

Activity Department

Happy April! As spring begins to bloom, we are looking forward to a great month ahead.

Featured programs this month include:

Easter Around the World **Thursday April 2nd at 2pm**

Take a trip around the world as we explore Easter traditions and cuisine from different countries.

Cribbage

Sunday April 12th at 10am

Join us in the Bar Lounge for a game of cribbage.

Family Game Night

Sunday April 12th at 2pm

Join in the Lobby for an interactive game of Family Feud and Tv and Movie Trivia.

Prize Bingo

Thursday April 23rd at 2pm

Bingo in the Activity Room! Play for a chance to win prizes and coins.

Cost: \$2.75 in quarters to play.

We hope you'll join us as we welcome the new season with fun and time spent together.

-Kaitlyn DeJong: Activity Director

April Clinics

Free Hearing Assessment Clinic:

Tuesday April 14th 10-3pm in the Library

Paramedicine Clinic: Saturday April 25th 2-4pm in the Bar Lounge

NEW PROGRAM ALERT!

Drum Fit: Come to the Bar Lounge on **April 7th at 2pm** and try a Drum Fit class.



April Riddle

I fall but never get hurt.
I can make flowers grow and puddles form.

You'll often see me during spring.

What Am I?



April Fire Safety Tip



Spring Cleaning Safety Reminder:

- Dispose of old papers, boxes, and clutter that could become fire hazards.
- Avoid overloading electrical outlets.
- Test smoke alarms monthly

Remember to never block smoke detectors or sprinklers with decorations or personal items.



Bus Outing

Friday April 10th at 10am

Join us for a trip to the Peterborough Mall for a day of shopping. The bus will depart at 10am.

Must sign up at Front Desk!



Days to Celebrate in April

April Fools Day: April 1st a day of pranks and humor

Easter: Come to the Lobby on Saturday April 4th at 2pm for an Easter service run by some of our own residents!

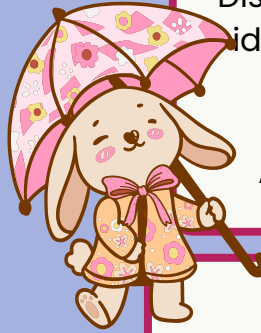
Earth Day: Celebrate Earth Day with us in the Activity Room Wednesday April 22nd at 2pm

Activity Meeting

Tuesday April 7th at 10:45am

Discuss upcoming events, share ideas for programs, and make suggestions.

All are welcome to attend!



Pop-up Shops

Janes British Shop - April 7th 2-4pm

Tocara Jewelry - April 15th 11-2pm

Linda Mash Soaps - April 29th 11-2pm

Located in the Lobby

Volunteers

We welcome residents and community members to volunteer with our programs and activities. Whether you enjoy welcoming others, assisting behind the scenes or helping with programs such as Happy Hour, Bingo or Creative Writing, we'll match you with opportunities that reflect your interests. Contact Kaitlyn DeJong- Activity Director for more information.

activity@palisadegardens.ca or
(905)-372-1150 ext.228

The Poetry Corner

"April"

April is the month of flowers,
Of showers and gentle hours.
The earth awakes in colors bright,
And softens winter's fading night.





APRIL 2026



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

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

3
10:30am Fun & Fitness (AR)
11am Book Club (LIB)
1:30pm Euchre (AR)
2:15pm Tai Chi (BL)
3:30pm Happy Hour (BL)

4
10am Chair Yoga (AR)
2pm Easter Bonnet Making and Tea (BL)
3:30pm Happy Hour (BL)

5
10:35am Zumba! (BL)
1:30pm Euchre (AR)
2pm Jeopardy (L)

Good Friday

6
2pm Bingo (AR)
2pm Easter Service (L)
3:30pm BYOB Happy Hour (BL)

7
3:30pm BYOB Happy Hour (BL)

Easter

8
10am Boomer Visits
10:30am Fun & Fitness (AR)
11am Computer info with Bill (LIB)
1:30pm Euchre (AR)
2pm Entertainment with Everything Country (L)

9
10am Chair Yoga (AR)
10:45am Activity Meeting (BL)
2pm DrumFit (BL)
2pm Bingo (AR)
2-4pm Jane's British Shop (L)
3:30pm Happy Hour (BL)

10
10:30am Fun & Fitness (AR)
1:30pm Euchre (AR)
2pm Entertainment with Bob & Lee (L)
3:30pm Happy Hour (BL)

11
10am Chair Yoga (AR)
10:30am Anglican Church (4th Floor)
11am Creative Writing (LIB)
2pm Bingo (AR)
3:30pm Happy Hour (BL)

12
Bus Outing: Peterborough Mall- Must sign up!
10:35am Zumba! (BL)
1:30pm Euchre (AR)
2pm Entertainment with Don Owen (L)
3:30pm Happy Hour (BL)

13
2pm Bingo (AR)
2pm Entertainment with Terry M (L)
3:30pm BYOB Happy Hour (BL)

14
10am Cribbage (BL)
2pm Family Game Entertainment (L)
3:30pm BYOB Happy Hour (BL)

15
10am Boomer Visits
10:30am Fun & Fitness (AR)
11am Computer info with Bill (LIB)
1:30pm Euchre (AR)
2pm Entertainment with Diedrey F (L)
3:30pm Happy Hour (BL)

