

## FOCUS ON RECREATION

*"I wonder what it would be like to live in a world where it was always June."  
~ L.M. Montgomery*

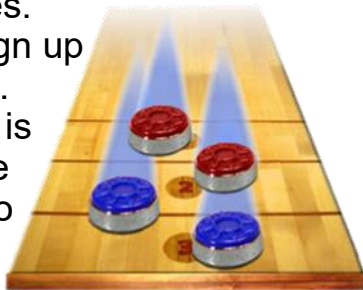
We hope you are looking forward to the lovely summer weather as much as we are! With summer just around the corner we have planned a number of events and outings to take advantage of the longer and warmer days!

### Shuffleboard Tournament

We are excited to be hosting our third Campus-wide Shuffleboard tournament this month! Join us in the BWR on Thursday, June 6 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 as well as information on teams and dates and times of games.

The deadline to sign up is Monday, June 3.

The sign-up sheet is located outside the BWR. Good luck to everyone who is participating!



### Annual General Meeting

All campus residents are invited to attend the Annual General Meeting of Dawson Heights Housing Ltd on Wednesday, June 26 at 1:30 pm in the BWR. Reports will be given by the Board of Directors as well as Department Managers. Refreshments will be served following the meeting.

### June Special Events

#### **Blood Pressure Clinic with Judith Ritson**

**Monday, June from 9:30 —10:30 am in the Family Dining Room**

We are happy to announce we will be hosting a Blood Pressure Clinic in The Cedars Family Dining Room from 9:30 am - 10:30 am.

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.

#### **S'mores on the Patio with Katie and Trish**

**Tuesday, June 4 at 1:30 pm**

Thank you for your patience as we had to postpone this program! Join Katie and Trish around the campfire the patio for a delicious s'more (or two)!

#### **Gardening Committee Meeting Wednesday, June 5 at 3:00 pm in the BWR**

The Dawson Heights Community Garden Project is coming together, and we need your help. We're looking for resident volunteers to assist in the garden. If you have a green thumb and would love to share your gardening expertise with the community, please join us at our meeting. Even if you don't have a green thumb but enjoy spending time outdoors in nature, we would love to have you join us as well.

## **KAREN'S KORNER**

*"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."*



—Thich Nhat Hanh

Some nuggets from a recent talk that I attended:

- Scientists and spiritual teachers alike agree that the simple act of smiling can transform you and the world around you.
- Smiling activates the release of neuropeptides that work toward fighting off stress and releasing "feel-good" dopamine, endorphins and serotonin aiding relaxation, lowering heart rate and blood pressure.
- When others see a smile, they feel rewarded and often reward us back.
- Fake It Till You Make It – when you smile, your brain registers the activity and assumes that humour is happening. Even forcing a fake smile can reduce stress and lower our heart rate. If you cannot do it on your own, try the old trick of holding a pencil in your mouth and see the smile happen.
- The Secret to Health and Happiness? Laughing at yourself!!
- A smile is something that is easy to pass on. Much like yawning, smiling is contagious.

This is one contagion that we are happy to welcome into our community!

Speaking of transforming the world around us – a

shout out to Brenda H resident of The Dawson as well as a member of the after-hours team. Brenda has brought her energy as well as her sense of colour and design to beautify the front and back entrances to The Dawson. She was assisted by her "gopher" Judy as well as a hand or two from Tony, Griffin and Terry. Why? Brenda said "I enjoy The Dawson and it's a pleasure to make it



look like a real home for everyone to enjoy." I suspect a smile or two resulted from their hard work.

The Board of Directors looks forward to welcoming you to the annual report of the work of Dawson Heights on Weds. June 26.

## **FOCUS ON RECREATION** cont.

### **June Special Events Continued**

#### **Monthly Health Talk with Heart Pharmacy**

**Tuesday, June 18 at 1:30 pm in the BWR**

Join Andrea Silver, a pharmacist at Heart Pharmacy, for her monthly health talk. The topic of this month's talk is Fun and the Sun.

#### **Baking with Trish and Katie: Lemon Polenta Cake**

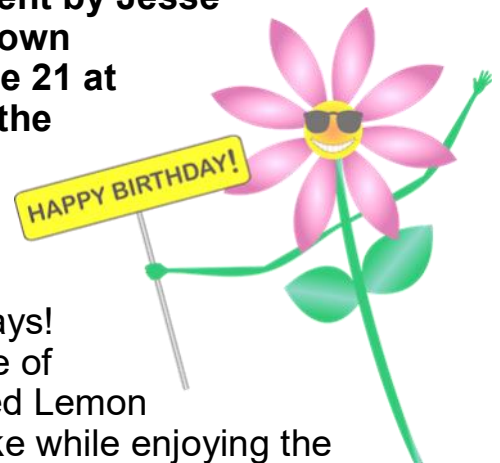
**Friday, June 21 at 11:15 am in the BWR**

Join Trish and Katie as we bake a delicious (and gluten free!) Lemon Polenta Cake that will be served at our Monthly Birthday Tea. No baking experience required!

