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 Tuesdavs and Fridavs 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.

<u>Hearing Life (NexGen Hearing) RSVP</u> Third Tuesday at 1:30pm — Games Room

Our Favorite hearing specialists will be here to do hearing tests. Please sign up and get on the list! Perry now in from 130-2:20pm

<u>I rivia</u>

Wednesdays at 10:30am — TV Lounge

Two teams compete for intellectual superiority and fun.

Welcome Home Pub Social

Third Thursday 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.

Art Studio with Miream (NEW) Last Friday 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

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.

<u>Poetry and Creative Writing</u> 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 — May, 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 Trottier



With spring in full bloom, we're excited to welcome a new face to the Recreation Team! Please join us in giving a warm welcome to Amy Fischer, who will be stepping into the role of Lifestyle and Program Assistant starting May 1. Amy brings great energy and enthusiasm, and we're thrilled to have her on board. We'd also like to extend our heartfelt thanks and best wishes to

Dithni, who will be continuing her studies at UVic over the summer and beyond. Dithni has made a lasting impact on our community, and we're so grateful for her time with us!

—Bocce Ball will now be happening in the back garden every other Saturday at 4:00 PM. Come out, enjoy the fresh air, and join in the fun!

A friendly reminder: outing times listed in the calendar are departure times, so please arrive prior to the listed time to ensure a smooth start. And finally, we kindly ask residents to

return any mugs, cutlery, or dishware to the trolley in the bistro after use. Thank you!

Here's to a bright and joyful May!

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 <u>please have your name crossed off the list if you are not able to attend.</u>

Thank you.

Terence (Terry) Wong — Terence.wong@optimaliving.ca Lifestyle and Program Office Phone #: 250-519-2145

Resident Birthdays



Staff Birthdays

Rosanna T. — 7
Nancy D — 19
Matt S— 19
Kara T — 25
Renee W — 26

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 May 8 & 29 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

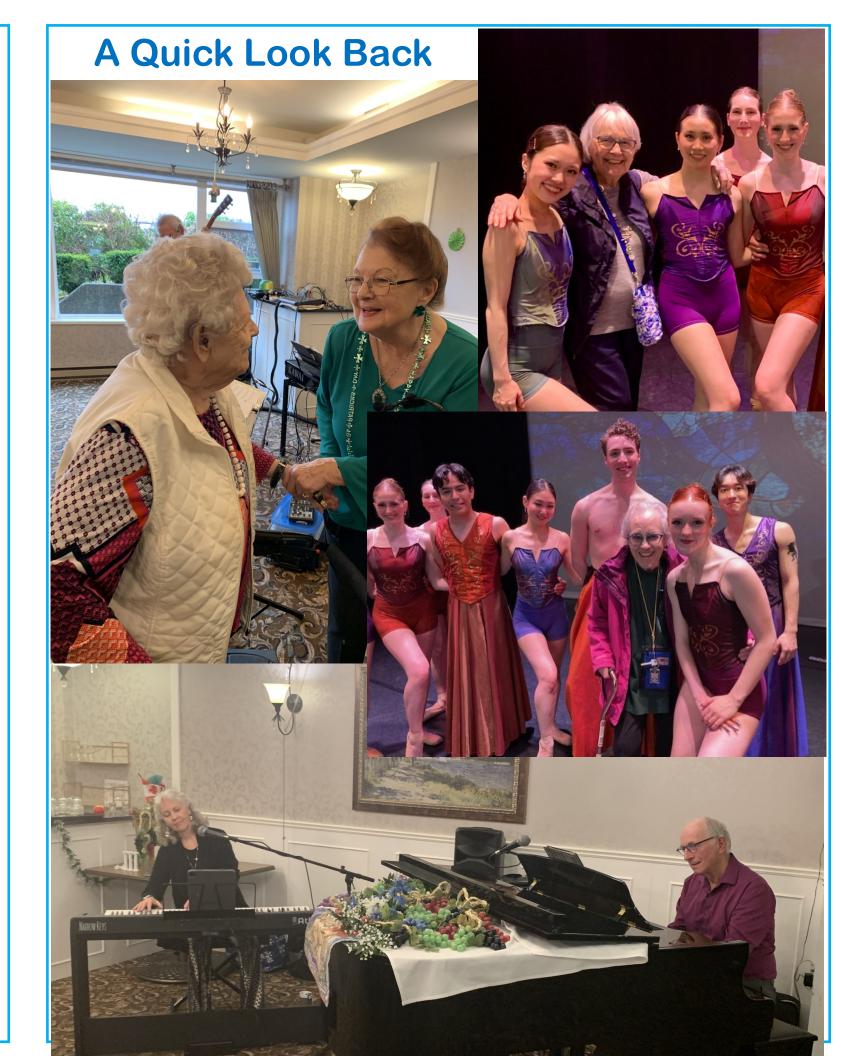
Join us for a peaceful and uplifting Devotional Service led by Lay Ministers Hilda and Dr. Clem. This special gathering offers an opportunity for reflection, prayer, and spiritual encouragement. All are welcome to come together in

fellowship as we nurture our faith and find comfort in shared moments of devotion.

