Optima Daily

November 2026

DEER PARK VILLAGE
by Optima Living



Message from The Principals:

Welcome to the **November** edition of Optima Daily. As the month unfolds, we'll come together to reflect, raise awareness, and celebrate. On Remembrance Day, we pause to honour those whose courage and sacrifice helped protect the freedoms we enjoy today.

November also marks Fall Prevention Month, offering a reminder that simple steps, such as keeping floors free of clutter and participating in gentle exercise, can help prevent injuries and keep everyone safe.

We also look forward to celebrating Diwali, an occasion that symbolizes light, hope, and new beginnings.

May this November be a safe, meaningful, and joyful month for everyone.

Ali, Farid, Karim

Optima Living
Let us welcome you home.™



We welcomed April Illsley as our new General Manager on October 19!

With an impressive 39 years of nursing experience, including leadership as a Director of Care and four years as a Practical Nurse Instructor at Red Deer Polytechnic, April brings a wealth of knowledge, compassion, and leadership to our community.

Originally from Nova Scotia, April has called Alberta home for decades. She and her husband, Mike, recently celebrated 40 years of marriage and are proud parents of four children and grandparents to eight wonderful grandchildren.

Outside of work, April enjoys hiking, disc golf, puzzles, movies, UFC, and cheering on her favourite team, the Los Angeles Dodgers!

Please join us in giving April a warm Deer Park Village welcome! We're thrilled to have her join the Optima Living team and look forward to the experience, fresh energy, and leadership she'll bring to our community.

Upcoming Events:



November 3 | 2:00 p.m. | Theatre
Remembrance Day Ceremony 🌺
Please join us for a special Remembrance Day Ceremony led by members of the Royal Canadian Legion. Together, we will take time to honour and remember the courage, service, and sacrifice of the men and women who served our country. The ceremony will include a time of remembrance and reflection, along with familiar songs led by the Legion for everyone to sing along. We invite residents, families, and team members to join us. Lest We Forget.



November 9 | 10:00 a.m. – 2:00 p.m.
A Personal Touch of Fashions 🛍️
Get ready for a little retail therapy without leaving Deer Park Village! A Personal Touch of Fashions is returning with a wonderful selection of clothing, jewelry, and accessories. Whether you're shopping for yourself, looking for a gift, or just browsing, there's something for everyone! Come enjoy a little shopping right here at home!



November 13 | 2:00 p.m.
6th Annual Deer Hunt 🦌🎯
Ready, aim, and let the fun begin! Hunting season is back at Deer Park Village, and it's time for our 6th Annual Deer Hunt! Our brave team members will once again become the deer, and our residents will be the hunters! Get ready for an afternoon filled with laughter, friendly competition, and hilarious moments as you put your aiming skills to the test. Will our team members escape, or will our residents prove they've still got a sharp eye and steady aim? Don't miss one of our favourite annual traditions!



November 17 | 2:00 p.m. | Dining Room
New Neighbours Social: Norway – A Norwegian Christmas 🇳🇴🎄❄️
God Jul! (Merry Christmas!) Join us as we welcome our newest neighbours to the Deer Park Village family with a little Norwegian Christmas magic! Experience the warmth and charm of a traditional Norwegian Christmas with festive decorations, delicious treats, refreshments, and wonderful company. Whether you're new to Deer Park or have called it home for years, everyone is welcome to celebrate, make new friendships, and enjoy a cozy afternoon filled with holiday cheer.

Upcoming Events:



November 12 | 3:00 p.m., November 16 | 10:00 a.m.
November 19 | 2:00 p.m., November 23 | 10:00 a.m.

Deck the Halls: Christmas Decorating! 🎄✨

It's beginning to look a lot like Christmas... well, almost! We need your help to bring the holiday magic to Deer Park Village! Join us as we deck the halls, trim the trees, and transform our home into a winter wonderland filled with Christmas cheer. Whether you're a decorating expert, a tinsel enthusiast, or simply enjoy spreading holiday spirit, there's a place for everyone! Come share some laughs, make memories, and help us make Deer Park sparkle this Christmas season. After all, many hands make merry work!



