

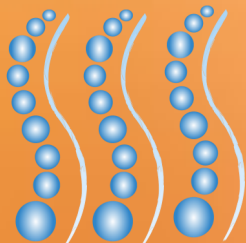
June 2025



From the Activity Director:

June is blooming with excitement here at Palisade Gardens! We'll welcome the sweet voices of the CR Gummow kids' choir on Tuesday the 3rd at 1:30 PM, sure to lift our spirits. On Thursday the 5th, from 10 to 11 AM, the lobby will be bustling with soft paws and tiny noses as baby critters come for a visit. Friday the 6th brings wisdom and wellness with physiotherapist Jean-Paul, speaking on mobility and fall prevention at 2 PM. Laughter will fill the air on Monday the 9th at 2 PM as a special instructor leads us through the joyful practice of laughter yoga. We'll raise a toast to Father's Day on Sunday the 15th from 1:30 to 3:30 PM with a whiskey tasting led by Jeff Moon in the bar lounge. On Monday the 16th at 2 PM, we're excited to welcome Linda Mash for her first visit—she'll be guiding us through a hands-on face cream workshop. Our Resident Council meets Tuesday the 24th at 10:30 AM, when we'll also draw for our much-anticipated raffle basket. And don't miss our Strawberry Social Scrabble on Wednesday the 25th at 2 PM.

There's something for everyone this month—come join the fun!



Join us in the bar lounge on Friday the 6th to welcome guest speaker Jean-Paul, a physiotherapist who will be discussing the importance mobility in fall prevention!

Ready to giggle, grin, and feel great?
Join us for **Laughter Yoga** on **Monday, June 9th at 2 PM!**

No experience needed—just bring your smile and get ready to lift your mood, stretch your body, and share some joyful moments with friends. Laughter really *is* the best medicine!



Pamper Yourself Naturally!

Join us on **Monday, June 16th at 2 PM** for a hands-on **Face Cream Workshop** with special guest **Linda Mash**.

Create your own soothing, skin-loving cream using gentle, natural ingredients—perfect for a little self-care and fun with friends. Come ready to mix, mingle, and moisturize!

The Poetry Corner

A Light Exists in Spring (*excerpt*)

A light exists in Spring
Not present on the year
At any other period—
When March is scarcely
here.

-by Emily Dickinson

Celebrating Father's Day in Style

This Father's Day, we're raising a glass to the remarkable men of Palisade Gardens! Join us on **Sunday, June 15th from 1:30 to 3:30 PM** in the bar lounge for a **professional whiskey tasting** experience with guest presenter **Jeff Moon**. Enjoy a curated selection of fine whiskeys, learn about their rich history and flavors, and toast to good stories, great company, and lasting memories. All are welcome to attend—cheers to the dads and father figures who make life so special!



Recipe Spotlight: Muriel Neal's English Trifle

This month, we're sweetening things up with a special **Recipe Spotlight** in place of our usual resident profile. Longtime resident **Muriel Neal** is sharing her beloved **English Trifle**—a classic, crowd-pleasing dessert that's full of flavor and fond memories. When asked what makes this dish so special, Muriel shared,

"It is a childhood family favorite. We used to have it at Christmas. When I came to Canada, we had it more frequently for family occasions."

Muriel Neal's English Trifle

Type: Dessert | Best served chilled | Makes a beautiful centerpiece!

Ingredients:

- 1 package jelly roll cake (or sponge cake)
- ¼ cup cooking sherry (optional)
- 2 cans mixed fruit (strained—**save the juice!**)
- 2 packs strawberry Jell-O
- 2 cups store-bought custard (or homemade!)
- 2 cups or 1 tub Cool Whip

Directions:

1. Break the jelly roll cake into pieces and place in the bottom of a large glass bowl.
2. Pour sherry over the cake and gently mix until moistened.
3. Make Jell-O according to package instructions, substituting the saved fruit juice for 1 cup of water.
4. Pour Jell-O over the cake layer and refrigerate until set.
5. Once the Jell-O has set, add the strained fruit on top.
6. Spread custard evenly over the fruit layer.
7. Top with Cool Whip.
8. Decorate with sprinkles, strawberries, or shaved chocolate.
9. Keep refrigerated until ready to serve—and enjoy!



