

Recurring Programming

Music Appreciation

Mondays at 10:30am — TV Lounge

This new program will feature a variety of teas and a new classical musical performance each week.

Recreation Planning Meeting

First Monday of the month at 3:00pm

Join Terry to discuss upcoming programs and suggest ideas for programs (bus trips, movies, musicians etc.)

Art with Renee

Mondays 2:00pm — Craft Room

Join Renee for a relaxing art project. This art class utilizes a mix of mediums and is good for all skill levels.

Active Games (Games Room)

Mon, Wed and Thursdays in the afternoon

Active Games include ladder ball, Carpet Bowling, Balloon Volleyball, Darts and Bean Bag Toss.

DIY with Renee

Tuesdays at 10:30am — Games Room

Do you enjoy natural skincare, toners, essential oils, or anything natural and medicinal? Join us in the Games Room every Tuesday morning at 10:30 am for a new DIY project. We look forward to seeing you there!

Sewing Gurus

Tuesdays at 1:30 pm Craft Room

Sharpen your sewing skills and be prepared to tackle quilting, designing, and other interesting projects! From beginners to advanced, we can work on different projects simultaneously.

Calling all Bridge Players

Tuesdays and Fridays 1:30pm

The Bridge Club will now be meeting twice a week, on Tuesdays and Fridays at 1:15 in the 3rd floor common area. Please speak to Terry about getting into a game.

Hearing Life (NexGen Hearing)

RSVP for a hearing test!

Third Tuesday at 1:00pm — Games Room

Our Favorite hearing specialists will be here to do hearing tests. Please sign up and get on the list!

Trivia

Wednesdays at 10:30am — TV Lounge

Two teams compete for intellectual superiority and fun.

Welcome Home Party

Last Wednesday of the month from 2:30-3:30pm

Please join us in welcoming new residents and learning more about each other.

Cozy Knitting & Stitching Club

Thursdays at 3:00pm — Craft Room

This will be an informal social group where Residents can knit, spin, or stitch and work on their own projects -or projects to sell for charity.

Word Games!

Thursday at 10:30am

Fun and mind-stimulating games such as hangman, family feud, word association and more. These games are done as a group.

Art Studio with Miream (NEW)

Friday 14 at 3:00pm — Craft Room

We are pleased to announce that Miream Rabba, a professionally trained art therapist with a passion for working with elders, will be joining us. Miream brings a wealth of experience working with people of all ages and abilities.

Great Courses Lectures (NEW)

Every Friday at 3:30pm — TV Lounge

This recurring program aims to educate and intrigue. Some of the worlds greatest lecturers present information about the history of England and other ancient cultures. This program is great for those who enjoy learning about history in all it's intricacies.

Scrabble/ Mahjong/ Chess (Resident Led)

Mon & Sat at 1:30pm — Games Room

Join this Resident led event dedicated to some great games and have fun while stimulating your mind.

DARTS

Saturdays at 4:00pm — Games Room

This resident led program is easier than the normal darts. Hit the board and you get a point! The closer to the center the more points you earn your team.

Poetry and Creative Writing

Saturdays at 10:30am — Craft Room

In this session, we will dive into the art of reading and crafting poetry; allowing your thoughts and emotions to flow freely onto the page. Whether you're an experienced writer or just getting started, this workshop welcomes all levels of expertise.

Flower Arranging

Every 2nd Wednesday at 10:00am — Craft Room

Please join this program if you'd like to assist in creating the small bouquets for the dining room.

Optima Happenings

Parkwood Place Monthly Newsletter — February, 2025

Parkwood Place Management Team

General Manager
Kara Turner

Administrative Manager
Margie Edwards

Food and Beverage Manager
Sam Cowles

Sales Director
Lynn Van de Kamp

Lifestyle and Program Manager
Terence (Terry) Wong

Maintenance Manager
Mark Trotter



Happy February! As we step into the month of love and connection, we're excited to share all the wonderful events and programs planned just for you. There are many new programs this month so please read on and keep your eyes on the daily poster boards for more information about upcoming programs. Some notable February programs include: Music BINGO, Lunar New Year Pub Social (2025 is the year of the snake), the Super Bowl, The Meditation Group and the return of Cardio Drumming on some Fridays. A Friendly reminder that the cyber security presentation (Feb 6, 2:00pm) is a good reminder about best practices when using the phone or internet. We also discuss snail-mail scams, so please do join us because there are a lot of scams going around right now!

