

Newsletter

Parkwood Court

Upcoming

Shortbread Day

January 6th

Rubber Duck Day

January 13th

Wear yellow!

We'll be playing Chuck-A-Duck in the 1st Floor Lounge in the morning.

Winnie the Pooh Day

January 18th

We'll be reading stories of Winnie the Pooh's Adventures in the 1st Floor Lounge at 1:10PM

Would You Like to FaceTime Your Family?

Register with the Active Living team, or email samantha.jones@optimaliving.ca



Happy New Year

Welcome to 2024! Parkwood Court is embracing the New Year with Hope and Joy! As we embark on this journey together, let's create a year filled with warmth, growth, and cherished moments. Here's to new beginnings, shared smiles, and the continued well-being of our wonderful community.

If you would like the Newsletter and Calendar emailed directly to you, please let me know via email - samantha.jones@optimaliving.ca

Samantha

Bus Outings:

Check Back Next Month for Exciting Bus Trips!

Special Programming

New Year Morning Mimosas - January 1st at 10AM

In the 1st Floor Lounge.

Healthy Habits for the New Year - January 12th at 11AM

Join Clem Persaud in the 1st Floor Lounge for a presentation and conversation about Healthy Habits for the New Year.

Chair Yoga with Rena - January 4th and 18th at 10:30AM

Rena's Method specializes in therapeutic yoga, sound and music offerings. Join us in the 1st Floor Lounge to help empower you to rebuild relationship to mind, body and spirit.

Robbie Burns Day - January 25th

Join us in the afternoon for a Scottish Quiz, then we will be singing Scottish Tunes with Brenda on the Piano.

January Entertainers

Join us on select Fridays in the
1st Floor Lounge, 3:30PM to 4:30PM

STAN DAVIES

January 12th

MICHAEL MAJOCHA

January 19th

THE K-TONES

January 16th

Movie Mondays

1st Floor Lounge at 3 PM

LADY AND THE TRAMP

January 1st

THE ARISTOCATS

January 8th

ROBIN HOOD

January 15th

**SNOW WHITE AND THE SEVEN
DWARFS**

January 22nd

THE SWORD IN THE STONE

January 29th

January Birthdays

Sarah C. - January 3

Sally R. - January 7

Carol M. - January 16

Dr. Bruno F. - January 31

**Join us for our Birthday Tea on
Wednesday January 31st**

Documentary Series

Tuesdays at 11AM

1st Floor Lounge

AMERICA'S NATIONAL PARKS

*Experience insightful exploration of some
of the most breathtaking landscapes and
majestic animals in the world.*

Some Thursdays at 11AM

1st Floor Lounge

AWESOME ANIMALS

*Join 16-year-old narrator Jake Cuddemi as
he presents some fascinating information
about a variety of animal species.*

Parkwood Court Management

SALES CONSULTANT

Jacqui McAfee
250-519-5014

DIRECTOR OF ADMINISTRSTION

Kaitlyn Mann
250-519-5010

DIRECTOR OF HEALTH & WELLNESS

Julie Atkinson
250-519-5013

LEAD CARE COORDINATOR

Makayla Carlton
250-380-1005

DIRECTOR OF CULINARY SERVICES

Alan Van Tassell
250-519-5016

DIRECTOR OF ENVIRONMENTAL SERVICES

Andy Abuleal
250-519-5032

DIRECTOR OF ACTIVE LIVING

Samantha Jones
250-519-5015

Welcome Home!

