

Recurring Programming

Music Appreciation
Every Second 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
Monday July 14 at 1:00pm — Games Room
Our Favorite hearing specialists will be here to do hearing tests. *Please sign up and get on the list!*
Perry is now in from 100-2:00pm

Trivia
Wednesdays at 10:30am — TV Lounge
Two teams compete for intellectual superiority and fun.

Welcome Home Pub Social
Third Tuesday from 2:30-3:30pm — Dining Room
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.

Great Courses Lectures
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 / Bocce Ball
Saturdays at 4:00pm — Games Room
Now that the weather is improving we will enjoy the outdoors with a game of Bocce every other Saturday in the back Garden.

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.



Parkwood Place Monthly Newsletter — July, 2025



Message from The Principals:

Welcome to the inaugural edition of Optima Daily, your source for community updates! This July, we celebrate Canada Day and embrace the joys of summer - whether enjoying the outdoors, staying active, or simply taking in the sunshine.

At Optima, we are guided by the value of respect: we honor each of you and the contributions you bring to our community.

Let this season remind us of the strength found in unity and shared purpose. Stay tuned for updates, happy reading!

A Note from the General Manager

Hello and happy July!
I hope this message finds you well and enjoying the sunshine. Summer is in full swing here at Parkwood Place, and it's the perfect time to soak up the beautiful weather and the vibrant community around us.
We have some exciting events lined up this month:
□ **Canada Day Celebration – July 1**
□ **Strawberry Tea – July 9**
□ **Country Western Dinner & Music – July 24**
Mark your calendars—we'd love for you to join us for the fun!
We're also excited to welcome Grace, our new part-time Recreation Assistant, to the Parkwood Place team. You'll be seeing Grace around this month as she jumps into our programs—be sure to say hello!
Finally, a little reminder: it's time for our annual Resident Satisfaction Survey. Your feedback helps us make Parkwood Place even better. Please return your completed surveys by July 11.
Thank you for being such a valued part of our community. Your involvement and input truly make this a special place to live. Here's to a joyful, memorable July!
Warmly,
Kara Turner
General Manager

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
Lifestyle and Program Office Phone #: 250-519-2145



Resident Birthdays

Hilda B — July 1
Clara E — July 3
Lee S — July 3
Dennis M — July 10
Jim L — July 11
Mary M — July 18
Diane D — July 21
Barb C — July 31



Staff Birthdays

Julie Ann B — 5
Jewel D — 16
Harm S — 18
Sam C — 20
Donna C — 20
Godfrey A — 29
Analie B — 30

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 Amy

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.

Dance with Alex (NEW)

Thursday July 24 at 4:00pm — Fitness Room

Come join Alexandra Woodley for some fun and exercise with seated dance classes. Alex is a dance instructor specializing in accessible and seated dance classes.

Walking Group (NEW)

Some Sundays 1:45p– 2:45pm

Meet in the Lobby and join Amy for a short walk around the block or over to the mall or somewhere else. Let Amy know where you'd like to walk!

Upcoming Spiritual Programming

Devotional with Dr. Clem & Hilda

The Third 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.

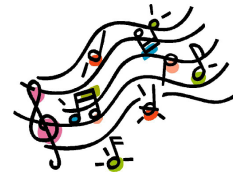


A Quick Look Back



Musical Performances

(Dining Room)



Canada Day Celebration with Meridian Road

Tuesday, July 1 — 2:30-3:30pm

Happy Canada Day! Come celebrate with the Parkwood Place family. Invite your friends and family for this fun event celebrating Canada with the uplifting music of Meridian Road.

Victoria Conservatory of Music: Felicia Ma (Piano)

Thursday, July 3 — 7:15pm

Felicia is a young pianist who is involved in all sorts of musical endeavours. She studies with Ingrid Henderson at the Victoria Conservatory of Music, where she is an active member in the Young Artist's Collegium program. She is also involved in the band program at her school, where she plays timpani.

Jesse Thomas Brown

Sunday, July 6 — 2:00-3:00pm

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

Strawberry Tea Party with Voice of the Heart

Wednesday, July 9 — 2:30-3:30pm

Parkwood Place's annual Strawberry Tea Party featuring delicious strawberry inspired food made by our culinary department and relaxing flute and harp music from Voice of the Heart.

