

# 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 Betsy

**Fridays at 3:00pm — Craft Room**

Explore learning painting and printing techniques using watercolour and acrylic mediums. A new project is introduced weekly. Residents may also work on independent projects with the group.

## 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 (NEW)

**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 — January, 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 New Year! Thank you to everyone who generously contributed to the Angel Tree Program in December—your kindness brought joy to many children in our community this holiday season. As we step into 2025, we're excited to continue creating meaningful connections and opportunities for engagement. On January 13, we'll welcome back the Grade 2/3 students from Oaklands Elementary for another delightful visit with our residents. Plus, don't miss our new program the *TV Series: A Man on the Inside*, airing Fridays at 10:30 am. Please note that Apples to Apples will now be on Saturday afternoons, Darts has moved to a new time at 4:00pm and the walking group will be postponed until sunnier days.

Let's make this year one to remember!

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](mailto:Terence.wong@optimaliving.ca)  
Active Living Office Phone #: 250-519-2145**

## Resident Birthdays

Marie B — 1  
Andree S — 3  
Bob M — 4  
Christine J — 8  
Joyce L — 17  
Audrey H — 20  
Donna R — 23  
Roberta L — 29

## Staff Birthdays

David S — 1  
Mark T — 18  
Crizza S — 19  
Ferdie C — 21  
Rebecca N — 21

## Address

**3051 Shelbourne St.  
Victoria, BC  
V8R 6T2**

**Front Desk Ph#:  
(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.

### Walking Group (Outdoor or Indoor) **Walking Group Postponed until better weather** Some Saturdays at 1:45pm — Meet in the Lobby

Walk with the Active Living team. Destinations can be chosen by residents. This is your chance to get a little shopping done at Hillside Mall or grab a Sundae from McDonalds with accompaniment by a Parkwood Place team member.

## 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

### Name That Tune

#### Friday, January 3 at 10:30am — TV Lounge

Name that Tune and get a point for your team, name the artist and earn an additional point!

### NEW TV: A Man on the Inside

#### Fridays (starting on January 17) 10:30am — TV Lounge

Charles, a retired man, gets a new lease on life when he answers an ad from a private investigator and becomes a mole in a secret investigation in a nursing home.

### 1:1 Tech Help RSVP at the front desk)

#### Every other Friday starting at 2:00pm — 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.

### Parkwood Place 2024 Year in Review Slideshow

#### Friday, January 3 at 1:45pm and Monday, January 6 at 10:30am — TV Lounge

Over 200 photos from the last year here at Parkwood Place. Reminisce on past residents, past staff and past events whilst listening to some nostalgic music.

### Canada Scooter and Walker Clinic

#### Next Scooter and Walker clinic is Thursday **January 9 at 10:00am** — Games Room

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

### Name That Tune 1950's

#### Wednesday, December 11 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!

### Arm Chair Travel with Comfort Keepers:

#### Friday, January 10 at 2:00pm — TV Lounge

Shana from the Comfort Keepers is in to travel with you and Rick Steves all around the world. Snacks will be served.

### Oaklands Grade 2/3 Class Visit: Drawing Game

#### Monday, January 13 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 for a fun and creative drawing game.

### Eric Tolman Presents: Canada and the World 1945-1968

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

Canada finds its place within the Cold War world firmly placed by geography between the USA and the USSR.

### Poker Game (Bring \$2)

#### Monday, January 20 at 2:30pm — 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).

### Casual Chic Couture Ladies Fashion Sale (\$)

#### Saturday, January 25 at 11:00am-2:00pm Fireside Lounge

Our clothes are comfortable, casual & chic, but can also add a touch of edginess and drama to your everyday wardrobe. Ladies fashions only (Sorry guys).

### Presentation: Jeremy Caradonna form City Council on the Crystal Pool Referendum Vote

#### Wednesday, January 29 at 2:00pm — TV Lounge

City council member Jeremy is in to talk about the upcoming special voting opportunity here at Parkwood Place.

