

FOCUS ON RECREATION

*A fallen leaf is nothing more than a
summer's wave goodbye.
~ Unknown*

We can't believe that summer is coming to an end! It has been a wonderful (and very warm) few months! With the end of summer comes shorter days and hopefully cooler weather. We hope to take advantage of the warmer temperatures for another month as we continue to host some of our programs outdoors!

If you borrowed a fan from the Dawson Heights Fan Library and are no longer using it, we ask that you please return it to the Front Desk of The Cedars.

We encourage everyone to take advantage of the programs offered at The Cedars and are more than happy to answer any questions you may have.

Happy Retirement!

Housekeeper, Lynne Foster, is retiring. September 1st will be her last day. We send her off with our good wishes and gratitude for her years of service to Dawson Heights Housing.

Recycling

Dawson Heights Housing has an extensive recycling program available for all Campus Residents. Outside the Maintenance Office at The Cedars you will find receptacles for recycling soft plastic, Styrofoam, shiny packaging (potato chip bags, etc.), batteries, as well as paper, glass and plastic.



Program Announcements

New Exercise Classes

Due to the popularity of our Stretch & Strength classes, we will be adding additional classes on Tuesday and Friday mornings. Starting Friday, September 8, we will be offering a 9:30 am and a 10:30 am class. Each daily class will be similar in content. Please see Katie or Trish if you have any questions or concerns.

Monthly Blood Pressure Clinics

We are happy to announce we will be hosting a Monthly Blood Pressure Clinic in The Cedars Family Dining Room the first Monday of the Month 9:00 am - 12:00 pm.

The clinic will be run by Board of Directors Member and Registered Nurse, Judith Ritson.



To sign up for an appointment, please call the Front Desk of The Cedars at (250)477-4850.

New Alpha Film Series Thursday evenings at 6:00 pm in the BWR

Do you have questions about life and faith? The Alpha Film Series is a series of sessions exploring the Christian faith. Each talk looks at a different question around faith and is designed to create conversation. Join Cedars Resident, Cliff Sexton, in the BWR on Thursday evenings from 6:00 pm—7:00 pm as we explore faith, ask questions, and share our point of view. See calendar for details.

KAREN'S KORNER



From recent conversations with others, I know that I am not alone in feeling that many of us are less kind than we might be; more judgmental; less accepting of each other (and perhaps ourselves). I have been reflecting on this with friends and colleagues, wondering why. Are we in too much of a hurry in a life filled with appointments, places to go, things to do? Are we lost in our various pieces of technology? There is so much divisiveness and conflict in the world reported widely because bad news sells news! Our environment, particularly these past three years has caused us to withdraw from others. We have become more self-concerned, self-centered as we were forced more often than not, to focus on our own lives. We stopped "seeing" one another, connecting with each other, we even came to fear each other. Our sense of belonging has been shaken and along with that compassion, caring and acceptance of each other has faltered.



How do we return to kindness? By being kind ourselves. Kindness is not simply a behaviour (although a good place to start!) it is a quality of being. One that acknowledges and celebrates the beauty in others, even, perhaps especially, in their differences to us. We cannot always know why people act the way that they do but let us give one another the benefit of the doubt. When in doubt, let us be kind.

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." – Maya Angelou

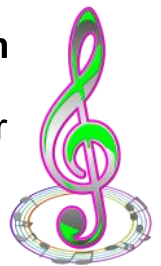
**FOCUS ON RECREATION cont.
September Special Events**

**Residents Meeting
Thursday, September 7 at 1:30 pm
in the BWR**

Join the Management Team of Dawson Heights Housing for an update of what's happening on Campus! All residents are invited to attend.

**Afternoon Music on the Lawn
with The Cabaret Couple
Friday, September 8 at 2:00 pm**

Join new entertainers to Dawson Heights, The Cabaret Couple, for an afternoon of music and fun! Refreshments will be served. The music will be held on the lawn between The Dawson and The Cedars, weather permitting.



**Monthly Birthday Tea
with Entertainment by
Jesse Thomas Brown
Friday, September 15
at 2:00 pm in the BWR**

Join us as we celebrate the September Birthdays!

Enjoy some delicious cake while Jesse Thomas Brown entertains us on the piano.

**Monthly Health Talk
with Heart Pharmacy
Tuesday, September 19 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 Bone Health and Fall Prevention.



September Special Events Continued

Afternoon Music with Charlie Burton
Friday, September 22 at 2:00 pm



in the BWR

Enjoy an afternoon of guitar music with new entertainer, Charlie Burton.

Monthly Happy Hour in the BWR

Friday, September 29,
3:45 pm - 4:45 pm

Join us at our Monthly Happy Hour! Enjoy some hot appies and our feature drink is an Apple Cider Bellini! Non-alcoholic punch will also be available.



September Outings

Hillside Mall Shopping Trips
Tuesday, September 12, 19 and 26
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 Beacon Hill Park
Thursday, September 14 at 11:30 am
(Sign up Required)

Enjoy a delicious picnic lunch at beautiful Beacon Hill Park. There will be time for a stroll through the park after lunch!

Please sign up outside the BWR.



National Day for Truth and Reconciliation

Saturday, September 30, 2023 marks the third National Day for Truth and Reconciliation. This day honours the lost children and Survivors of residential schools, their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

On Saturday, September 30, we encourage everyone to wear orange to raise awareness of the very tragic legacy of residential schools, and to honour the thousands of Survivors.

Orange ribbons will be available to purchase at the Front Desk of The Cedars for \$2. All money raised will be donated to the Victoria Native Friendship Centre.

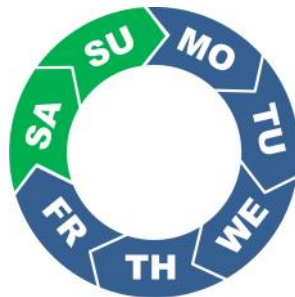
Join us at 1:30 pm in the BWR as we watch CBC Documentary “Come Toward the Fire”, an Indigenous-led celebration of creativity, brilliance, culture, and community. It showcases the voices of artists, speakers, and dance groups from Musqueam and Indigenous nations across Turtle Island.



BRAINTEASER



There are, at most, 366 work days in a year. We only work 8 hours out of every 24, so that gives $366 * 8/24 = 122$ actual work days. Most people do not work on weekends; subtract $52*2$ days to give $122 - 104 = 18$ work days left. Deduct 2 weeks (14 days vacation) and see that we are down to 4 work days. Take off 3 days for New Years, Thanksgiving and Christmas, 1 day left. And nobody works on Labour Day!

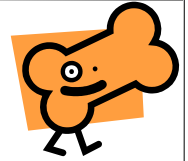


Where's the error?

3+	5+	1+
		5+
4+		

Fill in each square cell with the numbers 1 to 3 with no repeats in any column or row. The numbers in each "cage" indicated by heavy lines, must produce the answer in that cage using the math operation indicated. For example: 3+ means you must use two number to equal three using addition.

FUNNY BONE



Hard work never killed anybody but why take a chance?
Edgar Bergen

If a train station is where the train stops and a bus station is where the bus stops, then what is a work station?

Why did the tile installer work on Labour Day? **Fear of missing grout.**

Why did the bees go on strike on Labour Day? **Because they wanted more honey and shorter working flowers.**



Answer to Last Month's Brainteaser:
IGNORANCE

September Outings Contined

Happy Wanderers: Mount Doug Park
Thursday, September 21 at 1:30 pm
(Sign up Required)
Stretch your legs and enjoy the beauty of Mount Doug Park! Sign-up required.



Our purpose is to provide safe housing in a nurturing community for independent seniors on limited income.
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