16
10am Chair Yoga (AR)
10-3pm Hearing Services Clinic (LIB)
10:45am Craft Group (AR)
2pm Bingo (AR)
3:30pm Happy Hour (BL)

17
10:30am Fun & Fitness (AR)
11-2pm Tocara Jewelry (L)
1:30pm Euchre (AR)
2pm Entertainment with Sean Roberts (L)
3:30pm Happy Hour (BL)

18
10am Chair Yoga (AR)
10:30am Trinity Church (4th Floor)
2pm Bingo (AR)
3:30pm Happy Hour (BL)

19
10:35am Zumba! (BL)
1:30pm Euchre (AR)
2pm Darlene and The Shamrockers (L)
3:30pm Happy Hour (BL)

20
2pm Bingo (AR)
3:30pm BYOB Happy Hour (BL)

21
3:30pm BYOB Happy Hour (BL)

22
10am Boomer Visits
10:30am Fun & Fitness (AR)
11am Computer info with Bill (LIB)
1:30pm Euchre (AR)
2pm Entertainment with Michael T (L)
3:30pm Happy Hour (BL)

23
10am Chair Yoga (AR)
10:45am Beauty Hour (AR)
3:30pm Happy Hour (BL)

Natalie Vacation

24
10:30am Fun & Fitness (AR)
2pm Earth Day Activity (AR)
2:15pm Tai Chi (BL)
3:30pm Happy Hour (BL)

Natalie Vacation

25
10am Chair Yoga (AR)
11am Creative Writing (LIB)
2pm Prize Bingo (AR)
3:30pm Happy Hour (BL)

Natalie Vacation

26
10am Catholic Mass (TR)
10:35am Zumba! (BL)
1:30pm Euchre (AR)
2pm Ed Smith (L)
3:30pm Happy Hour (BL)

Natalie Vacation

27
2pm Bingo (AR)
2-4pm Paramedicine Clinic (BL)
3:30pm BYOB Happy Hour (BL)

28
3:30pm BYOB Happy Hour (BL)

29
10am Boomer Visits
10:30am Fun & Fitness (AR)
11am Computer info with Bill (LIB)
1:30pm Euchre (AR)
2pm Entertainment with Eric L (L)
3:30pm Happy Hour (BL)

30
10am Chair Yoga (AR)
10:30am Resident Council Meeting
2pm Bingo (AR)
3:30pm Happy Hour Piano with Marianne (BL)

31
10:30am Fun & Fitness (AR)
11am Book Club (LIB)
11-2pm Linda Mash Soaps
1:30pm Euchre (AR)
3:30pm Happy Hour (BL)

32
10am Chair Yoga (AR)
2pm Bingo (AR)
3:30pm Happy Hour (BL)





APRIL 2026



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5
2pm Entertainment with Don Owens

Easter

6
9:30am Fun & Fitness
10:30am Boomer Visits
2pm Easter Around the World

Easter Monday

7
10am Chair Yoga
10:30am What's that Sound
2:15pm Spring Bingo

1
9:30am Fun & Fitness with Natalie
10:30am Finish the Phrase
2pm Entertainment with Darlene M

2
10am Easter Craft
2pm Movie Afternoon with Chips & Pop

3
10am Zumba!
10:30am Easter Trivia

Good Friday

4
Colouring & Activity Booklets

5
2pm Entertainment with Don Owens

Easter

6
9:30am Fun & Fitness
10:30am Boomer Visits
2pm Easter Around the World

Easter Monday

7
10am Chair Yoga
10:30am What's that Sound
2:15pm Spring Bingo

8
9:30am Fun & Fitness with Natalie
10:30am Reading Group
2pm Sing-along

9
10am Beauty Hour
2pm Bean Bag Toss

10
10am Zumba!
10:30am Never Have I Ever
2pm Music Therapy

11
Colouring & Activity Booklets

12
2pm Entertainment with Don Owens

13
9:30am Fun & Fitness with Natalie
10:30am Boomer Visits
2pm Entertainment with Darlene B

14
10am Chair Yoga
10:30am Gentle Debate
2pm Jeopardy

15
9:30am Fun & Fitness with Natalie
10:30am Alphabet Game
2pm Entertainment with Ian B

16
10am Matching Cities

2pm Charades

17
10am Zumba!
10:30am Current Events
2pm Music Therapy

18
Colouring & Activity Booklets

19
2pm Entertainment with Don Owens

20
9:30am Fun & Fitness with Natalie
10:30am Boomer Visits
2pm Walking Club

21
10am Chair Yoga
2pm Earth Day Activity

Natalie Vacation

22
9:30am Fun & Fitness
2pm Entertainment with Sean Roberts

Natalie Vacation

23
10am Hymn Sing
2pm Sensory Bins

Natalie Vacation

24
10am Zumba!
10:30am Catholic Mass
2pm Music Therapy

Natalie Vacation

25
Colouring & Activity Booklets

26
2pm Entertainment with Don Owens

27
9:30am Fun & Fitness with Natalie
10:30am Boomer Visits
2pm Reminiscing Group

28
10am Chair Yoga
10:30am Guess the Object
2pm Chair Dance

29
9:30am Fun & Fitness with Natalie
10:30am
2pm Entertainment with Jean L

30
10am Noodle Balloon
10:30am Word Webs
2pm Fun with Science