### Show and Tell

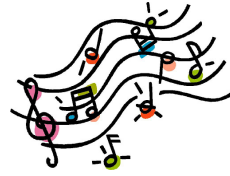
#### Wednesday, January 29 at 4:00pm — Games Room

Bring an item of interest and tell us a bit about it. Potential items include souvenirs from a vacation, family heirlooms, or a picture says a thousand words so show us one that is meaningful to you!



# Musical Performances

(Dining Room)



## Victoria Conservatory of Music: The Gardellino Trio

Thursday, January 2 — 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 Gardellino Trio is composed of three aspiring young musicians: Tyler Evans-Knott, Miya Doak, and Emilia Vozian.

## Jesse Thomas Brown

Sunday, January 5 — 2:00-3:00pm

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

## Studio 72

Wednesday, January 8 — 2:30-3:30pm

Studio 72 Victoria enjoys playing standard jazz songs such as All of Me, Girl From Ipanema, Autumn Leaves, Satin Doll, as well as many other well known favourites. We love Bossa Nova!

## Birthday Tea with Joyz and Boyz

Wednesday, January 15 — 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 Joyz and Boyz band.

## Sweet Soul Choir

Saturday, January 18 — 2:30-3:30pm

We've been singing for Victoria and beyond for 20 years. We've got the moves and grooves, the harmonies, and the contagious energy that will have you clapping, dancing, and singing along.

## Singalong with Les Weiss

Tuesday, January 21 — 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.

## Trounce Alley Quartet

Wednesday, January 22 — 2:30pm

This quartet was formed out of the Barbershop Harmony Society here in Victoria, BC, in March of 2010. The Trounce Alley Quartet has a diverse repertoire from old barbershop classics to movie theme songs.

## Robbie Burns Night with the Victoria Scottish Gaelic Choir

Thursday, January 23 — 7:15- 8:15pm

Founded 27 years ago, Victoria Gaelic Scottish Choir has been an important part of Victoria's heritage ever since. Keeping the Gaelic language alive is one of their main objectives. The VSGC has performed all around Victoria including the Victoria Highland Games, Folkloria and various Robbie Burns celebrations.

## Joan Songhurst

Sunday, January 26 — 2:00-3:00pm

Joan has been performing and entertaining for the Victoria community for over 20 years. From a musical family, singing and playing the piano has been an important part of her whole life. Please welcome Joan back and enjoy this Sunday afternoon performance.

## Bob and Lise: Broadway Revisited

Thursday, January 30 — 7:15-8:15pm

Resident pianist bob Leblanc Joins his lovely daughter on vocals as they bring to life some of broadways most famous and beloved songs.

## **Kara Turner ( General Manager, Parkwood Place)**

We welcome Kara Turner as our new General Manager. Kara joins us with over 20 years of experience in senior's care, with a Master's degree in Gerontology and a career focused on improving the quality of life for seniors. Throughout her career, Kara has worked across multiple sectors in senior care, including support and education with the Alzheimer Society, Executive Director of an Adult Day Program in Vancouver and being the General Manager for an independent and assisted living home in Burnaby. In her role as General Manager, Kara is committed to creating a compassionate, safe, and engaging environment for the residents, while leading and supporting a team of dedicated staff.

When she's not working, Kara enjoys spending time with her husband and 8-year-old daughter, whether it's skiing on the local slopes, doing yoga, or biking around town. She's thrilled to be back in the city she grew up in, working alongside an amazing team to make a positive impact on the lives of our senior community.

**Please help us formally welcome Kara to Parkwood Place on January 7 from 2:30-3:30pm at a special pub social in the dining room.**

## **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**

**Ed and Phyllis L.**

**Aideen L.**

**June P.**

**Grace F**

**Ruth and Gary S**

## 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)

### Scenic Drive

**Thursday, January 2 — 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 and Aviation Museum (\$)

**Monday, January 6 — 11:30am Departure**

Enjoy lunch at one of the many restaurants downtown Sidney then head over to the British Columbia Aviation Museum. Explore the Hawaii Mars & over 40 aircraft showcasing BC aviation history, plus discover aviation-themed souvenirs in our gift shop.

### Oak Bay Shopping and Sight Seeing (\$ Optional)

**Thursday, January 9 — 1:30pm Departure**

Affluent Oak Bay is popular for its tree-lined namesake avenue, filled with smart boutiques and art galleries, fancy delis, and lively cafes.