Birthday Tea with Joyz and Boyz

Wednesday, July 16 — 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.

Country and Western Them Night with Vic and Ray Duo

Thursday, July 25 — 7:15pm

Grab your cowboy hat and enjoy a Moscow Mule while listening to the Country and Western music of Vic & Ray.

K-Tones

Saturday, July 25 — 2:00-3:00pm

Kate (K) and Tony (Tone) are a duo of piano and flute that bring a lot of excitement and energy to their performance.

Tunes and Trivia with Byron Woods

Wednesday, July 30 — 2:30pm

Please join us for this very special and new program. This program will feature the music of Byron Woods on piano. While Byron serenades us we will work on a trivia handout. Whoever gets the most questions correct will win a small prize and tea and coffee will be served.

Parkwood Place Management Team

General Manager

Kara Turner —

Email: kara.turner@optimaliving.ca

Administrative Manager

Margie Edwards —

Email: margie.edwards@optimaliving.ca

Food and Beverage Manager

Sam Cowles —

Email: sam.cowles@optimaliving.ca

Sales Director

Lynn Van de Kamp —

Email: lynn.vandekamp@optimaliving.ca

Lifestyle and Program Manager

Terence (Terry) Wong — Phone #: 250-519-2145

Email: Terence.wong@optimaliving.ca

Maintenance Manager

Mark Trottier —

Email: mark.trottier@optimaliving.ca

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



New Residents

Ella B

Maxine C

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/ walkers.
(\$ = Bring your wallet)

Gorge Waterway Walk Thursday, July 3 — 1:30pm Departure

The body of water known simply as “The Gorge” to Victoria locals is a narrow tidal inlet that connects Victoria Harbour to Portage Inlet. The Gorge Waterway is defined as the inlet between Craigflower Bridge and the Selkirk trestle. Bring your walking shoes and a sunhat and enjoy this beautiful area.

Swimming at Gordon Head Recreation Centre (\$)

Thursday, July 10 — 1:30pm Departure

Do you like to swim? This is the perfect outing for you! Don’t forget to bring a towel, bathing suit and maybe some change for the lockers.

Downtown for Deuce Days

Thursday, July 17 — 1:30pm Departure

The MV Coho ferry arriving from Port Angeles, Washington to Victoria will disembark a colourful array of classic hot-rods for the weekend's Northwest Deuce Days. Take a look at these beautiful vehicles and enjoy the ambiance of the Legislative building, The Empress and Inner Harbour. Snack will be provided.

Lunch Outing: Boston Pizza (\$)

Monday, July 21 — 11:30am Departure

Boston Pizza is Canada's number one casual dining brand. The Boston Pizza brand has served communities from coast to coast for over 60 years . Join us for lunch at this classic establishment.

Market Garden and God’s Little Acre (\$ Optional)

Wednesday, July 23 — 1:45pm Departure

Grab a snack at Victoria’s most renowned and fancy grocery store and then head over God’s Little Acre Veteran’s Memorial Cemetery.

Mustard Seed Food Bank Tour

Thursday, July 24 — 1:30pm Departure

Join us for this tour of the Mustard Seed. This organization has fed over 70,000 people in the great Victoria who are in need. Learn where your donations from last month’s drive have gone to by coming on this outing.

Scenic Drive

Sunday July 27 — 2:00pm 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.

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

Thursday, July 31— 11:30am Departure

Join us for this outing and play the latest of our 770 slots and Table Games — including roulette and poker. Have a meal at the casino restaurant or simply enjoy the ambiance of Elements Casino OR continue on to the Jaun de Fuca Library to enjoy the serenity and knowledge of this facility.



Our Hours



NEW HAIR STYLIST

LANCE

Book at the Front Desk
Second and Last Thursday of
Each Month from 9-5pm

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

Direct Number- 250-361-1469



Prabhjot Footcare Nurse— July 15 from 9:00am – 3:30pm

Prabhjot Gill is a Register Nurse certified in footcare. Her services will be \$60 and she will be in once a month.



