



INSPIRED SENIOR LIVING

June 2024

Palermo Village Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2

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: Lion (T)

3:00 Daily Tea & Coffee Time (BI)

3:00 LLL Wordsearches! (BI)

3:30 Jenga Game! (GR)

7:00 Prime Movie Night: Lion (T)

3

9:00 Go4Life Walking Club (LOB)

9:30 DrumFit Exercise Class (G)

10:30 Dart Toss Game! (BI)

11:00 Palermo Shuttle Bus Outings Sign-Up (In Person) (REC)

1:30 Palermo Tech Club with Arielle! (BI)

2:00 Artful Enrichment Crafts with Frankie (G)

2:00 Prime Afternoon Movie: Larry Crowne (T)

3:00 Daily Tea & Coffee Time (BI)

3:00 Celebrating National Cheese Day with Pianist Wayne Houston! (BI)

4:00 Motivational TED Talks & Discussion (T)

7:00 Prime Movie Night: Larry Crowne (T)

4

9:00 Go4Life Walking Club! (LOB)

9:30 Stay-Fit-Feet Exercise Class (G)

10:00 Palermo Shuttle Bus Outing to Oakville Place Mall (Sign up Required) (REC)

10:30 St. Luke's Anglican Church Service (T)

10:30 Bocce Ball Game! (PAR)

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)

5

Glowmax Hair Salon & Esthetic Services (S)

9:00 Go4Life Walking Club (LOB)

9:00 Covid-19 Booster Vaccine Clinic 9 am- 2pm (BI)

10:00 Yoga Exercise Class! (G)

11:00 Fit Minds Program! (GR)

1:30 Bridge Club! (L)

2:00 Rosary Club! (T)

3:00 Daily Tea & Coffee Time (BI)

3:00 Dart Toss Game! (BI)

4:00 Fun with Mazes! (BI)

7:00 Prime Movie Night: The Longest Day (T)

6

9:00 Go4Life Walking Club! (LOB)

9:30 Stay-Fit-Feet Exercise Class (G)

10:00 Palermo Shuttle Bus Outing to Walmart/Fortinos/Dollarama/Homesen (Sign Up Required) (REC)

10:15 Colour Therapy! (BI)

1:00 Lifemark Movement Matters Exercise Class 1-2 pm (G)

1:00 Tuck Shop Open 1:00-2:00 pm (TUC)

1:30 Baby Duckling Visit with Friends! (P)

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)

7:00 Prime Movie Night: Saving Private Ryan (T)

7

9:00 Go4Life Walking Club (LOB)

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)

10:00 Vendor: Afy Shoes 10 am-3 pm (L)

11:00 Lifemark Flexibility Clinic (T)

1:30 Andre Rieu Musical (T)

1:30 Meet Me at the MoMA (Painting) (G)

3:00 Putting Club! (BI)

3:00 Celebrating National Donut Day with Donuts and Coffee! (BI)

3:30 \$3 Happy Hour! (B)

7:00 Prime Movie Night: Air (T)

8

9:00 Go4Life Walking Club! (LOB)

10:00 Andre Rieu Musical (Repeat from Friday) (T)

10:15 Colour Therapy (Resident Run)! (BI)

10:45 Java Music Club! (GR)

1:00 Tuck Shop Open 1:00-2:00 pm (TUC)

2:00 Chocolate Bar Bingo! (BI)

2:00 Prime Afternoon Movie: Love at First Glance (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: Love at First Glance (T)

9

Chiropracist Visit (Please Sign up with Reception) (LLC)

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 Netflix Afternoon Movie: Pretty Woman (T)

3:00 Daily Tea & Coffee Time (BI)

3:00 Oakville Suzuki Association Student Concert! (BI)

3:30 Jenga Game! (GR)

7:00 Netflix Movie Night: Pretty Woman (T)

10

9:00 Go4Life Walking Club (LOB)

9:30 DrumFit Exercise Class (G)

10:30 Dart Toss Game! (BI)

11:30 Palermo Shuttle Bus Lunch Outing to Milestones Restaurant (Sign up Required) (REC)

