Victoria Park
Personal Care Community

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

JULY 2019

VICTORIA PARK STAFF

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

TRANSPORTATION

Monday, 8:30 a.m-4:30 p.m.: Medical Appointments
Tuesday, 8:30 a.m.-12 p.m.: Medical Appointments
Tuesday, 1-5 p.m.: Resident Outing
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

You Were the Sweetest Thing!

A huge thanks to all of our residents, friends, and family who made prom the Sweetest Night! Congratulations to all our “sweetest” winners and we can’t wait to see you all at Prom 2020!

(Photos continued inside)

Simone and Lydia looked like royalty with their crowns!

Keith: Our winner of the “Sweetest Smile”

You Were the Sweetest Thing! *(Continued)*

Bernice invited her daughters and great-granddaughter!

Margaret and Erwin Z. celebrated prom with the whole family!

Nancy and Harold had their daughters Margaret and Jennifer as their dates!

Myrna, Mary and Jessie making sure they have something to remember the night by

Alice had her son Darren as her date!

Emma poses with her daughter, Yvonne!

10 Corny Jokes to Brighten Your Day

1. **Why don't they play poker in the jungle?**
   There's too many cheetahs!
2. **How many tickles does it take to make an octopus laugh?**
   Ten-tickles!
3. **What did the football coach say to the broken vending machine?**
   Give me my quarterback!
4. **What do you call an alligator in a vest?**
   An in-vest-igator.
5. **Why are frogs so happy?**
   They eat whatever bugs them.
6. **Why did the jaguar eat the tightrope walker?**
   It was craving a well-balanced meal.
7. **What do cows like to read?**
   Cattle-logs.
8. **What do you call a guy with a rubber toe?**
   Roberto.
9. **Why did the skeleton go to the party by himself?**
   He had no body to go with!
10. **Why wouldn't the shrimp share his treasure?**
    Because he was a little shellfish!

Swimming in Oceans of Lotions

Join us this July to make your own essential oil infused lotion! Each essential oil has its own superpower, so come harness it into your life! From arthritis to trouble sleeping, we have an oil for you!

A group of ladies learns all about the benefits of essential oils!

Lunches for Regina's Nurses

This month, Victoria Park will be taking care of those who take care of us! On July 24th and 31st, we will be delivering lunches to nurses working in Regina's major hospitals to remind those who help us at our most vulnerable how important they are.

Welcome to Our New Resident Services Coordinator: Navjot Kaur!

We would like to extend a huge welcome to Navjot Kaur as he takes on the new position of Resident Services Coordinator! Navjot has a background in nursing and holds a BSN from India. She has been working at Victoria Park over the last two years and has shown the tenacity, drive and leadership to work herself up from a Resident Assistant to Medication Technician and now Resident Services Coordinator! We have no doubt that she is the best fit for the job! She has been an amazing asset to the health services team and will continue to assist our residents to meet their needs in the best way possible! Please join us in welcoming Navjot to her new role when you see her!

JULY 2019

Birthdays

Mary Vass, 1st
Lydia Lingelbach, 5th
Marion McNabb, 6th
Simone Jelinski, 7th
Keith Jeal, 10th
Agnes Molesky, 12th
Alvin Horeak, 12th
Ervin Dahlman, 22nd
Joan Ferguson, 22nd
Mildred Young, 26th
Grace Deiana, 28th

