




**From the Activity Director**

Like the first brave blossoms stretching toward the sun, another month unfurls before us, bringing new life, fresh ideas, and the gentle promise of spring. Soon, our gardens will wake from their slumber, and with them, a season of creativity, companionship, and curiosity will bloom within our walls. This month, I am delighted to continue rolling out new programs, each one crafted with care—much like a spring bouquet, arranged just for you. We will be diving into an artisanal soap-making class, letting inspiration flow in a still art watercolor workshop, and gathering treasured recipes for our very own resident cookbook. For those with a flair for fashion, we will be crafting elegant hats in preparation for our April High Tea, set for Saturday, April 12th. And speaking of new beginnings, I have a most delightful surprise: baby chicks will soon be making their debut at Palisade Gardens! On Monday, the 14th, place your bets on which little one will be the first to hatch in May—springtime’s sweetest spectacle. Mark your calendars for a special treat: Jane’s British Pop-Up Shoppe will grace us with its presence on Tuesday, the 8th, from 2:00 to 4:00. Don’t miss the opportunity to browse its charming selection. Also, be sure to attend our Activity Meeting on Tuesday, April 1st, and your Resident Council Meeting on the 29th at 10:30 AM. A Walker Clinic will be available on Thursday, the 24th, to ensure you’re moving through spring safely and comfortably. Finally, I am excited to welcome Susan Tan as this month’s guest speaker. She will be joining us to discuss senior protection, an invaluable topic for us all. As the world outside transforms with the turning season, let us embrace these days with joy, curiosity, and a spirit of renewal. I look forward to sharing in these beautiful moments with you all.




Yours,  
Rebecca Simms

On April 9th at 2:15, join us for a delightful afternoon of still-art watercolor painting in the activity room.




Don't miss our chick-numbering ceremony on April 15th at 10:30 in the bar lounge! Come on down and place your bets on who will hatch first in May.

**The Lunch Bunch** will be trekking out to Oshawa for a visit to:  
**The Mandarin** on April 7th at 11:00! Please sign up at Recep-



**The Poetry Corner**

"Spring"

*There is no time like Spring,  
When life's alive in everything,  
Before new nestlings sing,  
Before cleft swallows speed their  
journey back  
Along the trackless track—  
God guides their wing,  
He spreads their table that they  
nothing lack.*

-Christina Rossetti

*Try your hand at some artisanal soap making this month, on Wednesday the 23rd at 2:15 in the Activity Room! Please sign up at the front desk, as space is limited for this activity.*

Join us on Saturday April 12th for a day of elegance: we will be making extravagant hats in the morning to wear to our white glove High Tea, held in the afternoon. Bring your best smile and feel free to dress up for the occasion!



## This Month in History - April

On **April 3, 1973**, history was made with the first-ever **mobile phone call**. Martin Cooper, an engineer at Motorola, placed the call to a rival at Bell Labs, proudly announcing that his team had successfully developed the world's first portable cell phone. The device, a **Motorola DynaTAC**, was a far cry from today's sleek smartphones—it was large, heavy, and offered just **30 minutes of talk time after 10 hours of charging**.

This moment marked the beginning of a technological revolution, transforming the way we connect with one another. Though some may still feel nostalgic for the days of rotary phones, there's no denying how far we've come!



## Spring Time Riddle

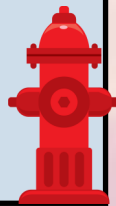
*I bloom in colors,  
bright and true,  
After winter, I'm  
something new.  
The sun and rain  
help me grow tall,  
In gardens and  
fields, I stand so  
small.*

**What am I?**

## Wellness Tip of the Month - April

### **Stay Active with Gentle Movement**

As the weather warms up, take advantage of the fresh air with light outdoor activity. A short **walk in the garden**, gentle **stretching on the patio**, or even **seated exercises by an open window** can boost circulation, improve mood, and enhance overall well-being. Remember, movement—no matter how small—helps keep the body strong and the mind sharp!