1:30 Palermo Tech Club with Arielle! (BI)

2:00 Artful Enrichment Crafts with Frankie (G)

2:00 Prime Afternoon Movie: The Idea of You (T)

3:00 Daily Tea & Coffee Time (BI)

3:00 Farkle Fun Game! (GR)

4:00 Motivational TED Talks & Discussion (T)

7:00 Prime Movie Night: The Idea of You (T)

11

9:00 Go4Life Walking Club! (LOB)

9:30 Stay-Fit-Feet Exercise Class (G)

10:30 Bocce Ball Game! (PAR)

12:30 Palermo Shuttle Bus Outing to Mohawk Casino (Sign Up Required) (REC)

2:00 \$2 Bistro Bingo (BI)

3:00 Daily Tea & Coffee Time (BI)

3:00 Pet Therapy Visits with David & Buster! (L)

3:00 The Logo Game! (BI)

4:00 Basketball Toss Game! (BI)

4:15 Tai Chi Exercise Class! (G)

7:00 Lianne Harris Guest Speaker Presentation: Steeped in History: The Story of Tea (BI)

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Glowmax Hair Salon & Esthetic Services (S)

9:00 Go4Life Walking Club (LOB)

10:00 Yoga Exercise Class! (G)

11:00 Fit Minds Program! (GR)

11:00 Educational Presentation on TENA Home Care Program (BI)

1:30 Bridge Club! (L)

2:00 Rosary Club! (T)

2:30 Music by Jazz Singer John Amato! (BI)

3:00 Daily Tea & Coffee Time (BI)

3:00 Dart Toss Game! (BI)

4:00 Meet Me at the MoMA (Lecture) (T)

7:00 Netflix Movie Night: Cold Mountain (T)

13

9:00 Go4Life Walking Club! (LOB)

9:30 Stay-Fit-Feet Exercise Class (G)

10:15 Colour Therapy! (BI)

11:30 Gentlemen's Club Lunch Outing to Palermo Pub (Sign Up Required) (REC)

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)

2:30 Relaxing Paraffin Hand Treatment (BI)

3:00 Daily Tea & Coffee Time (BI)

3:00 Lifemark Tai Chi Exercise Class 3-4 pm (G)

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9:00 Go4Life Walking Club (LOB)

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 Billiards Club! (GR)

11:00 Lifemark Tai Chi Exercise Class (G)

1:30 Andre Rieu Musical (T)

2:15 Paint Afternoon with Artist Karen Brioux! (G)

3:00 Daily Tea & Coffee Time (BI)

3:00 Putting Club! (BI)

3:30 \$3 Happy Hour! (B)

7:00 Netflix Movie Night: The Bricklayer (T)

15

9:00 Go4Life Walking Club! (LOB)

10:00 Andre Rieu Musical (Repeat from Friday) (T)

10:15 Colour Therapy (Resident Run)! (BI)

10:45 Java Music Club! (GR)

1:00 Tuck Shop Open 1:00-2:00 pm (TUC)

2:00 Chocolate Bar Bingo! (BI)

2:00 Netflix Afternoon Movie: Like Father (T)

3:00 Daily Tea & Coffee Time (BI)

3:00 Scrabble Game (Resident Run)! (GR)

3:00 Ring Toss Game! (BI)

7:00 Netflix Movie Night: Like Father (T)



INSPIRED SENIOR LIVING

June 2024

Palermo Village
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH

Palermo Village Retirement Residence

Sunday

9:00 Go4Life Walking Club! (LOB) **16**
 10:00 Brain Puzzles (Pick up at Reception) (REC)
 11:00 Father's Day Brunch 11 am-1:30 pm (DIN)
 1:30 Chess Club (Sign Up with Arielle) (GR)
 2:00 Rummy-O Game (Resident Run)! (GR)
 2:00 Prime Afternoon Movie: Father's Day (T)
 2:30 Father's Day Show with Music by Singer Kim Foo! (BI)
 3:00 Daily Tea & Coffee Time (BI)
 3:30 Jenga Game! (GR)
 7:00 Prime Movie Night: Father's Day (T)