<u>Christ Church Cathedral: Evensong</u> <u>Sundays at 4:00pm — TV Lounge</u>

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





Musical Performances

(Dining Room)

Victoria Conservatory of Music: Simon Eskildsen

Thursday, May 1 — 7:15pm

Simon Eskildsen is 20 years old and studies piano under Robert Holliston at the Victoria Conservatory of Music. He also participated in the Greater Victoria Performing Arts Festival, in which he won the Open French award in 2023. Outside of piano, Simon studies the violin.

Cinco de Mayo with Edgar Y Los Amigos

Sunday, May 4 — 2:30pm

Join us for a festive Cinco de Mayo celebration featuring lively music by Edgar Y Los Amigos! Indulge in delicious nachos and refreshing margaritas (on the house – max 1 per person) as we commemorate this vibrant Mexican holiday together.

Singalong Les Weiss

Tuesday May 6 — 2:00-3:00pm

Les Weiss is an experience musician with a wide repertoire. Come sing along with these classic tunes or just come to enjoy the music. Les plays guitar and piano!

Mother's Day Tea Party with the Kindling Woodwind Trio

Monday, May 12 at 2:30pm

We aren't all mothers but we all have mothers! Please come out to honour all mothers, enjoy a teal coffee/snack and enjoy the music of the Kindling Woodwind Trio featuring Delane Peters.

Spanish and Classical Pianist Angelica Lopez-Arzate

Thursday, May 15 at 2:30pm

A professional pianist with 20 years of experience performing in various settings, including "Festival de Piano Blanco y Negro in La Habana, Cuba, International Music Festival in Saint John's Newfoundland, and Chemainus Classical Concerts in Vancouver Island, among other concerts performed in Mexico and USA.

K-Tones

Saturday, May 17 at 2:00pm

This concert from Kate (piano) and Tony (flute) is a unique duo that brings a lot of energy to every performance.

Jesse Thomas Brown

Sunday, May 18— 2:00-3:00pm

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

Birthday Tea with Joyz and Boyz

Wednesday, May 21 — 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.

Food Bank Launch Party with Meridian Road

Wednesday, May 28 — 2:30pm

Please join us for this special performance featuring the music of Parkwood Place favourite Meridian Road. We will rock and roll along as we begin our campaign to raise non-perishable food items for the Mustard Seed food bank. The food bank donations will wrap up on June 20th with a garden party so please have your donations in prior to June 20th.

Resident Poetry Nook

"The light of a candle" by Yosa Buson

The light of a candle Is transferred to another candle — spring twilight.



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

Grace F
Pat B
Celine P

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)



Thursday, May 1 — 1:30pm Departure

Located on UVIC campus Finnerty Gardens contain one of Canada's best collections of rhododendrons which features more than 200 species of rhododendron as well as many other beautiful plants.



Wednesday, May 7 — 1:15pm Departure

The museum is currently exhibiting the Global Threads: The Art and Fashion of Indian Chintz. IMAX: Chronicling a remarkable discovery in the badlands of Hell Creek in the summer of 2023, this immersive giant screen film explores the life and times of the Greatest Of All Tyrants (The Tyrannosaurus-rex). & the quest to make human spaceflight accessible within in a decade, not a century, and ultimately affordable to ordinary citizens, leading innovators, entrepreneurs, engineers and daredevils are locked in a race into the unknown.

Lunch and Shopping in China Town (\$)

Thursday, May 8 —11:30am Departure

The Chinatown in Victoria, British Columbia is the oldest Chinatown in Canada and the second oldest in North America after San Francisco. Enjoy lunch at one of the many Chinese restaurants and peruse the local shops.

Mother's Day Garden Tour with Amy (\$)

Saturday, May 10 — 2:00pm Departure

Join Amy for a tour of an exclusive Victoria Garden. There is a recommended donation of \$10.00 and all proceeds support music education and wellness in our community. 2 tickets will be raffled off by Parkwood Place so if you win make sure you take advantage of this outing.

Scenic Brentwood Bay Ferry Ride

Thursday, May 15 — 9:30am Departure

Enjoy a scenic drive up the Saanich Peninsula, across the Saanich inlet on the Brentwood Bay Ferry and back down the Malahat highway into town. Take a bagged lunch and enjoy the ride.

