



INSPIRED SENIOR LIVING

# February 2024 Palermo Village Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**4**

9:00 Go4Life Walking Club! (LOB)  
10:00 Brain Puzzles (Pick up at Reception) (REC)  
1:30 Chess Club (Sign Up with Arielle) (GR)  
2:00 Rummy-O Game (Resident Run)! (GR)  
2:00 Prime Afternoon Movie: The Majestic (T)  
3:00 Daily Tea & Coffee Time (BI)  
3:00 LLL Wordsearches! (BI)  
3:30 Jenga Game! (GR)  
7:00 Prime Movie Night: The Majestic (T)

**5**

9:00 Go4Life Walking Club (LOB)  
10:00 DrumFit Exercise Class (G)  
10:30 Dart Toss Game! (BI)  
10:30 Meet Me at the MoMA (Painting) (G)  
11:00 Fit Minds Program! (GR)  
1:30 Palermo Tech Club with Arielle! (BI)  
2:00 Artful Enrichment Crafts with Frankie (Sign Up Required) (G)  
2:00 Prime Afternoon Movie: My Big Fat Greek Wedding 3 (T)  
2:30 Farkle Fun Game! (GR)  
3:00 Daily Tea & Coffee Time (BI)  
4:00 Motivational TED Talks & Discussion (T)  
7:00 Prime Movie Night: My Big Fat Greek Wedding 3 (T)

**6**

9:00 Go4Life Walking Club! (LOB)  
9:30 Stay-Fit-Feet Exercise Class (G)  
10:30 Current Events Discussion with Frankie! (L)  
11:15 Palermo Shuttle Bus Lunch Outing: Swiss Chalet (Sign Up Required) (REC)  
2:00 \$2 Bistro Bingo (BI)  
3:00 Daily Tea & Coffee Time (BI)  
3:00 True/False Trivia Game! (BI)  
3:00 Pet Therapy Visits with David & Buster! (L)  
4:00 Basketball Toss Game! (BI)  
4:15 Tai Chi Exercise Class! (G)

**7**

Glowmax Hair Salon & Esthetic Services (S)  
9:00 Go4Life Walking Club (LOB)  
10:00 Yoga Exercise Class! (G)  
10:30 Putting Club! (BI)  
10:30 Crosswords with Friends! (BI)  
1:30 Bridge Club! (L)  
1:30 Knitting Club with Friends (Resident Run)! (BI)  
2:00 Rosary Club! (T)  
2:30 Entertainment by Singer & Pianist Bruce Tournay! (BI)  
3:00 Daily Tea & Coffee Time (BI)  
4:00 Who Wants to be a Millionaire Game! (BI)  
7:00 Prime Movie Night: The Ultimate Gift (T)

9:00 Go4Life Walking Club! (LOB) **1**  
9:30 Stay-Fit-Feet Exercise Class (G)  
10:15 Colour Therapy! (BI)  
10:30 Billiards Club! (GR)  
1:00 Lifemark Movement Matters Exercise Class 1-2 pm (G)  
1:00 Tuck Shop Open 1:00-2:00 pm (TUC)  
2:00 Christian Connections (T)  
2:00 Lifemark Movement Matters Exercise Class 2-3 pm (G)  
3:00 Daily Tea & Coffee Time (BI)  
3:00 Lifemark Tai Chi Exercise Class 3-4 pm (G)  
3:00 Euchre Club (Sign up with at partner at Reception) (GR)  
3:30 Dart Toss Game! (BI)  
4:00 Sequence Game with Arielle! (GR)

9:00 Go4Life Walking Club (LOB) **2**  
9:10 Lifemark Sit & Stretch Warm Up Exercises with Alex (BI)  
9:15 Movement Matters/Lifemark Falls Prevention Exercise Class (G)  
10:00 Movement Matters/Lifemark Falls Prevention Exercise Class (G)  
10:00 Baking Club! (BI)  
10:30 Chess Club! (GR)  
10:30 Buzz Word Game! (BI)  
11:00 Lifemark Tai Chi Exercise Class (G)  
12:30 Sign up for Shuttle Bus Outings starting at 12:30 pm at Reception (In Person) (REC)  
1:30 Andre Rieu Musical (T)  
2:00 Groundhog Day Trivia! (BI)  
3:00 Daily Tea & Coffee Time (BI)  
3:00 Piano Afternoon with Matthew Bacik! (BI)  
3:30 \$3 Happy Hour! (B)  
7:00 Prime Movie Night: Groundhog Day (T)

