

# Victoria Park

## PERSONAL CARE COMMUNITY

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

### AUGUST 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

### Oh, The Joys of Summer

With the warmer weather comes longer, sun-filled days full of the simple joys of summer. Nothing

lifts the spirits like fresh air, sunshine and new adventures. Let's take a break from our normal routines this month and get out and about!

How does a tour of Wascana Lake on a ferry boat? A stroll through the Edwardian Gardens at the Government House or a trip to the beach for a picnic sound? If any one of these outings appeals to you, be sure to get your name on the bus sheet at the front desk.

We're going to take some time to get outside and play too. We've got some familiar games planned and perhaps a few that might be new to you on the calendar this month. Don't worry, no experience is needed. A little play can add so much joy to your day, relieve stress, supercharge learning and keep you socially connected, all while having some fun outdoors with friends.

Whatever outing or games you choose to participate in, remember to stay hydrated and protect yourself from the sun. Wear comfortable clothing, sunglasses, a hat and sunscreen.

George Bernard Shaw once said, "We don't stop playing because we grow old; we grow old because we stop playing."



### New Residents

Take a moment to say hello and introduce yourself to Adolph Alvin and William Schuweiler. Welcome to Vic Park, Adolph and William, we are looking forward to getting to know you better.

# AUGUST 2021

## Birthdays

Judith Shannon, 2nd  
Myrna Roth, 12th

## Locations

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

**“It’s important to enjoy yourself and embrace whatever comes your way.”**

—Miranda Kerr

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|--|--|--|--|--|--|---|
| <p>1</p> <p>10:00 Outdoor Walking, P/O</p> <p>11:00 Wheel of Fortune, AR</p> <p>2:00 Wii Bowling, AR</p> <p>3:00 Social Hour, AR</p> <p><b>7:00 Baptist Church, DR</b></p>                   | <p>2</p> <p>9:45 Group Fitness</p> <p>10:30 Sask. Scrabble, AR</p> <p>2:00 Documentary Sask. Chief Poundmaker, AR</p> <p>3:00 Social Hour, AR</p> <p>4:15 Cribbage &amp; Whist, AR </p> | <p>3</p> <p>9:45 Group Fitness</p> <p>10:30 Wii Bowling, AR</p> <p><b>1:45 Northgate Mall, O</b></p> <p>2:00 The Sunny Circle</p> <p>3:00 Social Hour, AR</p>                    | <p>4</p> <p>9:45 Group Fitness</p> <p>10:30 Grandma’s Kitchen, AR</p> <p>2:00 Croquet, P/O</p> <p>3:00 Social Hour, AR</p> <p>4:00 Bingo, AR</p>           | <p>5</p> <p>9:45 Group Fitness</p> <p>10:30 Library Exchange, AR</p> <p>11:00 Crafty Creations, AR</p> <p><b>1:30 Ferry Boat Tour, O</b></p> <p>3:00 Ice Cream Social, DR</p> <p>4:15 Singalong, AR</p>  | <p>6</p> <p>9:45 Group Fitness</p> <p>10:30 Wheel of Fortune, AR</p> <p><b>2:00 Entertainment Music with AI</b></p> <p>3:00 Social Hour, AR</p> <p>4:15 Cribbage &amp; Whist, AR</p>         | <p>7</p> <p>9:45 Wii Bowling, AR</p> <p>11:00 Outdoor Walking, P/O</p> <p>2:00 Seated Line Dancing, AR</p> <p>3:00 Social Hour, AR</p> <p>4:15 Cribbage &amp; Whist, AR</p> <p>7:00 Polkarama, AR</p> |
| <p>8</p> <p><b>10:00 Catholic Church, DR</b></p> <p>11:00 Family Feud, AR</p> <p>2:00 Coloring &amp; Puzzles, AR</p> <p>3:00 Social Hour, AR</p> <p><b>7:00 Baptist Church, DR</b></p>       | <p>9</p> <p>9:45 Group Fitness</p> <p>10:30 Trivia, AR</p> <p>2:00 Lawn Dart Bocce, P/O</p> <p>3:00 Social Hour, AR</p> <p>4:15 Cribbage &amp; Whist, AR</p>   | <p>10</p> <p>9:45 Group Fitness</p> <p>10:30 Creekside Walk, P/O</p> <p><b>1:45 Walmart, O</b></p> <p>2:00 The Sunny Circle</p> <p>3:00 Social Hour, AR</p>                      | <p>11</p> <p>9:45 Group Fitness</p> <p>10:30 Wheel of Fortune, AR</p> <p>2:00 