

## FOCUS ON RECREATION

“August is the slow, gentle month that stretches out the longest across the span of a year. It yawns and lingers on with the light in its palms.”

~ Victoria Erickson

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.

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



### August Special Events

#### **Craft Afternoon: Christmas Decorations with Connie**

**Tuesday, August 13 at 1:30 pm in the BWR**



Join fellow Cedars resident, Connie Bertrand, as she shows us how to make a beautiful Christmas decoration. All decorations made at this session will be sold at our Christmas Craft Fair in November.

#### **Columbian Dance and Music Performance with Danza Colombia**

**Thursday, August 15 at 2:00 pm in the BWR**

Join Danza Colombia for an afternoon of Colombian music and dance. Cedars Dining Room Server, Diana, is a member of this group!



### **Message from the Board of Directors**

As difficult as it was to let go of "The Oaks" for our new building, the Board of Directors has chosen a new name - "**The Woodlands**". The board have asked me to express their appreciation for all the suggestions provided by residents, board members and staff. There were many ideas that reflected aspects of the Dawson Heights campus. In the end, surrounded by all sorts of trees, including Garry Oaks, The Woodlands felt the best representative name, reflecting the nature that surrounds us. We look forward to the opening of The Woodlands in February or March 2025.

## **KAREN'S KORNER**



On behalf of the Board of Directors, I want to thank residents of The Dawson and The Cedars who joined Lisa Seel-Thompson of Scale Collaborative for a conversation about the changes anticipated on our campus in 2025 and beyond, as detailed in the July newsletter. Lisa will compile your thoughts, comments and ideas to present to the board of directors. These insights will help inform similar discussions between the directors and department managers in September, guiding direction and planning for the years ahead.

The purpose of these resident conversations was to ensure that your voices are represented at the September meeting. Lisa led the conversations with three key questions: "What do you cherish about living at Dawson Heights? As we look towards the future, what elements do you feel are essential to maintain? What changes or improvements would enhance your experience living here?"

If you were unable to attend these meetings but would like to contribute your experiences and comments, please feel free to write them down. You may seal your comments if you wish, and I will ensure that they are passed on to Lisa to be included in her feedback to the board members.

Creating the living and working experience at Dawson Heights involves many factors, and resident engagement is crucial in shaping this experience. Thank you for your participation.

## **FOCUS ON RECREATION** cont.

### **August Special Events Continued**

#### **Gardening Committee Meeting Wednesday, August 14 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.

#### **History Lectures with Eric Tolman Thursday, August 15 at 6:30 pm in the BWR**

Join Eric Tolman for his fascinating and informative monthly history lecture. The topic of this month's lecture is "Causes of World War I". The main causes of the Great War will be examined covering the period from the unification of Germany in 1871 to the assassination of the Archduke Franz Ferdinand in 1914.

#### **Baking with Trish and Katie: Blueberry Cobbler Friday, August 16 at 11:15 am in the BWR**

Join Trish and Katie as we bake some delicious Blueberry Cobbler that will be served at our Monthly Birthday Tea. No baking experience required!

### August Special Events Continued

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

**Friday, August 16 at 2:00 pm  
in the BWR**

Join us as we celebrate the August birthdays! Enjoy some freshly baked blueberry cobbler while enjoying the wonderful entertainment provided by Dawson Heights favourite, Jesse Thomas Brown!

#### **Ice Cream Tasting with Trish and Katie**

**Tuesday, August 20 at 2:00 pm  
in the BWR**



Nothing says summer like ice cream! Join Trish and Katie (Dawson Heights self-proclaimed ice cream experts!) and sample 5 different types of ice cream!

#### **Craft Afternoon: Lanterns**

**Friday, August 23 at 1:30 pm  
in the BWR**

Join Trish and Katie and make a decorative lantern that you can hang in your window or on your patio.

#### **Monthly Happy Hour Friday, August 23 from 3:45 - 4:30 pm in the BWR**

Join us at our Monthly Happy Hour! Socialize with friends and enjoy some hot appetizers while sipping on this month's feature drink, a Margarita! Non-alcoholic punch will also be available.



#### **Resident Meeting**

**Thursday, August 29 at 1:30 pm  
in the BWR**

All residents are invited to join the Dawson Heights Leadership Teams for an update on what is happening at Dawson Heights.

### August Special Events Continued

#### **Afternoon Music with Two Among Friends**



**Friday, August 30 at  
2:00 pm in the BWR**

Enjoy an afternoon of music with the always entertaining duo, Two Among Friends. Refreshments will be served

### August Outings

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

**Tuesday, August 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.

#### **Picnic Lunch at Mount Doug Park**

**Thursday, August 15 at 11:30 am  
(Sign Up Required)**

Join us for a picnic lunch at Mount Doug Park. After lunch there will be time to enjoy the beauty of Mount Doug and go for a short walk. Sign up required. The sign up sheet is located outside the BWR. Please indicate your sandwich preference when you sign up.

#### **Happy Wanderers: Island View Beach**

**Thursday, August 22 at 1:30 pm  
(Sign Up Required)**

Stretch your legs as you enjoy the beautiful views at Island View Beach. Sign up required. Sign up sheet is located outside the BWR.



## **BRAINTEASER**

### **Opposites**



These seemingly nonsense words have pairs of opposites in them. For example: Ishoorntg would be long/short (**Ishoorntg**). No rearranging of the order of the letters if required.

Grsokuynd  
Rpoiocrh  
Frbeoiezle  
Wmaomnan  
Ldaigrhkt  
Cdilreatny  
Riwrgohngt

### **Who Was Born When?**



Four sisters, Sara, Ophelia, Nora and Dawn, were each born in a different one of the months September, October, November and December. "This is terrible," said Ophelia one day. "None of us have an initial that matches the initial of her birth month." "I don't mind at all," replied the girl who was born in September. "That's easy for you to say," said Nora. "It would at least be cool if the initial of my birth month was a vowel, but no." In which month was each girl born?

*Answers to July Brainteasers:  
Aunt/Taunt, Corner/Coroner,  
Peasant/Pheasant, Spry/Spray  
Scab, Cabal, Macabre, Cable*

## **Fascinating Facts about B.C.**

All of the grey squirrels in Stanley Park today are descended from eight pairs of grey squirrels given to Vancouver by New York City in 1909.



The Jolly Jumper baby seat was designed and patented in 1957 by two BC residents.

B.C. has about 40,000 islands.

Canada's longest swimming pool is Vancouver's Kits Pool at 137 metres.

Della Falls in Strathcona Park, Vancouver Island is the highest waterfall in Canada at 440 metres.

**WELCOME TO  
DAWSON HEIGHTS**

**The Cedars**  
Ramona Mck



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