

## FOCUS ON RECREATION

*“By all these lovely tokens, September days are here. With summer’s best of weather and autumn’s best of cheer.”  
~ Helen Hunt Jackson*

We can’t believe that summer is coming to an end! It has been a wonderful (and warm) few months! With the end of summer comes shorter days and, hopefully, cooler weather.

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.

Monday, September 30 marks the 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 Monday, 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.



## September Special Events

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

**Monday, September 2 from 9:30 am—10:30 am in the Family Dining Room**  
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.

### **Monthly Book Club: We Must Be Brave by Frances Liardet**

**Friday, September 6 at 1:30 pm in the BWR**

Join Trish and Katie as we discuss this month’s book club selection, “We Must Be Brave” by Frances Liardet. If you would like to borrow a copy of this book, please see Trish or Katie in the Recreation Office.



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

**Tuesday, September 17 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 Bone Health and Fall Prevention.

## **KAREN'S KORNER**

### **Changes to the Administration Team**



We have some changes coming to the administration team this September. After more than 20 years of service, Pat Y has decided to retire from her after-hours position at The Cedars, where she has worked, part-time, the 4:15 p.m. to 8:30 p.m. shift. Currently, this shift is managed by Pat, Beth, and Eva on weekdays, while the 8:00 p.m. to 11:30 p.m. shift is handled by Brenda and Panika.

With Pat's retirement and other changes within the team, we have an opportunity and a need to redesign our after-hours coverage to ensure greater consistency in our operations and for campus residents. To address this, we have created a new full-time, after-hours position covering weekdays from 4:00 p.m. to 11:30 p.m. Pedro will be joining us in September to fill this role. His first two weeks will be focused on orientation and training. Pedro brings experience from a similar setting in retirement living, so we anticipate he will quickly adapt to his new role here at Dawson Heights.

After September, the current weekday team members have agreed to remain available for vacation coverage as needed. Beth will continue to work on specific projects; Eva's last fixed shift will be on September 18 as she will be assisting with the upcoming BC Elections, however she intends to stay connected through visiting and helping out at special events.

I hope that you can join us on September 24 as we wish Pat a Happy Retirement!



## **FOCUS ON RECREATION** cont.

### **September Special Events Continued**

#### **History Lecture with Eric Tolman "World War I, Part 1"**

**Thursday, September 19 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 "World War I, Part 1". World War one will

be examined with an emphasis on the European theatre including major battle fronts from the Marne, the 2nd Battle of Ypres and Gallipoli. Included will be a close examination of trench life and all main event until the end of 1915.



#### **Baking with Trish and Katie: Applesauce Cake with Brown Butter Maple Buttercream**

**Friday, September 20 at 11:15 am  
in the BWR**

Join Trish and Katie as we bake some delicious Applesauce Cake with Brown Butter Maple Buttercream that will be served at our Monthly Birthday Tea. No baking experience required!

#### **Monthly Birthday Tea with Entertainment by Charlie Burton**

**Friday, September 20 at 2:00 pm  
in the BWR**

Join us as we celebrate the September birthdays! Enjoy some freshly baked Applesauce Cake with Brown Butter Maple Buttercream

while enjoying the wonderful entertainment provided by Charlie Burton.



### September Special Events Continued

#### **Retirement Party for Pat Young with Entertainment provided by Jonathan Young Tuesday, September 24 at 2:00 pm in the BWR**

After 21 years of dedicated service at The Cedars, Pat Young is retiring. Please join us in expressing our gratitude to Pat and wishing her all the best in her retirement. Entertainment for the event will be provided by Jonathan Young.



#### **Monthly Happy Hour Friday, September 27 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, an Apple Cider Spritz! Non-alcoholic punch will also be available.

#### **Afternoon Music with Brandy Moore Monday, September 30 at 2:00 pm in the BWR**

Join Dawson Heights favourite, Brandy Moore, for an afternoon of music, singing, and fun!



### New Programs

#### **Every Disciple Sent Wednesday September 18 and 25 at 6:00 pm in the BWR**

Join fellow Cedars Resident, Cliff Sexton, as he leads participants in this 10-week series. "Every Disciple Sent" is a Nondenominational curriculum from a Canadian group. Sessions will consist of a video and a group discussion. Please see Cliff if you have any questions!

### New Programs Continued

#### **The Great Courses: The Meaning of Life: Perspectives from the World's Great Intellectual Traditions**

**Wednesday Afternoons at 1:30 pm  
in the BWR**

What is the meaning of life? How do we find that meaning? To whom should we listen as we shape the path we will walk through the world? This course is an invigorating way to begin or continue your pursuit of these and other questions. These virtual lectures are presented by Professor Jay L. Garfield, Ph.D., a Philosophy Professor at Smith College.

### September Outings

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

**Tuesday, September 3, 10, 17 and 24  
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.

**\*\*Please note the trip on September 10  
will depart The Cedars at 9:45 am\*\***

#### **Picnic Lunch at Beacon Hill Park Thursday, September 19 at 11:30 am (Sign Up Required)**

Join us for our last picnic lunch of the year at beautiful Beacon Hill Park. After lunch there will be time to enjoy the gardens 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: Songhees Walkway Thursday, September 26 at 1:30 pm (Sign Up Required)**

Stretch your legs as you enjoy the beauty of the Inner Harbour from the Songhees Walkway. The sign up sheet is located outside the BWR.



**BRAINTEASER**



Here are 16 words, in no particular order, that can be grouped into 4 categories based on their associations. For example if you had four words like ankle, sweat, crew, tube - they all relate to socks. See if you can figure out how to group these 16 words into four categories.

- |         |        |           |       |
|---------|--------|-----------|-------|
| Foot    | Button | Associate | Flop  |
| Fellow  | Line   | Asset     | Laugh |
| Sleeper | Peer   | Verse     | Agent |
| Partner | Mole   | Meter     | Dance |

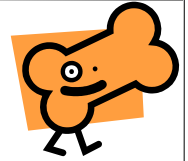


The CIBC Run for the Cure is happening on Sunday, October 6th. Many people walk rather than run and Dawson Heights is going to have a team! If you are interested in joining the team to walk the 5 km route, please let Trish or Katie know **by September 4th!** The event takes place at UVic and starts at 9:30 a.m. The cost is \$40. Funds go to Breast Cancer Research.

*Answers to August Brainteasers:  
Ground/Sky, Rich/Poor, Woman/Man, Light/Dark, Clean/Dirty, Right/Wrong*

*Sara (October), Ophelia (November), Nora (December), Dawn (September)*

**FUNNY BONE**



September 8 is **National Grandparent Day**—here are some answers from 8-year olds when asked:

***What is a Grandparent?***

- A grandfather is a man grandmother.
- They don't say, "Hurry Up".
- They can take their teeth and gums out.
- When they read to us, they don't skip.
- They know we should have snack-time before bed and they say prayers with us every time, and kiss us even when we've acted bad.
- When they take us for walks, they slow down past things like pretty leaves and caterpillars.
- Grandparents are a lady and a man who have no little children of their own. They like other people's.



**Announcement**

Our dear sweet Cookie died peacefully on August 14. Cookie brought so much joy to all of us here at Dawson Heights and we will miss her.



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