Chemainus Theatre: Ken Ludwig's Baskerville (Tickets \$55.00 will be charged to your suite) Thursday May 22 — 10:30am Departure 5:15pm Return

Get your deerstalker cap on! Take a journey with Sherlock Holmes and Dr. Watson to the windswept moors of England as they crack the case of the Baskerville in this madcap retelling of a classic Arthur Conan Doyle tale from the award-winning playwright Ken Ludwig. Who says family curses can't be fun?

Scenic Drive

Sunday May 25 — 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. This outing is the perfect way to unwind and enjoy the sights without leaving your seat!

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

Thursday, May 29 — 11:30am 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.



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





Foot Nurse Leigh-Ann — May 13 from 9:00am – 3:30pm

This will be Leigh-Ann's Last visit - she is retiring.

Our Hours

On May 13 she is going to be training our new foot care nurse:

Prabhjot Gill, RN, Certified Footcare Nurse.

Her services will be \$60 and will be coming once a month.



Upcoming Programming

Poker Game (Bring \$2)

Thursdays — 4th Floor Lounge

A Friendly game of Texas hold 'rm 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).

TV: Bridgerton

Fridays at 10:30am — TV Lounge

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 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 May 8 at 10:00am — Games Room

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

Oaklands Grade 2/3 Class: Two Truths and a Lie

Monday, May 26 at 1:30pm — TV Lounge

We're excited to welcome the Grade 2/3 class from Oaklands Elementary for a special intergenerational activity! We will get to know each other by telling one another two truths and one lie about ourselves. Try to guess which one is the lie!

Dance Class with Alex

Thursday May 8 & 29 at 4:00pm — Fitness Centre (Lower Level)

Alexandra Woodley is a dance instructor specializing in accessible and seated dance classes.

Comfort Keepers Presents:

Friday, May 9 from 2:00-3:00pm — Games Room

Join Shana in making a custom bird house. The Comfort Keepers are a private care company that offers cluster care across the city. Speak to Shana if you're interested in their services.

Wellness Workshop with Amy

Saturdays at 1:45pm — TV Lounge

Join Amy to learn about all sorts of health related topics and enjoy a light and healthy snack.

Name That Tune

Wednesday May 14 at 2:00pm — 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!

Gardening and Planting Party

Friday, May 16 at 3:30pm

Join our resident volunteers in beautifying our Parkwood gardens. We will provide the plants and the shovels. Don't forget your sunscreen!

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 quaranteed!

Eric Tolman Presents: Canada on the home front 1968-2000

Saturday, May 24 at 2:00pm — TV Lounge

Trudeau mania sweeps the nation in 1968 and Canada faces economic challenges in the 80's and 90's.

The Great Tours: Ireland and Northern Ireland

Sundays at 3:15pm — TV Lounge

The Great Tours: Ireland and Northern Ireland guides you through the enchanting history, people, and places that make up the Irish identity.

The World's Greatest Churches

Sundays at 1:30pm — TV Lounge

The great churches represent some of the world's most stunning masterpieces of architecture, art, and faith. Go on a guided tour of the most outstanding, memorable, and meaningful churches in the world.

Music BINGO

Friday May 30 at 2:00pm— 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.

Movies, Documentaries: TV Lounge

Pangolin: Kulu's Journey (2025) — 1h 30m Friday, May 2, 7:00pm

baby pangolin in South Africa. He dedicates himself industrialist Oskar Schindler gradually becomes to rehabilitating the endangered animal for release into the wild, in this film from My Octopus Teacher's director.

Walking Ned Devine (1998) — 1h 31m Saturday, May 3, 7:00pm

When a lottery winner dies of shock, his fellow townsfolk attempt to claim the money.

Billy Elliot (200) — 1h 50m Sunday, May 4 at 7:00pm

A talented young boy becomes torn between his unexpected love of dance and the disintegration of his family.

Mission Impossible (1996) — 1h 50m Monday, May 5 at 7:00pm

An American agent, under false suspicion of disloyalty, must discover and expose the real spy without the help of his organization.

Paper Moon (1997) — 1h 42m Tuesday, May 6 at 7:00pm

During the Great Depression, a con man finds himself saddled with a young girl who may or may not be his daughter, and the two forge an unlikely partnership.

Doc: Being Mary Tyler Moore (2023) 1h 59m Wednesday, May 7 at 7:00pm

Explores the vanguard career of the woman who, as actor, performer, and advocate, revolutionized the portrayal of women in media, redefined their roles in show business, and inspired generations to dream big and make it on their own.