November 19 | 3:00 p.m.
Pine Lake Singers Concert 🎶🎤

They're back, and we couldn't be more excited! We are thrilled to welcome the Pine Lake Singers back to Deer Park Village for another wonderful afternoon of music and entertainment! Join us as this talented group fills our home with beautiful harmonies, familiar melodies, and songs that are sure to have you tapping your toes and singing along. There's nothing quite like the joy of live music shared with friends and neighbors, so come enjoy a delightful afternoon with some familiar faces and wonderful voices!



November 25 | Big Bingo! 🎱🎉
Bigger Prizes, Bigger Smiles!

Get ready for an afternoon of BIG Bingo fun! We're raising the stakes with four exciting sets of Bingo, featuring bigger and better prizes! Our Blackout Bingo winners will have the chance to take home some extra BIG prizes! Your first Bingo card is FREE, and each additional card is just $3. And here's the best part: Everyone is guaranteed to walk away with at least one prize! So grab your lucky dabber, bring your Bingo spirit, and get ready for an afternoon of friendly competition, laughter, and plenty of BIG smiles! Who's ready to shout BINGO?



November 26 | 3:00 p.m.
A Christmas Keepsake Photoshoot 🎄📸

Capture a little Christmas magic and create a memory to treasure! Join us for the first of two festive photoshoot opportunities, with another session coming in December! Bring your spouse, friends, or simply your wonderful self! For just $20, you'll receive a beautiful printed and framed Christmas photo, perfect for displaying or giving as a heartfelt gift. Best of all, all profits go directly to our Residents' Fund! Interested? Sign up in the Recreation Binder, and let's make some merry memories together!

Special Lifestyle Outings:



Lunch Outing: The Country Porch 🍽️
📅 **November 19**
⏰ **Bus Leaves at 11:00 a.m.**
💰 **Fee: Pay for Your Own Meal**
Join us for a delicious lunch outing to The Country Porch in Penhold! Known for its amazing food and welcoming atmosphere, this charming spot is the perfect place to enjoy a tasty meal and wonderful company. Come hungry and ready to enjoy some delicious home-style cooking! Be sure to sign up in the Bistro to reserve your spot!



Outing: The Nutcracker 🩰🎄
📅 ***Date: To Be Announced***
⏰ ***Bus Leaves at 12:15 p.m.***
💰 ***Fee: $27 per Person***
📝 *Payment & Sign-Up Deadline: November 6*
Step into the magic of the holiday season with a wonderful outing to see The Nutcracker! Enjoy a beautiful performance filled with enchanting music, graceful dancing, and Christmas magic! We will be attending the first performance. Tickets are limited and subject to availability, so the earlier you sign up and pay, the better your chances of securing a spot! All payments and sign-ups must be completed by November 6. Be sure to sign up in the Bistro to reserve your spot!



Outing: Sweet Capone's Italian Bakery & Cannoli Shop 🍰🇮🇹
📅 November 28
⏰ Bus Leaves at 1:30 p.m.
💰 Fee: Pay for Your Own Purchases
Life is sweeter with a little Italian treat! Join us for a delightful afternoon outing to Sweet Capone's Italian Bakery & Cannoli Shop! Known for its delicious cannoli and mouthwatering Italian pastries, this charming bakery is the perfect place to satisfy your sweet tooth and enjoy wonderful company. Be sure to sign up in the Bistro to reserve your spot!



Outing: Festival of Trees 🎄✨
📅 **November 27**
⏰ **Bus Leaves at 1:30 p.m.**
💰 **Admission: $8.00 for Seniors**
It's beginning to look a lot like Christmas! Join us for a magical afternoon at Red Deer's Festival of Trees! Get into the holiday spirit as we explore beautifully decorated Christmas trees, dazzling displays, and all the festive sights and sounds of the season! It's the perfect way to kick off the festive season and make some merry memories with friends. Be sure to sign up in the Bistro to reserve your spot!

Updates from our Teams:

Maintenance:

With colder weather arriving, our Maintenance Team is busy preparing Deer Park for the winter months. During below-zero temperatures, we kindly ask that all windows remain closed, including the new windows. If you need assistance closing your window, please let Carrie know at the front desk, and she will add your name to the list for Terri to come and assist you. As the snow and ice arrive, please remember to wear winter-appropriate footwear when heading outdoors. Shoes or boots with good traction can help keep you safe on slippery surfaces. Thank you for helping us keep Deer Park safe, warm, and comfortable this winter!

