Victoria Park
Personal Care Community

2400 E. Arens Road • Regina, SK S4V 3G6 • Phone (306) 522-4300 • www.seniorlivinginstyle.com
Facility License Number 8221

MARCH 2019

VICTORIA PARK STAFF

Administrator	JACKIE HARROWER
Assistant Administrator	BRUCIE MOULDEN
Director of Health Services	DANIELLA LINDE
Resident Services Coordinator	HARPINDER KAUR
Executive Chef	DEREK GEBERT
Sous Chef	WENDY LAKE
Activity Coordinator	APRIL HALL
Activity Assistant	LYNNETTE SENTES
Administrative Assistant	JUNE STANTON
Maintenance	TROY JESSOP
Bus Driver	RON HARPER

TRANSPORTATION

Monday, 12:30-4:30 p.m.: Resident Outing
Tuesday, 8:30 a.m.-5 p.m.: Medical Appointments
Wednesday, 8:30 a.m.-5 p.m.: Medical Appointments
Thursday, 8:30 a.m.-Noon: Medical Appointments
Thursday, 1:30-5 p.m.: Resident Outing
Friday-Sunday: No Bus

MISSION STATEMENT

At Victoria Park Personal Care Community, our caring concern for our residents is the foundation that leads to outstanding resident services. As contributing members of the communities we serve, what is most important is that: "We Love Our Residents."

HAWTHORN SENIOR LIVING

Hawthorn Express Stop: Mount Vesuvius, Italy

As part of our journey through Italy at the beginning of February, Victoria Park made a stop at Mount Vesuvius! Mount Vesuvius is the only active volcano in Europe to have erupted within the last 100 years and is regarded as one of the most dangerous volcanoes in the world due to the over 3 million people that live nearby. Luckily for us at Victoria Park, our eruption wasn't as quite as violent as others have been throughout history!

A New Exercise Routine!

Exercise mania has taken over at Victoria Park! Over the last few months, our new exercise program has grown and has finally outgrown our Activities Room! We have now introduced a second exercise time at 9:45 a.m., in addition to the original time of 9:15 a.m.! This guarantees that there will always be space and equipment for you to join us whenever you would like!

A St. Patrick's Day Poem!

Down By the Salley Gardens

Down by the salley gardens
my love and I did meet;
She passed the salley gardens
with little snow-white feet.
She bid me take love easy,
as the leaves grow on the tree;
But I, being young and foolish,
with her would not agree.

In a field by the river
my love and I did stand,
And on my leaning shoulder
she laid her snow-white hand.
She bid me take life easy,
as the grass grows on the weirs;
But I was young and foolish,
and now am full of tears.

— William Butler Yeats

All the Benefits of Leafy Greens!

This March, Victoria Park will be taking an extra look at all the good that leafy greens can do for our residents! Eating a certain type of food won't help you cure a disease or prevent dementia, but a healthy diet packed with nutritious foods does have its benefits. A true workhorse of the vegetable world, dark leafy greens contain antioxidants, healthy fats, fiber, amino acids, anti-inflammatory phytochemicals and an array of other essential vitamins and minerals. In addition to all the nutrients, leafy greens like spinach, kale and turnip greens, as well as vegetables like broccoli, have been linked to lower levels of cognitive decline as people age. It is Hawthorn's goal to not only make sure our residents are physically active, but mentally as well, and focusing on foods that will benefit them cognitively is the perfect way to start!

All the good in those greens:

- Fiber, which helps to support our digestive tract and produce beneficial bacteria.
- Antioxidant vitamins A, C and E. These help to support the digestive tract lining, boost the immune system, protect us from free radical damage and reduce inflammation.
- A suite of B vitamins that boost our energy levels and help us manage stress.
- Vitamin K for bone health and proper blood clotting.
- Minerals like iron, magnesium and calcium, which support energy levels, relax our muscles and reinforce bone health.
- Omega 3 fatty acids, essential fats that are highly anti-inflammatory. These are the good fat sources!
- A small amount of protein — a macronutrient important to healing and repair.
- Certain dark leafy greens, like dandelion or mustard, have bitter compounds that stimulate digestion.
- Glucosinolates, which are compounds that have anti-cancer properties and help us to detoxify
- Dark leafy greens also have nutrients that help us balance our hormones, reduce acid reflux, combat inflammation and sleep better at night.