## Share Your Family Recipes!

**We're cooking up something special—a beautifully crafted recipe book filled with cherished dishes passed down through generations of Palisade Gardens residents! If you have a beloved family recipe with a story to share, join us in the library on April 22nd at 10:45 AM for our Recipe Share. Let's preserve the flavors of the past for future generations—one recipe at a time!**



## Fire Prevention Tips

- **Test Smoke Alarms Regularly** – Ensure that smoke and carbon monoxide detectors are in working order. Ask a family member or staff member to test them monthly and replace batteries if needed.
- **Use Safe Cooking Practices** – Never leave the stove unattended while cooking. Consider using a **timer or an automatic shut-off device** to prevent accidents. Keep flammable items, like dish towels, away from burners.
- **Check Electrical Cords & Appliances** – Frayed wires and overloaded outlets can be fire hazards. Ensure that cords are in good condition, avoid running them under rugs, and unplug small appliances when not in use.

**The next Activity Meeting will be on  
April 1st at 10:45am in the bar  
lounge. See you there!**





Exercise with Natalie is M, W

10:30 in the Activity Room

Happy Hour every Monday-Friday in the lobby

# April 2025

Shuttle Bus Tues & Thurs

9:30-12 & 1-3:30



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> April Fool's Day 10:00 Chair Yoga (AR) 10:45 Activity Meeting with Rebecca (BL) 2:00 Bingo (AR)	<b>2</b> 10:30 Fun & Fitness (AR) 11:00 Book Club (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Don Owen	<b>3</b> 10:00 Chair Yoga (AR) 10:45 Nail Parlor (AR) 2:00 Bingo (AR) 6:30 Sing-Along with Betty Taylor (L)	<b>4</b> 10:35 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Robert D'Cruz (L)	<b>5</b> 3:30 Bring Your Own Beverage Happy Hour
<b>6</b> 3:30 Bring Your Own Beverage Happy Hour	<b>7</b> 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (LIB) 11:00 Lunch Bunch: The Mandarin (Oshawa) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Hal Alison (L)	<b>8</b> 10:00 Chair Yoga (AR) 10:30 Jeopardy! (L) 2:00 Bingo (AR) 2:00-4:00 Jane's British Pop-Up Shoppe (L)	<b>9</b> 10:30 Fun & Fitness (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Spring Watercolor Still Painting Class with Rebecca (BL)	<b>10</b> 10:00 Chair Yoga (BL) 10:30 Anglican Church (4th Floor) 2:00 Prize Bingo (L) 6:30 Sing-Along with Betty Taylor (L)	<b>11</b> 10:35 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with the Oriana Choir (L)	<b>12</b> 10:30 Fancy Hat-Making Extravaganza (BL) 2:00 White Glove High Tea (BL) 3:30 Happy Hour (BL) <i>Rebecca and Natalie Working</i>
<b>13</b> 2:00 Entertainment with Darlene & the Shamrockers (L) 3:30 Bring Your Own Beverage Happy Hour	<b>14</b> 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 11:00-3:00 Gemini Jewelers Pop-up 11:00 Computer Info with Bill (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Speaker Series: Susan Tan on Senior Protection (BL)	<b>15</b> 10:00 Chair Yoga (AR) 10:30 Easter Egg Tye-Dye Craft Group & Chick Numbering Ceremony (BL) 2:00 Bingo (AR)	<b>16</b> 10:30 Fun & Fitness (AR) 12:00-2:00 Tocara Jewelry Pop-up (L) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Eric L (L)	<b>17</b> 9:15 CR Gummow Student Visit 10:00 Chair Yoga (AR) 10:30 Trinity Church (4th Floor) 2:00 Bingo (AR) 2:00 Entertainment with Michael T (L) 6:30 Sing-Along with Betty Taylor (L)	<b>18</b> Good Friday 10:35 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Creative Writing Group (LIB) <i>Rebecca Working</i>	<b>19</b> 3:30 Bring Your Own Beverage Happy Hour
<b>20</b> 3:30 Bring Your Own Beverage Happy Hour	<b>21</b> Easter Monday 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) <i>Natalie Working</i>	<b>22</b> 10:00 Chair Yoga (AR) 10:45 Recipe Share for Resident Cook-Book (LIB) 2:00 Bingo (AR)	<b>23</b> 10:30 Fun & Fitness (AR) 11:00 Book Club (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Creative Writing Group (LIB)	<b>24</b> 10:00 Chair Yoga (AR) 10:00 Catholic Church (TR) 10:30 Walker Clinic (BL) 10:30 Bean Bag Toss (L) 2:00 Bingo (AR) 6:30 Sing-Along with Betty Taylor (L)	<b>25</b> 10:35 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Ed Smith (L)	<b>26</b> 3:30 Bring Your Own Beverage Happy Hour
<b>27</b> 3:30 Bring Your Own Beverage Happy Hour	<b>28</b> 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)	<b>29</b> 10:00 Chair Yoga (AR) 10:30 Resident's Council Meeting (BL) 2:00 Bingo (AR)	<b>30</b> 10:30 Fun & Fitness (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:15 Artisan Soap Making Workshop with Rebecca (AR)			

