

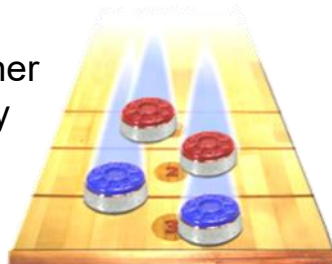
## FOCUS ON RECREATION

*"In early June the world of leaf and blade and flowers explodes, and every sunset is different."*  
– John Steinbeck

We hope you are looking forward to the lovely summer weather as much as we are! With summer just around the corner we have planned a number of events and outings to take advantage of the longer and warmer days!



We are hosting our first Campus-wide Shuffleboard tournament this month (June 5 to 16)! Join us on Thursday, June 1 at 1:30 pm for a refresher course in how to play this fun game. See posters around Campus for information on how to sign up for the Shuffleboard Tournament.



We would like to remind all residents that we offer Fitness Classes most weekday mornings. There are classes tailored to all varieties of fitness levels. Please see Katie or Trish for more information

We encourage all Campus residents to take advantage of the activities provided at Dawson Heights and we are more than happy to answer any questions you may have.

### June Special Events

**Afternoon Music  
with Jonathan Young  
Tuesday, June 6 at 2:00 pm  
in the BWR**

Our own Jonathan Young will be entertaining us with his ukulele! Don't miss this fun afternoon.



**Residents Meeting  
Thursday, June 8 at 1:30 pm  
in the BWR**

All residents are invited to attend the quarterly Residents Meeting with the Management Team of Dawson Heights.

**Afternoon Music with:  
Two Among Friends  
Friday, June 16 at 2:00 pm  
in the BWR**

Lorraine and Rowan from Two Among Friends will be returning to The Cedars for an afternoon of music and fun. Refreshments will be served.



**Health Talk with Heart Pharmacy:  
Fun and the Sun  
Tuesday, June 20 at 1:30 pm  
in the BWR**

Join Andrea Silver, a pharmacist from Heart Pharmacy, for the monthly Health Talk. The topic of this month's talk is Fun and the Sun!



## **KAREN'S KORNER**

How lovely to see so many people gather at the 2023 AGM for our first, in-person gathering in three years, when managers reported on the work and events of 2022. Thank you to those who made the effort to attend, on what was a lovely day. We welcomed the new Chancellor of the Anglican Diocese, Isabel W. to our meeting and said good-bye to John M, long-serving board member, with our good wishes for his (and Linda's) new adventure – a 23-day cruise to Australia where they will be starting a new chapter of their lives.



For those of you who would like a copy of the reports presented at the meeting, these are available from the office in The Cedars.

## **Program Announcement**

### **Horseshoes**

**Thursday mornings at 10:30 am  
(Weather Permitting)**

Now that the warmer weather is here, we will be offering Horseshoes every Thursday morning, weather permitting! Join us at the Horseshoe pit for an hour of fun and friendly competition. No experience required.

If the weather does not cooperate, we will be offering Bean Bag Toss in the BWR. Please check the TV screen in the Front Lobby of The Cedars on Thursday mornings!



## **FOCUS ON RECREATION** cont.

### **June Special Events Continued**

#### **Monthly Birthday Tea with Entertainment by Brandy Moore Friday, June 23 at 2:00 pm in the BWR**

Join us as we celebrate the June birthdays! Enjoy a delicious cupcake while Brandy Moore entertains us on guitar.



#### **Canada Day Celebration with Susan and Sean Friday, June 30 at 2:00 pm on the Patio**

Dress in your red and white and join us on the patio (weather permitting!) as we celebrate Canada's



156th birthday! Entertainment will be provided by new entertainers to Dawson

Heights, Susan and Sean!

### **New Programs**

#### **The Great Courses:**

**Wednesday, June 28 at 1:30 pm**

Join Katie as we start our new Great Courses Series "The Apocryphal Jesus". *Much of what we know about Jesus today comes from apocryphal sources rather than the Bible. The Apocryphal Jesus is your chance to learn about the early Christian world from a variety of sources-many of which have been considered heretical. Over 24 revealing lectures, Professor Brakke explores the stories and ideas that shaped the foundations of early Christian thought and influence us even today.*

## June Outings

### **Hillside Mall Shopping Trips Tuesday, June 6, 13, 20, and 27 from 10:00 am—11:30 am (Sign Up Required)**

We will be offering a weekly shuttle to Hillside Mall! We will depart The Cedars at 10:00 am and leave Hillside Mall at 11:30 am. Please note this is a drop-off/pick-up service only. Please sign up by calling the Front Desk of The Cedars (250) 477-4850.

### **Scenic Drive: Gordon Head Thursday, June 15 at 1:30 pm (Sign Up Required)**

Enjoy a change of scenery as we explore beautiful Gordon Head. Please sign up outside the BWR.

