

MAY 2026



Activity Department

Happy May Everyone!

Spring is finally here, and it's so nice to see the sunshine, fresh air and flowers starting to bloom. It's the perfect time to get out and enjoy the warmer weather, spend time with friends and take part in all the fun things happening here at Palisades.

We have a great month ahead:
Featured programs include:

Walking Club:

Every Monday and Friday Mornings at 9am

Meet in the lobby and we will go for a walk.

Critter Visits:

Monday May 4th at 2pm

Come to the lobby for some pet therapy and see all the small animals.

Mother's Day Weekend Events:

Saturday May 9th at 2pm

Join us for a wine and cheese tasting in the Bar Lounge.

Sunday May 10th

Enjoy a Mother's Day Brunch in the Dining Room followed by Entertainment with Brian and Lee at 2pm

As always, we're so happy to have you here and can't wait to enjoy another great month together!

-Kaitlyn: Activity Director

Bus Outings

Chestler's Shoes May 20th at 1pm -

Chestler's Shoes is showcasing their spring shoe collection. Offering discounts to seniors. Please sign up if you would like to go, whether you want to take the bus or drive yourself!

Lilac Festival Warkworth May 30th: Bus will depart at 10am to go to Warkworth and enjoy the festival!

Lilac Tea Social

Come to the lobby on May 29th at 2pm to enjoy the **Arcadian Duo** and enjoy the Lilacs with a cup of tea!

Open House

The Last Monday from 2-4pm of every month, Palisades will be hosting an open house for the public to come in and check out our retirement home.

May Riddle

What comes once in May
but never in April?

March Fire Safety Tip

What to do if you hear the Fire Alarm?



1. REMAIN in your apartment
2. Stay calm and listen for instructions. Building staff or emergency responders will direct you if you are in immediate danger.
3. DO NOT open your door unless instructed. Opening the door may allow smoke or fire to enter.
4. Keep your apartment sealed. Close windows and vents to prevent smoke from entering.
5. Do not use elevators unless emergency personnel instruct you to do so.

DrumFit

We are excited to announce that Drumfit will be a regular program on our Calendars. It will take place every other Thursday at 2pm.

Activity Meeting

Tuesday May 5th at 10:45am

Discuss upcoming activities

New Programs

Make Suggestions

All our encouraged to attend

Volunteers

We welcome residents and community members to volunteer with our programs and activities. Whether you enjoy helping with events, welcoming others, or assisting behind the scenes, we'll match you with opportunities that reflect your interests.

Kaitlyn DeJong- Activity Director
activity@palisadegardens.ca or
(905)-372-1150 ext. 228

Pop-up Shops

This month we are excited to host a couple pop-up shops:

Karen's Confection: May 7th 11-2pm

NEW: Alestea Mobile Fashion Boutique:
May 9th 10-4pm

New: Floral Arrangements - May 12th 11-2pm

Tocara Jewelry: May 20th 12-2pm

All Pop-up shops located in the lobby!

May Clinics

Hearing Aid Clinic: Thursday May 14th 10-11:30am (Library)

Walker Clinic: Wednesday May 20th 1-2:30pm (Bar Lounge)

Paramedicine Clinic: May 23rd 2-4pm (Bar Lounge)

Speaker Series

This month on **Thursday May 28th at 2pm in the Bar lounge** The Mayor of Cobourg will be coming to give an update on what's going on in the Town of Cobourg.

MAY 2026

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

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



3
3:30pm BYOB Happy Hour (BL)

4
9am Walking Club (L)
10:30am Fun & Fitness (AR)
11am Computer info with Bill (LIB)
1pm Euchre (AR)
2pm Critter Visits (L)
3:30pm Happy Hour (BL)

5
10am Chair Yoga (AR)
10:45am Activity Meeting (BL)
2pm Bingo (AR)
3:30pm Happy Hour (BL)

6
10:30am Fun & Fitness (AR)
11am Book Club (LIB)
1pm Euchre (AR)
2:15pm Tai Chi (BL)
3:30pm Happy Hour (BL)

7
10am Chair Yoga (AR)
11-2pm Vendor: Karen's Confection (L)
10:45am Creative Writing (LIB)
2pm DrumFit (AR)
3:30pm Happy Hour (BL)

8
9am Walking Club (L)
10:35am Zumba! (BL)
1pm Euchre (AR)
2pm Jeopardy (L)
3:30pm Happy Hour (BL)

9
10-4pm Vendor: Alestea Mobile Fashion Boutique
2pm Bingo (AR)
2pm Mother's Day Wine Tasting (BL)
3:30pm BYOB Happy Hour (BL)

10
Mother's Day Brunch (Dining Room)
2pm Mother's Day Entertainment with Brian and Lee (L)
3:30pm BYOB Happy Hour (BL)
Mother's Day

11
9am Walking Club (L)
10:30am Fun & Fitness (AR)
11am Computer info with Bill (LIB)
1pm Euchre (AR)
2pm Entertainment with Michael T (L)
3:30pm Happy Hour (BL)

12
10am Chair Yoga (AR)
11-2pm Vendor: Floral Arrangements (L)
10:45am Craft Group (AR)
2pm Bingo (AR)
3:30pm Happy Hour (BL)

13
10:30am Fun & Fitness (AR)
1pm Euchre (AR)
2pm Entertainment with Sean Roberts (L)
3:30pm Happy Hour (BL)

