

From the Activity Department:

Happy New Year! We're excited to welcome 2026 with a month filled with engaging programs, wellness opportunities, and new entertainment for everyone to enjoy.

This month, be sure to check out some of our featured events:

Speaker Series with Lori from Calming Minds

– Wednesday, January 7 at 2:30 PM (BL) Join Lori for an afternoon of relaxation strategies and gentle mindfulness practices from a certified psychotherapist.

New Entertainment: Farrucas Duo – Friday, January 9 at 2:00 PM (L) Enjoy an energizing live performance featuring global fusion music.

Pool Tournament – Wednesday, January 14 at 2:00 PM (4th Floor) Whether you're playing or cheering from the sidelines, all are welcome!

Walker Clinic – Wednesday, January 14 from 1:00 – 2:30 PM (BL) Have your walker assessed for safety, comfort, and proper fit.

Hearing Aid Clinic – Thursday, January 15 from 10:00–11:30 AM (Small room by reception) Stop by for hearing aid troubleshooting, cleaning, or quick adjustments.

Please note that activities will run at a reduced capacity this month as we work to hire a new Activity Director. We sincerely appreciate your patience and understanding during this transition.

Wishing everyone a warm, joyful, and engaging start to the new year!

—Activity Department

Please be advised that Winter parking regulations in the Town of Cobourg are in effect from November 1 to March 31.

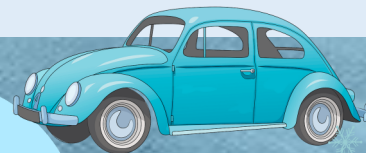
From the Town of Cobourg website:

Overnight parking restrictions

Timeframe: Parking is not permitted on designated major arterial and collector roads between 2 a.m. and 7 a.m.

i.e. Chapel Street, D'Arcy Street, James St., etc.

Staff and guests who need to park between those hours are encouraged to park in the Palisade Gardens parking lot.



Speaker Series: Lori from "Calming Minds"

January 7th at 2pm in the bar lounge

Come and talk about your mental health with a pro!

Monthly Riddle:

I can be broken without a sound,
Kept without a lock,
Made in winter's darkness
And tested in spring's thaw.
What am I?



"In the Bleak Midwinter"

*"Earth stood hard as iron,
Water like a stone;
Snow had fallen, snow on snow,
Snow on snow."*

—Christina Rossetti (1872)

New Entertainment

Join us on January 9th at 2:00 PM as we welcome The Farrucas, a lively and talented entertainment group. We're excited to have them perform for us. Hope to see you there!



Walker Clinic

On January 14th at 2 PM, a Walker Clinic will be held in the Bar Lounge. Please come down and get your walker looked at!

Live Music at Happy Hour

We are pleased to welcome Marianne Marusic on Wednesday, January 28th, who will be playing the piano during Happy Hour!



Pool Tournament

We'll be hosting a pool tournament in the Fourth Floor Meeting Room on January 14th at 2 PM. All residents are welcome to join in for some friendly competition and a chance to show off your pool skills!

For the Birds – January in Southern Ontario

January is a great month to enjoy winter birds that stay in our area despite the cold.

At the Harbour & West Headland: Look for gulls and ducks still resting on open water, and sometimes flocks of coots or grebes if conditions allow.

Along the Shoreline: Watch for flocks of dark-eyed juncos hopping along the snow-covered sand or foraging near the water's edge.

In the Trees & Shrubs: Northern cardinals, black-capped chickadees, blue jays, and white-breasted nuthatches can be seen flitting through bare branches, searching for seeds and berries.

Tip: Winter mornings are crisp but beautiful for birdwatching. Dress warmly, bring binoculars, and enjoy the calm of the season while spotting these resilient winter visitors!