The Bagpipe Tradition

Their distinctive sound is often heard at St. Patrick's Day parades, and they are often associated with the traditions of Ireland and Scotland, but bagpipes have played a part in many world cultures.

Most historians believe the wind instrument was developed thousands of years ago in the Middle East, with evidence of it in ancient Egyptian history, then the Greek and Roman empires. In the Middle Ages, bagpipes spread to the rest of Europe, where they provided music at outdoor gatherings. Immigrants brought bagpipes to America.

There are dozens of types of bagpipes, but most work in a similar manner. The piper blows air through a mouthpiece, and the air is pushed through a bag into several pipes. One pipe has finger holes used to play the melody, and other pipes produce a constant harmonizing tone.

The Scottish created the Great Highland bagpipe, the most familiar form of the instrument today. Its loud, high-pitched tone can be heard up to 10 miles away. It was used during wartime to lead troops into battle and relay messages.

Across the world, military forces and police and fire departments have adopted the tradition of including pipe bands in formal ceremonies.

The bagpipe is the national instrument of Scotland.

Come join us to enjoy a bagpipe performance during our week of Irish travels from March 17th-24th!

Play the Recorder Month

Nothing quite brings joy like music no matter where you are or who you are with. The Chinese philosopher Confucius once said, "Music produces a kind of pleasure which human nature cannot do without." By learning to play a musical instrument, you become a part of that joy, but it also has many other benefits such as:

- **Increasing memory —** Both listening to and playing music stimulates your brain and helps to increase the capacity of your memory!
- **Boosts team skills —** Playing a musical instrument requires you to be able to work with others to enable a sheet of music to truly come alive.
- **Teaches you perseverance —** Learning to play a new musical instrument takes time! By learning to take the time to learn and master a sheet of music, you learn the importance of determination and perseverance.
- **Helps build coordination —** Playing an instrument puts your hand-eye coordination to the test and the only way to get better at is to practice!
- **Relieves stress —** Once you gain some comfort with your instrument, it becomes a blank canvas for you to create with and express your emotions with.

Join us in tackling some of these every Tuesday of March at 10:15 a.m. as we learn to play the recorder!

Hawthorn Express Continues ... Next Stop: Ireland!

Victoria Park residents definitely have a case of wanderlust! After getting to explore the beautiful countries of Germany, France, and Italy, we aren't ready to put our passports back in storage quite yet!

With so many more interesting places to go in the world, we have decided we will keep our travelling going by travelling to Ireland the week of Sunday, March 17th and returning the following Sunday! From exploring the streets of Dublin, learning the true meaning of St. Patrick's Day, taking in all the beautiful countryside and historic castles, complete with experiencing an authentic Irish Dancing Performance. It's sure to be a week of true Irish fun!

MARCH 2019

Birthdays

Elfrieda Fink, 2nd

Ernest Parkinson, 11th

Peter Suderman, 18th

Doreen Gillies, 29th

Locations

Activity Room, AR
Chapel, CH
Dining Room, DR
Library, LB
Outing, O
Patio/Outdoors, P/O
Pool Room, PR