14
10am Chair Yoga (AR)
10-11:30am Hearing Aid Clinic (LIB)
10:30am Anglican Church (4th Floor)
2pm Bingo (AR)
3:30pm Happy Hour (BL)

15
9am Walking Club (L)
10:35am Zumba! (BL)
1pm Euchre (AR)
2pm Entertainment with Ed Smith (L)
3:30pm Happy Hour (BL)

16
3:30pm BYOB Happy Hour (BL)

17
3:30pm BYOB Happy Hour (BL)

18
11am Computer info with Bill (LIB)
1pm Euchre (AR)
2pm Entertainment with Emilio (L)
Victoria Day

19
10am Chair Yoga (AR)
2pm Bingo (AR)
3:30pm Happy Hour (BL)

20
10:30am Fun & Fitness
12-2pm Vendor: Tocara Jewelry
2pm Entertainment with Ray H
1-2:30pm Walker Clinic (BL)
1pm BUS OUTING: Chestler's Shoes
1pm Euchre (AR)
3:30pm Happy Hour (BL)

21
10am Chair Yoga (AR)
10:30am Trinity Church (4th Floor)
10:45am Creative Writing (LIB)
2pm DrumFit (AR)
3:30pm Happy Hour (BL)

22
9am Walking Club (L)
10:35am Zumba! (BL)
1pm Euchre (AR)
2pm Birthday Party with Darlene M (L)
3:30pm Happy Hour (BL)

23
2pm Bingo (AR)
2-4pm Paramedicine Clinic (BL)
3:30pm BYOB Happy Hour (BL)

24
3:30pm BYOB Happy Hour
31
3:30pm BYOB Happy Hour (BL)

25
9am Walking Club (L)
10:30am Fun & Fitness (AR)
11am Computer info with Bill (LIB)
1pm Euchre (AR)
2pm Entertainment with Eric L (L)
2-4pm Open House
3:30pm Happy Hour (BL)

26
10am Chair Yoga (AR)
10:30am Resident Council Meeting (BL)
2pm Bingo (AR)
3:30pm Happy Hour Piano with Marianne (BL)

27
10:30am Fun & Fitness (AR)
11am Book Club (LIB)
1pm Euchre (AR)
2:15pm Tai Chi (BL)
3:30pm Happy Hour (BL)

28
10am Chair Yoga (AR)
2pm Guest Speaker: Mayor Cleveland (BL)
3:30pm Happy Hour (BL)

29
9am Walking Club (L)
10am Catholic Mass (TR)
10:35am Zumba! (BL)
1pm Euchre (AR)
2pm Lilac Tea Social (BL)
3:30pm Happy Hour (BL)

30
10am BUS OUTING: Lilac Festival Warkworth
2pm Bingo (AR)
3:30pm BYOB Happy Hour (BL)

MAY 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



3
10am Activity Booklets
2pm Entertainment with Don Owens

4
9:30am Fun & Fitness
10:30am Boomer Visits
2pm Critter Visits (Lobby)

5
10am Chair Yoga
10:30am Mexican Word Game
2pm Cinco De Mayo Peso Toss
Cinco de Mayo

6
9:30am Fun & Fitness
10:30am Reading Group
2pm Entertainment with Darlene M

7
10am Walking Club
2pm Collage Making

1
10:00am Zumba!
10:30am Trivia
2pm Music Therapy

2
10am Bingo
2:10pm Blue Jays Game Day vs. Twins

10
10am Activity Booklets
2pm Entertainment with Don Owens

11
9:30am Fun & Fitness
10:30am Boomer Visits
2pm Entertainment with Darlene B

12
10am Chair Yoga
10:30am Alphabet Artist
2pm Tic-Tac-Toe
Bean Bag Toss

13
9:30am Fun & Fitness
10:30am Sing-along
2pm DrumFit

14
10am Walking Club
10-11:30am Hearing Aid Clinic
2pm Pictionary

8
10:00am Zumba!
10:30am Never Have I Ever
2pm Sing-along

9
10am Mother's Day Spa
3pm Blue Jays Game Day vs. Angels

15
10:00am Zumba!
10:30am Current Events
2pm Music Therapy

16
10am Bingo
1:10pm Blue Jays Game Day vs. Tigers

17
10am Activity Booklets
2pm Entertainment with Don Owens

18
10:30am Boomer Visits
2pm Movie Afternoon
Victoria Day

19
10am Chair Yoga
10:30am Gentle Debate
2pm Gardening

20
9:30am Fun & Fitness
10:30am Water the plants
1-2:30 Walker Clinic (LIB)
2pm Entertainment with Ian B

21
10am Walking Club
2pm Beauty Hour

22
10:00am Zumba!
10:30am Finish the Phrase
2pm Music Therapy

23
10am Bingo
3pm Blue Jays Game Day vs. Pirates

24 / **31**
10am Activity Booklets
2pm Entertainment with Don Owens

25
9:30am Fun & Fitness
10:30am Boomer Visits
2pm Board Games
2:30pm Noodle Balloon

26
10-3pm Hearing Clinic (Library)
10am Chair Yoga
10:30am Guess the Sound
2pm Jeopardy

27
9:30am Fun & Fitness
10:30am Finish the Phrase
2pm Entertainment with Sean Roberts

28
10am Walking Club
2pm DrumFit

29
10:00am Zumba!
10:30am Catholic Mass
2pm Music Therapy

30
10am Bingo
4pm Blue Jays Game Day vs. Orioles