ACTIVITY LOCATION LEGEND: AR - ACTIVITY ROOM BL - BAR LOUNGE L - LOBBY DR - DINING ROOM O - OUTDOORS TR - THEATRE ROOM LIB - LIBRARY



# Harmony April 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> April Fool's Day 🎉 10:00 Chair Yoga 10:30 Guess that Smell Sensory Activity 2:00 Entertainment with Kathy Wiles	<b>2</b> 9:30 Fun and Fitness 10:30 Word Webs 2:00 April Showers Watercolor Painting	<b>3</b> 10:00 Hallway Bowling 10:30 Reminiscences: Childhood Pets 2:00 Bingo	<b>4</b> 10:00 Bean Bag Toss 10:30 Spring Sounds Meditation Morning 2:00 Sing A-Long	<b>5</b> 10:00 Coffee and Coloring 2:00 Afternoon Movie
<b>6</b> 10:00 Coffee and Coloring 2:00 Entertainment with Don Owen	<b>7</b> 9:30 Fun and Fitness 10:00 Boomer Visits 10:30 Noodle Balloon 2:00 Flower Arranging Activity	<b>8</b> 10:00 Chair Yoga 10:30 Bean Bag Toss 2:00 Flower Pot Painting	<b>9</b> 9:30 Fun and Fitness 10:30 True or False: Easter Edition 2:00 Spring Collage Making	<b>10</b> 10:00 Seedling Planting Activity 2:00 Music Bingo	<b>11</b> 10:00 Zumba! 10:30 Odd One Out Activity 2:00 Entertainment with Ian B	<b>12</b> 10:00 Easter Trivia and Decorating 2:00 Afternoon Movie
<b>13</b> 10:00 Coffee and Coloring 2:00 Entertainment with Don Owen	<b>14</b> 9:30 Fun and Fitness 10:00 Boomer Visits 10:30 Categories Game 2:00 Easter Bonnet Hat Decorating	<b>15</b> 10:00 Chair Yoga 10:30 Sing-A-Long 2:00 Finish That Phrase	<b>16</b> 9:30 Fun and Fitness 10:30 Rhyming Word Games 2:00 Entertainment with Eric L (Lobby)	<b>17</b> 10:00 Visits with CR Gummow Students (L) 2:00 Picture Bingo	<b>18</b> Good Friday 🥚 10:30 Easter Storytime Reading Activity 2:00 Coffee and Coloring <i>Rebecca Working</i>	<b>19</b> 10:00 Coffee and Coloring 2:00 Afternoon Movie
<b>20</b> 10:00 Coffee and Coloring 2:00 Entertainment with Don Owen	<b>21</b> Easter Monday 9:30 Fun and Fitness 10:00 Boomer Visits 2:00 Armchair Travel: Prague!	<b>22</b> 10:00 Chair Yoga and Mobility Stretching 2:00 Entertainment with Sean R	<b>23</b> 9:30 Fun and Fitness 10:15 Memory Box Activity 2:00 Walking Club	<b>24</b> 10:00 Hymn Sing 10:30 Catholic Church 2:00 Craft Afternoon	<b>25</b> 10:00 Zumba! 10:30 Word Webs Language Activity 2:00 Entertainment with Ed Smith (L)	<b>26</b> 10:00 Coffee and Coloring 2:00 Afternoon Movie
<b>27</b> 10:00 Coffee and Coloring 2:00 Entertainment with Don Owen	<b>28</b> 9:30 Fun and Fitness 10:00 Boomer Visits 10:30 Bean Bag Toss 2:00 The Sound Guessing Game	<b>29</b> 10:00 Chair Yoga 10:30 Silly Story Swap 2:00 Beauty Hour	<b>30</b> 9:30 Fun and Fitness 10:30 Matching Games "Famous Cities" 2:00 Entertainment with Darlene			

*“April Showers bring May flowers...”*