"Despite the forecast, live like it's spring."
—Lilly Pulitzer

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:15 Gentle Exercises I, AR 9:45 Gentle Exercises II, AR 10:15 Newspaper Reading, AR 11:15 Wii Bowling, AR *2:00 Music by Keith, DR* 3:00 Tea & Coffee Social, AR 4:00 Bridge, AR 7:00 Whist & Cribbage, AR	2 9:15 Aerobic Exercises I, AR 9:45 Aerobic Exercises II, AR 10:15 Wheel of Fortune, AR 11:15 Genealogy Club, LB 2:00 Kerplunk, AR 3:00 Tea & Coffee Social, AR 4:00 Board Games, AR 7:00 Polkarama, AR
3 9:15 Gentle Exercises I, AR 9:45 Gentle Exercises II, AR **10:00 Roman Catholic Church, CH** 10:30 Beautiful Nails, AR **2:00 Bingo, AR** 3:00 Tea & Coffee Social, AR 4:00 Bonanza (TV Show), AR **7:00 Baptist Church, DR**	4 9:15 Aerobic Exercises I, AR 9:45 Aerobic Exercises II, AR **10:15 Armchair Travel, AR** 11:15 Shake Loose a Memory, AR **1:30 Victoria Square Mall, O** 2:00 Knitting Club, AR 3:00 Tea & Coffee Social, AR 4:00 Downton Abbey (TV Show), AR 7:00 Whist & Cribbage, AR	MARDI GRAS 5 9:15 Gentle Exercises I, AR 9:45 Gentle Exercises II, AR 10:15 Recorder Lessons, AR 11:15 Jeopardy, AR **2:00 Let's Cook: Kale Chips, AR** 3:00 Happy Hour, AR 4:00 Charades, AR *7:00 Regina Heritage Fiddlers, DR*	ASH WEDNESDAY 6 9:15 Aerobic Exercises I, AR 9:45 Aerobic Exercises II, AR **10:15 Armchair Travel, AR** 11:15 Charity Committee, AR **2:00 Bingo, AR** 3:00 Tea & Coffee Social, AR 4:00 Brainteasers, AR **6:30 Seniors & Youth Art Class, AR**	7 9:15 Gentle Exercises I, AR 9:45 Gentle Exercises II, AR **10:15 Resident Council Meeting, AR** 11:15 True or False Trivia, AR 11:15 Men's Club, PR **1:30 Rainbow Cinemas, O** 2:00 Singalong, AR 3:00 Happy Hour, AR 4:00 Genealogy Club, LB 7:00 Movie Night, AR	8 9:15 Aerobic Exercises I, AR 9:45 Aerobic Exercises II, AR 10:15 Wheel of Fortune, AR 11:15 Story Time, AR *2:00 Singalong with Walt Dunn, DR* 3:00 Tea & Coffee Social, AR 4:00 Board Games, AR 7:00 Whist & Cribbage, AR	9 9:15 Gentle Exercises I, AR 9:45 Gentle Exercises II, AR 10:15 Indoor Gardening, AR 11:15 Photography Club, AR **2:00 Paint with Us, AR** 3:00 Tea & Coffee Social, AR 4:00 Dominoes, AR 7:00 Polkarama, AR
DAYLIGHT SAVING TIME BEGINS 10 9:15 Aerobic Exercises I, AR 9:45 Aerobic Exercises II, AR **10:00 Roman Catholic Church, CH** 10:30 Beautiful Nails, AR **2:00 Bingo, AR** 3:00 Tea & Coffee Social, AR 4:00 Bonanza (TV Show), AR **7:00 Baptist Church, DR**	11 9:15 Gentle Exercises, AR 9:45 Gentle Exercises II, AR **10:15 Morning at the Spa, AR** **1:30 Southland Mall, O** 2:00 Knitting Club, AR 3:00 Tea & Coffee Social, AR 4:00 Downton Abbey (TV Show), AR 7:00 Whist & Cribbage, AR	12 9:15 Aerobic Exercises I, AR 9:45 Aerobic Exercises II, AR 10:15 Recorder Lessons, AR 11:15 Wheel of Fortune, AR *2:00 Marg Bells, DR* 3:00 Kale Smoothies, AR 4:00 Photography Club, AR 7:00 Wii Bowling, AR	13 9:15 Gentle Exercises I, AR 9:45 Gentle Exercises II, AR **10:15 Armchair Travel, AR** 11:15 True or False Trivia, AR **2:00 Tuck Shop, AR** 3:00 Tea & Coffee Social, AR 4:00 Charity Committee, AR 7:00 Bingo, AR	14 9:15 Aerobic Exercises I, AR 9:45 Aerobic Exercises II, AR **10:15 Cooking with Chef Derek, AR** 11:15 Men's Club, PR **1:30 Legislature Tour, O** 2:00 Wii Bowling, AR **3:00 Happy Hour, AR** 4:00 Charades, AR 7:00 Movie Night, AR	15 9:15 Gentle Exercises I, AR 9:45 Gentle Exercises II, AR 10:15 Brainteasers, AR 11:15 Shake Loose a Memory, AR 2:00 Paint with Us, AR 3:00 Tea & Coffee Social, AR 4:00 When Calls the Heart (TV Show), AR 7:00 Whist & Cribbage, AR	16 9:15 Aerobic Exercises I, AR 9:45 Aerobic Exercises II, AR 10:15 Indoor Gardening, AR 11:15 Wheel of Fortune, AR **2:00 Singalong, AR** 3:00 Tea & Coffee Social, AR 4:00 Board Games, AR 7:00 Polkarama, AR