9:00 Go4Life Walking Club! (LOB) **3**  
10:00 Andre Rieu Musical (Repeat from Friday) (T)  
10:15 Colour Therapy (Resident Run)! (BI)  
10:45 Fun with Mazes (Pick up at Reception)! (REC)  
10:45 Java Music Club! (GR)  
2:00 Chocolate Bar Bingo! (BI)  
2:00 Afternoon Movie: My Best Friend's Wedding (T)  
3:00 Daily Tea & Coffee Time (BI)  
3:00 Scrabble Game (Resident Run)! (GR)  
3:00 Ring Toss Game! (BI)  
7:00 Prime Movie Night: My Best Friend's Wedding (T)

**11**

9:00 Go4Life Walking Club! (LOB)  
10:00 Brain Puzzles (Pick up at Reception) (REC)  
1:30 Chess Club (Sign Up with Arielle) (GR)  
2:00 Rummy-O Game (Resident Run)! (GR)  
2:00 Prime Afternoon Movie: What's Love Got to Do With It (T)  
2:30 Student Piano Recital! (BI)  
3:00 Daily Tea & Coffee Time (BI)  
3:30 Jenga Game! (GR)  
6:30 Super Bowl Event! (BI)  
7:00 Prime Movie Night: What's Love Got to Do With It (T)

**12**

9:00 Go4Life Walking Club (LOB)  
10:00 DrumFit Exercise Class (G)  
10:30 Dart Toss Game! (BI)  
11:00 Fit Minds Program! (GR)  
1:30 Palermo Tech Club with Arielle! (BI)  
2:00 Artful Enrichment Crafts with Frankie (Sign Up Required) (G)  
2:00 Prime Afternoon Movie: 5 Flights Up (T)  
3:00 Daily Tea & Coffee Time (BI)  
3:00 Music by Bill Hay! (BI)  
4:00 Motivational TED Talks & Discussion (T)  
7:00 Prime Movie Night: 5 Flights Up (T)

**13**

Chiroprapist Visit (Please Sign up with Reception) (LLC)  
9:00 Go4Life Walking Club! (LOB)  
9:30 Stay-Fit-Feet Exercise Class (G)  
9:45 Palermo Shuttle Bus Outing: Laura Fashion Outlet (Sign Up Required) (REC)  
10:30 St. Luke's Anglican Church Service (T)  
2:00 \$2 Bistro Bingo (BI)  
3:00 Daily Tea & Coffee Time (BI)  
3:00 True/False Trivia Game! (BI)  
3:00 Pet Therapy Visits with David & Buster! (L)  
3:30 Sequence Game with Arielle! (BI)  
4:15 Tai Chi Exercise Class! (G)

**14**

Glowmax Hair Salon & Esthetic Services (S)  
9:00 Go4Life Walking Club (LOB)  
10:00 Yoga Exercise Class! (G)  
10:30 Meet Me at the MoMA (Lecture) (T)  
10:30 Putting Club! (BI)  
1:30 Knitting Club with Friends (Resident Run)! (BI)  
2:00 Rosary Club! (T)  
2:30 Valentine's Day Show with Music by Singer & Guitarist Jeff Giles! (BI)  
3:00 Daily Tea & Coffee Time (BI)  
4:00 Fun with Mazes! (BI)  
4:30 Valentine's Day Sweethearts Dinner (Regular Seating)! (B)  
7:00 Netflix Movie Night: The Notebook (T)

