

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

Great Events of the Ancient and Medieval World: Macedonia, 336 B.C.E. King Philip II is murdered under mysterious circumstances amid a cloud of intrigue. Constantinople, 532 C.E. The Byzantine Emperor Justinian nearly abandons the city to an angry mob until his wife, Theodora, persuades him to stay. France, 1095 C.E. Pope Urban II gives a speech that inspires thousands of his subjects to embark on a crusade to Jerusalem.

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.

Wii Bowling

Saturdays at 3:00pm — Gazebo Area

Bocce Saturdays at 3:00pm in the Gazebo Area of the back yard weather permitting and Wii Bowling when the weather is not suitable.

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.

Optima Happenings

Parkwood Place Monthly Newsletter — November, 2024

Parkwood Place Management Team

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



Welcome to November, everyone! We have an exciting month ahead filled with fun activities and meaningful connections. We're thrilled to welcome back the Grade 2/3 students from Oaklands School on November 25 for a heartwarming afternoon of BINGO and story time. Thank you to everyone who volunteered to participate in the Camosun Nursing program! The first-year nursing students will begin their visits on the afternoon of November 8, offering a wonderful opportunity for learning and engagement.

Don't forget to join in on the fun with our new Lifestyle BINGO Contest! Complete a line on your BINGO card, and you'll earn an entry into a prize draw featuring fantastic rewards like free meals and beverages. Get involved, stay active, and let's make November a great month! Lastly, if you'd like to be a part of our Remembrance Day ceremony in anyway please reach out to Terry.

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 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

Barb C — 3
Marlene C — 10
Evelyn D — 12
Patricia M — 12
Rob B — 12
Andrew C 15
Fanny M — 23



Staff Birthdays

Diego G — 2
Ferdinand C — 4

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)
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.

Saint Andrews Newton Presbyterian Live Steam
Every other Sunday — 10:30am — Games Room

Our very own Ella Jay’s son ministers this service that is joyful and a journey of faith with signing and inclusive ministry.



Upcoming Programming

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.

1:1 Tech Help with Dithni (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.

Canada Scooter and Walker Clinic
Next Scooter and Walker clinic is Thursday November 14 at 10:00am — Games Room

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

Healing Hounds Pet Therapy
Tuesday, November 5 at 2:00pm — Fireside Lounge

We are excited to welcome the Healing Hounds team for a special pet therapy visit! They will be bringing a friendly dog to brighten your day with companionship, cuddles, and lots of tail wags. Don’t miss this heartwarming opportunity to interact with a furry friend and enjoy the therapeutic benefits of animal companionship.

Arm Chair Travel with Comfort Keepers
Friday, November 8 at 2:00pm — TV Lounge

Join Shana of the Comfort Keepers for this program traveling with Rick Steves around the world and featuring a snack from that region. This will also be an opportunity to learn about the care services provided by the Comfort Keepers.

Remembrance Day Service
Monday, November 11 at 10:00am — Dining Room

Join us as we come together to honor and remember the brave men and women who have served and sacrificed for our country. Our Remembrance Day Service will include moments of reflection, the recitation of “In Flanders Fields,” and a moment of silence to pay tribute to those who fought for our freedom. Everyone is welcome to attend this meaningful service.

Dr. Clem Presents: Great Canadian War Heroes
Wednesday, November 13 at 4:00pm — TV Lounge

Dr. Clem Persaud is back again for a presentation honouring some of Canada’s greatest war heroes.

Eric Tolman Presents: Canada in WWII Part 1
3rd Sunday of the month at 3:00pm — TV Lounge

Canada would be drawn into the war with our support for Great Britain and it would help to remedy some of the worst effects of the Depression back home.

Luxcare Presents: Brain Health Tips and Tricks Workshop
Thursday, November 21 at 1:30pm — TV Lounge

this is a fun laughter infused workshop aimed at equipping and informing residents on how they can look after their brains.

Target Theatre Presents: Forget Get Me Notes
Friday, November 22 at 2:30pm — Dining Room

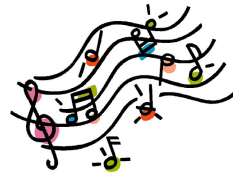
Target Theatre is a group of mature actors who create and perform entertaining and educational plays on seniors’ issues to increase awareness of topics relevant to an aging population and to contribute to fostering healthy communities. Forget Me Notes It is a tale of challenges lost and accepted. A Seniors Glee Club wins a contest. But do they want the prize that they have won?

Tito Noemi Presents: Consistency is Key
Thursday, November 28 at 2:30pm — TV Lounge

Join us for an informative session on bone health, fall prevention, and national physical activity guidelines. Learn tips on getting up and down from the floor and explore services like physiotherapy, occupational therapy, and kinesiology. Attendees will also receive 10% off their next assessment!

Musical Performances

(Dining Room)



Pacific Opera Presents: Coloratura: Songs of Love

Friday, November 1 — 2:00pm

Join us for Coloratura: Songs of Love. This romantic program will delight with opera and Musical Theatre tunes. Through the magic of voices and piano, our Coloratura artists will offer a charming performance and invite audiences to sing along to some classic melodies.