### Downtown (\$ Optional)

**Thursday, January 16 — 1:30pm Departure**

Downtown is centred on the lively Inner Harbour, crisscrossed by tiny ferries, seaplanes, and whale-watching boats. Facing the water, the elegant 1908 Empress hotel is famed for its afternoon tea, while seafood eateries and traditional pubs cluster around Wharf Street and Bastion Square. Indie boutiques fill colourful buildings on Johnson Street, and an elaborate red-and-gold gate marks the entrance to Chinatown.

### Salvation Army & Value Village (\$)

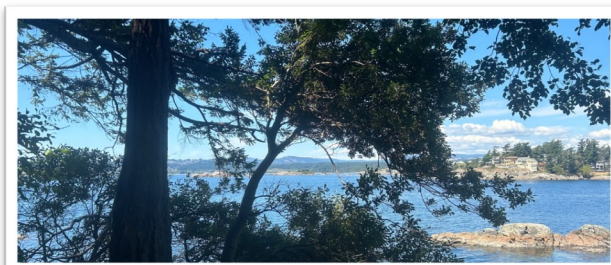
**Thursday, January 23 — 1:30pm Departure**

First we will head to the Salvation Army. This is an opportunity for you to donate unwanted items or do a little shopping. Value Village is a large second hand store with books, clothes, kitchen supplies and much more for a price less than what you might find at a typically retailer.

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

**Thursday, January 30 — 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.



## 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 Jan 14 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

## **Seed: The Untold Story: Defending the Future of Food (1h34m) Wednesday, January 1 at 7:00pm**

SEED: THE UNTOLD STORY follows passionate seed-keepers protecting our 12,000 year-old food legacy. These farmers, scientists, lawyers and indigenous people are fighting a David and Goliath battle to defend the future of our food.

## **One Flew Over the Cuckoo's Nest (1975) — 2h13m Friday, January 3, 2024 at 7:00pm**

In the Fall of 1963, a Korean War veteran and criminal pleads insanity and is admitted to a mental institution, where he rallies up the scared patients against the tyrannical nurse.

## **The Miracle Season (2018) — 1h41min Saturday, January 4, 2024 at 7:00pm**

After the tragic death of star volleyball player Caroline "Line" Found, a team of dispirited high school girls must band together under the guidance of their tough-love coach in hopes of winning the state championship.

## **The Dressmaker (2015) — 1h59m Sunday, January 5 at 7:00pm**

A glamorous woman returns to her small town in rural Australia. With her sewing machine and haute couture style, she transforms the women and exacts sweet revenge on those who did her wrong.

## **Westside Story (2021) — 2h36m Monday, January 6 at 7:00pm**

An adaptation of the 1957 musical, West Side Story explores forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds.

## **Rain Man (1988) — 2h13m Tuesday, January 7 at 7:00pm**

After a selfish L.A. yuppie learns his estranged father left a fortune to an autistic-savant brother in Ohio that he didn't know existed, he absconds with his brother and sets out across the country, hoping to gain a larger inheritance.

## **Doc: Curse of the Axe: Rewriting American History (2012) — 1h24m**

### **Wednesday, January 8 at 7:00pm**

This historical thriller plunges viewers back 500 years to early 16th Century - into an extraordinary world that pre-dates the arrival of the Europeans by nearly a hundred years. It tells the story of one of the most important archaeological discoveries of modern times, a mysterious iron axe that seems to have no place in native cultures of the time. Where did this mysterious artifact come from?

## **The Prince of Egypt: The Musical (2023) — 2h23m Friday, January 10 at 7:00pm**

Journey through the wonders of Ancient Egypt as two young men, raised together as brothers in a kingdom of privilege, find themselves suddenly divided by a secret past.

## **Yours, Mine and Ours (1968) — 1h51m Saturday, January 11 at 7:00pm**

A widower with ten children falls for a widow with eight, and they must decide about forming a huge, unconventional family.

## **Joy: The Birth of IVF (2024) — 1h55m Sunday, January 12 at 7:00pm**

Born in 1978, Louise Joy Brown was the world's first invitro fertilized baby, but who were the scientists who mad eit possible? This drama tells their story.