**8**

9:00 Go4Life Walking Club! (LOB)  
9:30 Stay-Fit-Feet Exercise Class (G)  
10:00 Palermo Shuttle Bus Outing to Walmart/Fortinos/Dollarama (Sign Up Required) (REC)  
10:15 Colour Therapy! (BI)  
10:30 Billiards Club! (GR)  
1:00 Lifemark Movement Matters Exercise Class 1-2 pm (G)  
1:00 Tuck Shop Open 1:00-2:00 pm (TUC)  
1:30 Valentine's Craft: Decorating Cards with Friends! (BI)  
2:00 Christian Connections (T)  
2:00 Lifemark Movement Matters Exercise Class 2-3 pm (G)  
3:00 Daily Tea & Coffee Time (BI)  
3:00 Lifemark Tai Chi Exercise Class 3-4 pm (G)  
3:00 Euchre Club (Sign up with at partner at Reception) (GR)  
3:30 Dart Toss Game! (BI)

**9**

9:00 Go4Life Walking Club (LOB)  
9:10 Lifemark Sit & Stretch Warm Up Exercises with Alex (BI)  
9:15 Movement Matters/Lifemark Falls Prevention Exercise Class (G)  
10:00 Movement Matters/Lifemark Falls Prevention Exercise Class (G)  
10:00 Baking Club! (BI)  
10:30 Chess Club! (GR)  
10:30 Canadian Trivia Game! (BI)  
11:00 Lifemark Tai Chi Exercise Class (G)  
1:30 Andre Rieu Musical (T)  
1:45 Valentine's Tic-Tac-Toe Game! (BI)  
2:15 Step-by-Step Painting Class with Artist Karen Brioux 2:15-4:15 pm! (G)  
3:00 Celebrating National Pizza Day with Music by Singer Marion Shynal! (BI)  
3:30 \$3 Happy Hour! (B)  
7:00 Prime Movie Night: The Italian Job (T)

**10**

9:00 Go4Life Walking Club! (LOB)  
10:00 Andre Rieu Musical (Repeat from Friday) (T)  
10:15 Colour Therapy (Resident Run)! (BI)  
10:45 Fun with Mazes (Pick up at Reception)! (REC)  
10:45 Java Music Club! (GR)  
2:00 Chocolate Bar Bingo! (BI)  
2:00 Disney + Afternoon Movie: Remember the Titans (T)  
3:00 Daily Tea & Coffee Time (BI)  
3:00 Scrabble Game (Resident Run)! (GR)  
3:00 Ring Toss Game! (BI)  
7:00 Disney + Movie Night: Remember the Titans (T)

**15**

9:00 Go4Life Walking Club! (LOB)  
9:30 Stay-Fit-Feet Exercise Class (G)  
9:45 Palermo Shuttle Bus Outing: Burlington Mall (Sign Up Required) (REC)  
10:15 Colour Therapy! (BI)  
10:30 Billiards Club! (GR)  
1:00 Lifemark Movement Matters Exercise Class 1-2 pm (G)  
1:00 Tuck Shop Open 1:00-2:00 pm (TUC)  
2:00 Christian Connections (T)  
2:00 Lifemark Movement Matters Exercise Class 2-3 pm (G)  
2:00 Special \$2 Bingo Event! (BI)  
3:00 Daily Tea & Coffee Time (BI)  
3:00 Lifemark Tai Chi Exercise Class 3-4 pm (G)  
3:00 Euchre Club (Sign up with at partner at Reception) (GR)  
3:00 "Unbeatable" Power Smoothie Social! (BI)  
3:30 Dart Toss Game! (BI)

**16**

9:00 Go4Life Walking Club (LOB)  
9:10 Lifemark Sit & Stretch Warm Up Exercises with Alex (BI)  
9:15 Movement Matters/Lifemark Falls Prevention Exercise Class (G)  
10:00 Movement Matters/Lifemark Falls Prevention Exercise Class (G)  
10:00 Baking Club! (BI)  
10:30 Chess Club! (GR)  
10:30 Who Wants to be a Millionaire Game! (BI)  
11:00 Lifemark Tai Chi Exercise Class (G)  
1:30 Andre Rieu Musical (T)  
3:00 Daily Tea & Coffee Time (BI)  
3:00 Wine & Cheese Tasting with Music by Pianist Matthew Bacik! (BI)  
7:00 Prime Movie Night: That Touch of Mink (T)