Leadership Team:

We want to hear from you! Your feedback is important to us and helps us continue to make Deer Park Village a wonderful place to call home. If you have a suggestion, concern, compliment, or idea you would like to share, we encourage you to fill out a Feedback Form. Feedback Forms are located on the table next to the Tuck Shop. Once completed, simply fold up your form and place it in the green box located on the same table. We appreciate your feedback and look forward to hearing from you!

Community Outreach:

We will be co-hosting a Downsizing Seminar on Wednesday, November 25 at the Golden Circle. Terri Tough with Alamode Living will be our expert speaker.

On December 15 & 17 we will be supplying the takeaway dessert for the Golden Circle's Christmas Lunches. We will be spreading some holiday joy and cheer to 240 seniors.

Resident Spotlight: Meet Laverne!

Laverne is a friendly face around Deer Park who loves to stay involved! With her great sense of humor and welcoming personality, she easily makes friends and enjoys Yoga, Bingo, outings, and special events. She even showed off her fun side with Shirley during our Lip Sync Battle! Dancing has always been special to Laverne. Her dad was a beautiful dancer and taught her when she was young. She jokes that her first husband had "two left feet," but her second husband was a wonderful dancer! A mom of four and a strong lady who has held many different jobs throughout her life, Laverne truly has a heart of gold and brings lots of laughter, kindness, and fun to our community. If you see Laverne around Deer Park, be sure to stop and say hi!



Lifestyle & Programs Retrospect:



A Toast to Thanksgiving at Deer Park Village!
We celebrated with yummy snacks, delicious fall mocktails, and plenty of laughter! Everyone shared what they were thankful for, and our Deer Park Village Thanksgiving Mad Libs brought out some hilarious stories! We're thankful for our wonderful residents, our caring team, and the special moments we share together. Wishing everyone a Happy Thanksgiving filled with love, laughter, and good company!



Presentation: The History of the RCMP and Donut Miss the Mountie!
Last week at Deer Park Village, we took a trip through Canadian history with a special presentation all about the RCMP! Our residents enjoyed learning about the history and traditions of the Royal Canadian Mounted Police, followed by our Donut Miss the Mountie Social! We even had a special visit from the RCMP themselves, making the afternoon extra memorable! The afternoon was filled with great conversations, plenty of smiles, and some delicious donuts to enjoy along the way! A big thank you to the RCMP for stopping by and making our afternoon so special!



Sip & Sunflowers: A Wine & Paint Afternoon 🌻🎨
Our residents enjoyed a wonderful afternoon filled with creativity, laughter, and beautiful sunflowers! With paintbrushes in hand, everyone created their own sunflower masterpiece while sipping non-alcoholic wine and enjoying a delicious charcuterie spread. It was lovely to see everyone's artistic talents shine, with each painting turning out as unique as the person who created it. A relaxing afternoon of creativity, friendship, and fun!

image coming soon!

Elvis's All Shook Up Halloween Bash!
We were all shook up at Deer Park Village as we celebrated Halloween with a rockin' good time! Our residents enjoyed a fantastic live performance from an Elvis impersonator, who brought the King's greatest hits to life and had everyone singing and dancing along! The afternoon was filled with spooky fun, delicious Halloween cookie treat bags specially prepared by our wonderful Culinary Team, and a spooktacular mocktail to sip on. With festive costumes, great music, and plenty of laughter, it was a Halloween celebration fit for the King himself!

Upcoming Big Events :



Our Values

Respect, Dignity, Collaboration

We Respect You

We actively listen to provide a dignified and welcoming home where everyone feels comfortable and supported to live their best life.

We Uphold your Dignity

We respect what you say and support your right to make choices yourself.

We Work Together

We work with one another to create an empowering, inviting, and person-centered home, uplifted by the diversity we create as a community.

We do the Right Thing

We are passionate about doing right by you every day.

Happy Birthday

"The longer I live, the more beautiful life becomes. If you foolishly ignore beauty, you will soon find yourself without it."

– Frank Lloyd Wright

Nov 1, Irene Z.

Nov 4 , Neil P.

Nov 4 , Camille V.

