

Recurring Programming

Music Appreciation

Mondays at 10:30am — TV Lounge

This new program features a different era, artist or genre each week (see daily poster for details).

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)

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 Miream (NEW)

Last Friday of the month 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/ 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 — March, 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 our March newsletter! We're excited to introduce a new format that offers even more information about this month's programs, events, and activities. Highlights include Mahjong (Tuesdays at 10:00 a.m. in the 3rd-floor common area), a talent show with the Oaklands Grade 2/3 class (March 10 at 1:30 p.m.), and *Pacific Opera: Coloratura* (March 17 at 2:00 p.m.). Don't miss our Mardi Gras celebration featuring live music from the Ukrainian Brass Brothers—join us the Monday before to create your own

custom mask! Note: The Resident Food meeting will be on Thursday, March 6 from 2:30-3:30pm and will be attended by Jeremy from the regional office. There are plenty of other exciting programs happening this month, so read on for all the details. We look forward to seeing you!

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

Ella J — 7
Pran M — 12
Linda R — 18
Corrie L — 19
Carol D — 20
Andrea L — 24
Pam C — 25
Scotty — 25
Don G — 26
Steven M. — 27
Helen W — 28
Hilda C — 29

Staff Birthdays

Mike D — 1
Dior W — 2
Sheeja V — 15
Marchie T — 22

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 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.

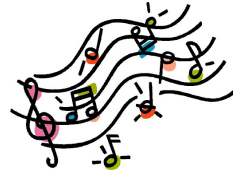


A Quick Look Back



Musical Performances

(Dining Room)



Jesse Thomas Brown

Sunday, March 2 — 2:00-3:00pm

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

Kay and Bennet (Piano and Violin)

Wednesday, March 5 — 2:00pm

Bennett is in his final year of UVic for violin, he has performed with chamber groups at UVic and served as concertmaster at the UVIC Symphony orchestra (2021-2023). Kay is a graduate in Piano Performance (UVIC), and Greater Victoria Performing Festival multiple time award winner.

K-Tones

Saturday, March 15 — 2:00pm

Kate and Tony are a duo of piano and flute that bring a great deal of energy and professionalism to there performances which feature a mix of popular oldies tunes.

Pacific Opera: Coloratura

Monday, March 17 — 2:00pm

Pacific Oper is back with another amazing performance for all Parkwood's opera lovers.

Piano Performance with Alan Cowood

Tuesday, March 18 — 2:00pm

Alan Cowood is a pianist and orator who started playing shows at what was Oak Bay Lodge in 1994. Since 1994 Alan has played in countless locations including retirement communities and venues.

Saint Patrick's Day Celebration with Joyz and Boyz

Wednesday, March 19 — 2:30pm

Our annual Saint Patty's Celebration with beer, snacks and music from Joyce (fiddle), Liam (guitar) and Bill (piano). Come out and have a drink and a jig!

Theme Night with Linda and Dave Paulson

Thursday, March 20 — 7:15pm

This Husband and wife duo on piano brings a touch of fun along with their amazing piano skills. Dave is also a professional piano tuner and repair man who tunes our pianos here at Parkwood!

Birthday Tea with Meridian Road

Wednesday, March 26 — 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.

Joan Songhurst

Sunday, March 23 — 2:00pm

Joan has been performing and entertaining for the Victoria community for over 20 years. From a musical family, singing and playing the piano has been an important part of her whole life.

Resident Poetry Nook



*Spring approaches, the saying is true,
There is light at the end of the tunnel.
Flowers bloom, and a jacket an afterthought,
Spring whispers patience and endurance prove life's not wrong.
The welcome party hums a tune at Parkwood.*

-Dithni Perera

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
TUESDAY, MARCH 11 at 2:00pm in the TV Lounge.
All residents are encouraged to attend

Welcome New Residents!



New Residents

Corrie L.
Lars L.
Marilyn 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. (\$ = Bring your wallet)

Lunch at the Dog House and Hand of Man Museum (\$) Thursday, March 6 — 11:30am Departure

The Doghouse has been a Cowichan Valley landmark since 1954, serving homestyle cooking and award winning desserts Just like Grandma used to do. After the Doghouse this outing will head over the Hand of Man Museum where they have countless cultural artifacts, taxidermy animals, art, and natural history displays including dinosaur bones! Entry to the museum is by donation.



Tea for Tutu: Carmina Burana Wednesday, March 12 — 1:15pm Departure

Tea for Tutu is a free 45min ballet production put on by Victoria Ballet. After the ballet the audience gets a chance to meet the dancers and enjoy free refreshments including tea and cookies.

Scenic Drive March 13 and 30 — 1:30pm 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!