Monday

9:00 Go4Life Walking Club (LOB) **17**
 9:30 DrumFit Exercise Class (G)
 10:30 Dart Toss Game! (BI)
 1:30 Palermo Tech Club with Arielle! (BI)
 2:00 Artful Enrichment Crafts with Frankie (G)
 2:00 Netflix Afternoon Movie: Inside Man (T)
 3:00 Daily Tea & Coffee Time (BI)
 3:00 Entertainment by Singer & Performer Tristan Alexander! (BI)
 4:00 Motivational TED Talks & Discussion (T)
 7:00 Netflix Movie Night: Inside Man (T)

Tuesday

Hearing Clinic (Please sign up with Reception) (LLC) **18**
 9:00 Go4Life Walking Club! (LOB)
 9:30 Stay-Fit-Feet Exercise Class (G)
 10:00 Palermo Shuttle Bus Outing & Lunch at Springridge Farm (Sign Up Required) (REC)
 10:30 St. Luke's Anglican Church Service (T)
 10:30 Bocce Ball Game! (PAR)
 2:00 \$2 Bistro Bingo (BI)
 3:00 Daily Tea & Coffee Time (BI)
 3:00 Pet Therapy Visits with David & Buster! (L)
 3:00 Current Events with Frankie! (BI)
 4:00 Basketball Toss Game! (BI)
 4:15 Tai Chi Exercise Class! (G)

Wednesday

Glowmax Hair Salon & Esthetic Services (S) **19**
 9:00 Go4Life Walking Club (LOB)
 10:00 Yoga Exercise Class! (G)
 10:00 Vendor: Cathy's Scarves, Gifts & Jewellery 10-2 (BI)
 11:00 Fit Minds Program! (GR)
 1:30 Bridge Club! (L)
 2:00 Rosary Club! (T)
 3:00 Daily Tea & Coffee Time (BI)
 3:00 Dart Toss Game! (BI)
 4:00 Fun with Mazes! (BI)
 6:30 Music by Singer & Guitarist Zack Erickson! (BI)
 7:00 Prime Movie Night: Molly's Game (T)

Thursday

9:00 Go4Life Walking Club! (LOB) **20**
 9:30 Stay-Fit-Feet Exercise Class (G)
 10:00 Palermo Shuttle Bus Outing to Walmart/Fortinos/Dollarama/Homes (Sign Up Required) (REC)
 10:15 Colour Therapy! (BI)
 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 Lifemark Tai Chi Exercise Class 3-4 pm (G)
 3:00 Ice Cream Soda Social! (BI)
 4:00 Sequence Game with Arielle! (GR)

Friday

9:00 Go4Life Walking Club (LOB) **21**
 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 Billiards Club! (GR)
 11:00 Lifemark Tai Chi Exercise Class (G)
 1:30 Meet Me at the MoMA (Painting) (G)
 3:00 Daily Tea & Coffee Time (BI)
 3:00 Putting Club! (BI)
 3:30 \$3 Happy Hour! (B)
 7:00 Disney + Movie Night: Under the Tuscan Sun (T)

Saturday

9:00 Go4Life Walking Club! (LOB) **22**
 10:00 Andre Rieu Musical (Repeat from Friday) (T)
 10:15 Colour Therapy (Resident Run)! (BI)
 10:45 Java Music Club! (GR)
 1:00 Tuck Shop Open 1:00-2:00 pm (TUC)
 2:00 Chocolate Bar Bingo! (BI)
 2:00 Disney + Afternoon Movie: Father of the Bride (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: Father of the Bride (T)

9:00 Go4Life Walking Club! (LOB) **23**
 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 Disney + Afternoon Movie: An Affair to Remember (T)
 3:00 Daily Tea & Coffee Time (BI)
 3:00 LLL Wordsearches! (BI)
 3:30 Jenga Game! (GR)
 7:00 Disney + Movie Night: An Affair to Remember (T)

