

## FOCUS ON RECREATION

*"Peering from some high window, at the gold of November sunset and feeling that if day has to become night, this is a beautiful way."*

~ E. E. Cummings

Can you believe it is already November? The days are getting cooler, the leaves are falling, and the days are getting shorter. A friendly reminder that Daylight Saving Time ends on Sunday, November 5. Don't forget to turn your clocks back 1 hour before you go to bed on Saturday, November 4!



We are looking forward to the beginning of the Holiday season with our Annual Holiday Craft Fair on Saturday, November 25. Please see page 3 for more information.

### **Shuffleboard Tournament**

Our second campus-wide Shuffleboard Tournament will be held during the month of November!

If you are interested in playing, please call Katie or Trish (250-477-4850) and we will sign you up!

A schedule of games will be organized once sign-ups are complete. Please sign up by the end of the day on Monday, November 6.

All Campus Residents and Staff are invited to participate in this fun event!

### November Special Events

#### **Afternoon Music with Charlie Burton Friday, November 3 at 2:00 pm in the BWR**

Charlie Burton will be returning to The Cedars for an afternoon of music and fun!

#### **Art with Jenna Monday, November 6, 20 and 27 at 2:30 pm in the BWR**

Join Art Therapy student, Jenna Tucker, for a student lead weekly art therapy session where residents are encouraged to drop in and make art! Each week will be a different material including terracotta pot painting, collage, fabric dying and more! No previous art experience is required! Art therapy is a culturally responsive, integrative mental health and human services profession that supports the well-being of individuals, families, and communities through engagement in art-making and the creative process.

#### **Remembrance Day with Jesse Thomas Brown Friday, November 10 at 2:00 pm in the BWR**



Join Dawson Heights favourite, Jesse, for an afternoon of Wartime favourites.

Refreshments will be served.

#### **Monthly Birthday Tea with Entertainment by Vic Gnadinger Friday, November 17 at 2:00 pm in the BWR**

Join us as we celebrate our November Birthdays! Enjoy a piece of freshly baked Butter Pecan Cake while Vic Gnadinger entertains us on guitar.

## **DAWSON HEIGHTS REMEMBERS**

Remembrance Day is a time for Canadians to reflect on the sacrifices made by the men and women in the armed forces, to remember the price of freedom, and to express gratitude for their service.

### **Remembrance Day Display**

In honour of those who served, we are creating a wartime memorial that will be on display in The Cedars Front Lobby from November 6 to November 14. If you have any wartime items (photos, memorabilia, etc.) that you would like to share, please drop them off to Katie and Trish in the Recreation Office by Friday, November 3.

### **Remembrance Day Service with Pat and Phil Williamson Saturday, November 11 at 10:30 am in the BWR**

Please join Pat and Phil Williamson from Maplewood Gospel Hall for our Remembrance Day Service in the BWR.



### **In Flanders Fields**

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved, and were loved, and now we lie  
In Flanders Fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders Fields.

~ John McCrae

## **FOCUS ON RECREATION cont.**

### **November Special Events Continued**

#### **Afternoon Music with the Goward House Singers**

**Friday, November 24  
at 2:00 pm in the BWR**

The always entertaining Goward House Singers will be returning to The Cedars. Join them for an afternoon filled with music and laughs.



#### **Holiday Craft Fair Saturday, November 25**

**1:30 pm—3:30 pm  
The Cedars Dining Room**

We are very excited about our upcoming Holiday Craft Fair on Saturday, November 25 from 1:30 pm to 3:30 pm in The Cedars Dining Room.

Join us and get your Christmas Shopping done early! Come meet campus and local artisans and see what they have to offer! We will once again have our “Bakes, Bobbles, and Books” table where you will find our fabulous bake table, slightly used books, jewellery, and Christmas decorations. We will also be raffling off some wonderful prizes! The Craft Fair is our big Residents Fund Fundraiser. Let’s make it a success by inviting your family and friends to attend!

#### **Resident Meeting Thursday, November 30 at 1:30 pm in the BWR**

Join the leadership team of Dawson Heights for an update of what is happening on campus. All residents are encouraged to attend.

#### **Happy Hour Thursday, November 30 from 3:45 pm—4:45 pm in the BWR**

Join us at our monthly Happy Hour! Enjoy some delicious hot appetizers with friends while sipping on this month’s feature drink, an Apple Cranberry Moscow Mule. Non-alcoholic punch will also be available.