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

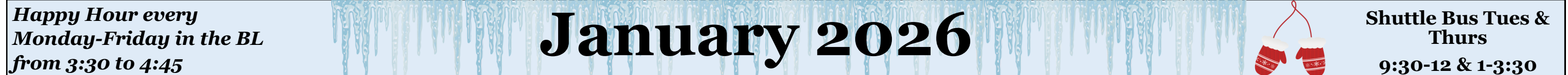
January 2026

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

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

January 2026

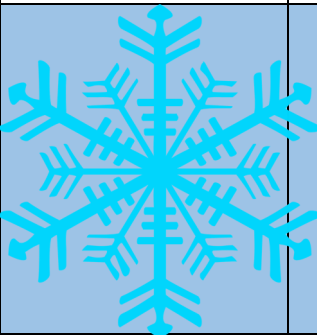
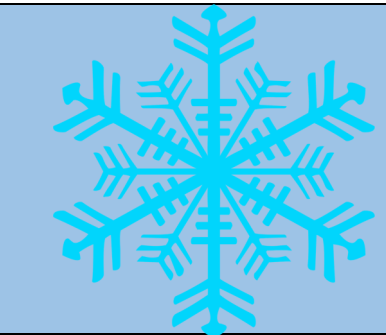
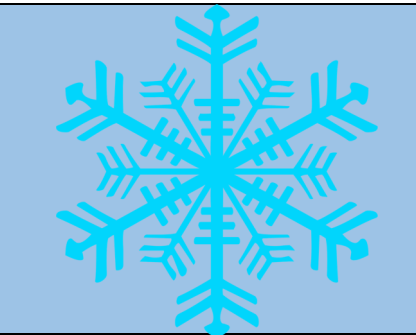


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January 2026

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 New Year's Day— Staff Holiday 6:30 Sing-A-Long with Betty (L)?? 3:30 BYOB Happy Hour (BL)	2 10:35 Zumba! (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) <i>Natalie Vacation</i>	3 3:30 BYOB Happy Hour (BL) 
4 3:30 BYOB Happy Hour (BL)	5 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) 2:00 Entertainment with Don Owen (L)	6 10:00 Chair Yoga (AR) 10:45 Activity Meeting (BL) 2:00 Bingo (AR)	7 11:00 Book Club (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:30 Speaker Series Lori from Calming Minds (BL)	8 10:00 Chair Yoga (AR) 10:30 Anglican Church (4th Floor) 2:00 Bingo (AR) 6:30 Sing-A-Long with Betty (L)	9 10:35 Zumba! (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 New Entertainment with Farrucas Duo (L)	10 3:30 BYOB Happy Hour (BL)
11 3:30 BYOB Happy Hour (BL)	12 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) 2:00 Entertainment with Michael T (L)	13 10:00 Chair Yoga (AR) 2:00 Bingo (AR)	14 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 1:00-2:30 Walker Clinic (BL) 2:00 Pool Tournament? (4th Floor)	15 10:00 Chair Yoga (AR) 10:00-11:30 Hearing Aide Clinic (Small room by reception) 10:30 Trinity Church (4th Floor) 2:00 Bingo (AR) 6:30 Sing-A-Long with Betty (L)	16 10:35 Zumba! (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Brian & Lee (L)	17 3:30 BYOB Happy Hour (BL)
18 3:30 BYOB Happy Hour (BL)	19 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) 2:00 Entertainment with Emilio (L)	20 10:00 Chair Yoga (AR) 2:00 Bingo (AR)	21 11:00-2:00 Linda Mash's Artisan Soaps & Creams Pop-Up Shoppe (L) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Jeopardy with Natalie! (L)	22 10:00 Chair Yoga (AR) 10:00 Catholic Church (TR) 2:00 Bingo (AR) 6:30 Sing-A-Long with Betty (L)	23 10:35 Zumba! (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Darlene McGuinness (L)	24 3:30 BYOB Happy Hour (BL) 2:00-4:00 Free Paramedicine Clinic (BL)
25 3:30 BYOB Happy Hour (BL)	26 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) 2:00 Entertainment with Everything Country (L)	27 10:00 Chair Yoga (AR) 10:30 Resident Council (BL) 2:00 Bingo (AR)	28 11:00 Book Club (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 1:00 Grade 7+8's Visit to Play Euchre (BL) 3:30 Happy Hour Piano with Marianne Marusic (L)	29 10:00 Chair Yoga (AR) 10:45 Beauty Hour (AR) 2:00 Bingo (AR) 6:30 Sing-A-Long with Betty (L)	30 10:35 Zumba! (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Ed Smith (L)	31 3:30 BYOB Happy Hour (BL)

