

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 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 (NEW)

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

Saturdays at 4:00pm — Games Room

This resident led program is easier than the normal darts. Hit the board and you get a point! The closer to the center the more points you earn your team.

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.

Optima Happenings

Parkwood Place Monthly Newsletter — April, 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 Trotter



Welcome to April's Newsletter! Spring is in full bloom, and we have some exciting events lined up for you this month!

Mark your calendars for our Open House on April 26 from 1:00–4:00 PM. This is a great opportunity to invite your friends to experience our wonderful community. We'll be celebrating with a 1950s Golden Era theme, so come ready to reminisce and enjoy the fun!

We're also looking forward to our Black & White Theme Evening on April 17 at 7:15 PM. This elegant night will feature a mesmerizing cello performance by a talented musician, along with a selection of special

cocktails to complement the atmosphere. Feel free to dress in black and white to match the theme! We hope you'll join us for these special events and make the most of everything April has to offer!

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
Active Living Office Phone #: 250-519-2145

Resident Birthdays

Margaret W — 10

Aideen L — 11

Myra W — 11

Shirley-Lou H — 12

Vikki S — 12

Dario L — 16

Zorica N — 16

Blanche B — 17

Staff Birthdays

Rona T — 10

Bruno G — 13

Talwinder K — 13

Noemi S — 18

Margie E — 24

Shelley G — 24

Mike D — 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 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.

Cardio Drumming (NEW)

Some Fridays at 10:30am

This fun exercise class is a fully seated exercise class where residents drum along to songs led by Lifestyle and Program Manager Terry.

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.

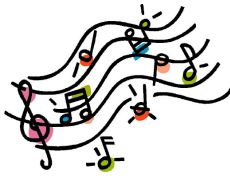


A Quick Look Back



Musical Performances

(Dining Room)



Singalong Les Weiss
Tuesday April 1 — 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.

Victoria Conservatory of Music: The Victoria Conservatory of Music Chorale
Thursday, April 3 — 7:15pm

Under the direction of Brian Wismath and accompanied by Alex Chen, is composed entirely of Camosun College postsecondary students, including contemporary and classical music majors, as well as general Camosun students who love to sing.

Brandy Moore
Saturday April 5 — 2:30-3:30pm

Brandy Moore is a professional singer, songwriter, guitarist and recording artist with 5 independent CD releases. Brandy performs a wide variety of both recognizable songs.

Jesse Thomas Brown
Sunday, April 6 and Saturday April 26 — 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, April 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.

Black and White Theme with Elena on Cello
Thursday, April 17 — 7:15pm

With over two decades of enriching audiences in renowned orchestras. With a diverse repertoire ranging from classical to contemporary pieces Elenas music will add a touch of class to our themed evening.

Goward House Singers
Friday, April 18 — 2:00pm

This choir of 30-40 member sand sings songs from the 20’s all through to the 70’s

Greater Victoria Concert Band
Monday, April 21 — 7:15pm

The GVCB has over 100 musicians, all working together to enjoy playing. We have musicians in our band from all walks of life – students, music teachers, engineers, lawyers, accountants, etc. We play in 10-12 concerts a year throughout the Capital Region and beyond.

Easter Tea with The Trounce Alley Quartet
Wednesday April 23 — 2:30pm

Please welcome back this incredible barber shop quartet. Their arrangements and harmonies are sure to put a smile on your face. Tea, coffee and chocolates will be served.

Monterey Ukulele Club
Friday, April 26 — 2:00pm

The Monterey Ukulele Club is a group of 20 ukulele players including bass ukulele!

Grant Royal Blue Ensemble Choir
Monday, April 29 — 2:30pm

The Royal Blues are a highly sought after performance ensemble in the greater PDX community and thus personal dedication, commitment to excellence, and scholarship are required. This award winning choir has traveled from the Portland area to perform for you!

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 co-ordinator. 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

Bette F.
Lars L.

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)

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

Wednesday, April 2 — 1:30pm Departure

Thursday, April 24 — 11:45am 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. The bus will then continue on to the Esquimalt Lagoon for those just looking for a scenic drive to the beach.



For the Love of Fabric: Quilt Show (\$ Optional)

Thursday, April 3 1:30pm Departure

'Designing Women' is an Art Quilting /Critique group of six local artists. We use skills passed down through the ages in new and fresh ways to create innovative art. Our media are fabric, pigment, and thread. Our methods include stitching, quilting, embroidering, and dyeing. 100% of proceeds go to the artists.