Please observe the daily poster boards for an up to date list of activities, as activities can be subject to time changes and cancellations. Regarding bus trips: Please sign-up in advance for bus trips and please have your name crossed off the list if you are not able to attend.

Thank you.

**Terence (Terry) Wong — Terence.wong@optimaliving.ca
Active Living Office Phone #: 250-519-2145**

Resident Birthdays

May L. — 2
Myrna P.—4
Chuck N. — 6
Dorothy P. — 6
Muriel J. — 9
lee Y. — 13
Wendall M. — 15
Molly B. —19
Holly B. — 20

Staff Birthdays

Amy F. — 22

Address
3051 Shelbourne St.
Victoria, BC
V8R 6T2

Front Desk Phone#:
(250)-598-1565



Exercise at Parkwood

Gym is open for independent use anytime!

Exercise with Renee

Sundays at 9:30am — Fitness Room

Join an exercise class led by Active Living Assistant Renee or a recorded exercise.

Exercise with Terry

Mondays, Wednesday and Thursdays at 9:30pm — Fitness Room

These gentle and primarily seated exercises aim to move the entire body improving flexibility, maintaining mobility and building strength.

Exercise with Alexis

Tuesdays at 9:30am — Fitness Room

Seniors exercise specialist Alexis will be supporting for exercise classes until Terry is well enough to return.

Exercise with Dithni

Saturdays at 9:30am — Fitness Room

Lifestyle and Program assistant Dithni takes you through your paces with this exercise designed to get the heart rate up with some light strength elements.

Yoga with Nataliya

Fridays at 9:30am — Fitness Room

Step into a world of tranquility and well-being with our Seniors Yoga class. Designed especially for our cherished residents, this class offers a rejuvenating experience for body and mind. Led by our certified and compassionate yoga instructor Nataliya.

Cardio Drumming (NEW)

Some Fridays at 10:30am starting on February 7

This fun exercise class is a fully seated exercise class where residents drum along to songs led by Lifestyle and Program Manager Terry.

Upcoming Spiritual Programming

Devotional with Dr. Clem & Hilda

The Second Friday of Each Month at 10:30am — Games Room

Join us for a peaceful and uplifting Devotional Service led by Lay Ministers Hilda and Dr. Clem. This special gathering offers an opportunity for reflection, prayer, and spiritual encouragement. All are welcome to come together in fellowship as we nurture our faith and find comfort in shared moments of devotion.

Christ Church Cathedral: Evensong

Sundays at 4:00pm — TV Lounge

This livestream service is offered virtually from Victoria's Christ Church Cathedral.



Upcoming Programming

Lunar New Year Pub Social

Tuesday, February 4 at 2:30 — Dining Room

Please join us for a special pub social celebrating the lunar new year (the year of the snake). Asian snacks will be served. Wear red if you have it! Red is seen as an auspicious colour in Asian cultures and is thought to thwart evil spirits.

NEW TV: Bridgerton

Fridays at 10:30am — TV Lounge (Starting February 21)

Bridgerton is an American historical romance television series based on the book series by Julia Quinn. It follows the close-knit siblings of the noble and influential Bridgerton family as they navigate the highly competitive social season; where young marriageable nobility and gentry are introduced into society.

1:1 Tech Help RSVP at the front desk)

Every other Friday starting at 3:45pm — In Suite

This is an opportunity to have 1 to 1 assistance with your technology. Sign-up and Dithni will come to your room to help you with your cell phone, tablet, computer or other tech devices. Note we are not tech experts and we may refer you to The Geek Squad if your issue is too advance or your device has malicious software.

Canada Scooter and Walker Clinic

Next Scooter and Walker clinic is Thursday March 13 at 10:00am — Games Room

Have your walker inspected and tuned up. Ask important questions about mobility aides from the experts.

Super Bowl Party

Sunday, February 9 at 3:30pm — TV Lounge

This year's Super Bowl will take place at the Caesars Superdome in New Orleans and will pit the top two football teams against each other for the ultimate championship. Come enjoy the game, national anthem by Jon Batiste and halftime show. **Please let the dining room know if you will not be in for dinner because of the game..**

Oaklands Grade 2/3 Class Visit: Valentine's Day Cards

Monday, February 10 at 1:30pm — Games Room

We're excited to welcome the Grade 2/3 class from Oaklands Elementary for a special intergenerational activity! The students will join our residents in making Valentine's Day cards.

