

# Newsletter

*Parkwood Court*

## *Upcoming*

### Chair Yoga with Rena

February 1st, 15th, & 29th at 10:30AM

Join us in the 1st Floor Lounge to help empower you to rebuild relationship to mind, body and spirit.

### Resident Council Meeting

February 16th at 10 AM

Join us in the 1st Floor Lounge to discuss issues of interest such as meals and daily activities

### Drink Wine Day

February 18th

Join us in the 1st Floor Lounge after lunch for a little apéritif.

Would You Like to FaceTime Your Family?

Register with the Active Living team, or email  
samantha.jones@optimaliving.ca



Can you believe we've already stepped into the month of February? As we bid farewell to January, let's usher in this new chapter with enthusiasm and excitement. February brings a fresh breeze of possibilities, and we're thrilled to share it with each of you. Here's to a February filled with friendship, laughter, the joy. Welcome to the month of love and connection – Happy February, everyone!

If you would like the Newsletter and Calendar emailed directly to you, please let me know via email -  
samantha.jones@optimaliving.ca

Samantha

### Bus Outings:

Check Back Next Month for Exciting Bus Trips!

# Special Programming

## **Healthy Brain Aging in the Seasons of Life** - February 9th at 11 AM

Join Clem Persaud in the 1st Floor Lounge for a presentation and conversation about Healthy Brain Aging in the Seasons of Life.

## **Lunar New Year** - February 10th

Ring in the Year of the Dragon with us! We will spend the day learning about the history of the Lunar New Year, have some green tea, do a lantern craft and watch the Dragon Dance.

## **OT In-Service** - February 12th

Residents and Families are invited to join our OT in the 1st Floor Lounge.

They will be covering the following topics:

- Effective use of overhead lifts, Sara Steady, and Sara Lift.
- Correct sling placement to ensure comfort and safety.
- Best practices for repositioning residents, in bed or wheelchair.

## **Valentines Music and Happy Hour** - February 14th at 3:30 PM **with Michael Majocho**

1st Floor Lounge

## January Entertainers

Join us on select Fridays in the  
1st Floor Lounge, 3:30PM to 4:30PM

### IT'S THEM AGAIN

*February 9th*

### BRANDY MOORE

*February 16th*

### ENCORES DUO

*February 23rd*

## Movie Mondays

*1st Floor Lounge at 3 PM*

### THE BISHOP'S WIFE

*February 5th*

### SOUL

*February 19th*

### THE JACKIE ROBINSON STORY

*February 26th*

## January Birthdays

Mary K. - 3rd

Val K. - 4th

Frances K. - 12th

Gordon E. - 13th

Evelyn T. - 15th

Morag M. - 19th

Terry J. - 28th

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Join us for our Birthday Tea on  
Wednesday February 28th

## February 28th is Pink Shirt Day

**Wear a Pink Shirt on  
February 28th to show  
your support against  
bullying.**



# Parkwood Court Management

## EXECUTIVE DIRECTOR

*Jeff Baergen*

250-519-5020

## SALES CONSULTANT

*Jacqui McAfee*

250-519-5014

## DIRECTOR OF ADMINISTRSTION

*Kaitlyn Mann*

250-519-5010

## DIRECTOR OF HEALTH & WELLNESS

*Julie Atkinson*

250-519-5013

## LEAD CARE COORDINATOR

*Makayla Carlton*

250-380-1005

## DIRECTOR OF CULINARY SERVICES

*Alan Van Tassell*

250-519-5016

## DIRECTOR OF ENVIRONMENTAL SERVICES

*Andy Abuleal*

250-519-5032

## DIRECTOR OF ACTIVE LIVING

*Samantha Jones*

250-519-5015

# Welcome Home!