#### **Monthly Birthday Tea with Entertainment by Jesse**

**Thomas Brown  
Friday, June 21 at  
2:00 pm in the  
BWR**

Join us as we celebrate the June birthdays! Enjoy a slice of freshly baked Lemon Polenta Cake while enjoying the wonderful entertainment provided by Dawson Heights favourite, Jesse Thomas Brown!



## June Special Events Continued

### **Canada Day Celebration and Happy Hour with Attila Fias**

**Friday, June 28 at 2:00 pm in the BWR**

Come celebrate Canada's 157th birthday in style! Wear your red and white and sip a delicious



Caesar (alcoholic or non-alcoholic) while Attila plays a selection of tunes by famous Canadian artists.

## June Outings

### **Hillside Mall Shopping Trips**

**Tuesday, June 4, 11, 18, and 25**

**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.

### **Happy Wanderers: Dallas Road**

**Thursday, June 20 at 1:30 pm**

**(Sign Up Required)**

Stretch your legs as you enjoy the beauty of Dallas Road. Sign up required. Sign up sheet is located outside the BWR.

### **Picnic Lunch at Gorge Point Park**

**Thursday, June 27 at 11:30 am**

**(Sign Up Required)**

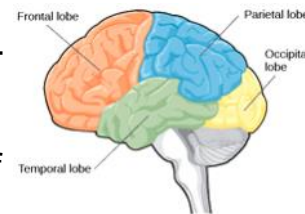
Join us on our first picnic lunch of the summer at the picturesque Gorge Point Park overlooking the Gorge Waterway. There will be time to stroll through the park after lunch. Sign up required. Sign up sheet is located outside the BWR.



## New Program

### **The Great Courses: The Aging Brain Wednesday Afternoons at 1:30 pm starting June 5 in the BWR**

The science behind the aging brain tells a fascinating—and often counterintuitive—story. Is “aging” a disease, or merely a natural occurrence that produces disease-like symptoms? If humans are biologically programmed to survive and thrive, why do we age at all? Is it possible (or even desirable) to “cure” aging altogether? Delve into these questions and more in The Aging Brain. Taught by Professor Thad Polk, a neuroscientist and award-winning professor at the University of Michigan, these twelve eye-opening lectures will give you a wealth of new insights into what happens to the brain over time—as well as strategies to mitigate the effects of aging and enhance your quality of life into old age.



## Dawson Heights Housing Cookbook

Calling all home chefs! Help us create a delicious cookbook for a wonderful cause.

We are putting together a cookbook that will be sold at our Annual Christmas Craft Fair. We want your favorite recipes to be part of this festive collection!

Share Your Culinary Masterpieces! If you have a cherished recipe that brings joy to your table during the holidays, we'd love to feature it in our cookbook. Whether it's a family secret or a well-loved classic, your contribution will make a difference!

We will be collecting recipes until July, so there's plenty of time for you to dig out those treasured kitchen creations.

Please see Trish or Katie in the Recreation Department if you have any questions.

**BRAINTEASER**

**Compound Words**

What single word can be added to each word in the group of three to form another word? It could be at the beginning or end of the word.



Drop  
Off  
Stand



Wood  
Liquor  
Luck

Light  
Hot  
Check

**Double Meanings**

What word means “suitable” and also “to set aside for”?

What word means “to adhere to” and also “a piece of wood”?

**Answers to May’s Brainteasers**

*Note: Apologies—there was a typo on one of the math questions. The second one should have read: Make 4 out of 2, 5, 6 and 8 not 2, 3, 6 and 8.*

*Shoelace, Nitroglycerin, psychoanalysis, apprehend, continuum*

$(9 \times 4) + (2 \times 3) = 42$   
 $6 + 8 - (2 \times 5) = 4$   
 $((6 - 1) \times 2) + 7 = 17$

**SUMMER..**

**Warm Summer Sun**

Warm summer sun,  
Shine kindly here,  
Warm southern wind,  
Blow softly here.  
Green sod above,  
Lie light, lie light.  
Good night, dear heart,  
Good night, good night.

Mark Twain

**I Didn’t Go To Church Today**

I didn’t go to church today,  
I trust the Lord to understand.  
The surf was swirling blue and white,  
The children swirling on the sand.  
He knows, He knows how brief my stay,  
How brief this spell of summer weather,  
He knows when I am said and done  
We’ll have plenty of time together.

Ogden Nash



**WELCOME TO  
DAWSON HEIGHTS**

**The Cedars**

Connie B  
Suzanne L



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

**DAWSON HEIGHTS HOUSING LTD.**

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