Poker Game (Bring \$2)

Monday, February 10 at 4:00pm — 4th Floor Lounge

A Friendly game of Texas hold 'em poker. New players welcome but speak with Terry beforehand if it's your first time playing poker. Hand rankings can be provided. First come first serve (max 6 players).

Name That Tune Love Songs Edition

Thursday, February 6 & 13 at 4:00pm — TV Lounge

Guess the tune from a sample of the song. 1 point for the title of the song and one point for the name of the artist. Come for the game or just to enjoy the music!

Eric Tolman Presents: Canada as a Middle Power 1968-2000

3rd Sunday of the month at 3:00pm — TV Lounge

The Trudeau years bring Canada a renewed sense of nationalism and a place in the New World Order

Custom Wine Glass Painting with the Comfort Keepers

Friday, February 28 at 2:00pm — TV Lounge

Your chance to make your very own custom wine glass that you can bring down for our weekly pub social!

Guided Meditation with Jim

Every other Sunday at 4:00pm — Private Dining Room

Join resident Jim for this relaxing and enriching guided meditation. Meditation can have many benefits, including improved mood, reduced stress, and better sleep. It can also help you become more self-aware and creative.

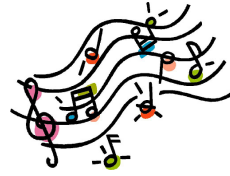
Music BINGO

February 17 at 2:30pm and February 26 at 2:00pm — Dining Room

With 75 classic songs from the 1950's this program is sure to delight whether you are a BINGO player or just a music enthusiast. Feel free to come and enjoy the music if you don't want to play BINGO. No money required.

Musical Performances

(Dining Room)



Jesse Thomas Brown

Sunday, February 2 — 2:00-3:00pm

Parkwood Place favourite Jesse Brown is back with his energetic mix of covers and originals.

Windrift Woodwind Quintet

Wednesday, February 5 — 2:30pm

Headed by Delane Peters (daughter of Myrtle and Walt Peters) the Windrift Woodwind Quintet is a group of 5 musicians who perform a combination of light classical tunes and popular song,

Victoria Conservatory of Music: Jubilee Quartet

Thursday, February 6 — 7:15pm

Coached by the Victoria Conservatory of Music's Young Artists Collegium Program and ranked 1st in the over-18 category of the Conservatory's 2023 Chamber Competition. The Jubilee Quartet is composed of three aspiring young musicians: Tyler Evans-Knott, Miya Doak, and Emilia Vozian.

Valentines Day Party with Voice of the Heart

Thursday, February 13 — 2:30pm

Join us for our annual celebration of love. Voice of the Heart are a duo of flute and harp musicians who are sure to set the mood for this lovely event. Special lactose free smoothies will be served.

Monterey Ukulele Club Valentines Day performance

Friday, February 14 — 2:00pm

Monterey ukulele Club are back at Parkwood for a special Valentine's Day performance. Please speak to Terry if you are interested in getting involved with the club.

Singalong with Les Weiss

Tuesday, February 18 — 2:00pm-3:00pm

Join Parkwood Place's former Tai Chi instructor and talent musician Les for another rousing singalong. Come with song requests! Les will be alternating playing the guitar and piano.

Birthday Tea with Meridian

Wednesday, February 19 — 2:30pm-3:30pm

Parkwood Place's monthly birthday party. Come out and wish your fellow residents a happy birthday. Tea, coffee and cake will be served. This month's birthday party will feature the music of Parkwood place favourite Meridian band.

Italy Theme Night with Ron Sera

Thursday, February 20 — 7:15pm

An evening of accordion music brought to us by the always entertaining Ron Sera. Enjoy the music with an Italian cocktail on the house.

Juan de Fuca Singers

Monday, February 24 — 2:00pm

The Juan de Fuca Singers are a group of 20+ singers. They all belong to the Juan de Fuca 55+ Activity Centre in Colwood. They visit retirement communities all over Victoria. Come out to show your support and sing along with this fun and interactive performance.

Resident Poetry Nook



beguiling motion
thrum and fire of my life
your supple machine

By: Peter Massey

The poetry/writing group meets on Saturdays at 10.30AM. We explore poets and poetic forms old and new; work on a novel or memoir that has been brewing and are stimulated by prompts thoughtfully provided by the staff coordinator. From sonnets to free verse; Persian mysticism to modern hymns; Canadian poets past & present, we explore our love & understanding of poetry. Come and Join us!