ACTIVITY LOCATION LEGEND	AR – Activity Room	BL– Bar Lounge	L– Lobby	DR– Dining Room	O – Outdoors	TR–Theatre Room	LIB–Library
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Harmony January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 New Year's Day— Staff Holiday 	2 10:00 Zumba! (TV Room) 2:00 movie and sensory bin exploration <i>Natalie Off</i>	3 10:00 Coffee, Colouring, and Activity Booklets 2:00 Afternoon Movie & Sensory Bin Exploration
4 10:00 Coffee, Colouring, and Activity Booklets 2:00 Afternoon Movie & Sensory Bin Exploration	5 9:45 Fun & Fitness with Natalie (TV Room) 10:30am visits with Boomer 2:00 Entertainment with Darlene Brooks (TV	6 10:00 Chair Yoga (TV Room) 2:00 Afternoon Movie & Sensory Bin Exploration	7 9:45 Fun & Fitness with Natalie (TV Room) 2:00 Lets Travel To Switzerland	8 10am Nail Parlor (Kitchen) 2pm Matching Cities	9 10:00 Zumba! (TV Room) 9:30am Mad Libs 2:00 New Entertainment with Farrucas Duo (L, PG side)	10 10:00 Coffee, Colouring, and Activity Booklets 2:00 Afternoon Movie & Sensory Bin Exploration
11 10:00 Coffee, Colouring, and Activity Booklets 2:00 Afternoon Movie & Sensory Bin Exploration	12 9:45 Fun & Fitness with Natalie (TV Room) 10:30am visits with Boomer 2pm Entertainment with Darleen and the Shamrockers	13 10:00 Chair Yoga (TV Room) 10:30 Morning Meditation (TV Room) 2:00 Entertainment With Darleen Brooks	14 9:45 Fun & Fitness with Natalie (TV Room) 2:00 Entertainment with Don Owen (TV Room)	15 10am Winter Bingo 10-11:30 Hearing Aide Cleaning Clinic (PG Side) 2pm The price is Right (TV Room)	16 10:00 Zumba! (TV Room) 9:30am Guess The Scent 2:00 Music Therapist Visit (TV Room)	17 10:00 Coffee, Colouring, and Activity Booklets 2:00 Afternoon Movie & Sensory Bin Exploration
18 10:00 Coffee, Colouring, and Activity Booklets 2:00 Afternoon Movie & Sensory Bin Exploration 10:00 Coffee,	19 9:45 Fun & Fitness with Natalie (TV Room) 10:30am visits with Boomer 2:00 Entertainment with Emilio (L, PG Side)	20 10:00 Chair Yoga (TV Room) 10:30 Never Have I Ever 2:00 Afternoon Movie & Sensory Bin Exploration	21 9:45 Fun & Fitness with Natalie (TV Room) 2:00 Entertainment with Ian (TV Room)	22 10:00 Hymn Sing (TV Room) 10:30 Catholic Church Service (TV Room) 2pm Modeling with Clay	23 10:00 Zumba! (TV Room) 9:30am Reading Group 2pm Music Therapist Visit (TV Room)	24 10:00 Coffee, Colouring, and Activity Booklets 2:00 Afternoon Movie & Sensory Bin Exploration
25 10:00 Coffee, Colouring, and Activity Booklets 2:00 Afternoon Movie & Sensory Bin Exploration	26 9:45 Fun & Fitness with Natalie (TV Room) 10:30am visits with Boomer 2:00 Entertainment with Terry M (TV Room)	27 10:00 Chair Yoga (TV Room) 10:30 Alphabet Artist 2:00 Afternoon Movie & Sensory Bin	28 9:45 Fun & Fitness with Natalie (TV Room) 2:00 Entertainment with Sean Roberts (TV Room)	29 10am Winter Bingo (Dinning Room) 2pm Mad scientist Hour (Dinning room)	30 10:00 Zumba! (TV Room) 9:30 Noodle Balloon 2:00 Music Therapist Visit (TV Room)	31 10:00 Coffee, Colouring, and Activity Booklets 2:00 Afternoon Movie & Sensory Bin Exploration