## **November Outings**

### **Happy Wanderers:**

#### **“Arts Alive” on Oak Bay Avenue**

**Thursday, November 2 at 1:30 pm**

Stretch your legs as we take in “Arts Alive”, a public sculpture display located along Oak Bay Avenue.

### **Hillside Mall Shopping Trips**

**Tuesday, November 7, 14, 21, and 28**

**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.



### **Lunch Outing to Romeo’s Broadmead**

**Thursday, November 16 at 11:30 am**

**(Sign up Required)**

Enjoy lunch out with friends at Romeo’s Broadmead. Entrees start at \$16.95. Please sign up outside the BWR.

## **Fundraising Update**

Thank you to everyone for your generous donations over the past month. It is wonderful to give back to our community.

Our fundraiser held on September 30 in honour of Orange Shirt Day and the National Day for Truth and Reconciliation, raised \$57.75 which we donated to the Victoria Native Friendship Centre—Elders and Cultural Programs.



## **Fundraising for the Community Garden Project**

### **Purdys Chocolatier Fundraiser**

Dawson Heights Housing is fundraising with Purdys Chocolatier just in time for Christmas! Help us support our Community Garden Project by purchasing some very sweet Christmas treats for family, friends, or yourself!

There are three ways you can order:

1. Online using the following link: [Purdys Chocolatier Group Savings and Fund-raising](https://fundraising.purdys.com/1382925-107201) (https://fundraising.purdys.com/1382925-107201)
2. In-person with Katie or Trish in the Recreation Department
3. Come and see us at our Annual Craft Fair on Saturday, November 25 from 1:30 pm—3:30 pm!

**All orders must be placed by Saturday, November 25 at 4:00 pm.** Items will be ready for pick up at The Cedars starting Monday, December 11.

## **Camosun College Nursing Students**

In November you will see a number of new faces around The Cedars! We are happy to once again be hosting 10 nursing students from Camosun College’s BSN degree program as they complete one of their practicum courses. They will be with us Wednesday afternoons in November. While at The Cedars, the students will be giving a variety of health related presentations.

We are looking for 10 residents to volunteer to meet one-on-one with the students. If you are interested in participating, please see Katie. A sign up list for volunteers is located outside the BWR.



**BRAINTEASER**

Each four letter word below is actually the middle of a much bigger word. Fill in the blank spaces to create the original eight-letter words.

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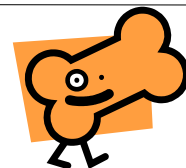
  _ _ T A C O _ _
  _ _ L O I S _ _
  _ _ A Q U A _ _
  _ _ M E S A _ _
  _ _ D U S T _ _
  _ _ D E A R _ _
  _ _ C U B A _ _
  _ _ C O L A _ _

```

Begin at one corner of the square, move clockwise around the perimeter, and finish in the center square to spell a nine-letter word. You choose where to start and you must fill the empty squares with your own letters.

	O	
H	E	I
C	L	C

*Answers to October brainteasers.*  
*Radiate, glow, beam shine—emit light.*  
*Floor, rings, vault, beam—gymnastics*  
*Excel, cutie, envy, seedy—words that*  
*sound like two letters*  
*Buffalo, goat, sheep, cow—bovids.*  
*The word that works with all the other*  
*words: ARE*

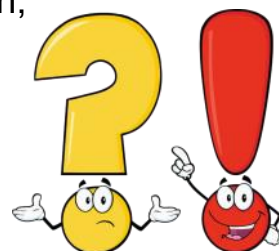
**FUNNY BONE**

A proofreader shared this example to illustrate how writing can be skewed based on gender and punctuation. The proofreader wrote the following sentence on the board and asked the men and women in the room to add punctuation.

**Woman without her man is nothing.**

The men wrote: Woman, without her man, is nothing.

The women wrote: Women! Without her, man is nothing.



The Cedars  
Terry and Betty F

The Dawson  
Lorne K



**Our purpose is to provide safe housing in  
 a nurturing community for independent seniors on limited income.**  
**DAWSON HEIGHTS HOUSING LTD.**

3710 Cedar Hill Road, Victoria, BC V8P 5V5

Tel: 250-477-4850

After Hours Tel: 250-883-2773

Website: [www.dawsonheights.ca](http://www.dawsonheights.ca)