Locations

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

"Every day is a great day to give love, spread joy and sparkle!"
—Sheri Fink

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CANADA DAY 1 9:15 Aerobic Exercises, AR 10:00 Walking Club, P/O **10:00 Princess Diana: In Her Own Words, AR** **2:00 Canada Day Party, AR** 3:00 Wine & Cheese Hour (Non-Alcoholic), AR 4:00 Gardening Club, P/O **5:00 Toronto Argonauts Vs. Saskatchewan Roughriders, AR**	2 9:15 Let's Go Chicken Fat Go!, AR 10:00 Shake Loose a Memory, AR 11:00 True or False Trivia, AR **1:30 Northgate Mall, O** 2:00 Knitting & Crocheting Club, AR 3:00 Iced Coffee Bar, AR 4:00 Horse Races, AR **7:00 Bonfire, P/O**	3 9:15 Gentle Exercises, AR 10:00 Walking Club, P/O 11:00 Jeopardy, AR **2:00 Bingo, AR** 3:00 Ice Cream Floats, AR 4:00 Charity Committee, AR 7:00 Crafting & Creation: Corn Husk Flowers, AR	4 **9:00 Fishing Trip to Regina Beach, O** 9:15 Dance by Design, AR 10:00 Wii Bowling, AR 11:00 Cranium Crunches, AR **2:00 Family Feud Tournament, AR** 7:00 Game Show Marathon: "The Price Is Right," AR	5 9:15 Stretch Fitness, AR 10:00 Walking Club, P/O 11:00 Gentlemen's Club: Bocce Ball, P/O **2:00 David Lowey (Entertainment), DR** 3:00 Mocktails & Chats, AR 4:00 Colouring for Pleasure, AR 7:00 Whist & Crib, AR	6 9:15 Resistance Exercises, AR 10:00 Wheel of Fortune, AR 11:00 Cranium Crunches, AR **2:00 Crafting & Creations: Sun Catchers, Part 1, AR** 3:00 Tea & Coffee Social, AR 4:00 Memory Dice, AR **8:00 Calgary Stampeders Vs. Saskatchewan Roughriders, AR**
7 9:15 Chair Yoga, AR **10:00 Roman Catholic Church, CH** 11:00 Manicures, AR **2:00 Bingo, AR** 3:00 Tea & Coffee Social, AR 4:00 Story Time Series, AR **7:00 Baptist Church, DR**	8 9:15 Aerobic Exercises, AR 10:00 Walking Club, P/O 11:00 Oceans of Lotions, AR **2:00 Surprise Entertainment!, DR** 3:00 Wine & Cheese Hour (Non-Alcoholic), AR 4:00 Gentlemen's Club: Horse Shoes, AR **7:00 Musical Monday: "Singin' In the Rain" (1952), AR**	9 9:15 Let's Go Chicken Fat Go!, AR **10:00 Bird Watching by the Creek, P/O** **1:30 Mosaic Stadium Tour, O** **2:00 Make Your Own Popcorn Bar, AR** 3:00 Iced Coffee Bar, AR 4:00 Finish the ... Proverb, AR **7:00 Poker Night, AR**	10 9:15 Gentle Exercises, AR 10:00 Walking Club, P/O 11:00 Wheel of Fortune, AR **2:00 Tuck Shop, AR** 3:00 Ice Cream Floats, AR 4:00 Lawn Games, P/O **7:00 Bingo, AR**	11 9:15 Dance by Design, AR 10:00 Resident Council Meeting, AR **11:00 Morning at the Spa: Facials, AR** **1:30 Victoria Square Mall, O** **2:00 Crafting & Creations: Crafting with Jackie, AR** 3:00 Garden Party, AR 4:00 Charity Committee, AR 7:00 Game Show Marathon: "Jeopardy," AR	12 9:15 Stretch Fitness, AR 10:00 Walking Club, P/O 11:00 Wii Bowling, AR **2:00 Heather Ross (Entertainment), DR** 3:00 Mocktails & Chats, AR 4:00 Cranium Crunches, AR 7:00 Whist & Crib, AR	13 9:15 Resistance Exercises, AR 10:00 True or False Trivia, AR 11:00 Shake Loose a Memory, AR **2:00 Crafting & Creations: Sun Catchers, Part 2, AR** 3:00 Tea & Coffee Social, AR 4:00 Horse Races, AR 7:00 Polkarama, AR
