

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 2021

VICTORIA PARK STAFF

Administrator.....JACKIE HARROWER
Assistant Administrator.....BRUCIE MOULDEN
Director of Health Services.....DANIELLA LINDE
Resident Services Coordinator.....JENNIFER BREHAUT
Executive Chef.....WENDY LAKE
Activity Coordinator.....TAMI NAGEL
Activity Assistant.....JOSIE BUTZ
Administrative Assistant.....CARLI COSSETTE
Maintenance.....AARON FRANCIS
Bus Drivers.....RON HARPER & PAUL PONAOK

TRANSPORTATION

Monday - Thursday: Medical Appointments
Tuesday, 1-5 p.m.: Resident Outing (Suspended)
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

Summer Olympic Games

In celebration of the 2021 Tokyo Olympics, we are going to bring the games to life (with our own twist) right here at Vic Park, beginning the week of July 25th!

Twelve events are scheduled and everyone is invited to attend as a competing athlete or a cheering fan.

We'll get things started on Sunday, July 25th, at 2 p.m., with registration for all the fun.

Here is the list of events:

- Competitive Shooting
- Target Toss
- Magnetic Darts
- The Pentathlon; consists of five events
- Handball
- Wrestling
- Volleyball
- Sailing

Aside from the Olympic events, we're going to take some time to share a few fun facts about Tokyo, Armchair Travel to the largest metropolitan area in the world, and thanks to our great Culinary team, taste some Japanese food along with some of their favorite treats.



New Residents

Join us in extending a warm welcome to Virginia Hendrickson, Leo Dedecker and Grant Whitfield.

Some of you may have already had the pleasure of meeting our newest residents, but if you haven't, be sure to take a moment to say hello and introduce yourself.

JULY 2021

Birthdays








Mary Vass, 1st
 Lydia Lingelbach, 5th
 Ida Lekness, 7th
 Simone Jelinski, 7th
 Eileen Chapman, 9th
 Keith Jeal, 10th
 Olive Koytlak, 11th
 Alvin Horeak, 12th
 Ervin Dahlman, 22nd
 Joan Ferguson, 22nd
 Leo Dedecker, 22nd
 Grace Deiana, 28th

Locations

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

“To be a champion you must act like one.”

