



FROM THE MANAGER'S DESK

The merry, merry month of May. Already! My goodness time flies. This is the month we celebrate all the Moms in our lives. And if we're lucky enough, are celebrated by the ones we love and who love us.



May also includes the first long weekend of the season, the Victoria Day long weekend when we celebrate Queen Victoria's birth back in 1819.

So here's to the Queen, here's to the Mom's, here's to May and here's to us! Cheers everyone!

MICKI MCLEAN

Sunday, May 12th



From the Activity Ladies

We are rolling into May and with May comes nicer weather—woohoo! We are so excited to bring you some new programs as well as bring some back! We have some great things to celebrate including Mother's Day, Cinco De Mayo, Victoria Day and a Lilac Party! We will also be having our monthly program meeting on Tuesday, May 7th so don't forget to join us in the Bar Lounge at 10:30 am that day with your ideas and suggestions!

We are looking forward to another great month with you all!
 Love,
 Ashley & Natalie



Helping Hands Workshop

Come on down to the Activity Room every Tuesday evening at 6:30 pm to help make milk mats, knit or anything for Helping Hands!



THANK YOU TO OUR AMAZING NURSING STAFF OR ALL YOU DO!

May Word Search

E	E	P	O	Y	E	B	T	S	G	L	P	C	M
T	T	I	Y	G	E	L	D	U	N	I	O	R	G
L	D	N	A	M	B	O	R	N	I	O	A	L	A
O	Y	E	M	O	U	S	E	S	I	S	D	Y	B
C	M	F	E	T	M	S	I	H	S	L	T	U	G
L	G	Y	D	H	B	O	M	I	I	E	T	U	R
S	N	A	O	E	L	M	A	N	C	T	B	E	U
G	I	D	C	R	E	S	S	E	E	Y	L	D	E
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R	E	A	I	D	E	I	F	A	D	Y	A	S	D
F	D	M	C	A	E	L	L	E	D	A	R	A	P
L	R	E	E	Y	Y	P	L	A	N	T	I	N	G
C	A	T	E	R	P	I	L	L	A	R	U	I	R
G	G	E	M	E	M	O	R	I	A	L	D	A	Y

BUTTERFLY
 BUMBLEBEE
 GARDENING
 CINCO DE MAYO
 BLOSSOMS
 CATERPILLAR
 MOTHERS DAY
 SUNSHINE
 PARADE
 MAY DAY
 FROGS
 SOIL
 MEMORIAL DAY
 PLANTING
 LADYBUG

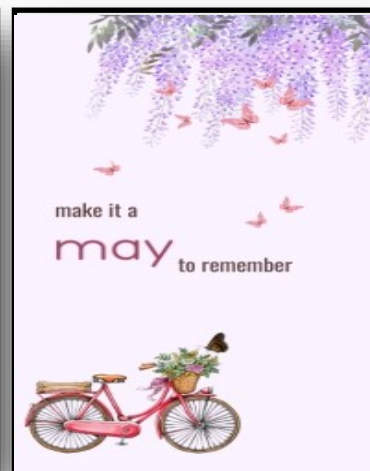
Lunch Bunch: Mandarin

The Mandarin trip was such a success, we decided to have it again!! Friday, May 24th! Sign up in the lobby if interested!

Please note if you went last time we ask you to wait for another time.
Thank you.

Lilac Party

We are throwing a Lilac Party!! Friday, May 31st at 2:00 PM in the Bar Lounge!
Come join us for snacks and refreshments!



Movie Night




Come down to the Theatre Room every Monday and Friday at 6:30 PM for an evening movie! We will advertise in advance which movie will be playing!

If you wish to have your name added or removed from our mailing list please call (905) 372-1150 or email Brenda Thompson at bthompson@palisadegardens.ca