Mesa Familiar: Mexican Food (\$)

Wednesday, April 9 — 11:30am Departure

"Mesa Familiar" translates to "Family Table", reflecting the vision of creating a welcoming space where diverse individuals can gather and share a meal.

Scenic Drive

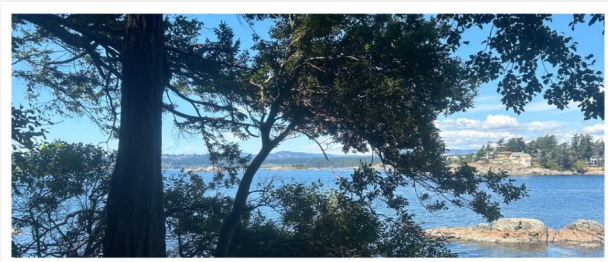
April 27 — 2:00pm Departure

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

Sidney Shopping Trip (\$ Optional)

Thursday, April 17 — 1:30pm Departure

A time for Sidney lovers to come on an outing to the beautiful downtown core. Enjoy a walk along the water or a browse through one of Sidney's many beautiful stores.



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



Foot Nurse

Leigh-Ann will be in on April 15 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!



Upcoming Programming

Life Stories: Video Memoir Project (NEW)

Saturdays at 2:00pm — Craft Room

In this program you will work towards making a short autobiographical presentation. Residents are invited to bring photos which will be uploaded to a slide show (do not leave photos with staff). For each photo, the resident, or designated narrator, will describe the context of the photo and give some background.

Poker Game (Bring \$2)

Monday, April 7 & 21 at 4:00pm — 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)

Every other Friday starting at 3:45pm — 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 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: Show and Tell

Monday, March 10 at 1:30pm — Games Room

We’re excited to welcome the Grade 2/3 class from Oaklands Elementary for a special intergenerational activity! The students will be showing us their talents and special items and we have the opportunity to do the same. Please come out even if you just want to watch.

Dance Class with Alex

Wednesday April 9 at 10:00am and Thursday April 10 at 4:00pm

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

Name That Tune

Thursday April 3 and 24th at 4:00pm — 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!

Music BINGO

Friday April 17 at 2:00pm & Sat, April 26 at 3:00pm — 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.

Dr. Clem Presents: the Gut-Brain Connection

Friday, April 18 at 10:00am — TV Lounge

There is a complex nervous system in the gut. This "brain" constantly communicates back and forth with the skull brain. New discoveries highlight how this two-way "talk" influences our mental health, our gut health, our mood and overall health.

Comfort Keepers Presents: Prize BINGO (NEW)

Friday, March 21 from 2:00-3:00pm — Games Room

Join Shana for a BINGO session where you stand only to win. No money necessary but prizes will be given out!

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!

Eric Tolman Presents: Canada on the Home front 1945-1968

Sunday April 20 at 3:00pm — TV Lounge

Canada moved toward the modern age and confronts issues of regionalism. youth protests and economic challenges

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.

Guided Meditation with Jim

Every other Sundays at 4:00pm — Private Dining Room

Join resident Jim for this relaxing and enriching guided meditation. Meditation can have many benefits, including improved mood, reduced stress, and better sleep. It can also help you become more self-aware and creative.

Movies, Documentaries: TV Lounge

My Fair Lady (1964)— 2h50m
Tuesday, April 1 at 7:00pm

In 1910s London, snobbish phonetics professor Henry Higgins agrees to a wager that he can make a crude flower girl, Eliza Doolittle, presentable in high society.

Doc: The Mysteries of the Terracotta Warriors (2024) — 1h17m
Wdnesday, April 2, 2024 at 7:00pm

Fifty years after the Terracotta Warriors' discovery, this documentary unearths new secrets from China's first emperor's mausoleum and its 8,000 pottery soldier guards.

A Ship of Fools (1964) — 2h29min
Friday, April 4 at 7:00pm

A varied group of passengers boarding a ship bound for pre-WWII Germany represents a microcosm of early-1930s society.

Mama Mia (2008) — 1h47m
Saturday, April 5 at 7:00pm

Donna, an independent hotelier, is preparing for her daughter's wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She invites three men from her mother's past in hope of meeting her real father.

Forrest Gump (1994) — 2h23m
Sunday, April 6 at 7:00pm

The history of the United States from the 1950s to the '70s unfolds from the perspective of an Alabama man with an IQ of 75, who yearns to be reunited with his childhood sweetheart.

Rocky (1976) — 2h
Monday, April 7 at 7:00pm

A small-time Philadelphia boxer gets a supremely rare chance to fight the world heavyweight champion in a bout in which he strives to go the distance for his self-respect.