Nov 5, Ed V.

Nov 7, Cera D.

Nov 10, Maggie A.

Nov 11, Tom D.

Nov 18, Barrie W.

Nov 18, Dawn H.

Nov 19, Sharon S.

Nov 26, Larry D.

Monthly Birthday Celebration

Friday, November 20

Dining Room

Begins at 2:00 p.m.

Volunteerism:



A Helping Hand for The Lending Cupboard

At Deer Park Village, we believe in giving back to organizations that make a meaningful difference in our community. That's why we were proud to choose The Lending Cupboard as our charity of choice for our recent Deer Park Village Market!

The Lending Cupboard provides medical equipment and daily living aids to individuals throughout Central Alberta at no cost to borrow, helping people maintain their independence, mobility, and quality of life. As a seniors' community, this is a cause especially close to our hearts.
We were delighted to have their wonderful volunteers host our market BBQ. Thanks to the generosity of our residents, families, and visitors, we raised $595 to support their incredible work!

A heartfelt thank you to everyone who helped make this fundraiser a success!

Resident Involved Meetings:

Culinary Meeting: Led by Kat, this meeting gives residents the opportunity to directly share their compliments, feedback, and concerns about the food at Deer Park Village, as well as learn what's happening in the kitchen in the coming months. Please refer to your calendars for the date and time of the next Culinary Meeting.

Resident Council Meeting: This meeting provides updates from all departments about the happenings at Deer Park Village. We encourage our residents to attend the meeting to voice their concerns, advocate for themselves, offer suggestions, and work in collaboration with our team to enhance their quality of life. This meeting is held on the last Thursday of the month in the theatre at 2:00 pm.

Health & Safety:

November 's Emergency Review: Brown - Hazardous Materials/Spill

At our Optima Living Communities, the safety and well-being of our residents is always our highest priority. Each month, we highlight one emergency code to ensure everyone is informed and prepared should a situation arise.

Code Orange

What is Code Brown?

Code Brown is activated in response to the release or spill of hazardous materials, such as chemicals or biohazards, that may pose a threat to the health and safety of residents, employees, or visitors. These incidents require immediate containment and proper handling to prevent exposure or injury.

How Residents Can Help

During a Code Brown event, your cooperation is essential to ensure the safety of everyone in the community.

Please follow these important guidelines:

- Stay Calm and Remain in Place: Do not attempt to clean or investigate the spill yourself. Wait for instructions.
- Follow Instructions: Listen carefully and follow the directions provided by employees and emergency personnel.
- Avoid the Area: Stay away from the location of the spill or any area identified as unsafe.
- Report Symptoms or Concerns: Notify an employee immediately if you experience any unusual symptoms such as dizziness, nausea, difficulty breathing, or if you have any concerns about exposure.

Thank you for your attention and cooperation in keeping our community safe.

Our Commitment to You

Optima Living is committed to protecting the safety and well-being of our residents, team members, and visitors. During a Code Brown event, our team will follow established emergency procedures, provide clear instructions, and take appropriate steps to help keep everyone safe.

5 Social Media Safety Tips



Don't Give Out Personal Information

- Avoid putting personal information, phone numbers, addressess or current locations, on social media sites
- Some cyber criminals will use personal information you've put online to make their scam seem more legitimate

Create Unique/Complex Passwords



- Create passwords with a combination of letters, numbers, and symbols.
- Don't use words easily found online, like a pet's name or a birthday
- Try using a "Passphrase" with 4 or 5 words together instead of just 1
- If you think you were hacked, don't be afraid to change your password



Avoid Suspicious Online Links

- Some websites may steal your personal information by asking you to look at something funny or take an online quiz by clicking a link
- Scam links will use catchy phrases or pretend to come from someone you know – This is called "Phishing"
- When in doubt just delete the message



Keep Your Device Updated

- Keep your device software up to date so it is not vulnerable to malware.
- Once malware is on your device, it can send spam messages, steal your information or harm your device.
- Remember to lock your phone or have auto-lock set up so your phone screen turns off after 1-2 minutes

Beware of Fake Accounts

- Scammers will use accounts that look like someone you know, including pictures and names
- Before following or friending an account, check to see if you are already following that person, if you are, it's a fake account!

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