



# MARCH BIRTHDAYS

- Trudy Z. March 2<sup>nd</sup>
- Sheila C. March 4<sup>th</sup>
- Johanna S. March 11<sup>th</sup>
- Yule T. March 11<sup>th</sup>
- Cicity B. March 12<sup>th</sup>
- Donata B. March 15<sup>th</sup>
- Zdenka M. March 21<sup>st</sup>
- Arden C. March 22<sup>nd</sup>
- Helen T. March 28<sup>th</sup>
- Gerard B. March 30<sup>th</sup>
- Margaret T. March 31<sup>st</sup>

# AGING IN PLACE

**Wednesday, March 13<sup>th</sup>**

## Drop-in Hours from 10 am-1:30 pm in the Theatre with Sandra & Kristoffer

Learn more about aging in place and the support available at Palermo Village.

Sandra and Kristoffer will be offering one-on-one conversations to provide personalized information and support. Residents and families will get a chance to discuss their individual needs and concerns.

## Step-by-Step Paint Afternoon with Artist Karen Brioux

**Friday, March 22<sup>nd</sup>**  
**from 2:15-4:15 pm**  
**(Gym)**



# THE PALERMO SPIRIT

A Palermo Village Special Monthly Bulletin March 1, 2024



## March 2024

### A Message from the Life Enrichment Manager

March has arrived and with it, the promise of springtime and warmer, sunnier, fun-filled days that will inspire everyone to get more active in all our exercise programs and participate in the many recreational activities and entertainment events that we have planned for you! This month we will be celebrating Cruise Week 2024 as we board the “Majestic Mediterranean Odyssey” and cruise to some exotic destinations in Spain, Morocco, Italy, Türkiye, Greece, Croatia, and France! The week will feature an Opening Gala Dinner, daily travelogues, themed socials with signature cocktails, live entertainment in many ports of call, art experiences, museum visits, and excursions to renowned tourist attractions. Enjoy the culture, food, music, and treasures of these exquisite places as we become tourists and discover the beauty and uniqueness of each country. We hope to see great participation in all our daily Cruise Week activities! Your passports and itineraries to the Mediterranean destinations will be delivered to your suites and you can get them stamped each time you participate in a Cruise Week activity, for a chance to win a great prize!

Entertainment and activities planned for March also include a St. Patty’s Day Celebration with Music by Singer and Saxophonist Shannon Graham, A Piano Afternoon with Pianist Wayne Houston and Guitarist Randy, Live Spanish Music with Antonella, Vizzini, and a Moroccan Belly Dancing Performance. We will be hosting an Open House at Palermo Village this month featuring a “Cruising through Italy” show with Music by Heather Christine. We also look forward to an authentic ABBA Show with Singer Alicia Santos, “An Afternoon in Paris” with Singer Filipa Sousa, and a performance of “Crown Him” by the Soli Deo Gloria School of Dance and the Performing Arts. Lianne Harris has prepared a wonderful presentation for us this month titled “The Luck O’ the Irish” and we will also be celebrating International Women’s Day with Music by Matthew Bacik.

Our Meet Me at the MoMA workshops continues to intrigue and inspire our residents as we create masterpieces of our very own! Our book club has selected “Holly” by Stephen King to read and discuss this month! We have our fitness classes, tai chi, yoga, Stay Fit Feet, and Falls Prevention classes keeping us moving and energized. We have organized a Pub Night at the Queen’s Head, and we have planned lunch outings to Cynthia’s Chinese Restaurant and Oakville Place Mall in March, as well as shopping excursions to Walmart, Fortinos, HomeSense, Dollarama, Shoppers Drug Mart, and the Burlington Mall.

Looking forward to celebrating the month of March together with verve, energy, and good friends!

**Arielle Hewus, Life Enrichment Manager**

# DARTS CLUB



We play Mondays at 10:30 am & Wednesdays at 3:00 pm in the Bistro.

This month we will host a special Ancient Greece Olympic Dart Toss Championship on **Monday, March 25<sup>th</sup> at 10:30 am in the Bistro.**



**New Day: Open on Thursdays & Saturdays from 1-2 pm**

If you need anything outside of those hours, please ask Arielle or Frankie to open the shop for you. The Reception Desk also stocks some essential items for purchase for your convenience.

### Hair & Esthetic Salon Hours:

# GLOWMAX

**Wednesdays from 9:30 am to 4:00pm by appointment in the Lower-Level Spa.**

To book an appointment call Reception Desk at **(905) 582-0395**



## Friendly Reminder

**Foot Care Clinic**

**Hearing Clinic**

**Tuesday, March 12<sup>th</sup>**

**Tuesday, March 19<sup>th</sup>**

Please call Reception at 905-582-0395 to place your name on the list. Once we know how many residents we have, we will let you know the date and time of your appointment.