ST. PATRICK'S DAY 17 9:15 Gentle Exercises I, AR 9:45 Gentle Exercises II, AR **10:00 Roman Catholic Church, CH** 10:30 Beautiful Nails, AR **2:00 St. Patrick's Day Bingo, AR** 4:00 Bonanza (TV Show), AR **7:00 Baptist Church, DR**	18 9:15 Aerobic Exercises I, AR 9:45 Aerobic Exercises II, AR **10:15 Armchair Travel, AR** 11:15 Charity Committee, AR **1:30 Walmart, O** 2:00 Knitting Club, AR 3:00 Tea & Coffee Social, AR 4:00 Downton Abbey (TV Show), AR 7:00 Whist & Cribbage, AR	19 9:15 Gentle Exercises I, AR 9:45 Gentle Exercises II, AR 10:15 Recorder Lessons, AR 11:15 Wheel of Fortune, AR *2:00 Marilyn Phillips, DR* 3:00 Happy Hour, AR 4:00 True or False Trivia, AR **7:00 Welcome to Spring Party, AR**	SPRING BEGINS 20 9:15 Aerobic Exercises I, AR 9:45 Aerobic Exercises II, AR **10:15 Kale Cooking Competition, AR** **2:00 Bingo, AR** 3:00 Tea & Coffee Social, AR 4:00 Board Games, AR **6:30 Seniors & Youth Art Group, AR**	21 9:15 Gentle Exercises I, AR 9:45 Gentle Exercises II, AR 10:15 Shake Loose a Memory, AR **10:30 Communion, CH** 11:15 Men's Club, PR **11:15 Stories of the Week, AR** **12:30 Dutch Lunch: A&W, O** **2:00 An Afternoon in Dublin, Ireland, AR** 4:00 Genealogy Club, LB 7:00 Movie Night, AR	22 9:15 Aerobic Exercises I, AR 9:45 Aerobic Exercises II, AR 10:15 Jeopardy, AR 11:15 Indoor Gardening, AR *2:00 Vince Weber, DR* 3:00 Tea & Coffee Social, AR 4:00 Bridge, AR 7:00 Whist & Cribbage, AR	23 9:15 Gentle Exercises I, AR 9:45 Gentle Exercises II, AR 10:10 Wii Bowling, AR 11:15 Brainteasers, AR 2:00 Paint with Us, AR 3:00 Tea & Coffee Social, AR 4:00 When Calls the Heart (TV Show), AR 7:00 Polkarama, AR
24 9:15 Aerobic Exercises I, AR 9:45 Aerobic Exercises II, AR **10:00 Roman Catholic Church, CH** 10:30 Beautiful Nails, AR *2:00 Irish Dancing Performing, DR* 3:00 Tea & Coffee Social, AR 4:00 Bonanza (TV Show), AR **7:00 Baptist Church, DR**	25 9:15 Gentle Exercises, AR 9:45 Gentle Exercises II, AR **10:15 Armchair Travel, AR** 11:15 Wii Bowling, AR **1:30 Northgate Mall, O** 2:00 Knitting Club, AR 3:00 Tea & Coffee Social, AR 4:00 Downton Abbey (TV Show), AR 7:00 Whist & Cribbage, AR	26 9:15 Aerobic Exercises I, AR 9:45 Aerobic Exercises II, AR 10:15 Charity Committee, AR 11:15 Wheel of Fortune, AR **2:00 Paint with Us, AR** **3:00 Welcome/Birthday Social, AR** 4:00 Brainteasers, AR *7:00 Music with Matt P., DR*	27 9:15 Gentle Exercises I, AR 9:45 Gentle Exercises II, AR **10:15 Armchair Travel, AR** 11:15 Indoor Gardening, AR **2:00 Bingo, AR** 3:00 Tea & Coffee Social, AR 4:00 Board Games, AR 7:00 Wii Bowling, AR	28 9:15 Aerobic Exercises I, AR 9:45 Aerobic Exercises II, AR **10:00 Kale Face Masks, AR** 11:15 Men's Club, PR **1:30 Spring Drive, O** **2:00 Singalong, AR** 3:00 Happy Hour, AR 4:00 Photography Club, AR 7:00 Movie Night, AR	29 9:15 Gentle Exercises I, AR 9:45 Gentle Exercises II, AR 10:15 Wheel of Fortune, AR 11:15 Genealogy Club, LB *2:00 The Clean Break, DR* 3:00 Tea & Coffee Social, AR 4:00 "When Calls the Heart" (TV Show), AR 7:00 Whist & Cribbage, AR	30 9:15 Aerobic Exercises I, AR 9:45 Aerobic Exercises II, AR 10:15 Indoor Gardening, AR 11:15 True or False Trivia, AR **2:00 Charades, AR** 3:00 Tea & Coffee Social, AR 4:00 Bridge, AR 7:00 Polkarama, AR
31 9:15 Gentle Exercises I, AR 9:45 Gentle Exercises II, AR **10:00 Roman Catholic Church, CH** 10:30 Beautiful Nails, AR **2:00 Bingo, AR** 3:00 Tea & Coffee Social, AR 4:00 Bonanza (TV Show), AR **7:00 Baptist Church, DR**						