Up-Town Shopping Centre (\$ Optional) Thursday, March 20 — 1:30pm Departure

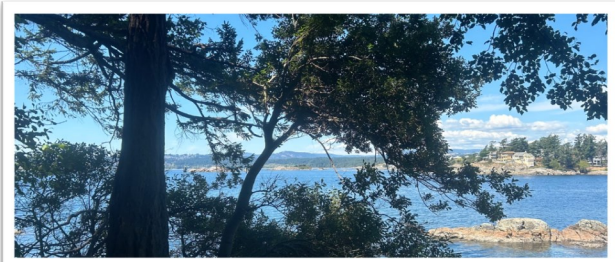
For all your shopping need, Up-town shopping center also features a public library, medical specialists, restaurants, fashion outlets and a beautiful courtyard.

I-MAX Double Feature: Elephants: Giants of the Desert & Arctic: Our Frozen Planet (\$) Monday, March 24 — 1:15pm Departure

Desert Elephants: The Adventures of Little Foot is an epic journey across Africa's Namib Desert, getting up close and personal with the largest land mammals on the planet. & At the top of our planet lies a magical realm of snow and ice – the Arctic. Every year it is transformed by an annual cycle of freeze and thaw. For millennia, this steady seasonal beat has allowed life to thrive.

Lunch and Casino and Jaun De Fuca Library (\$ Optional) Thursday, March 27 — 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.



NEW HAIR STYLIST LANCE

More details to come on hours



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 March 11 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, March 10 & 31 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).

Parkwood Gardening Meeting (NEW)

Tuesday, March 4 at 2:00pm — TV Lounge

Join us for our upcoming Gardening Meeting, where residents can share their feedback and ideas for future gardening projects. Whether you have a green thumb or are just getting started, we’d love to hear your thoughts on what you'd like to grow, plant, and create in our garden spaces. Let’s collaborate to make our garden thrive!

Presentation: Peter and Robin from Child Haven International (CHI) Nepal Slideshow (NEW)

Thursday, March 6 from 4:00-5:00pm — TV Lounge

CHI provides aide for children in the 3rd world and was partially founded by resident Christine Johnston.

Collage with Renee

Wednesday, March 12 at 3:00pm — Craft Room

Collage is a medium that is suitable for all skill levels. You can create something beautiful and creative with only some scissors and glue. Let’s see where your mind takes you!

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.

Mahjong Club (NEW)

Tuesdays from 10:00am-11:30am — 3rd Floor Common area

The morning of March 4 will be the first meeting of the Mahjong club. During this first ,meeting the rules of Mahjong will be explained and distributed. All are welcome to watch the game and learn. Mahjong is a game, skill, luck and strategy that is similar to rummy but played with tiles instead of cards.

1:1 Tech Help 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 March 13 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: Talent Show

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 we will be sharing our talents such as piano, juggling, recorder and puppetry with the student. Please speak with Terry if you would like to perform.

Upcoming Programming

Name That Tune

Every other Thursday 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 (NEW)

Friday March 14 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.

Luxcare Presents: Golden Memories Picture BINGO (NEW)

Thursday, March 20 at 2:00pm — Games Room

This delightful twist on the classic game challenges you to identify nostalgic images instead of numbers. From iconic landmarks to beloved movie stars, each picture will spark a memory and bring a smile to your face.

Comfort Keep Presents: Painting with Kelsie (NEW)

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

Join Kelsie for this very special painting class. Kelsie will guide you through making your masterpiece. If you’d like to learn more about the services that Comfort Keeper provides come to talk to Shana or speak with Terry.

Men’s Pub Social (NEW)

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).

Short Documentaries

Saturdays at 1:30pm — TV Lounge

Each Saturday in March we will feature a short documentary on different subjects. See the calendar and daily posters for more details on what documentary is playing.

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: Canadian Identity and Culture 1945-1968

3rd Sunday of the month at 3:00pm — TV Lounge

Canada begins a period of economic growth and progress following the end of the 2nd world war

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 (NEW)

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 (NEW)

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

Lucca's World(2024) — 1h36m
Saturday, March 1 at 7:00pm
Determined to help her son, who has cerebral palsy, Bárbara takes her family to India for an experimental treatment.

42:The True Story of an American Legend (2013)
Sunday, March 2, 2024 at 7:00pm
In 1947, Jackie Robinson becomes the first African-American to play in Major League Baseball in the modern era when he was signed by the Brooklyn Dodgers and faces considerable racism in the process.

Big George Foreman (2023) — 2h9min
Monday, March 3, 2024 at 7:00pm
Fueled by an impoverished childhood, George Foreman channeled his anger into becoming an Olympic Gold medalist and World Heavyweight Champion, followed by a near-death experience that took him from the boxing ring to the pulpit.

You're Cordially Invited (2025) — 1h49m
Tuesday, March 4 at 7:00pm
When two weddings are double-booked at the same venue, the father of one bride and the sister of the other bride try to preserve the wedding weekend.

Doc: The Greatest Night in Pop (2024) — 1h36m
Wednesday, March 5 at 7:00pm
On January 28th 1985, dozens of the era's most popular musicians gathered in Los Angeles to record a charity single for African famine relief. Setting egos aside, they collaborated on a song that would make history.