—Lou Ferrigno

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				CANADA DAY 		
4 10:00 Wii Bowling, AR 11:00 Outdoor Walking, P/O 2:00 Coloring & Puzzles, AR 3:00 Social Hour, AR 7:00 Baptist Church, DR	5 9:30 Group 1 Exercise, AR 10:00 Group 2 Exercise, AR 11:00 Your News Views, AR 2:00 Bingo, AR 3:00 Social Hour, AR 4:00 Cribbage & Whist, AR 	6 9:30 Group 1 Exercise, AR 10:00 Group 2 Exercise, AR 11:00 Crafty Creations, AR 1:45 Northgate Mall, O 2:00 The Sunny Circle, AR 3:00 Social Hour, AR 4:15 Wheel of Fortune, AR	7 9:30 Group 1 Exercise, AR 10:00 Group 2 Exercise, AR 11:00 Weekly Devotions, AR 2:00 Entertainment: David Lowey, P/O 3:00 Social Hour, AR 4:15 Seated Line Dancing, AR 	8 9:30 Group 1 Exercise, AR 10:00 Group 2 Exercise, AR 10:30 Library Exchange, AR 11:00 Salt Painting #2, AR 2:00 Salt Painting #2 3:00 Ice Cream Social, DR 4:15 Bingo, AR	9 9:30 Group 1 Exercise, AR 10:00 Group 2 Exercise, AR 11:00 Outdoor Walking, P/O 2:00 Cultural Documentary, AR 3:00 Social Hour, AR 4:00 Cribbage & Whist, AR 	3 10:00 Manicures, AR 11:00 Wheel of Fortune, AR 2:00 Seated Line Dancing 3:00 Social Hour, AR 4:15 Cribbage & Whist, AR 7:00 Polkarama, AR
11 10:00 Catholic Church, DR 11:00 Outdoor Walking, P/O 2:00 Family Feud, AR 3:00 Social Hour, AR 7:00 Baptist Church, DR 	12 9:30 Group 1 Exercise, AR 10:00 Group 2 Exercise, AR 11:00 Wheel of Fortune, AR 2:00 Bingo, AR 3:00 Social Hour, AR 4:15 Cribbage & Whist, AR 	13 9:30 Group 1 Exercise, AR 10:00 Group 2 Exercise, AR 11:00 Horseshoes, P/O 1:45 Walmart, O 2:00 The Sunny Circle, AR 3:00 Social Hour, AR 4:15 Wii Bowling, AR	14 9:30 Group 1 Exercise, AR 10:00 Group 2 Exercise, AR 11:00 Weekly Devotions, AR 1:45 Movie: The Wedding Planner, AR 3:00 Social Hour, AR 4:15 Cribbage & Whist, AR	15 9:30 Group 1 Exercise, AR 10:00 Group 2 Exercise, AR 10:30 Library Exchange, AR 11:00 Outdoor Walking, P/O 2:00 Music Ball Game, AR 3:00 Ice Cream Social, DR 4:15 Bingo, AR	16 9:30 Group 1 Exercise, AR 10:00 Group 2 Exercise, AR 11:00 Ladder Ball, P/O 2:00 Beading Craft, AR 3:00 Social Hour, AR 4:00 Cribbage & Whist, AR	17 10:00 Manicures, AR 11:00 Wheel of Fortune, AR 2:00 Seated Line Dancing, AR 3:00 Social Hour, AR 4:15 Cribbage & Whist, AR 7:00 Polkarama, AR
18 10:00 Wii Bowling, AR 11:00 Outdoor Walking, P/O 2:00 Puzzles & Coloring, AR 3:00 Social Hour, AR 7:00 Baptist Church, DR	19 9:30 Group 1 Exercise, AR 10:00 Group 2 Exercise, AR 11:00 Your News Views, AR 2:00 Bingo, AR 3:00 Social Hour, AR 4:15 Cribbage & Whist, AR	20 9:30 Group 1 Exercise, AR 10:00 Group 2 Exercise, AR 11:00 Croquet, P/O 1:45 Southland Mall, O 2:00 The Sunny Circle, AR 3:00 Social Hour, AR 4:15 Wheel of Fortune, AR	21 9:30 Group 1 Exercise, AR 10:00 Group 2 Exercise, AR 11:00 Weekly Devotions, AR 2:00 Entertainment: “Clean Break,” P/O 3:00 Social Hour, AR 4:15 Seated Line Dancing, AR 	22 9:30 Group 1 Exercise, AR 10:00 Group 2 Exercise, AR 10:30 Library Exchange, AR 11:00 Outdoor Walking, P/O 2:00 Resident Council, AR 3:00 Ice Cream Social, DR 4:15 Bingo, AR	23 9:30 Group 1 Exercise, AR 10:00 Group 2 Exercise, AR 2:00 Armchair Travel Tokyo, AR 3:00 Social Hour, AR 4:15 Cribbage & Whist, AR	24 10:00 Wii Bowling, AR 11:00 Family Feud, AR 2:00 Singalong, AR 3:00 Social Hour, AR 4:15 Cribbage & Whist, AR 7:00 Polkarama, AR
25 Olympics Week! 10:00 Catholic Church, DR 11:00 Outdoor Walking, P/O 2:00 Olympic Registrations, AR 3:00 Social Hour, AR 7:00 Baptist Church, DR	26 9:30 Group 1 Exercise, AR 10:00 Group 2 Exercise, AR 11:00 Wheel of Fortune, AR 2:00 Range Shooting, AR 3:00 Social Hour, AR	27 9:30 Group 1 Exercise, AR 10:00 Group 2 Exercise, AR 11:00 Target Toss, AR 1:45 Vic Square Mall, O 2:00 The Sunny Circle, AR 3:00 Social Hour, AR 4:15 Magnetic Darts, AR	28 9:30 Group 1 Exercise, AR 10:00 Group 2 Exercise, AR 11:00 Weekly Devotions, AR 2:00 Pentathlon Event, AR 3:30 Social Hour, AR 4:15 Cribbage & Whist, AR 	29 9:30 Group 1 Exercise, AR 10:00 Group 2 Exercise, AR 11:00 Handball, AR 2:00 Wrestling, AR 3:00 Birthday & Welcome Social, AR 4:15 Library Exchange, AR	30 9:30 Group 1 Exercise, AR 10:00 Group 2 Exercise, AR 11:00 Library Exchange, AR 2:00 Volleyball Bounce, AR 3:00 Social Hour, AR 4:15 Cribbage & Whist, AR	31 10:00 Manicures, AR 11:00 Sailing, AR 2:00 Seated Line Dancing, AR 3:00 Olympians Social, AR 4:15 Cribbage & Whist, AR 7:00 Polkarama, AR