Schindler's List (1993) — Part 1 Friday, May 9 at 7:0pm

In German-occupied Poland during World War II, industrialist Oskar Schindler gradually becomes concerned for his Jewish workforce after witnessing their persecution by the Nazis.

Schindler's List (1993) — Part 2 Saturday. May 10 at 7:0pm

A man discovers purpose helping rescue a trafficked In German-occupied Poland during World War II, concerned for his Jewish workforce after witnessing their persecution by the Nazis.

Jesus Revolution (2023) — 2h Sunday, May 11 at 7:00pm

The true story of a national spiritual awakening in the early 1970s and its origins within a community of teenage hippies in Southern California.

Walk the Line (2005) — 2h 16m Monday, May 12 at 7:00pm

A chronicle of country music legend Johnny Cash's life, from his early days on an Arkansas cotton farm to his rise to fame with Sun Records in Memphis, where he recorded alongside Elvis Presley, Jerry Lee Lewis, and Carl Perkins.

Inn of the Sixth Happiness (1958) — 2h 38m Tuesday, May 13 at 7:00pm

A tenacious British woman becomes a missionary and runs an inn for travelling merchants in China during the Japanese invasion and the tumultuous years leading up to the Second World War.

Caught in the Storm (2025) — 1h 29m Wednesday, May 14 at 7:00pm

It is graduation day in Joplin, Missouri. As the Class of 2011 collect their diplomas, their hometown is hit by a rare EF-5 tornado. Believing it could be the end of the world, a group of teenagers find themselves in the eye of the storm.

The Red Shoes (2021) — 1h 36m Friday, May 16 at 7:00pm

Filmed at Sadler's Wells in 2019, Matthew Bourne's THE RED SHOES is a triumphant adaptation of the legendary 1948 feature film by Michael Powell and Emeric Pressburger.

Movies, Documentaries: TV Lounge

Operation Finale (2018) — 2h 2m Saturday, May 17 at 7:00pm

A team of secret agents sets out to track down the Nazi officer who masterminded the Holocaust.

Twins (1988) — 1h 45m Sunday, May 18 at 7:00pm

A physically perfect but innocent man goes in search of his long-lost twin brother, who turns out to be a short, womanizing, small-time crook.

Finding Neverland (2004) — 1h 46m Monday, May 19 at 7:00pm

The story of Sir J.M. Barrie's friendship with a family who inspired him to create Peter Pan.

The Fablemans (2022) — 2h 30m Tuesday, May 20 at 7:00pm

Growing up in post-World War II era Arizona, young Sammy Fabelman aspires to become a filmmaker as he reaches adolescence, but soon discovers a shattering family secret and explores how the power of films can help him see the truth.

Doc: Unknown: The Cosmic Time Machine Wednesday, May 21 at 7:00pm

Follows a team of engineers and scientists in an ambitious mission to launch the James Webb Space Telescope and take the next giant leap in the understanding of the universe.

The Red Shoes (1948) — 2h 15m Friday, May 23 at 7:00pm

A young ballet dancer is torn between the man she loves and her pursuit to become a prima ballerina.

Yentl — (1983) — 2h 13m Saturday, May 24 at 7:00pm

A Jewish girl disguises herself as a boy to enter religious training.

Canadian Bacon (1995) — 1h 31m Sunday, May 25 at 7:00pm

The U.S. President, low in the opinion polls, gets talked into raising his popularity by trying to start a cold war against Canada.

Alfred Hitchcock's Notorious (1946) — 1h 42m Monday, May 26 at 7:00pm

The daughter of a convicted German spy is asked by American agents to gather information on a ring of German scientists in South America. How far will she have to go to ingratiate herself with them?

Barbie (2023) — 1h 54m Tuesday, May 27 at 7:00pm

Barbie and Ken are having the time of their lives in the seemingly perfect world of Barbie Land. However, when they get a chance to go to the outside world, they soon discover the joys and perils of living among regular humans.

Doc: Unknown: Killer Robots (2023) — 1h 8m Wednesday, May 28 at 7:00pm

Follows the terrifying behind-the-scenes of military-funded scientists racing to build this technology, as Artificial intelligence infiltrates every level of the armed forces.

Runaway Jury (2003) — 2h 7m Friday, May 30 at 7:00pm

A juror, a lawyer and a mysterious woman stand in the way of a man trying to manipulate an explosive trial.

The Judge (2014) — 2h 21m Saturday, May 31 at 7:00pm

Big-city lawyer Hank Palmer returns to his childhood home where his father, the town's judge, is suspected of murder. Hank sets out to discover the truth; along the way he reconnects with his estranged family.