

## FOCUS ON RECREATION

*"The scent of August: Bright sunlit skies, nature's warm colors, and the smell of seasons are about to change. The hint of new beginnings, knowing something wonderful is around the bend." ~ Unknown*

Thank you to everyone who attended our annual Summer Social. It was a wonderful, sunny afternoon! We were so happy to see everyone enjoying the music and treats! It was wonderful to spend the afternoon amongst friends and family.

Trish and I would like to take this opportunity to thank everyone who helped to make this afternoon such a success.

Photos from this wonderful event will be displayed outside the BWR in The Cedars, and in The Dawson Lobby. Please see page 3 for some of the photos from the afternoon!

In June we held our first Campus-wide Shuffleboard Tournament! Thank you to everyone who participated. Congratulations to our winners Jonathan, Katie, and Trish! We will be hosting another tournament later in the Fall. Stay tuned for more details!



### August Special Events

#### **Ice Cream Tasting on the Patio Thursday, August 3 at 2:00**

Nothing says summer like ice cream! Join Trish and Katie on the patio as we sample 5 different types of ice cream!



#### **Afternoon Music on the Lawn with Stan Davis**

**Friday, August 4 at 2:00 pm**

Join Stan for an afternoon of music and fun! The entertainment will be held on the lawn between The Cedars and The Dawson. Refreshments will be served.



#### **Afternoon Music on the Lawn with Trish Lily Friday, August 25 at 2:00 pm**

Join Trish Lily for an afternoon of music and fun! The entertainment will be held on the lawn between The Cedars and The Dawson. Refreshments will be served. This concert is sponsored by Saanich Parks and Recreation.

#### **Monthly Birthday Tea with Entertainment by Brandy Moore Friday, August 18 at 2:00 pm in the BWR**

Enjoy a sweet treat as we celebrate the August birthdays. Entertainment will be provided by Brandy Moore.



## **KAREN'S KORNER**

Many of you will have seen our new aquarium in the lobby of The Cedars and the growing ecosystem within. The tank has taken shape gradually as the conditions were created to support the plant life as well as the new residents. We started out with Neon Tetras, Plecostomus (the night custodian that we have named 'Brodie') and Croaking Gourami; they were joined by Black Neon Tetras and finally, in mid-July two "male" Angel fish were introduced. As I write this today, it appears that one male is not! One of the Angels was observed laying down eggs and the other fertilizing them. This suggests that they feel comfortable in their new home. We may or may not see young Angel fish in a week or so but either way the new aquarium is proving an enjoyable focus for gathering, relaxation, interest and learning. Feel free to visit and observe. Terry, part of our maintenance team, is a font of knowledge and has his own tank at home so he is keeping us informed about the life in the tank. The tank has been purchased, and will be maintained by Blue World Aquarium, using donations by the Rivett family and the residents' fund.



We say goodbye to James C, one of our dining room servers for the past 18 months as he returns to university in Calgary. James has been a great addition to the team and will be missed by staff and residents alike. We welcome a new server to the team, Diana S, originally from Columbia

who replaces James on the weekdays. Also new to the housekeeping team is Lovejoy B; and Mark S joins Brodie on the night custodian team. Unless you are a night owl, early bird or have a night-time emergency, you are unlikely to meet Mark but know that on Tues/Weds/Thurs he is onsite.

## **FOCUS ON RECREATION cont.**

### **August Special Events Continued**

#### **Walker Tune-Up Clinic in the BWR**

**Friday, August 25 at 1:30 pm—2:30 pm**

Join a representative from Motion Specialties for a free walker-tune up clinic. Appointments will be offered on a first come, first served basis.

#### **Monthly Happy Hour in the BWR**

**Friday, August 25, 3:45 pm — 4:45 pm**

Join us at our Monthly Happy Hour! Enjoy some hot appies and our feature drink is the classic Gin and Tonic! Non-alcoholic punch will also be available.

### **August Outings**

#### **Hillside Mall Shopping Trips**

**Tuesday, August 1, 15, 22, and 29**

**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.

#### **Picnic Lunch at Tulista Park**

**Thursday, August 17 at 11:30 am**

**(Sign up Required)**

Enjoy a delicious picnic lunch at the picturesque Tulista Park in Sidney. There will be time for a walk through the park after lunch!

Please sign up outside the BWR.







### **August Outings Continued**

#### **Happy Wanderers: Government House Thursday, August 24 at 1:30 pm (Sign Up Required)**

Stretch your legs and enjoy the beautiful gardens of Government House. We will be stopping at Rudi's Tea Room following our walk. Please bring money if you would like to purchase something. The menu is posted outside the BWR. Please sign up outside the BWR.



#### **Happy Wanderers: Songhees Walkway Thursday, August 31 at 1:30 pm (Sign Up Required)**

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

### **Message from Environmental Services**

#### **Fire Safety**

In August, Residents of The Cedars will be participating in a full Fire Drill (including a building evacuation) with the Saanich Fire Department. We encourage all residents to participate.

More information to follow.

For Residents of The Dawson, in September there will be an information session with the Saanich Fire Department as well as a building-wide Fire Drill.

Details to follow.



**BRAINTEASER**

Think of a number between 1 and 10. Multiply it by 9. If you now have two digits, add them together, otherwise just keep the original number in mind. Subtract 5. Find the letter of the alphabet that corresponds to that new number (1 = A, 2 = B...) Think of a country that starts with that letter. Now think of an animal that starts with the **last letter** of your country. Now think of a colour that starts with the **last letter** of your animal.

*Were you thinking of an orange kangaroo in Denmark?!*

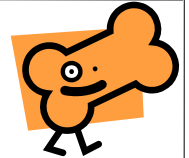


The word on the right contains the letters of the word on the left side plus or minus the letter in the middle (R). One letter is already in the right place. Can you determine the word on the right?

CANOEING (+/- R) \_ \_ N \_ \_ \_ \_ \_

*Answers to July Brainteaser: At, Ant, Etna, Agent, Eating, Heating, Teaching.*

*All the words can have the suffix DIA to make new words.*

**FUNNY BONE****Humour on the Job**

In his late 80's, my father-in-law went to ICBC to renew his driver's license. At one point during the road test, he approached a four-way stop, looked to his left, and cruised straight through the stop sign. "Sir! You didn't look to your right," yelled the frightened inspector.



My father-in-law calmly shook his head and replied, "That's Mother's side."

I'm a nurse in a hospital's children's ward. One night, I was at the nurses' station when I heard a little boy in his room talking. He kept the patter up for some time. Finally, I got on the intercom and said softly but firmly, "All right Johnny, it's time to go to sleep now." There was quiet in the room, and then he said. "OK, God, I will." I didn't hear a peep from him until morning.



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