### **Picnic Lunch at Gorge Point Park Thursday, June 22 at 11:30 am**

Enjoy a delicious picnic lunch at the beautiful Gorge Point Park. There will be time for a walk through the park after lunch! Please sign up outside the BWR.

### **Happy Wanderers: Songhees Walkway (Sign Up Required) Thursday, June 29**

Stretch your legs and enjoy the beauty of the Inner Harbour from the Songhees Walkway. Please sign up outside the BWR.



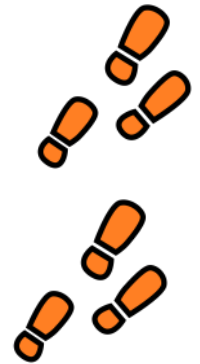
## Fundraising

### **Walk for Alzheimer's**

Thank you to everyone who participated in our Walk for Alzheimer's on Thursday, May 18. 47 residents and staff members collectively walked 65 km around our beautiful Rotary Trail!

We would like to congratulate Lynda Slein who walked 20 laps of the trail and Peter Bood who walked 14 laps!

We raised **\$373.75** for the Alzheimer Society of BC.



### **Summer Send Off Food Drive for the Shelbourne Community Kitchen**

We will be taking donations for the Shelbourne Community Kitchen's Summer Send Off Food Drive from Thursday, June 1 to Friday, June 9.

Please drop off your non-perishable or cash donations to the Recreation Office.



Items requested include:

- Canned Beans
- Canned Fish
- Instant Meals
- Canned Vegetables
- Coffee and Tea
- Peanut Butter
- Pasta and Pasta Sauce
- Granola Bars and Cereal
- Juice Boxes
- Rice, Oats and Grains

**Please check the expiration dates of your items prior to donating. We cannot accept expired items.**

**BRAINTEASER**



Karen forgot to wind the clock on her wall so it has stopped and that is her only timepiece. She walks to a friend's house to visit, observing the correct time on her friend's clock while she is there, then walks home. When she get home she makes a simple calculation and then sets her clock to the correct time. How did she do it?

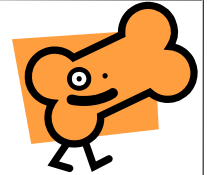
Jonathan shows Tony three closed boxes. One contains apples, one contains oranges and one contains a mix of both apples and oranges. Jonathan says **all three boxes are labelled incorrectly**. Tony is allowed to choose one box and pick one piece of fruit from it at random. He does so and is able to correctly identify all three boxes. How did he do it?



Answers to May Brainteasers: Gulliver's Travels, The Sound and the Fury, War and Peace, Brave New World, The Time Machine, Crime and Punishment, One Hundred Years of Solitude, To Kill a Mockingbird

**FUNNY BONE**

**Fatherly Advice....**

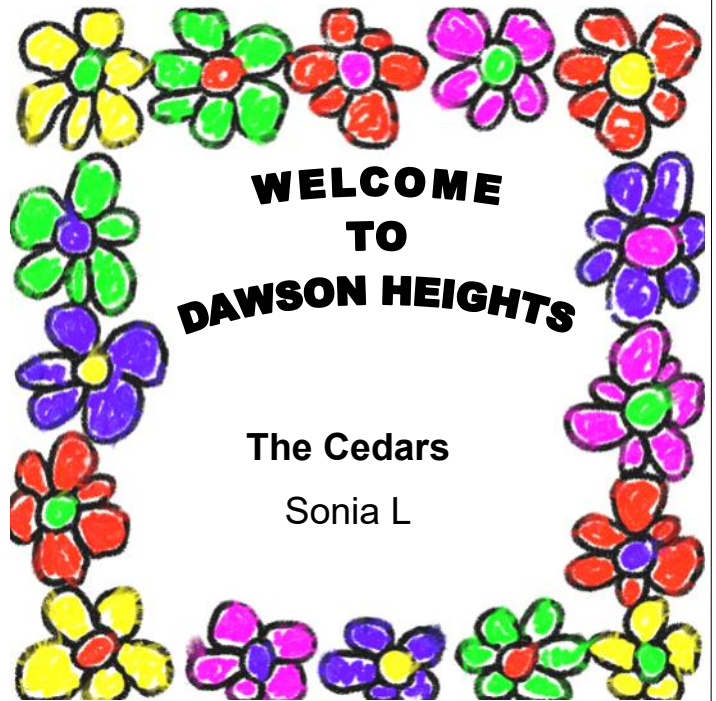


Christopher Columbus's Father: I don't care what you've discovered Christopher, you could have written.

Albert Einstein's Father: But Albert, it's your senior picture. Can't you do something about your hair? Styling gel, mousse, something...?

Napoleon's Father: All right Napoleon. If you aren't hiding your report card inside your jacket, then take your hand out of there and prove it.

Michelangelo's Father: Mike, can't you paint on walls like other children? Do you have any idea how hard it is to get that stuff off the ceiling?



**Our purpose is to provide safe housing in  
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