Evan Almighty (2007) — 1h36m
Friday, March 7 at 7:00pm
God contacts Congressman Evan Baxter and tells him to build an ark in preparation for a great flood.

The Pianist (2002) — 2h30m
Saturday, March 8 at 7:00pm
During WWII, acclaimed Polish musician Wladyslaw faces various struggles as he loses contact with his family. As the situation worsens, he hides in the ruins of Warsaw in order to survive.

The Nun's Story (1959)— 2h29m
Sunday, March 9 at 7:00pm
After leaving a wealthy Belgian family to become a nun, Sister Luke struggles with her devotion to her vows during crisis, disappointment, and World War II.

Number 24 (2024)— 1h51m
Monday, March 10 at 7:00pm
Young apprentice Gunnar Sønsteby from Rjukan decides to resist Nazi-Germany on the day of the invasion to later become the leader of the "Oslo-gang" carrying out countless daring acts of sabotage making him Norway's greatest war hero.

Sully (2016) — 1h36m
Tuesday, March 11 at 7:00pm
When pilot Chesley "Sully" Sullenberger lands his damaged plane on the Hudson River in order to save the flight's passengers and crew, some consider him a hero while others think he was reckless.

Doc:The Secrets of Neanderthals (2024)— 1h20m
Wednesday, March 12 at 7:00pm
A unique excavation unravels the complex and creative nature of Neanderthals, shattering preconceptions through the lens of a landmark discovery - the best-preserved Neanderthal skeleton found in over 25 years.

Breathe (2017) — 1h58m
Friday, March 14, 2024 at 7:00pm
The inspiring true love story of Robin and Diana Cavendish, an adventurous couple who refuse to give up in the face of a devastating disease.

Saturday Night Fever (1977)— 1h58min
Saturday, March 15 at 7:00pm
Anxious about his future after high school, a 19-year-old Italian-American from Brooklyn tries to escape the harsh reality of his bleak family life by dominating the dance floor at the local disco.

Movies, Documentaries: TV Lounge

TheWonder (2022) — 1h48m
Sunday, March 16 at 7:00pm
Anxious about his future after high school, a 19-year-old Italian-American from Brooklyn tries to escape the harsh reality of his bleak family life by dominating the dance floor at the local disco.

The African Queen (1952)— 1h45m
Tuesday, March 18 at 7:00pm
In WWI East Africa, a gin-swilling Canadian riverboat captain is persuaded by a strait-laced English missionary to undertake a trip up a treacherous river and use his boat to attack a German gunship.

The Mountain Queen: The Summits of Lhakpa Sherpa (2024)— 1h45m
Wednesday, March 19 at 7:00pm
A single mother working as a dishwasher who has another life as record-breaking mountain climber.

The Last Rifleman (2023)—1h35m
Friday, March 21 at 7:00pm
A WWII veteran escapes his care home in Northern Ireland and embarks on an arduous but inspirational journey to France to attend the 75th anniversary of the D-Day landings, finding the courage to face the ghosts of his past.

The Long Game (2023)— 1h28m
Saturday March 22 at 7:00pm
Ambitious young actress Holly Sloan agrees to help her boyfriend Richard Metzger scam Hollywood legend Mariah McKay, but the two women strike up an unlikely friendship instead. Soon Holly must decide where her true loyalties lie.

Operation Mincemeat (2022) — 2h8m
Sunday, March 23 at 7:00pm
During WWII, two intelligence officers use a corpse and false papers to outwit German troops.

Thelma (2024)— 1h38m
Monday ,March 24 at 7:00pm
When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her.

Out of Africa (1985)— 2h41m
Tuesday, March 25 at 7:00pm
In 20th-century colonial Kenya, a Danish baroness/plantation owner has a passionate love affair with a free-spirited big-game hunter.

Doc : The Lost Children (2024) — 1h36m
Wednesday March 26 at 7:00pm
Four Indigenous children stranded in Colombian Amazon after plane crash. Guided by ancestral knowledge, they survive while awaiting rescue operation amid the jungle's challenges.

Bridget Jones: Mad About the Boy (2025) — 2h4m
Friday, March 28 at 7:00pm
Bridget Jones navigates life as a widow and single mum with the help of her family, friends, and former lover, Daniel. Back to work and on the apps, she's pursued by a younger man and maybe - just maybe - her son's science teacher.

The Maddness of King George (1994)— 1h47m
Saturday March 29 at 7:00pm
When King George III goes mad, his Lieutenants try to adjust the rules to run the country without his participation.

Much Ado About Nothing (1993)— 1h51m
Sunday, March 30 at 7:00pm
Young lovers, and soon to wed, Hero and Claudio conspire to get verbal sparring partners and confirmed singles, Benedick and Beatrice, to wed as well.

A Fish Called Wanda (19884)— 1h48m
Monday March 31 at 7:00pm
In London, four very different people team up on a jewel heist, then try to double-cross one another for the loot, complicated by their efforts to fool the very proper barrister Archibald Leach.