Scam Alert!

Please attend the talk on scams and cyber security on First Thursday of the month at 2:00pm in the TV Lounge.

All residents are encouraged to attend

Welcome New Residents!



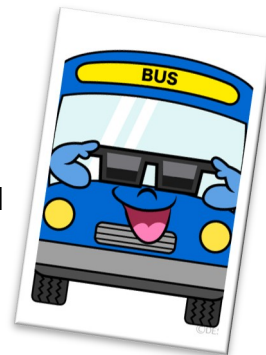
New Residents

Agnes "Nan" L
Pran M

Bus Trips

RESIDENTS MUST SIGN UP in advance at the Front Desk for all bus trips. Please arrive in the Front Lobby 10 minutes prior to all bus trips.

Capacity is approximately 14 residents depending on the number of scooters.
(\$ = Bing your wallet)



Lunch at the Legislative Dining Room

Monday, February 3 — 11:30am Departure

The Parliamentary Dining Room is open for breakfast and lunch. The menu, designed by an award-winning Chef, features fresh B.C. ingredients when seasonally available, as well as delicious healthy daily and weekly specials.

Scenic Drive

Thursday, February 6 & 23 — 1:30pm Departure

Join us for a relaxing scenic drive through the beautiful landscapes of our region. Sit back, enjoy the changing colors of the season, and take in breathtaking views of nature from the comfort of our bus. This outing is the perfect way to unwind and enjoy the sights without leaving your seat!

Lunch at Spitfire Grill and Aviation Museum (\$)

Wednesday, February 12 — 11:30am Departure

Enjoy lunch at the Spitfire Grill, hot spot for hungry pilots, then head over the British Columbia Aviation Museum. Explore the Hawaii Mars & over 40 aircraft showcasing BC aviation history, plus discover aviation-themed souvenirs in the gift shop.

Market Garden and Waterfront Drive (\$Optional)

Thursday, February 20 — 1:30pm Departure

The Market Garden has grown out of a deep passion for revitalizing the senses. Having started as a greengrocer in Victoria, B.C., serving customers dedicated to experiencing the best local produce and culinary curiosities from around the world, we see our store as a trusted companion for those wanting to branch out on their own culinary adventures. Come for the shopping experience or just for the scenic drive.

Miracle Lanes 5-pin Bowling (\$ Optional)

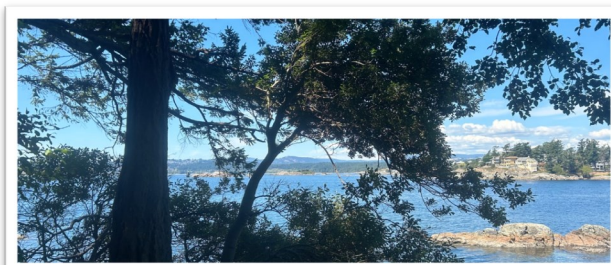
Friday, February 21 — 1:30pm Departure

Miracle Lanes is a family owned five-pin bowling center located in Sidney. Bowling will be complimentary for Parkwood Place residents but bring your wallet if you'd like to purchase a snack.

Lunch and Casino and Jaun De Fuca Library (\$ Optional)

Thursday, February 27 — 11:45pm Departure

Join us for this outing and play the latest of our 770 slots, enjoy the excitement of Table Games — including roulette and poker. Have a meal at the casino restaurant or simply enjoy the ambiance of Elements Casino. If the casino isn't your speed continue on to the Jaun de Fuca Library to enjoy the serenity and knowledge of this facility. The bus will then continue on to the Esquimalt Lagoon for those just looking for a scenic drive to the beach.



Our Hours

May's Hair Studio

May
Hairstylist

Come to the Salon to Book an Appointment



Thursday & Friday

Esthetician *Bushra!*



Services include nails, waxing, facials and massages.

Operating Hours:

Mondays: 9:30am - 2:00pm & 4:00pm - 6:00pm

Call 250-891-6144 to book an appointment.

GROCERY AND LIQUOR DELIVERY RESOURCES

Thrifty Foods:

Online Orders:

<https://www.thriftyfoods.com/shop-online>

Liquor Store— Liquor Express

on Yates:

\$7 delivery fee



Foot Nurse

Leigh-Ann will be in on Feb 11 from 9:00am – 3:30pm to provide professional foot care services.

Residents can sign up at the front desk to book their appointment.

Take care of your feet and step into comfort!