***Happy Hour every Monday-Friday in the lobby
from 3:30 to 4:45***





June 2025



9:30-12 & 1-3:30

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 3:30 BYOB Happy Hour (BL)	2 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Darlene	3 10:00 Virtual Chair Yoga (AR) 10:45 Activity Meeting (BL) 1:30 CR Gummow Choir Performance (L)	4 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Don Owen (L)	5 10:00 Chair Yoga (AR) 10-11 Critter Visits (L) 2:00 Bingo (AR) 6:30 Sing-A-Long with Betty Taylor (L)	6 10:35 Zumba! (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Physiotherapist: Guest Speaker Jean-Paul on Mobility and Fall Prevention (BL)	7 2:00 Entertainment with Everything Country 3:30 BYOB Happy Hour (BL)
8 3:30 BYOB Happy Hour (BL)	9 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Laughter Yoga! (BL)	10 10:00 Chair Yoga (AR) 10:45 Beauty Hour (AR) 2-4 Jane's British Bites Pop-Up Shop (L) 2:00 Bingo (AR)	11 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Eric Lambier (L)	12 10:00 Chair Yoga (AR) 10:30 Anglican Church (4th Floor) 2:00 Bingo (AR) 6:30 Sing-A-Long with Betty Taylor (L)	13 10:35 Zumba! (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Jeopardy! (L)	14 2:00 Bingo (AR) 3:30 BYOB Happy Hour (BL)
15 Father's Day 1:30-3:30pm Professional Whiskey Tasting Presentation with Jeff Moon (BL) 3:30 BYOB Happy Hour	16 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Artisan Face Cream Workshop with Linda Mash (BL)	17 10:00 Chair Yoga (AR) 10:45 Creative Writing Group 2:00 Prize Bingo (AR)	18 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Michael T (L)	19 10:00 Chair Yoga (AR) 10:30 Trinity Church (4th Floor) 2:00 Bingo (AR) 6:30 Sing-A-Long with Betty Taylor (L)	20 10:35 Zumba! (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Ed Smith (L)	21 2:00 Bingo (AR) 3:30 BYOB Happy Hour (BL)
22 3:30 BYOB Happy Hour (BL)	23 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Kathy Wiles (L)	24 10:00 Chair Yoga (AR) 10:30 Resident's Council (BL) 2:00 Bingo (AR)	25 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Strawberry Social! (BL)	26 10:00 Chair Yoga (AR) 10:00 Catholic Church (TR) 12-2 Tocara Jewelry Pop up Shop (L) 2:00 Bingo (AR) 6:30 Sing-A-Long with Betty Taylor (L)	27 10:35 Zumba! (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Dancing Entertainment with Lesley Daly (L)	28 2:00 Bingo (AR) 2-4 Free Paramedicine Clinic (BL) 3:30 BYOB Happy Hour (BL)
29 3:30 BYOB Happy Hour (BL)	30 10:00 Boomer Visits 10:30 Fun & Fitness (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)					

<div>  <h1>Harmony June 2025</h1>  </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00 Coffee , Colouring , and Activity Booklets 2:00 Entertainment with Don Owen	2 9:30 Fun & Fitness 10:00 Boomer Visits 2:00 Art Therapy with Christy	3 10:00 It's Just Rocket Science: Magic Potions Edition! 2:00 Entertainment with Kathy Wiles	4 9:30 Fun & Fitness 10:00 Word Webs: Cognitive Engagement 2:00 Montessori Garden Activity-Trough Renewal	5 10:00 Chair Yoga 10:30 Mad-Libs 2:00 The “Have I Ever” Game	6 10:00 Zumba! 10:30 Blind Folded Taste Test 2:00 Music Therapist Visit	7 10:00 Coffee , Colouring , and Activity Booklets 2:00 Afternoon movie
8 10:00 Coffee , Colouring , and Activity Booklets 2:00 Entertainment with Don Owen	9 9:30 Fun & Fitness 10:00 Boomer Visits 2:00 Bingo	10 10:00 Noodle Balloon! 10:30 Montessori Garden Activity: Picking out our Plants 2:00 General Knowledge Trivia	11 9:30 Fun & Fitness 2:00 Entertainment with Eric Lambier (L) Rebecca Vacation	12 10:00 Chair Yoga 10:30 Hallway Bowling 2:00 Afternoon Movie Rebecca Vacation	13 10:00 Zumba! 10:30 “Who am I?” Recognition Activity 2pm 1 on 1 Music Therapy Sessions 2:00 Entertainment with Ian Rebecca Vacation	14 10:00 Coffee , Colouring , and Activity Booklets 2:00 Afternoon movie
15 Father’s Day 10:00 Father’s Day Prize Bingo! 2:00 Entertainment with Don Owen	16 9:30 Fun & Fitness 10:00 Boomer Visits 2:00 Crafting Hour with Natalie	17 10:00 General Knowledge Trivia 2:00 Montessori Garden Activity: Planting our Garden	18 9:30 Fun & Fitness 10:15 Reading Group 2:00 Birthday Celebration!	19 10:00 Chair Yoga 10:30 What’s in the Bag? Sensory Activity 2:00 Montessori Activity: Planning our Beach Picnic	20 10:00 Zumba! 10:30 Guess the Scent 2:00 Music Therapist Visit	21 10:00 Coffee , Colouring , and Activity Booklets 2:00 Afternoon movie
22 10:00 Coffee , Colouring , and Activity Booklets 2:00 Entertainment with Don Owen	23 9:30 Fun & Fitness 10:00 Boomer Visits 2:00 Painted Mermaid Shells	24 10:00 Montessori Activity: What Supplies do we need for our Beach Picnic? 10:30 Sorting Seasons 2:00 Entertainment with Sean R	25 9:30 Fun & Fitness 10:00 Mindfulness Meditation Morning 2:00 Clay Sculpting Hour	26 10:00 Hymn Sing 10:30 Catholic Church 2:00 Nail Parlor	27 10:00 Zumba! 10:30 Sound Guessing Game 2:00 Music Therapist Visit	28 10:00 Coffee , Colouring , and Activity Booklets 2:00 Afternoon movie 2-4 Free Paramedicine Clinic (BL, Palisade Side)
29 10:00 Coffee , Colouring , and Activity Booklets 2:00 Entertainment with Don Owen	30 9:30 Fun & Fitness 10:00 Boomer Visits 2:00 Art Therapy with Christy	