Jesse Thomas Brown

Sunday, November 3 — 2:00-3:00pm

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

Victor Pasta

Wednesday, November 6 — 2:00-3:00pm

With wonderful songs from the 60s, 70s and 80s Victor plays guitar, sings and is accompanied by a back-track. Come out and say hi to Victor and welcome him back to Parkwood Place.

Brandy Moore

Saturday, November 16 — 2:30pm

Join us for an afternoon of music with the talented Brandy Moore, a Parkwood Place favorite! Brandy brings her warm voice and engaging style to every performance, singing a variety of popular songs that are sure to spark memories and lift spirits. She loves to get the audience involved, so feel free to sing along to your favorite tunes.

Singalong with Les Weiss

Tuesday, November 19 — 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 Joyz and Boyz

Wednesday, November 20 — 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.

Theme Night: Autumn Bonfire with Vic and Ray Duo

Thursday, November 21 — 7:15pm

Get cozy and join us for a warm and inviting Autumn Bonfire Theme Night! Enjoy the country tunes of the Vic and Ray Duo, bringing a laid-back vibe perfect for the season. Sip on hot chocolate (with a splash of Baileys, if you like!) and relax in the cozy atmosphere as we embrace the spirit of fall together. It's an evening you won't want to miss!

Meridian

Saturday, November 30 — 2:30pm

Join us for an uplifting afternoon with Meridian, a crowd favorite here at Parkwood Place! Their vibrant performance features a mix of well-loved classics and catchy tunes that are sure to bring joy to all. Whether you sit back and listen or sing along, this is a musical event guaranteed to brighten your day!

Resident Poetry Nook

Seasoned Souls are the mosaics of all the lives
they lived,
all the people they have loved,
all that they believe.

They shine beautifully like stained glass in the gleaming sun.



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
November 7 at 2:00pm in the TV Lounge.

All residents are encouraged to attend

Welcome New Residents!



New Residents

Hilary M
Janet K

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)

Nautical Nellie's Steak and Seafood House
Monday November 4 — 11:30am Departure
Nautical Nellies has established itself as a premier steak and seafood house – oyster bar. Always serving only the finest mouth-watering premium steaks, the freshest seafood plus hand rolled sushi. Hand-sourced, local and seasonal ingredients are superbly crafted into modern interpretations of classics with a twist of innovative culinary fare.



Market Garden
Thursday, November 7 — 1:30pm Departure
Instead of the common aisles, M.G. opted for rooms, each featuring its own decor to complement the products being sold. Gone were the standard fluorescent lights: in their place, the finest chandeliers we could get our hands on. Typical metal shelving vanished, replaced by bespoke creations and fine antiques. Whether you want to shop or not Market Garden is a place to behold.

Casino, Jaun De Fuca Library and Lagoon Outing (\$)
Thursday, November 14— 1:30pm Departure
Join us for this outing and play the latest of our 770 Slots from \$0.01 to \$5 machines, 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.

Bug Zoo
Monday, November 18 — 2:30pm Departure
The Victoria Bug Zoo is a mini-zoo in the heart of downtown Victoria, BC. Bugs and other Arthropods tend to be small so we are too! Don't be fooled by our size though. We have LOTS to offer.

Tea for Tutu
Thursday, November 21 — 1:00pm Departure
Join us for a delightful outing to Ballet Victoria's Tea for Tutu! Enjoy an introduction to the dancers, a 45-minute dance performance, and a story behind the work being performed. After the show, sip tea or coffee, enjoy cookies, and mingle with the dancers in the intimate BV Theatre. The venue is fully wheelchair accessible with easy drop-off and pickup at the entrance, making it a perfect outing for everyone!

Scenic Drive
Monday, November 27 — 4:00pm 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!



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 November 5 and December 10 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

(Resident Request = Green)

King of Thieves (2022) — 1h48m
Friday, November 1 at 6:45pm

A true crime movie about a crew of retired crooks who pull off a major heist in London's jewelry district. What starts off as their last criminal hurrah, quickly turns into a brutal nightmare due to greed.

My Old Lady (2014) — 1h47m
Saturday, , November 2 at 6:45pm

An American inherits an apartment in Paris that comes with an unexpected resident.

Lucky (2017) — 1h58m
Sunday , November 3 at 6:45pm

Two brothers attempt to pull off a heist during a NASCAR race in North Carolina.

Amistad (1997)- 2h35m
Monday, , November 4 at 6:45pm

In 1839, the revolt of Mende captives aboard a Spanish owned ship causes a major controversy in the United States when the ship is captured off the coast of Long Island. The courts must decide whether the Mende are slaves or legally free.

I'll See You in My Dreams (2015)- 1h32m
Tuesday, , November 5 at 6:45pm

A widow and former songstress discovers that life can begin anew at any age.