14 9:15 Chair Yoga, AR **10:00 Roman Catholic Church, CH** 11:00 Manicures, AR **2:00 Bingo, AR** 3:00 Tea & Coffee Social, AR 4:00 Colouring for Pleasure, AR **7:00 Baptist Church, DR**	15 9:15 Aerobic Exercises, AR 10:00 Walking Club, P/O 11:00 Dads & Donuts, AR 2:00 Beanbag Baseball, AR 3:00 Wine & Cheese Hour (Non-Alcoholic), AR 4:00 Memory Dice, AR **7:00 Musical Monday: "Wizard of Oz" (1939), AR**	16 9:15 Let's Go Chicken Fat Go!, AR 10:00 True or False Trivia, AR 11:00 Horse Races, AR **1:30 Southland Mall, O** 2:00 Crafting & Creations: Corn Husk Wreaths, AR 3:00 Iced Coffee Bar, AR 4:00 Charity Committee, AR **7:00 Music with Matt P., DR**	17 9:15 Gentle Exercises, AR 10:00 Walking Club, P/O 11:00 Oceans of Lotions, AR **2:00 Bingo, AR** 3:00 Ice Cream Floats, AR 4:00 Story Time Series, AR **7:00 Bonfire, P/O**	18 9:15 Dance by Design, AR **10:00 Beach Day to Katepwa Lake, O** 10:00 Jeopardy, AR 10:30 Communion, AR 11:00 Wii Bowling, AR **2:00 Grandma's Kitchen: Cooking with Chef Derek, AR** **3:00 Specialty Coffees with Brucie, AR** 4:00 Gardening Club, P/O 7:00 Game Show Marathon: Family Feud, AR	19 9:15 Stretch Fitness, AR 10:00 Walking Club, P/O 11:00 Memory Jenga, AR **2:00 Lori Potter (Entertainment), DR** 3:00 Mocktails & Chats, AR 4:00 Finish the ... Proverb, AR 7:00 Whist & Crib, AR	20 9:15 Resistance Exercises, AR 10:00 Oceans of Lotions, AR 11:00 Balloon Ball, AR 2:00 Mini-Putt Game, AR 3:00 Tea & Coffee Social, AR 4:00 Lawn Bowling, AR **5:00 BC Lions Vs. Saskatchewan Roughriders, AR**
21 9:15 Chair Yoga, AR **10:00 Roman Catholic Church, CH** 11:00 Manicures, AR **2:00 Bingo, AR** 3:00 Tea & Coffee Social, AR 4:00 Memory Dice, AR **7:00 Baptist Church, DR**	22 9:15 Aerobic Exercises, AR 10:00 Walking Club, P/O 11:00 News Hour, AR **2:00 Surprise Entertainment!, DR** 3:00 Wine & Cheese Hour (Non-Alcoholic), AR 4:00 Charity Committee, AR **7:00 Musical Monday: "Meet Me in St. Louis" (1945), AR**	23 9:15 Let's Go Chicken Fat Go!, AR 10:00 Jeopardy, AR 11:00 Wii Bowling, AR **1:30 Walmart, O** 2:00 Crafting & Creation: Stress Balls, AR 3:00 Iced Coffee Bar, AR 4:00 Story Time Series, AR 7:00 Hand Waxing, AR	24 9:15 Gentle Exercises, AR **10:00 Wheelchair & Walker Check with Golden Mobility** **2:00 Bingo, AR** 3:00 Ice Cream Floats, AR 4:00 Lawn Games, AR 7:00 Karaoke, AR	25 **8:30 Gentlemen's Breakfast with Ron & Troy, AR** 9:15 Dance by Design, AR **10:00 Morning at the Spa Massages, AR** **1:15 Wascana Lake Boat Tour, O** **2:00 Grandma's Kitchen: Homemade Corn Salsa, AR** 3:00 Garden Party, AR 4:00 Memory Jenga, AR **9:00 Staycation: Cinemas Under the Stars, P/O**	26 9:15 Stretch Fitness, AR 10:00 Walking Club, P/O 11:00 Wheel of Fortune, AR **2:00 Surprise Entertainment!, DR** 3:00 Mocktails & Chats, AR 4:00 Oceans of Lotions, AR 7:00 Whist & Crib, AR	27 9:15 Resistance Exercises, AR 10:00 Horse Races, AR 11:00 Shake Loose a Memory, AR 2:00 Crafting & Creation: Personalized Coffee Mugs, AR 3:00 Tea & Coffee Social, AR 4:00 Finish the ... Proverb, AR **5:00 Saskatchewan Roughriders Vs. BC Lions, AR**
28 9:15 Chair Yoga, AR **10:00 Roman Catholic Church, CH** 11:00 Manicures, AR **2:00 Bingo, AR** 3:00 Tea & Coffee Social, AR 4:00 Gentlemen's Club: News Hour, AR **7:00 Baptist Church, DR**	29 9:15 Aerobic Exercises, AR 10:00 Walking Club, P/O 11:00 Cranium Crunches, AR **2:00 Surprise Entertainment!, DR** 3:00 Wine & Cheese Hour (Non-Alcoholic), AR 4:00 Balloon Ball, AR **7:00 Musical Monday: "A Star Is Born" (2018) *RATED 14A*, AR**	30 9:15 Let's Go Chicken Fat Go!, AR 10:00 True or False Trivia, AR 11:00 Oceans of Lotions, AR **1:30 Northgate Mall, O** 2:00 Beanbag Baseball, AR **3:00 Welcome/Birthday Social, AR** 4:00 Colouring for Pleasure, AR **7:00 Bonfire, P/O**	31 9:15 Gentle Exercises, AR 10:00 Walking Club, P/O 11:00 Dads & Donuts, AR **2:00 Lawn Bowling Tournament, P/O** 7:00 Bingo, AR			

