

Victoria Park

PERSONAL CARE COMMUNITY

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

Facility License Number 8221

SEPTEMBER 2021

VICTORIA PARK STAFF

AdministratorJACKIE HARROWER
Assistant Administrator.....BRUCIE MOULDEN
Director of Health Services..... DANIELLA LINDE
Executive Chef.....WENDY LAKE
Activity CoordinatorTAMI NAGEL
Activity AssistantJOSIE BUTZ
Administrative AssistantCARLI COSSETTE
Maintenance AARON FRANCIS
Bus DriverRON HARPER
Bus DriverPAUL 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

Fall in Love with Fall

What's not to love about this season?! The mornings are golden, afternoons are sunny and warm, and the evenings are cool. It's the time of year we look forward to a beautiful, multi-colored work of art as leaves and plants change color before finally falling away.

With the cooler temperatures, we can get back into the kitchen and enjoy the bounty of fresh vegetables from our gardens in a pot of homemade soup, and we can't forget, this is apple picking season. Nothing draws everyone to the table like the wonderful aroma of cinnamon apple and pumpkin spiced food and drinks, hot cocoa and warm pumpkin bread.

It's the perfect time to bring out the cozy sweaters, warm slippers, snuggly socks and all things flannel. Fall simply creates the perfect conditions for feeling a sense of comfort, warmth and reflection.

September is also the start of Apple Appreciation Days! We are going to celebrate this delicious and nutritious fruit and the farms that grow them in Grandma's Kitchen this month with a few apple recipes for everyone to enjoy at the Socials. Be sure to check the calendar for the Apple Tasting too. Who knows, you might just discover you have a new favorite apple.

Last but not least, fall is the start of the football season. Go Riders! The season's schedule is posted in the activity room. Be sure to don your Rider apparel and come cheer on our team at the Tailgate Party.

Fall Flower Power

September's flower is the beautiful aster. The colors of the flower carry a variety of meanings, but in general, the flower mainly represents love, wisdom and faith.

Did you know they are also used as a medicinal herb for many different ailments and can be brewed as a tea to aid with digestion?

Also, they are a favorite among butterflies because they bloom during the same time as the Monarch butterfly migration and often become pit stops for snacking.

Watch for this month's Crafty Creations. We'll be working with Aster flower photos to create a craft that will make it possible for you to enjoy the showy flower all year long. We'll also share some fun facts about the Aster, as well as the meanings of each color.



Mark It on Your Calendar

Weekly Devotions:

Wednesdays at 11 a.m.

Church Services:

Catholic: 9/12th & 9/26th at 10 a.m.

Baptist: Every Sunday at 7 p.m.

Entertainment at 2 p.m.:

9/8th: Two Amigos **9/22nd:** The Tavelin' Yank

9/11th: Rider's Tailgate Party **9/30th:** Alvin Kelln

9/15th: Alvin Kelln

Tuesday Shopping Trips:

9/7th: Walmart **9/21st:** Vic Square

9/14th: Southland Mall **9/28th:** Northgate Mall

Special Outings:

9/9th: Legislative Bldg. Tour

9/23rd: Fall Bus Ride

Movies at 1:30 p.m.:

9/10th: Mamma Mia 2

9/26th: Annie

Brain Health

This is the month students return to school, and most are filled with a sense of wonder, curiosity and enthusiasm for learning. This time should serve as a gentle reminder to us that lifelong learning is important, and it helps put that spark of curiosity back into our daily lives.

For our brains to stay well-tuned, proper stimulants are needed. New cells and neural connections can potentially be created by the brain. This is called neuroplasticity; the brain's ability to change, grow and improve, as well as sharpen memory function. Here are just six ways to stimulate and boost your brain health. The good news is that you don't have to do it alone and it isn't really a lot of work!

1. Practice using your memory
2. Play thinking games
3. Learn something new
4. Keep socially active
5. Maintain an exercise plan and eat a healthy diet
6. Get a good night's sleep

Every Tuesday at 11 a.m. this month, we're going to have some fun while learning something new through interactive games, all while boosting our brain health! Everyone is welcome – we hope to see you there.

Time Flies When You're Having Fun!

It's hard to believe the first day of fall is just three weeks away. Where did the summer go?

The highlight of July was the Vic Park Olympics, without a doubt. Our athletes came forward boldly to meet each and every challenge, never tired and vied

gracefully with a lot of laughs for an entire week. Thank you to every participant and cheerleader for bringing success to this activity.

A most welcome addition to our community, this summer has been the return of entertainment and those Tuesday shopping trips. Nothing raises the spirits like singing and music, and the shopping trips gave everyone a renewed sense of freedom.



Olympic contenders Myrna and Nora compete in the Cotton Bowl Challenge.



"Crafty Creations" Simone framed her pretty Salt Painting.



Mary wearing her Victory Crown after wrestling with 12 balloons.



It was a beautiful, warm afternoon for a Ferry Boat ride.