**Exercise with Natalie is M, W
10:30 in the Activity Room**



May 2024

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:30 Coffee & Chats (BL) 10:30 Fun & Fitness (AR) 11:00 Book Club (Library) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Let's Travel: Mexico (BL) 3:30 Happy Hour (BL)	2 10:00 Chair Yoga (AR) 2:00 Bingo (AR) 3:30 Happy Hour (BL) 6:30 Sing-A-Long (L)	3 10:00 Trivia (L) 10:30 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Karaoke (BL) 3:30 Happy Hour (BL) 6:30 Movie Night (TR)	4 2:00 Entertainment with Everything Country (L)
5 Cinco De Mayo 10:30 Coffee & Chats (BL) 2:00 Entertainment with Diedrey (L)	6 Nurses Week 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (Library) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Finish The Phrase (L) 3:30 Happy Hour (BL) 6:30 Movie Night (TR)	7 10:00 Chair Yoga (AR) 10:30 Activity Meeting with Ashley (BL) 2:00 Bingo (AR) 2:00 Entertainment with Don Owen (L) 3:30 Happy Hour (BL) 6:30 Helping Hands Workshop (AR)	8 9:30 Coffee & Chats (BL) 10:30 Fun & Fitness (AR) 11:00—2:00 Bling It On (L) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Craft Group (AR) 3:30 Happy Hour (BL)	9 10:00 Chair Yoga (AR) 11:00 Anglican Church (4th Floor) 2:00 Bingo (AR) 2:00 Entertainment with Michael T (L) 3:30 Happy Hour (BL) 6:30 Sing-A-Long (L)	10 10:00 Trivia (L) 10:30 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Who Wants To Be A Millionaire Game (BL) 3:30 Happy Hour (BL) 6:30 Movie Night (TR)	11 2:00 Bingo (AR)
12 Mother's Day 10:30 Coffee & Chats (BL) 2:00 Mother's Day Tea (BL)	13 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Hal Allison (L) 3:30 Happy Hour (BL) 6:30 Movie Night (TR)	14 10:00 Chair Yoga (AR) 11:00—1:00 Ventress Honey Pop Up (L) 2:00 Bingo (AR) 2:00 Men's Group (4th Floor) 3:30 Happy Hour (BL) 6:30 Helping Hands Workshop (AR)	15 9:30 Coffee & Chats (BL) 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Who Am I? (L) 3:30 Happy Hour (BL)	16 NAT OFF 10:00 Chair Yoga (AR) 10:30 Trinity Church (4th Floor) 2:00 Prize Bingo (AR) 3:30 Happy Hour (BL) 6:30 Sing-A-Long (L)	17 NAT OFF 10:30 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Ed Smith (L) 3:30 Happy Hour (BL) 6:30 Movie Night (TR)	18 2:00 Bingo (AR)
19 10:30 Coffee & Chats (BL)	20  HAPPY VICTORIA DAY 6:30 Movie Night (TR)	21 ASH OFF 10:00 Chair Yoga (AR) 2:00 Bingo (AR) 2:00 Entertainment with Sean R (L) 3:30 Happy Hour (BL) 6:30 Helping Hands Workshop (AR)	22 9:30 Coffee & Chats (BL) 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Craft Group (AR) 3:30 Happy Hour (BL) 6:30 Entertainment with Eric L (L)	23 10:00 Catholic Church (TR) 10:00 Chair Yoga (AR) 10:30 Trivia (L) 2:00 Bingo (AR) 6:30 Sing-A-Long (L)	24 10:30 Zumba (BL) 10:45—2:00 Lunch Bunch: Mandarin 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Lawrence Marks (L) 3:30 Happy Hour (BL) 6:30 Movie Night (TR)	25 2:00 Bingo (AR)
26 10:30 Coffee & Chats (BL)	27 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Emilio and Birthday Party (L) 3:30 Happy Hour (BL) 6:30 Movie Night (TR)	28 10:00 Chair Yoga (AR) 10:30 Resident's Council (BL) 2:00 Bingo (AR) 2:00 Men's Group (4th Floor) 3:30 Happy Hour (BL) 6:30 Helping Hands Workshop (AR)	29 9:30 Coffee & Chats (BL) 10:30 Fun & Fitness (AR) 11:00 Book Club (Library) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Darlene (L) 3:30 Happy Hour (BL)	30 10:00 Chair Yoga (AR) 10:30 Outrageous Fun Facts (L) 2:00 Bingo (AR) 6:30 Sing-A-Long (L)	31 10:00 Trivia (L) 10:30 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Lilac Party (BL) 3:30 Happy Hour (BL) 6:30 Movie Night (TR)	

ACTIVITY LOCATION LEGEND: AR—ACTIVITY ROOM BL—BAR LOUNGE L—LOBBY DR—DINING ROOM O— OUTDOOR TR—THEATRE ROOM

May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
			1 9:30 Fun & Fitness 10:15 Dice Game 2:00 Sing-A-Long	2 10:00 Outdoor Strolls 2:00 Weather, Horoscope and What's Happening Around The World	3 10:00 Trivia 2:00 Outrageous Fun Facts	4 10:00 Coffee and Coloring 2:00 Afternoon Movie
5 Cinco De Mayo 2:00 Entertain- ment with Don Owen	6 Nurses Week 9:30 Fun & Fitness 10:00 Boomer Visits 10:15 Famous Duos 2:00 Beauty Hour	7 10:00 Stretching Class 2:00 Entertainment with Kathy Wiles	8 9:30 Fun & Fitness 10:15 Remember When 2:00 Parachute Game	9 10:00 Outdoor Strolls 2:00 Let's Travel: Mexico	10 10:00 Who Am I? 2:00 Bocce Ball	11 10:00 Coffee and Coloring 2:00 Afternoon Movie
12 Mother's Day 10:00 Mother's Day Bingo 2:00 Entertain- ment with Don Owen	13 9:30 Fun & Fitness 10:00 Boomer Visits 10:15 Kick Ball 2:00 Entertainment with Hal Allison	14 10:00 Chair Yoga 2:00 Ballon Volleyball	15 9:30 Fun & Fitness 10:15 Gardening Group 2:00 Memory Game with Questions	16 NAT OFF 10:00 Outdoor Strolls	17 NAT OFF 10:00 Trivia 2:00 Entertainment with Ian B	18 10:00 Coffee and Coloring 2:00 Afternoon Movie
19 2:00 Entertain- ment with Don Owen	20  HAPPY VICTORIA DAY	21 ASH OFF 10:00 Beauty Hour	22 9:30 Fun & Fitness 10:15 Gardening Group 2:00 Sing-A-Long	23 10:00 Outdoor Strolls 10:15 Catholic Church 2:00 Entertainment with Don Owen	24 10:00 Jokes and Riddles 2:00 Parachute Game	25 10:00 Coffee and Coloring 2:00 Afternoon Movie
26 2:00 Entertain- ment with Don Owen	27 9:30 Fun & Fitness 10:00 Boomer Visits 10:15 Bowling 2:00 Entertainment with Emilio and Birthday Party (Out)	28 10:00 Craft Group 2:00 Gardening Group	29 9:30 Fun & Fitness 10:15 Noodle Balloon 2:00 Lilac Party	30 10:00 Outdoor Strolls 2:00 Harmony Bingo	31 10:00 Trivia	