Horseshoes, P/O</p> <p>3:00 Social Hour, AR</p> <p>4:00 Bingo, AR</p>        | <p>12</p> <p>9:45 Group Fitness</p> <p>10:30 Library Exchange, AR</p> <p><b>11:30 Beach Picnic, O</b></p> <p>1:30 Movie: The Blind Side, AR</p> <p>3:00 Ice Cream Social, DR </p> <p>4:15 Singalong, AR</p> | <p>13</p> <p>9:45 Group Fitness</p> <p>10:30 Beading Craft, AR</p> <p><b>2:00 Entertainment Call It Yesterday</b></p> <p>3:00 Social Hour, AR</p> <p>4:15 Cribbage &amp; Whist, AR</p>       | <p>14</p> <p>10:00 Manicures, AR</p> <p>11:00 Outdoor Walking, P/O</p> <p>2:00 Seated Line Dancing, AR</p> <p>3:00 Social Hour, AR</p> <p>4:15 Cribbage &amp; Whist, AR</p> <p>7:00 Polkarama, AR</p> |
| <p>15</p> <p>10:00 Outdoor Walking, P/O</p> <p>11:00 Wii Bowling, AR</p> <p>2:00 Wheel of Fortune, AR</p> <p>3:00 Social Hour, AR</p> <p><b>7:00 Baptist Church, DR</b></p>                  | <p>16</p> <p>9:45 Group Fitness</p> <p>10:30 News Views, AR</p> <p>2:00 Family Feud, AR</p> <p>3:00 Social Hour, AR</p> <p>4:15 Cribbage &amp; Whist, AR</p>   | <p>17</p> <p>9:45 Group Fitness</p> <p>10:45 Ladder Ball, P/O</p> <p><b>1:45 Southland Mall, O</b></p> <p>2:00 The Sunny Circle</p> <p>3:00 Social Hour, AR</p>                  | <p>18</p> <p>9:45 Group Fitness</p> <p>10:30 Wii Bowling, AR</p> <p>11:00 Coloring &amp; Puzzles, AR</p> <p><b>2:00 Summer Gala “Casino Style,” DR</b></p> | <p>19</p> <p>9:45 Group Fitness</p> <p>10:30 Library Exchange, AR</p> <p>11:00 Croquet, P/O</p> <p><b>12:30 Government House Garden Tour, O</b></p> <p>3:00 Ice Cream Social, DR</p> <p>4:15 Singalong, AR</p>   | <p>20</p> <p>9:45 Group Fitness</p> <p>10:30 Wheel of Fortune, AR</p> <p><b>2:00 Entertainment Travelin’ Yank</b></p> <p>3:00 Social Hour, AR</p> <p>4:15 Cribbage &amp; Whist, AR</p>       | <p>21</p> <p>9:45 Bowling, AR</p> <p>11:00 Outdoor Walking, P/O</p> <p>2:00 Seated Line Dancing, AR</p> <p>3:00 Social Hour, AR</p> <p>4:15 Cribbage &amp; Whist, AR</p> <p>7:00 Polkarama, AR</p>    |
| <p>22</p> <p><b>10:00 Catholic Church, DR</b></p> <p>11:00 Outdoor Walking, P/O</p> <p>2:00 Coloring &amp; Puzzles, AR</p> <p>3:00 Social Hour, AR</p> <p><b>7:00 Baptist Church, DR</b></p> | <p>23</p> <p>9:45 Group Fitness</p> <p>10:30 Documentary Johnny Cash, AR</p> <p>2:00 Horseshoes, P/O</p> <p>3:00 Social Hour, AR</p> <p>4:15 Cribbage &amp; Whist, AR</p>  | <p>24</p> <p>9:45 Group Fitness</p> <p>10:30 Wii Bowling, AR</p> <p><b>1:45 Vic Square Mall, O</b></p> <p>2:00 The Sunny Circle</p> <p>3:00 Social Hour, AR</p>                  | <p>25</p> <p>9:45 Group Fitness</p> <p>10:30 Wheel of Fortune, AR</p> <p>2:00 Lawn Dart Bocce, P/O</p> <p>3:00 Social Hour, AR</p> <p>4:00 Bingo, AR</p>   | <p>26</p> <p>9:45 Group Fitness</p> <p>10:30 Library Exchange, AR</p> <p>11:00 Creekside Walk, P/O</p> <p><b>2:00 Resident Council, AR</b></p> <p>3:00 Ice Cream Social, DR</p> <p>4:15 Singalong, AR</p>  | <p>27</p> <p>9:45 Group Fitness</p> <p>10:30 Grandma’s Kitchen, AR</p> <p><b>2:00 Entertainment Celebration Singers</b></p> <p>3:00 Social Hour, AR</p> <p>4:15 Cribbage &amp; Whist, AR</p> | <p>28</p> <p>10:00 Manicures, AR</p> <p>11:00 Outdoor Walking, P/O</p> <p>2:00 Seated Line Dancing, AR</p> <p>3:00 Social Hour, AR</p> <p>4:15 Cribbage &amp; Whist, AR</p> <p>7:00 Polkarama, AR</p> |
| <p>29</p> <p>10:00 Outdoor Walking, P/O</p> <p>11:00 Wii Bowling, AR</p> <p>2:00 Wheel of Fortune, AR</p> <p>3:00 Social Hour, AR</p> <p><b>7:00 Baptist Church, DR</b></p>                  | <p>30</p> <p>9:45 Group Fitness</p> <p>10:30 News Views, AR</p> <p>2:00 Arm Chair Travel, AR</p> <p>3:00 Social Hour, AR</p> <p>4:15 Cribbage &amp; Whist, AR</p>  | <p>31</p> <p>9:45 Group Fitness</p> <p>10:30 Family Feud, AR</p> <p><b>1:45 Northgate Mall, O</b></p> <p>2:00 The Sunny Circle</p> <p>3:00 Birthday &amp; Welcome Social, AR</p> |   |  |  |   |



