10:35 Zumba! (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Ed Smith (L) 3:30 Happy Hour Kaitlyn Vacation	28 2pm Bingo (AR) 3:30 BYOB Happy Hour (BL) 2:00-4:00 Free Paramedicine Clinic (BL)



Harmoney February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 2pm Entertainment With Don Owen (TV Room)	2 9:30am Fun & Fitness With Natalie 10:00 Boomer Visits 10:15an Noodle Balloon 2pm Then and Now (Tv Room)	3 10am Chair Yoga 10:30 Morning Meditation (TV Room) 2pm Let's Travel To Italy	4 9:30am Fun & Fitness With Natalie 10:15an Finish the phrase 2pm Entertainment With Darleen and The Shamrockers (TV Room)	5 10am Beauty Hour (Dinning Room) 2pm Winter Olympics (TV Room)	6 10am Zumba (TV Room) 10:30am Valentines day Decorating (Dinning Room) 2pm Music Therapist Visit (TV Room)	7 Colouring Booklets & Sensory Bins
8 2pm Entertainment With Don Owen (TV Room)	9 9:30am Fun & Fitness with Kaitlyn 10:00 Boomer visits 2pm Entertainment With Darleen Brooks (TVRoom) Natalie Vacation	10 10am Chair Yoga 10:30 Word Webs (TV Room) 2pm Entertainment with Diedrey F (Palisade Side)	11 9:30am Fun & Fitness With Natalie 10:15am Valentines Day Trivia (TV Room) 2pm Who Am I?	12 10am Valentines day Bingo 2pm Flower arranging	13 10am Zumba 10:30am Name that Love Songs 2pm Music Therapist Visit (TV Room)	14 Valentines Day! 10:00 Valentine 's Flowers & Cards
15 2pm Entertainment With Don Owen (TV Room)	16 Family Day Colouring Booklets & Sensory Bins Stat Holiday	17 10am Chair Yoga 10:30 Morning Meditation (TV Room) 2pm Active Game	18 9:30am Fun & Fitness With Natalie 10:15an Alphabet Artist (Dinning room) 2pm Entertainment With Ian B (TV Room)	19 10am Sorting Seasons (Tv Room) 2pm Modeling With Clay (Dinning Room)	20 10am Zumba 10:30am Reading Group 2pm Music Therapist Visit (TV Room)	21 2pm Entertainment With Kathy Wiles (TV Room)
22 2pm Entertainment With Don Owen (TV Room)	23 9:30am Fun & Fitness With Natalie 10:00 Boomer Visits 10:30am Never have I ever 2pm Price Is Right	24 10am Chair Yoga 10:30 This Or That (TV Room) 2pm What's that Sound	25 9:30am Fun & Fitness With Natalie 2pm Entertainment With Sean Roberts (TV Room)	26 10am Hymn Sing 2pm Matching Cities	27 10am Zumba 10:30 Catholic Church Service (TV Room) 2pm Entertainment With Ed Smith (Palisade Side)	28 Colouring Booklets & Sensory Bins