One Life (2024) — 1h50m
Tuesday, April 8 at 7:00pm

Sir Nicholas 'Nicky' Winton, a young London broker who, in the months leading up to World War II, rescued over 600 children from Nazi-occupied Czechoslovakia.

Doc: #Unfir: The Psychology of Donald Trump (2020)—1h23m
Wednesday, April 9 at 7:00pm

An eye-opening and shattering analysis of the behavior, psyche, condition, and stability of Donald Trump.

Titanic Part 1 (1997) — 1h37m
Friday, April 11 at 7:00pm

A seventeen-year-old aristocrat falls in love with a kind but poor artist aboard the luxurious, ill-fated R.M.S. Titanic.

Titanic Part 2 (1997) — 1h37m
Saturday, April 12 at 7:00pm

A seventeen-year-old aristocrat falls in love with a kind but poor artist aboard the luxurious, ill-fated R.M.S. Titanic.

Lee (2024) — 1h57m
Sunday, April 13 at 7:00pm

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

Steel Magnolias (1989) — 1h57m
Monday, April 14 2024 at 7:00pm

A young beautician, newly arrived in a small Louisiana town, finds work at the local salon, where a small group of women share a close bond of friendship, and welcome her into the fold.

The King’s Speech (2010) — 1h58min
Tuesday, April 15, at 7:00pm

The story of King George VI, his unexpected ascension to the throne of the British Empire in 1936, and the speech therapist who helped the unsure monarch overcome his stammer.

Movies, Documentaries: TV Lounge

Doc: A Symphony of Summits: The Alps from Above (2013) — 1h34m
Wednesday, April 16 at 7:00pm

The Cineflix-camera, developed by US secret services, brings razor sharp aerial close-ups and breathtaking panoramic images to life. Filmed exclusively with aerial shots, this is a unique cinematic expedition from the peaks of Mont Blanc to the Dolomites and traces the history and geography of the Alps.

Fiddler on the Roof Part 1 (1971) — 1h30m
Friday, April 18 at 7:00pm

In pre-revolutionary Russia, a Jewish peasant with traditional values contends with marrying off three of his daughters with modern romantic ideals while growing anti-Semitic sentiment threatens his village.

Fiddler on the Roof Part 2 (1971) — 1h30m
Saturday, April 19 at 7:00pm

In pre-revolutionary Russia, a Jewish peasant with traditional values contends with marrying off three of his daughters with modern romantic ideals while growing anti-Semitic sentiment threatens his village.

Papillion (1973) — 2h31m
Sunday, April 20 at 7:00pm

A French convict in the 1930s befriends a fellow criminal as the two of them begin serving their sentence in the South American penal colony on Devil's Island, which inspires the man to plot his escape.

Here (2024) — 1h44m
Tuesday, April 22 at 7:00pm

A generational story about families and the special place they inhabit, sharing in love, loss, laughter, and life.

Doc: Buried: The 1982 Alpine meadows Avalanche (2022) — 1h36m
Wednesday April 23 at 7:00pm

A stressed autopsy of that fateful event in which key players dig through the painful memories to relive what happens when nature overwhelms.

Doctor Zhivago Part 1 (1965) — 1h50m
Friday, April 25 at 7:00pm

The life of a Russian physician and poet who, although married to another, falls in love with a political activist's wife and experiences hardship during World War I and then the October Revolution.

Doctor Zhivago Part 1 (1965) — 1h57m
Saturday, April 26 at 7:00pm

The life of a Russian physician and poet who, although married to another, falls in love with a political activist's wife and experiences hardship during World War I and then the October Revolution.

Apollo 13 (1973) — 2h20m
Sunday, April 27 at 7:00pm

NASA must devise a strategy to return Apollo 13 to Earth safely after the spacecraft undergoes massive internal damage putting the lives of the three astronauts on board in jeopardy.

Jason Bourne (2016)—2h3m
Monday, April 28 at 7:00pm

The CIA's most dangerous former operative is drawn out of hiding to uncover more explosive truths about his past.

The Barefoot Contessa (1954) — 2h8m
Tuesday, April 29 at 7:00pm

This is the life of a Hollywood movie star named Maria, as told by writer/director Harry Dawes, from being discovered in Madrid, Spain, until her funeral in Italy.

Doc: Pamela : A Love Story (2023) — 1h52m
Wednesday April 30 at 7:00pm

Follows the life of pop culture icon Pamela Anderson, including never-before-seen archival footage and personal journals.