**17**

9:00 Go4Life Walking Club! (LOB)  
10:00 Andre Rieu Musical (Repeat from Friday) (T)  
10:15 Colour Therapy (Resident Run)! (BI)  
10:45 Fun with Mazes (Pick up at Reception)! (REC)  
10:45 Java Music Club! (GR)  
2:00 Chocolate Bar Bingo! (BI)  
2:00 Disney + Afternoon Movie: Hidden Figures (T)  
3:00 Daily Tea & Coffee Time (BI)  
3:00 Scrabble Game (Resident Run)! (GR)  
3:00 Ring Toss Game! (BI)  
7:00 Disney + Movie Night: Hidden Figures (T)





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# February 2024

## Palermo Village Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Go4Life Walking Club! (LOB) <b>18</b></p> <p>10:00 Brain Puzzles (Pick up at Reception) (REC)</p> <p>1:30 Chess Club (Sign Up with Arielle) (GR)</p> <p>2:00 Rummy-O Game (Resident Run)! (GR)</p> <p>2:00 Netflix Afternoon Movie: The Vow (T)</p> <p>3:00 Daily Tea &amp; Coffee Time (BI)</p> <p>3:00 Buzz Word Game! (BI)</p> <p>3:30 Jenga Game! (GR)</p> <p>7:00 Netflix Movie Night: The Vow (T)</p>	<p>2:00 Family Day! <b>19</b></p> <p>9:00 Go4Life Walking Club (LOB)</p> <p>10:30 Dart Toss Game! (BI)</p> <p>11:00 Fit Minds Program (Pick up at Reception)! (REC)</p> <p>2:00 Afternoon Movie: Anna Karenina (T)</p> <p>3:00 Daily Tea &amp; Coffee Time (BI)</p> <p>3:00 Piano Afternoon with Wayne Houston! (BI)</p> <p>7:00 Movie Night: Anna Karenina (T)</p>	<p>Hearing Clinic (Please sign up with Reception) (LLC) <b>20</b></p> <p>9:00 Go4Life Walking Club! (LOB)</p> <p>9:30 Stay-Fit-Fee Exercise Class (G)</p> <p>10:00 Artful Enrichment Crafts with Frankie (Sign Up Required) (G)</p> <p>10:30 Book Club Discussion with Frankie! (L)</p> <p>11:30 Palermo Shuttle Bus Lunch Outing: Cynthia's Chinese Restaurant (Sign Up Required) (REC)</p> <p>2:00 \$2 Bistro Bingo (BI)</p> <p>3:00 Daily Tea &amp; Coffee Time (BI)</p> <p>3:00 True/False Trivia Game! (BI)</p> <p>3:00 Pet Therapy Visits with David &amp; Buster! (L)</p> <p>4:00 Basketball Toss Game! (BI)</p> <p>4:15 Tai Chi Exercise Class! (G)</p>	<p>Glowmax Hair Salon &amp; Esthetic Services (S) <b>21</b></p> <p>9:00 Go4Life Walking Club (LOB)</p> <p>10:00 Yoga Exercise Class! (G)</p> <p>10:30 Putting Club! (BI)</p> <p>11:00 DrumFit Exercise Class (G)</p> <p>1:30 Bridge Club! (L)</p> <p>1:30 Knitting Club with Friends (Resident Run)! (BI)</p> <p>2:00 Meet Me at the MoMA (Painting) (G)</p> <p>2:30 Rosary Club! (T)</p> <p>3:00 Daily Tea &amp; Coffee Time (BI)</p> <p>4:00 The Logo Game! (BI)</p> <p>7:00 Prime Movie Night: Just Mercy (T)</p>	<p>9:00 Go4Life Walking Club! (LOB) <b>22</b></p> <p>9:30 Stay-Fit-Fee Exercise Class (G)</p> <p>10:00 Spoons Game with