Mark It on Your Calendar!

Tuesday Shopping Trips at 1:45 p.m.: Masks are mandatory

- **July 6th** — Northgate Mall
- **July 13th** — Walmart
- **July 20th** — Southland Mall
- **July 27th** — Vic Square Mall

Entertainment at 2 p.m.:

- **July 7th** — David Lowey
- **July 21st** — Clean Break

Movies/Documentaries:

- **July 9th** — Cultural Documentary
- **July 14th** — Movie: “The Wedding Planner”

Church Services:

- July 11th and 25th Catholic Mass at 10 a.m.
- Every Sunday at 7 p.m., Baptist Church

Everyone is welcome to attend.

What’s New, What’s Changed

What’s New?

Tuesday shopping trips are back! Face masks are mandatory. For anyone who is new, here is how the shopping excursions work. See Tami or Josie to sign up for the bus. We meet at 1:45 p.m., at the front entrance. For those who are unable to shop independently, a family member or friend is welcome to meet us at the mall.

Church services resume:

Catholic Mass is at 10 a.m., in the Dining Room on Sunday, July 11th and 25th.

The Catholic Church has requested all residents attending wear a face mask.

Baptist Church is every Sunday at 7 p.m. and everyone is welcome.

What’s Changed?

Sunday Devotions that are so graciously hosted by Simone and Lydia will move to Wednesday mornings for weekly devotions at 11 a.m., in the Activity Room.

Everyone is welcome to attend.

Footballers With Heart



On Thursday, May 27th, I had the pleasure of speaking with Scott MacAulay, the Head Coach of the Regina Thunder Football Team. His players were doing acts of community service and he asked if we could use any help at Victoria Park. Well, that opened the floodgates! Scott was supplied with a long list of tasks and we were told to expect eight players on Saturday, May 29th, around 11:30 a.m.

Well, 11:30 a.m. rolled around and here came the football players! They removed the concrete board around the exterior of the WHOLE building, they pruned shrubs (and cleaned up the results), and they scraped and repainted the yellow sections on our curbs and much more. Not only that, they ended up sending some extra players to boot. At the end, we could not believe how much they accomplished.

Our heartfelt thanks to Scott and the volunteers from the Regina Thunder Football Club — you are awesome! Oh, and if you are making a list for next year’s service to the community, sign us up!

Happy Canada Day

July 1st commemorates the anniversary of the Constitution Act, which consolidated three territories into the single nation of Canada, way back in 1867.



Here are just a few facts about Canada you may or may not have known:

1. Canada boasts 30% of the world’s boreal forest and 10% of the world’s total forests.
2. Quebec supplies almost two-thirds of the world’s maple syrup.
3. Dominion Day officially became Canada Day October 27, 1982.
4. Canada has more surface area covered with lakes compared to any other country in the world combined.

Come have some fun and put your knowledge about our wonderful country to the test with more Canadian Trivia at 11 a.m.

You won’t want to be late for lunch because Chef Wendy and the Culinary team are hosting a barbecue with all the fixin’s for this special day.

And ... we can’t have a special day like this take place without ice cream. So come and build your own ice cream sundae at the Social Hour.