Upcoming Programming

Pop-Up Ladies Fashion Sale: Casual Chic Couture

Wednesday, July 2 from 11:00am-2:00pm

Casual Chic Couture is a mobile pop-up boutique based in Richmond BC. Our clothes are comfortable, casual & chic, but can also add a touch of edginess and drama to your everyday wardrobe.

Eamitha's Wedding Recap Video (5mins long)

Wednesday, July 2 from 6:55pm-7:00pm

Culinary staff member Emi's wedding recap video is finally here! See how lovely an Indian wedding can be with this short recap.

Walking Group with Renee

Some Sundays at 1:45pm

Join Renee for a peaceful walk in the neighborhood. Walk around the block or head over to Hillside Mall for a snack. Let Renee know where you want to go!

Surprising Lives of Christian Saints — Sundays at 1:30pm

Have you ever wondered who these people were who were named as saints? Or how everyday people around the world have been canonized to sainthood? Who were they, what did they do, and why do they matter for Christianity today? Now, you have the opportunity to unpack these questions with The Surprising Lives of Christian Saints.

Poker Game (Bring \$2)

Thursdays at 3:30pm — 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).

1:1 Technology Assistance (RSVP at the front desk)

On Demand at Terry's earliest opening — In Suite

This is an opportunity to have 1 to 1 assistance with your technology. Sign-up and a staff member will come to your room as soon as possible to help you with your TV, 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 July 10 at 10:00am — Games Room

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

Name That Tune

Every Other Monday at 10:30am — 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!

Men's Pub Social

Some Fridays at 4:00pm — Games Room

Kick back and relax at our Men's Pub Social! Enjoy good company, great conversations, and a laid-back atmosphere. Drinks are on the house (just don't tell the ladies).

Apples to Apples

Some Saturdays at 3:00pm — TV Lounge

Join us for a fun and lighthearted game of Apples to Apples! Match hilarious word cards to description cards and see who can come up with the most clever or outrageous combinations. Laughter is guaranteed!

Music BINGO

Wednesday July 2 at 1:30pm— Games 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.

Eric Tolman Presents: The Life of Richard Nixon

Friday, July 18 at 1:30pm — TV Lounge

Richard Milhous Nixon (January 9, 1913 – April 22, 1994) was the 37th president of the United States, serving from 1969 until his resignation in 1974. Learn more about Nixon's life in this lecture by Eric Tolman.

Weekly Chronicles

Sundays at 10:30am — TV Lounge

Join Renee to learn about this week in history. What historical events happened during this week in history? Come and find out with videos and discussion.

Poker Game (Bring \$2)

Thursdays at 3:30pm — 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).

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Movies, Documentaries: TV Lounge

My Internship In Canada (2015) — 1h48m

Tuesday July 1 — 7:00pm

An idealistic young Haitian travels to rural Quebec to intern for an independent Member of Parliament when a national debate erupts that finds the MP holding the tie-breaking vote.

Documentary: Air Force Elite: Thunderbirds

(2025) - 1 hr 31m—Wednesday, July 2—7:00pm

The inside look at the U.S. Air Force's Thunderbirds flight squadron.

The Great Escape (1962) - Part 1—1h 26 m

Friday, July 4—7:00pm

Allied officers in a German prisoner of war camp during World War II making a daring plan for a mass escape by hundreds of their men, hoping to draw German personnel and resources away from combat operations.

The Great Escape (1962) - Part 2—1h 26 m—

Saturday, July 5—7:00pm

Allied officers in a German prisoner of war camp during World War II making a daring plan for a mass escape by hundreds of their men, hoping to draw German personnel and resources away from combat operations.

The Prince of Tides (1991) - 2h 12m

Sunday, July 6—7:00pm

A troubled man talks to his suicidal sister's psychiatrist about their family history and falls in love with her in the process..

Marriage Story (2019) - 2h 17m

Monday, July 7—7:00pm

A stage director and his actor wife struggle through a grueling divorce that pushes them to their personal and creative extremes. Noah Baumbach's incisive and compassionate look at a marriage breaking up and a family staying together.

The Way We Were (1973) - 1h 58m

Tuesday, July 8—7:00pm

During post-WWII McCarthyism, a diametrically opposed couple come together only to find out that genuine friendship and physical attraction is not enough to overcome fundamental societal beliefs.