Apollo 13: Survival (2024)— 2h7m
Wednesday, , November 6 at 6:45pm

A punky young orphan is taken in by a rich eccentric, much to the chagrin of the cantankerous woman who runs the orphanage.

Fisherman's Friends : One for All (2022) — 1h38m

Friday, , November 8 at 6:45pm

In April 1970, NASA faced the greatest crisis in its history; three astronauts halfway to the moon on a spacecraft that had suffered a catastrophic explosion..

Ladies in Lavender (2004) — 1h44m
Saturday, , November 9 at 6:45pm

Two sisters befriend a mysterious foreigner who washes up on the beach of their 1930s Cornish seaside village.

The Wife (2017) — 1h39m
Sunday, , November 10 at 6:45pm

A wife questions her life choices as she travels to Stockholm to see her husband receive the Nobel Prize for Literature.

Lee (2023)— 1h57m
Monday, , November 11 at 6:45pm

The story of American photographer Lee Miller, a fashion model who became an acclaimed war correspondent for Vogue magazine during World War II.

Quartet (1981) — 1h41m
Tuesday, , November 4 12 at 6:45pm

Finding herself penniless after her art-dealer husband Stephan is convicted of theft, Marya Zelli accepts the hospitality of a strange couple, H.J. and Lois Heidler, who let her live in their home.

Doc: Always at the Carlyle (2018) — 1h32m
Wednesday, , November 13 at 6:45pm

The iconic Carlyle hotel has been an international destination for a particular jet-set as well as a favorite haunt of the most discernible New Yorkers.

Arthur the King (2024) — 1h47m
Friday, , November 15 at 6:45pm

An adventure racer adopts a stray dog named Arthur to join him in an epic endurance race.

From Time to Time (2009) — 1h32m
Saturday, November 16 at 6.45pm

A haunting ghost story spanning two worlds, more than a century apart. When 13-year-old Tolly finds he can mysteriously travel between the two, he begins an adventure that unlocks family secrets laid buried for generations.

Movies, Documentaries: TV Lounge

(Resident Request = Green)

Mrs. Harris Goes to Paris (2022) — 1h55m
Sunday, , November 17 at 6:45pm

In 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one. She embarks on an adventure to Paris that will change not only her own outlook -- but the very future of the House of Dior.

Queen Bees (2021) — 1h40m
Monday , November 18 at 6:45pm

After reluctantly agreeing to move into a home for seniors, a woman encounters a clique of mean-spirited women and an amorous widower.

Dirty Rotten Scoundrels (1988)- 1h50m
Tuesday, , November 19 at 6:45pm

Two con men try to settle their rivalry by betting on who can swindle a young American heiress out of fifty thousand dollars first.

Doc: Return to Space (2022)- 2h8m
Wednesday, , November 20 at 6:45pm

Offering rare inside access to NASA and SpaceX, this is the thrilling story of the nearly 20 year journey to send American astronauts back to space aboard U.S. rockets, from filmmakers Elizabeth Chai Vasarhelyi and Jimmy Chin.

McIntock (1963)— 2h6m
Friday, , November 22 at 6:45pm

Wealthy rancher G. W. McIntock uses his power and influence in the territory to keep the peace between farmers, ranchers, land-grabbers, Indians and corrupt government officials.

Sister Act (1992) — 1h40m
Saturday, November 23 at 6:45pm

When a nightclub singer is forced to take refuge from the mob in a convent, she ends up turning the convent choir into a soulful chorus complete with a Motown repertoire, until the sudden celebrity of the choir jeopardizes her identity

The Emu War (2023) — 1h15m
Sunday, , November 24 at 6:45pm

Based on the infamous Great Emu War of 1932, a rag tag platoon of soldiers are driven into a brutal and bloody battle against Australia's deadliest flightless beasts.

Casino Royal (1967) — 2h11m
Monday, , November 25 at 6:45pm

In an early spy spoof, aging Sir James Bond comes out of retirement to take on SMERSH.

Death Becomes Her (1992)— 1h44m
Tuesday, , November 26 at 6:45pm

When a fading actress learns of an immortality treatment, she sees it as a way to outdo her long-time rival.

Doc: Botticelli, Florence and The Medici (2021) — 1h30m

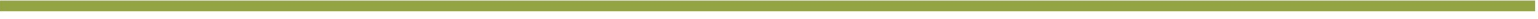
Wednesday, , November 27 at 6:45pm
Renaissance Florence Medici was powerhouse of culture with dark side. Sandro Botticelli was able to project into his works, the lights and shadows of this era - the inventor of ideal Beauty in The Allegory of Spring and the Birth of Venus

12 Angry Men (1957) — 1h36m
Friday, , November 29 at 6:45pm

The jury in a New York City murder trial is frustrated by a single member whose skeptical caution forces them to more carefully consider the evidence before jumping to a hasty verdict.

Death on the Nile (1978) — 2h7m
Saturday, , November 30 at 6:45pm

While on vacation on the Nile, Hercule Poirot must investigate the murder of a young heiress.



PLEASE RECYCLE