Let's Go, Go, GO!

It's going to be a jam-packed summer for Victoria Park! Join us on our outings to Katepwa Lake, Regina Beach, Wascana Lake, or join us on any of our weekly shopping trips! It is always a ton of fun and we'd absolutely LOVE to have you!

Victoria Park residents enjoy a picnic in Wascana Park!

At Victoria Park, we are incredibly lucky to have such caring and invested staff members that truly go the extra mile to connect with and care for our residents! One of our resident assistants, Sandrie, even joined in on manicures!

Hydrate! Hydrate!

As July arrives, our hot weather is here in full force! It's important to ensure that you're drinking throughout the day to ward off dehydration. Dehydration is a higher risk in these summer months for everyone, but especially for children and seniors. Victoria Park has set up a "Hydration Station" of lemonade and iced tea in the Activities Room in addition to the water always available in both the dining rooms.

Meet Our New Residents!

A huge welcome to Victoria Park's newest residents! We're excited to get to know you, Alvin, Agnes, Margaret, and Helena!

Welcome to Victoria Park, Margaret H.!

It's great to have you, Alvin!

Jumping Into July!

Monday, July 1st
- Canada Day Party, 2 p.m.
- Toronto Argonauts vs. Saskatchewan Roughriders, 5 p.m.

Tuesday, July 2nd
- Outing to Northgate Mall, 1:45 p.m.
- Bonfire, 7 p.m.

Thursday, July 4th
- Fishing Trip to Regina Beach, 9 a.m.
- Family Feud Tournament, 2 p.m.

Friday, July 5th
- David Lowey (Entertainment), 2 p.m.

Saturday, July 6th
- Calgary Stampeders vs. Saskatchewan Roughriders, 8 p.m.

Monday, July 8th
- Surprise Entertainment, 2 p.m.

Tuesday, July 9th
- Bird Watching by the Creek, 10 a.m.
- Mosaic Stadium Tour, 12:30 p.m.

Wednesday, July 10th
- Tuck Shop, 2 p.m.

Thursday, July 11th
- Resident Council Meeting, 10 a.m.
- Morning at the Spa, 11 a.m.
- Outing to Victoria Square Mall, 1:30 p.m.
- Crafting and Creations with Jackie, 2 p.m.

Friday, July 12th
- Heather Ross (Entertainment), 2 p.m.

Monday, July 15th
- Dads and Donuts, 11 a.m.

Tuesday, July 16th
- Outing to Southland Mall, 1:30 p.m.
- Music with Matt P., 7 p.m.

Wednesday, July 17th
- Bonfire, 7 p.m.

Thursday, July 18th
- Beach Day to Katepwa Lake, 10 a.m.
- Communion, 10:30 a.m.
- Grandma's Kitchen: Cooking with Chef Derek, 2 p.m.
- Specialty Coffees with Brucie, 3 p.m.

Friday, July 19th
- Lori Potter (Entertainment), 2 p.m.

Saturday, July 20th
- BC Lions vs. Saskatchewan Roughriders, 5 p.m.

Monday, July 22nd
- Surprise Entertainment, 2 p.m.

Tuesday, July 23rd
- Outing to Walmart, 1:30 p.m.

Wednesday, July 24th
- Wheelchair and Walker Check with Golden Mobility, 10 a.m.

Thursday, July 25th
- Gentlemen's Breakfast with Ron and Troy, 8:30 a.m.
- Morning at the Spa, 10 a.m.
- Wascana Boat Tour, 1 p.m.
- Staycation: Cinema Under the Stars, 9 p.m.

Friday, July 26th
- Surprise Entertainment, 2 p.m.

Saturday, July 27th
- Saskatchewan Roughriders vs. BC Lions, 5 p.m.

Monday, July 29th
- Surprise Entertainment, 2 p.m.

Tuesday, July 30th
- Outing to Northgate Mall, 1:30 p.m.
- Bonfire, 7 p.m.

Wednesday, July 31st
- Dads and Donuts, 11 a.m.
- Lawn Bowling Tournament, 2 p.m.

Victoria Park Stop N Go!

Stop by Victoria Park on Wednesday, July 17th for a quick lunch and get to know us a bit more! Hamburgers, hot dogs, and ice-cold drinks will all be available in the front parking lot for the perfect lunch hour pick-me-up!

Let's Get Moving!

With the arrival of a new month, a new exercise program is arriving at Victoria Park! Whether you prefer sweating it out while dancing at Dance by Design, building muscle with resistance bands or free weights, or connecting with your inner zen at chair yoga — there is something for you! And as always, we'll be sure to take full advantage of our beautiful Saskatchewan summer and get out on the patio every chance we get!

Victoria Park
PERSONAL CARE COMMUNITY

2400 E. Arens Road
Regina, SK S4V 3G6

EQUAL HOUSING OPPORTUNITY

Hello Sunshine!

We do believe that our home is where the heart is. Please come join us for a cold glass of lemonade and see firsthand how things are really heating up with our summer activities calendar. Give us a call for more information on any of the activities you would like to participate in or feel free to stop by to meet our caring staff and have a complimentary meal and tour.

Victoria Park
PERSONAL CARE COMMUNITY

306-522-4300