## **Baby Boom (1987) — 1h50m Monday, January 13 at 7:00pm**

The life of super-yuppie J.C. is thrown into turmoil when she inherits a baby from a distant relative.

## **Music of the Heart (1999) — 2h4m Tuesday, January 14 at 7:00pm**

After Roberta Guaspari separates from her husband, she receives encouragement from her mother to take up a job of a music teacher at the Central Park East School in East Harlem. Starring Meryl Streep

## **Return of the King: The Fall and Rise of Elvis Presley (2024) 1h30m**

### **Wednesday, January 15 at 7:00pm**

He had one chance to show the world he was still the King of Rock 'n' Roll. Discover the story behind Elvis Presley's triumphant '68 comeback special.

# Movies, Documentaries: TV Lounge

## **Gone with the Wind (1939) Part 1 Friday, January 17 at 7:00pm**

A sheltered and manipulative Southern belle and a roguish profiteer face off in a turbulent romance as the society around them crumbles with the end of slavery and is rebuilt during the Civil War and Reconstruction periods.

## **Gone with the Wind (1939) Part 2 Saturday, January 18 at 7:00pm**

A sheltered and manipulative Southern belle and a roguish profiteer face off in a turbulent romance as the society around them crumbles with the end of slavery and is rebuilt during the Civil War and Reconstruction periods.

## **On the Basis of Sex (2018) 2h Sunday, January 19 at 7:00pm**

The true story of Ruth Bader Ginsburg, her struggles for equal rights, and the early cases of a historic career that lead to her nomination and confirmation as U.S. Supreme Court Associate Justice.

## **Memoirs of a Geisha (2005) — 2h25m Monday, January 20 at 7:00pm**

The heartwarming tale of Nitta Sayuri, a young Japanese woman who transcended from her fishing-village roots and became one of Japan's most celebrated geisha.

## **The Bodyguard (1992) - 2h9m Tuesday, January 21 at 7:00pm**

A former Secret Service agent takes on the job of bodyguard to an R&B singer, whose lifestyle is most unlike a President's.

## **Canary (2023) — 1h44m Wednesday, January 22 at 7:00pm**

Daring to seek Earth's history contained in glaciers atop the tallest mountains in the world, Doctor Lonnie Thompson's life's work evolves into a salvage mission to recover priceless historical records before they disappear forever.

## **War and Peace PART 1 (1956) Friday, January 24 at 7:00pm**

Napoleon's tumultuous relations with Russia, including his disastrous 1812 invasion, serve as the backdrop for the tangled personal lives of two aristocratic families.

## **War and Peace PART 2 (1956) Saturday, January 25 at 7:00pm**

Napoleon's tumultuous relations with Russia, including his disastrous 1812 invasion, serve as the backdrop for the tangled personal lives of two aristocratic families.

## **The Slipper and the Rose (1976) — 2h7m Sunday, January 26 at 7:00pm**

A musical retelling of the classic tale of Cinderella. In the tiny kingdom of Euphrania, the King and his court are anxious to get Prince Edward wed. But Edward wants to marry for love.

## **Lamborghini: The Man Behind the Legend (2022) — 1h37m Monday, January 27 at 7:00pm**

This thrilling, high-speed biopic reveals one man's dream of making the world's fastest car-and beating rival Enzo Ferrari.

## **Late Bloomers (2023) — 1h23m Tuesday, January 28 at 7:00pm**

An aimless 28 year-old Brooklynite lands in the hospital after drunkenly breaking her hip. An encounter with a cranky elderly Polish woman who speaks no English leads to a job caring for her. Neither likes it, but it's time to grow up.

## **Joan Baez: I am A Noise (2023) 1h53m Wednesday, January 29 at 7:00pm**

Facing the end of a 60-year musical career, legendary singer and activist Joan Baez takes an honest look back and a deep look inward as she tries to make sense of her large history-making life and reveals, for the first time, personal struggles she's kept private, until now.

## **Love Actually (2003) 2h15m Friday, January 31 at 7:00pm**

Follows the lives of eight very different couples in dealing with their love lives in various loosely interrelated tales all set during a frantic month before Christmas in London, England.