Mackenzie! (BI)</p> <p>10:15 Palermo Shuttle Bus Outing to Walmart/Fortinos/Dollarama (Sign Up Required) (REC)</p> <p>1:00 Lifemark Movement Matters Exercise Class 1-2 pm (G)</p> <p>1:00 Tuck Shop Open 1:00-2:00 pm (TUC)</p> <p>2:00 Christian Connections (T)</p> <p>2:00 Lifemark Movement Matters Exercise Class 2-3 pm (G)</p> <p>2:00 Snakes &amp; Ladders Game with Subash! (BI)</p> <p>3:00 Daily Tea &amp; Coffee Time (BI)</p> <p>3:00 Lifemark Tai Chi Exercise Class 3-4 pm (G)</p> <p>3:00 Euchre Club (Sign up with at partner at Reception) (GR)</p> <p>3:00 National Margarita Day Social &amp; Trivia! (BI)</p> <p>3:30 Dart Toss Game! (BI)</p> <p>6:30 Entertainment by Singer Loralee McGuirl! (BI)</p>	<p>9:00 Go4Life Walking Club (LOB) <b>23</b></p> <p>9:10 Lifemark Sit &amp; Stretch Warm Up Exercises with Alex (BI)</p> <p>9:15 Movement Matters/Lifemark Falls Prevention Exercise Class (G)</p> <p>10:00 Movement Matters/Lifemark Falls Prevention Exercise Class (G)</p> <p>10:00 Baking Club! (BI)</p> <p>10:30 Chess Club! (GR)</p> <p>11:00 Lifemark Tai Chi Exercise Class (G)</p> <p>1:30 Andre Rieu Musical (T)</p> <p>2:15 Step-by-Step Painting Class with Artist Karen Brioux 2:15-4:15 pm! (G)</p> <p>2:30 Paraffin Relaxing Hand Treatment at 2:30 pm &amp; 3 pm (Sign Up Required) (BI)</p> <p>3:00 Daily Tea &amp; Coffee Time (BI)</p> <p>3:30 \$3 Happy Hour! (B)</p> <p>4:30 Italian Themed Dinner (Regular Seating) (DIN)</p> <p>7:00 Disney + Movie Night: The Longest Ride (T)</p>	<p>9:00 Go4Life Walking Club! (LOB) <b>24</b></p> <p>10:00 Andre Rieu Musical (Repeat from Friday) (T)</p> <p>10:15 Colour Therapy (Resident Run)! (BI)</p> <p>10:45 Fun with Mazes (Pick up at Reception)! (REC)</p> <p>10:45 Java Music Club! (GR)</p> <p>2:00 Chocolate Bar Bingo! (BI)</p> <p>2:00 Prime Afternoon Movie: The Illusionist (T)</p> <p>3:00 Daily Tea &amp; Coffee Time (BI)</p> <p>3:00 Scrabble Game (Resident Run)! (GR)</p> <p>3:00 Ring Toss Game! (BI)</p> <p>7:00 Prime Movie Night: The Illusionist (T)</p>
<p>Mobile Dental Cleaning Clinic (by appointment only) (S) <b>25</b></p> <p>9:00 Go4Life Walking Club! (LOB)</p> <p>10:00 Brain Puzzles (Pick up at Reception) (REC)</p> <p>1:30 Chess Club (Sign Up with Arielle) (GR)</p> <p>2:00 Rummy-O Game (Resident Run)! (GR)</p> <p>2:00 Prime Afternoon Movie: The King's Speech (T)</p> <p>3:00 Daily Tea &amp; Coffee Time (BI)</p> <p>3:00 True/False Game! (BI)</p> <p>3:30 Jenga Game! (GR)</p> <p>7:00 Prime Movie Night: The King's Speech (T)</p>	<p>9:00 Go4Life Walking Club (LOB) <b>26</b></p> <p>10:00 DrumFit Exercise Class (G)</p> <p>10:00 Palermo Shuttle Bus Bank Trip (Sign Up Required) (REC)</p> <p>10:30 