A Quick Look Back



Movies, Documentaries: TV Lounge

The Six Triple Eight — 2h7m Saturday, February 1 at 7:00pm

Eight hundred and fifty-five join the war effort to address a three-year mail backlog. Despite discrimination and war-torn conditions, they sort over seventeen million pieces of mail ahead of schedule.

Million Dollar Baby (2004) — 2h12m Sunday, February 2, 2024 at 7:00pm

Frankie, an ill-tempered old coach, reluctantly agrees to train aspiring boxer Maggie. Impressed with her determination and talent, he helps her become the best and the two soon form a close bond.

Aloha (2015) — 1h45min

Tuesday, February 3, 2024 at 7:00pm

A celebrated military contractor returns to the site of his greatest career triumphs and reconnects with a long-ago love while unexpectedly falling for the hard-charging Air Force watchdog assigned to him.

Murphy's Romance (1985) — 1h47m Wednesday, February 4 at 7:00pm

Emma moves to a ranch with her son after a divorce and befriends the older Murphy, but things turn complicated when her ex shows up.

The Untold Story of Mary Poppins (2024) — 1h23m

Monday, January 6 at 7:00pm

Mary Poppins' legends commemorate the film's 60th Anniversary with rarely-seen video, new interviews and stories.

The Hand That Rocks the Cradle (1992) — 1h50m

Friday, February 7 at 7:00pm

After her sex offender husband gets caught in the act and kills himself, an embittered pregnant widow loses her child, and embarks on a mission of vengeance against one of her husband's victims and the woman's family.

I'll See You in My Dreams (1951) — 1h50m

Saturday, February 8 at 7:00pm

The success and decline of songwriter Gus Kahn is portrayed, with his wife, Grace Kahn, sticking by him the whole time.

Super Bowl

Sunday, February 9 — 3:30pm

NFL final game of the season.

The King (2019) — 2h20m

Monday, February 10 at 7:00pm

Young Henry V encounters deceit, war and treachery after becoming King of England in the 15th century, in the aftermath of his brother's death.

Movies, Documentaries: TV Lounge

Our Souls at Night (2017) — 1h43m

Tuesday, February 11 at 7:00pm

Fonda and Redford star as Addie Moore and Louis Waters, a widow and widower who've lived next to each other for years. The pair have almost no relationship, but that all changes when Addie tries to make a connection with her neighbor.

Documentary: Sly (2023) — 1h35m

Wednesday, February 12 at 7:00pm

The nearly fifty year prolific career of Sylvester Stallone, who has entertained millions, is seen in retrospective in an intimate look of the actor, writer, director-producer, paralleling with his inspirational life story.

Overboard (1987) — 2h4m

Thursday, February 21 at 7:00pm

A cruel but beautiful heiress mocks and cheats a hired carpenter. When she gets amnesia after an accident, he decides to introduce her to regular life by convincing her that they're husband and wife.

The Mountain Between Us (2017) — 1h52m

Saturday, February 22 at 7:00pm

Stranded after a tragic plane crash, two strangers must forge a connection to survive the extreme elements of a remote snow-covered mountain. When they realize help is not coming, they embark on a perilous journey across the wilderness.

Champions (2013) — 2h4m

Sunday, February 23 at 7:00pm

A former minor-league basketball coach is ordered by the court to manage a team of players with intellectual disabilities. He soon realizes that despite his doubts, together, this team can go further than they ever imagined.

Ben-Hur (2016) — 2h3m

Monday, February 14 at 7:00pm

Judah Ben-Hur, a Jewish prince falsely accused of treason by his adopted brother, an officer in the Roman army, returns to his homeland after years at sea to seek revenge, but finds redemption.

Little Miss Sunshine (2006) — 1h41m

Tuesday, February 25 at 7:00pm

A family determined to get their young daughter into the finals of a beauty pageant take a cross-country trip in their VW bus.

Documentary: The Lost Children (2024) — 1h36m

Wednesday, February 26 at 7:00pm

Four Indigenous children stranded in Colombian Amazon after plane crash. Guided by ancestral knowledge, they survive while awaiting rescue operation amid the jungle's challenges.

Pocket Full of Miracles (1961) — 2h16m

Friday, February 28 at 7:00pm

New York bootlegger Dave the Dude and his girlfriend Elizabeth "Queenie" Martin try to turn boozy street beggar Apple Annie into a society lady when Annie learns that her daughter Louise is marrying the son of a Spanish count.