Hawthorn Express Stop: Oktoberfest, Munich, Germany!

Victoria Park residents got to enjoy authentic German performances and all the best foods of Oktoberfest when we traveled through Munich earlier this year! Included were some of the best sausages, delicious pretzels, and of course, lots of (non-alcoholic) beer! It was truly a "guten Nachmittag!"

Helen M., Ethel, Evelyn, Joyce H., and Margaret Zerr striking a pose!

Dorothea, Frank, Myrna, Mary, Jessie and Dorothy all came out for an afternoon of fun!

Join Our March Madness!

Friday, March 1st
- Music by Keith, 2 p.m.

Monday, March 4th
- Victoria Square Mall, 1:30 p.m.

Tuesday, March 5th
- Recorder Lessons, 10:15 a.m.
- Let's Cook — Kale Chips, 2 p.m.
- Regina Heritage Fiddlers, 7 p.m.

Wednesday, March 6th
- Seniors and Youth Art Group, 6:30 p.m.

Thursday, March 7th
- Resident Council Meeting, 10:15 a.m.
- Rainbow Cinemas Outing, 1:30 p.m.

Friday, March 8th
- Singalong with Walter Dunn, 2 p.m.

Monday, March 11th
- Morning at the Spa, 10:15 a.m.
- Southland Mall, 1:30 p.m.

Tuesday, March 12th
- Recorder Lessons, 10:15 a.m.
- Marg Bells, 2 p.m.
- Kale Smoothies, 3 p.m.

Wednesday, March 13th
- Tuck Shop, 2 p.m.

Thursday, March 14th
- Cooking with Chef Derek, 10:15 a.m.
- Legislature Tour, 1:30 p.m.

Sunday, March 17th
- St. Patrick's Day Bingo, 2 p.m.

Monday, March 18th
- Walmart, 1:30 p.m.

Tuesday, March 19th
- Recorder Lessons, 10:15 a.m.
- Marilyn Phillips, 2 p.m.
- Welcome to Spring Party, 7 p.m.

Wednesday, March 20th
- Cooking Competition — Kale Edition, 10:15 a.m.
- Seniors and Youth Art Group, 6:30 p.m.

Thursday, March 21st
- Dutch Lunch — A&W, 12:30 p.m.
- An Afternoon in Dublin, 2 p.m.

Friday, March 22nd
- Vince Weber, 2 p.m.

Sunday, March 24th
- Irish Dance Performance, 2 p.m.

Monday, March 25th
- Northgate Mall, 1:30 p.m.

Tuesday, March 26th
- Welcome/Birthday Social, 3 p.m.

Thursday, March 28th
- Kale Face Masks, 10:15 a.m.

Friday, March 29th
- The Clean Break, 2 p.m.

Seniors and Youth Art Program

March is Youth Art Month and to celebrate, Victoria Park will be hosting two Seniors and Youth Clay Classes this month! Come down, get your hands dirty and discover all that pottery has to offer!

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PERSONAL CARE COMMUNITY

2400 E. Arens Road
Regina, SK S4V 3G6

EQUAL HOUSING OPPORTUNITY