## Our Charity Committee

Charity does not always mean one has to donate money towards a cause. By definition, a charitable person has a kind attitude towards other people and does not judge or criticize. They find ways to simply make someone's day a little bit brighter.

During the pandemic lockdown, residents were the recipients of so many charitable acts and gifts. Businesses in our community donated beautiful gifts, treats, craft items and flower arrangements, just to mention a few. We can't forget the front line workers (nurses, doctors, EMS staff, retail employees, healthcare workers, etc.) who went far beyond the call of duty to serve and comfort others.

Research clearly indicates expressing gratitude, along with being charitable, is beneficial to our health and well-being. We're happier when we're grateful! Taking the time to thank others is vital to take away the feelings of loneliness, increase social connections and generate generosity. Yet, we feel thankful a lot more often than we express it.

Like a hug, expressing appreciation typically feels good to both giver and receiver. In addition to making someone else's day, showing gratitude packs a powerful punch of personal benefits as mentioned above.

Vic Park has a Charity Committee that is open to everyone. Now that the pandemic restrictions have been lifted, there is no better time to get back into the swing of things and resume expressing our gratitude and extending our hands to help brighten a day for others within our community.

Stop by and share your ideas and inspirations for the committee with Josie and Tami so that together, we can create a plan to get this committee going full force again.

## Campout Spirit Week

There is no doubt our residents are always game for some fun. June's Campout Spirit Week was proof of that.

Campsites were constructed by teams using a surprise tray of items like paper, playdoh, pipe cleaners, rocks and branch clippings, just to name a few. Needless to say, the items were not what our campers were expecting, however, you were all amazingly creative!

Everyone got some exercise and a belly laugh or two at the Beach Ball Blast and a little extra walking during the scavenger hunt.

A Camp Game Marathon consisted of several "minute to win it" team games, and you all certainly know how to work together to get the job done.

We love to see you come out and participate, especially when you are all having fun. Thank you for making our days brighter in the Activity Room.



*Winners of Sink the Ball*



## Mark It On Your Calendar!

### Church Services:

**Catholic:** August 8th & 22nd at 10 a.m.

**Baptist:** Every Sunday at 7 p.m.

### Shopping Trips at 1:45 p.m.:

**8/3rd:** Northgate Mall

**8/10th:** Walmart

**8/17th:** Southland Mall

**8/24th:** Vic. Square Mall

**8/31st:** Northgate Mall

### Entertainment at 2 p.m.

**8/6th:** Music with Al

**8/13th:** Call it Yesterday

**8/18th:** Summer Gala

**8/20th:** The Travelin' Yank

**8/27th:** Celebration Singers

### Special Outings:

**8/5th:** Wascana Ferry Boat Tour

**8/12th:** Picnic at the Beach

**8/19th:** Edwardian Garden Tour

## Summer Celebration

We are going to celebrate the end of pandemic restrictions right here at Vic Park on August 18th, "Casino" style.

Part of the Dining Room will be transformed into a Casino with card tables and other games of chance, along with an endless supply of casino chips for you to place your bets with.

Come spin the wheel at the Over/Under, Crown & Anchor or Roulette table. If cards are your game, we'll have a Poker and a Black Jack table with a seat just for you.

The fun starts at 2 p.m., and everyone is invited.