9:00 Go4Life Walking Club (LOB) **24**
 9:30 DrumFit Exercise Class (G)
 10:00 Palermo Shuttle Bus Bank Trip (Sign Up Required) (REC)
 10:30 Dart Toss Game! (BI)
 1:30 Palermo Tech Club with Arielle! (BI)
 2:00 Artful Enrichment Crafts with Frankie (G)
 2:00 Disney + Afternoon Movie: Australia (T)
 2:30 Strawberry Social with Music by Pianist Peter Harding! (BI)
 3:00 Daily Tea & Coffee Time (BI)
 3:30 Farkle Fun Game! (GR)
 4:00 Motivational TED Talks & Discussion (T)
 7:00 Disney + Movie Night: Australia (T)

9:00 Go4Life Walking Club! (LOB) **25**
 9:00 Stay-Fit-Feet Exercise Class (G)
 9:30 Charterability Boat Cruise Outing on Sixteen Mile Creek (Sign Up Required) (REC)
 10:30 Bocce Ball Game! (PAR)
 2:00 Special \$5 Bistro Bingo (BI)
 3:00 Daily Tea & Coffee Time (BI)
 3:00 Pet Therapy Visits with David & Buster! (L)
 3:00 Book Club Discussion (The Lake House) (GR)
 4:00 Basketball Toss Game! (BI)
 4:15 Tai Chi Exercise Class! (G)

Glowmax Hair Salon & Esthetic Services (S) **26**
 9:00 Go4Life Walking Club (LOB)
 10:00 Yoga Exercise Class! (G)
 10:00 Spot the Difference Game! (BI)
 10:30 St. Matthew's Catholic Church Service (L)
 11:00 Fit Minds Program! (GR)
 1:30 Bridge Club! (L)
 3:00 Daily Tea & Coffee Time (BI)
 3:00 Dart Toss Championship! (BI)
 4:15 Meet Me at the MoMA (Lecture) (T)

9:00 Go4Life Walking Club! (LOB) **27**
 9:00 Stay-Fit-Feet Exercise Class (G)
 9:30 Charterability Boat Cruise Outing on Sixteen Mile Creek (Sign Up Required) (REC)
 10:15 Colour Therapy! (BI)
 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 Rummy-O Game with Arielle! (GR)
 3:00 Meet & Greet & Celebrating June Birthdays with Violinist Natalie Wong! (BI)

9:00 Go4Life Walking Club (LOB) **28**
 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 Billiards Club! (GR)
 11:00 Lifemark Tai Chi Exercise Class (G)
 1:30 Andre Rieu Musical (T)
 3:00 Daily Tea & Coffee Time (BI)
 3:00 Putting Tournament! (BI)
 3:30 \$3 Happy Hour! (B)
 7:00 Disney + Movie Night: When A Man Loves A Woman (T)

9:00 Go4Life Walking Club! (LOB) **29**
 10:00 Andre Rieu Musical (Repeat from Friday) (T)
 10:15 Colour Therapy (Resident Run)! (BI)
 10:45 Java Music Club! (GR)
 1:00 Tuck Shop Open 1:00-2:00 pm (TUC)
 2:00 Chocolate Bar Bingo! (BI)
 2:00 Disney + Afternoon Movie: Water for Elephants (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: Water for Elephants (T)

9:00 Go4Life Walking Club! (LOB) **30**
 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 Disney + Afternoon Movie: The Favourite (T)
 3:00 Daily Tea & Coffee Time (BI)
 3:00 LLL Crosswords! (BI)
 3:30 Jenga Game! (GR)
 7:00 Disney + Movie Night: The Favourite (T)



FRIDAY
JUN 21
 Canada's National Indigenous Peoples Day

Locations Legend

- Bistro (BI)
- Theatre (T)
- Gym (G)
- Game Room (GR)
- Lobby (LOB)
- Reception (REC)
- Library (L)

Locations Legend

- Tuck Shop (TUC)
- Parking Lot (PAR)
- Spa (S)
- Bar (B)
- Lower-Level Clinic (LLC)
- Patio (P)
- Dining Room (DIN)

Calendar Legend

- Outing
- Special Program
- Signature Program