Documentary: Titan: The Oceangate Disaster

(2025) - 1h 51m—Wednesday, July 9—7:00pm

Titan: The OceanGate Disaster examines CEO Stockton Rush's quest to become the next billionaire innovator and the doomed underwater endeavor that called into question the price of ambition in the depths of the ocean.

Wicked (2024) - 1h 20m—Part 1—

Friday, July 11—7:00pm

Elphaba, a young woman ridiculed for her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads.

Wicked (2024) - 1h 20m—Part 2—

Saturday, July 12—7:00pm

Elphaba, a young woman ridiculed for her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads.

Cool Hand Luke (1967) - 2h 7m—

Sunday, July 13—7:00pm

A laid-back Southern man is sentenced to two years in a rural prison, but refuses to conform.

The Heart Knows (2025) - 1h 29 m—

Monday, July 14—7:00pm

A businessman with Pedro's transplanted heart falls for the donor's widow Valeria while secretly helping her neighborhood, never revealing his connection to her late husband.

Hachiko: A Dog’s Story (2009) - 1hr 33m—

Tuesday—July 15—7:00pm

Professor Wilson discovers a lost Akita puppy on his way home. Despite objections from his wife, Hachi endears himself to the family and grows to be Parker's loyal companion. As their bond grows deeper, a beautiful relationship unfolds.

Movies, Documentaries: TV Lounge

Con Mum (2025) — 1h 28m

Wednesday, July 16— 7:00pm

A chef's world turns chaotic when a globetrotting socialite appears, claiming to be his mother. The documentary uncovers their story.

The Lavender Hill Mob (1951) — 1h 18m

Friday, July 18 — 7:00pm

A meek bank clerk who oversees the shipment of bullion joins with an eccentric neighbor to steal gold bars and smuggle them out of the country as miniature Eiffel Towers.

Wonka (2023) — 1h 56m

Saturday, July 19 — 7:00pm

With dreams of opening a shop in a city renowned for its chocolate, a young and poor Willy Wonka discovers that the industry is run by a cartel of greedy chocolatiers.

Radio (2003) — 1h 49m

Sunday, July 20 — 7:00pm

The story of a high school coach and the developmentally challenged man who he took under his wing.

Nightfall (1957) — 1h 18m

Monday, July 21 — 7:00pm

Through a series of bizarre coincidences, an artist finds himself falsely accused of bank robbery and murder and is pursued by the authorities and the real killers.

Dunkirk (2017) — 1h 46m

Tuesday, July 22 — 7:00pm

Allied soldiers from Belgium, the British Commonwealth and Empire, and France are surrounded by the German Army and evacuated during a fierce battle in World War II.

Doc: Unbroken (2025) — 1h37m

Wednesday, July 23 — 7:00pm

The daughter of a Holocaust survivor uncovers the extraordinary story of her mother and six siblings' escape from Nazi Germany.

North of Normal (2022) — 1h30m

Friday, July 25 — 7:00pm

After being raised in the wilderness, a teenage girl moves to the city hoping for a normal life with her anything but normal mother.

Oceans 11 (2001) — 1h56m

Saturday, July 26 — 7:00pm

Danny Ocean, a gangster, rounds up a gang of associates to stage a sophisticated and elaborate casino heist which involves robbing three Las Vegas casinos simultaneously during a popular boxing event.

Moonstruck (1988) — 1h42m

Sunday, July 27 — 7:00pm

Loretta Castorini, a bookkeeper from Brooklyn, New York, finds herself in a difficult situation when she falls for the brother of the man she has agreed to marry.

Summertime (1955) — 1h40m

Monday, July 28 — 7:00pm

An American spinster's dream of romance finally becomes a bittersweet reality when she meets a handsome--but married--Italian man while vacationing in Venice.

Guys and Dolls (1955) — 2h30m

Tuesday, July 29 — 7:00pm

In New York, a gambler is challenged to take a cold female missionary to Havana, but they fall for each other, and the bet has a hidden motive to finance a crap game.

Kangaroo Valley (2022) — 1h16m

Wednesday, July 30 — 7:00pm

Coming-of-age story of a young kangaroo joey called Mala, learning what it takes to survive her incredible first year. Only one in five joeys make it to their first birthday. Mala's greatest enemy is the dingo pack that stalks her family.