Dart Toss Game! (BI)</p> <p>11:00 Fit Minds Program! (GR)</p> <p>1:30 Palermo Tech Club with Arielle! (BI)</p> <p>2:00 Artful Enrichment Crafts with Frankie (Sign Up Required) (G)</p> <p>2:00 Disney + Afternoon Movie: The Sound of Music (T)</p> <p>3:00 Daily Tea &amp; Coffee Time (BI)</p> <p>3:00 Celebrating Palermo Village's 9th Birthday with Music by Tristan Alexander! (BI)</p> <p>4:00 Motivational TED Talks &amp; Discussion (T)</p> <p>7:00 Disney + Movie Night: The Sound of Music (T)</p>	<p>9:00 Go4Life Walking Club! (LOB) <b>27</b></p> <p>9:30 Stay-Fit-Fee Exercise Class (G)</p> <p>10:00 Rummy-O Game with Arielle! (GR)</p> <p>10:30 St. Luke's Anglican Church Service (T)</p> <p>2:00 Special \$5 Bistro Bingo (BI)</p> <p>3:00 Daily Tea &amp; Coffee Time (BI)</p> <p>3:00 True/False Trivia Game! (BI)</p> <p>3:00 Pet Therapy Visits with David &amp; Buster! (L)</p> <p>3:30 Meet Me at the MoMA (Lecture) (T)</p> <p>4:15 Tai Chi Exercise Class! (G)</p>	<p>Glowmax Hair Salon &amp; Esthetic Services (S) <b>28</b></p> <p>9:00 Go4Life Walking Club (LOB)</p> <p>10:00 Yoga Exercise Class! (G)</p> <p>10:30 Putting Club! (BI)</p> <p>10:30 St. Matthew's Catholic Church Service (T)</p> <p>1:30 Bridge Club! (L)</p> <p>1:30 Knitting Club with Friends (Resident Run)! (BI)</p> <p>2:30 Rosary Club! (T)</p> <p>3:00 Daily Tea &amp; Coffee Time (BI)</p> <p>3:00 Celebrating February Birthdays with Music by Singer &amp; Guitarist Zack Erickson! (BI)</p> <p>4:00 Fun with Mazes! (BI)</p> <p>7:00 Prime Movie Night: Men of Honor (T)</p>	<p>9:00 Go4Life Walking Club! (LOB) <b>29</b></p> <p>9:30 Stay-Fit-Fee Exercise Class (G)</p> <p>9:45 Palermo Shuttle Bus Outing: Oakville Place Mall (Sign up Required) (REC)</p> <p>10:15 Colour Therapy! (BI)</p> <p>10:30 Billiards Club! (GR)</p> <p>1:00 Lifemark Movement Matters Exercise Class 1-2 pm (G)</p> <p>1:00 Tuck Shop Open 1:00-2:00 pm (TUC)</p> <p>2:00 Christian Connections (T)</p> <p>2:00 Lifemark Movement Matters Exercise Class 2-3 pm (G)</p> <p>3:00 Daily Tea &amp; Coffee Time (BI)</p> <p>3:00 Lifemark Tai Chi Exercise Class 3-4 pm (G)</p> <p>3:00 Euchre Club (Sign up with at partner at Reception) (GR)</p> <p>3:30 Dart Tournament! (BI)</p> <p>4:00 Sequence Game with Arielle! (GR)</p>	<p><b>MONDAY</b> <b>FEB 19</b> <b>Family Day</b></p>	

**THURSDAY**  
**FEB 22**  
**National Margarita Day**

*Be your best self*

**Locations Legend**

Bistro (BI)	Library (L)
Theatre (T)	Tuck Shop (TUC)
Gym (G)	Spa (S)
Game Room (GR)	Bar (B)
Lobby (LOB)	Lower-Level Clinic (LLC)
Reception (REC)	Dining Room (DIN)

**Calendar Legend**

Outing
Special Program
Signature Program