

Newsletter

Parkwood Court

Upcoming

Resident Council Meeting

March 15th at 10AM

1st Floor Lounge

Manicures

March 22nd & 26th at 11AM

Sign-Up at the Front Desk

Chair Yoga with Rena

March 28th at 10:30AM

1st Floor Lounge



As we bid farewell to the winter chill and embrace the budding signs of spring, March brings with it a sense of renewal and rejuvenation.

With the warming weather we can start stepping outside for a change of scenery. Welcome, March, may you bring us all closer in love, laughter, and connection."

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

Samantha

Would You Like to FaceTime Your Family?

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

Would you like the Newsletter and Calendar sent to you?

Please email samantha.jones@optimaliving.ca

Special Activities

Social Happy Hour with Doug Paterson - **March 1st at 3:30PM**

Come listen to Doug play in the 1st Floor Lounge

Protecting the Heart with Clem Persaud - **March 7th at 11AM**

Learn more about how to protect your heart with Clem Persaud in the 1st Floor Lounge

Cultural Celebrations with Jason Jones - **March 12th at 11AM**

Join us in the 1st Floor Lounge as we delve into cultural celebrations from around the globe. Learn about the history of various festivities, including the Irish St. Patrick's Day, Hindu Holi festival, Jewish Passover, and more.

Social Happy Hour with Charlie Glasgow - **March 15th at 3:30PM**

Come listen to Charlie Glasgow in the 1st Floor Lounge

Hearing Clinic with Owain

March 18th

Appointments Available
Throughout the Day

Sign-up at the Reception Desk

Musical Movie Mondays

1st Floor Lounge at 3 PM

THE WIZARD OF OZ

March 4th

AN AMERICAN IN PARIS

March 11th

SINGING IN THE RAIN

March 18th

SEVEN BRIDES FOR SEVEN BROTHERS

March 25th

March Birthdays

Priscilla B. - March 7

Terese W. - March 23



Join us for our Birthday Tea on
Wednesday March 27th

Lookout for Special Activities on the Following Days

International Womens Day

March 8th

Pi Day

March 14

St. Patrick's Day

March 17

First Day of Spring

March 19

Parkwood Court Management

EXECUTIVE DIRECTOR

Jeff Baergen
250-519-5020

SALES CONSULTANT

Jacqui McAfee
250-519-5014

DIRECTOR OF ADMINISTRATION

Kaitlyn Mann
250-519-5010

DIRECTOR OF HEALTH & WELLNESS

Julie Atkinson
250-519-5013

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Makayla Carlton
250-380-1005

ASSOCIATE DIRECTOR OF HEALTH & WELLNESS

Rani Gahunia
250-380-1005

DIRECTOR OF ENVIRONMENTAL SERVICES

Andy Abuleal
250-519-5032

DIRECTOR OF CULINARY SERVICES

Alan Van Tassell
250-519-5016

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Samantha Jones
250-519-5015

Welcome Home!