# Music & Entertainment

**Friday, March 8<sup>th</sup>:** Celebrating International Woman's Day with Pianist Matthew Bacik **3:00 - 4:00 pm** in the Bistro

**Monday, March 11<sup>th</sup>:** Music by Pianist Wayne Houston & Guitarist Randy **3:00-4:00 pm** in the Bistro

**Friday, March 15<sup>th</sup>:** Celebrating St. Patty's Day with Music by Singer & Saxophonist Shannon Graham **2:30-3:30 pm** in the Bistro

**Monday, March 18<sup>th</sup>:** Presentation by Historian & Guest Speaker Lianne Harris on The Luck O' the Irish **7:00-8:00 pm** in the Bistro

**Thursday, March 21<sup>st</sup>:** Welcome Aboard the Mediterranean Cruise Odyssey with Live Spanish Music by Singer Antonella Vizzini **2:30-3:30 pm** in the Bistro

**Friday, March 22<sup>nd</sup>:** Music with Moroccan Belly Dancer **2:30-3:30 pm** in the Bistro

**Saturday, March 23<sup>rd</sup>:** Cruise through Italy with Music by Singer Heather Christine **1:30 -3:30 pm** in the Bistro

**Monday, March 25<sup>th</sup>:** ABBA Concert in Athens with Singer Alicia Santos **6:30-7:30 pm** in the Bistro

**Wednesday, March 27<sup>th</sup>:** Afternoon in Paris with Singer Filipa Sousa **2:30-3:30 pm** in the Bistro

**Wednesday, March 28<sup>th</sup>:** Soli Deo Gloria School of Dance & the Performing Arts Production of "Crown Him" **7:00-8:00 pm** in the Bistro

**Thursday, March 29<sup>th</sup>:** Celebrating March Birthdays with Pianist Matthew Bacik **3:00-4:00 pm** in the Bistro



Cruise the *Mediterranean* at  
Palermo Village Retirement Residence  
**MARCH 21-28**



**1:00 pm-4:00 pm**

Come aboard the "Majestic Mediterranean Odyssey" and cruise to some exotic destinations in Spain, Morocco, Italy, Türkiye, Greece, Croatia, and France!

Your passports and itinerary to the Mediterranean destinations will be delivered to your suites the day before Cruise Week begins.

Each day you will have the opportunity to get stamps for attending the various cruise activities and prizes will be awarded to the residents with the most stamps at the end of the Cruise Week. 😊

**Bon Voyage!**

## Zara's Alterations

20+ year experienced tailor

For inquiries please contact at:

289-208-2102

zara.alterations@gmail.com

## St. Luke's Anglican Church Services



Tuesday, March 12<sup>th</sup>  
& Tuesday, March 26<sup>th</sup> at  
**10:30 am in the Theatre.**



## Christian Connections

**Every Thursday from 2 pm-3 pm in the Theatre:**

A time of fellowship for Christians living here at Palermo Village. An opportunity to learn more about the bible. Some weeks the guest speaker(s) will also sing and play an instrument. Nondenominational - Everyone welcome. Need more information? Call Roy 905-845-2434



The book that we will be reading for book club this month is "Holly" by Stephen King. We will host our Book Club on **Tuesday, March 19<sup>th</sup> at 10 am** in the library.

Please let Arielle know if you would like for her to purchase the book for you. **It's \$25.**



Rosary Club



Join us **Wednesdays at 2:00 pm in the Theatre** with Sandra our General Manager for our Rosary Club.

## MARCH PALERMO SHUTTLE BUS OUTINGS



**You can sign up for the trips with Reception starting on Monday, March 4<sup>th</sup> at 11 am in person.**

**Tuesday, March 5<sup>th</sup> (Outing to HomeSense & Dollarama)** departing Palermo at **10:00 am**

**Thursday, March 7<sup>th</sup> (Outing to Walmart/Fortinos/Dollarama)** departing Palermo at **10:00 am**

**Tuesday, March 12<sup>th</sup> (Outing to Shoppers Drug Mart)** departing Palermo at **10:00 am**

**Thursday, March 14<sup>th</sup> (Outing to Oakville Place Mall & Lunch in the Food Court)** departing Palermo at **10:00 am**

**Thursday, March 14<sup>th</sup> (Pub Night Outing to the Queen's Head)** departing Palermo at **4:30 pm**

**Tuesday, March 19<sup>th</sup> (Lunch Outing to Cynthia's Chinese Restaurant)** departing Palermo at **11:30 am**

**Thursday, March 21<sup>st</sup> (Outing to Walmart/Fortinos/Dollarama)** departing Palermo at **10:00 am**

**Tuesday, March 26<sup>th</sup> (Bank Trip)** departing Palermo at **10:00 am**

**Thursday, March 28<sup>th</sup> (Outing to the Burlington Mall)** departing Palermo at **9:45 am**

## Mobile Dental Cleaning Clinic

**Sunday, March 24<sup>th</sup> by appointment only**

**Please sign up at the Reception Desk**

Comfortable, high quality mobile dental care delivered conveniently to your residence by the **Spa on the Lower Level**. We provide a wide range of services to meet your dental needs.

GET YOUR TEETH CLEANED AND EXAMINED AND RECEIVE A *Complimentary toothbrush, floss and toothpaste!*

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JOANNA MILOSZEWSKI, B.Sc.  
REGISTERED DENTAL HYGIENIST

