

FOCUS ON RECREATION

*"I wish that every day was Saturday and every month was October."
~ Charmaine J. Forde*

Happy Fall!. We have an exciting month planned! We would like to highlight two exciting opportunities for all Campus Residents this month!

Special Voting Opportunity for the BC Provincial Election Saturday, October 12



from 9:30 am—12:30 am in the BWR

All Campus Residents will have the opportunity to vote in the BC Provincial Election at an Advanced Poll being held at The Cedars in the BWR. Please bring one piece of government issued identification with you to vote.

The Great BC ShakeOut Earthquake Drill and Information Session Monday, October 21 at 3:00 pm in the BWR

The Great BC ShakeOut is an annual opportunity to practice how to be safer during an earthquake. Please join Katie and Trish in the BWR as we practice what to do in the event of an earthquake and discuss items that you should have in your personal "Grab and Go" Bag.



A grab-and-go bag is a small emergency kit that's easy to take with you, in case you need to leave right away. Items to include in a Grab and Go Bag include: Food (ready to eat) and water, Small battery-powered or hand-crank radio, Battery-powered or hand-crank flashlight, a small first-aid kit and personal medications, an extra pair of glasses, and copies of important documents, such as insurance papers and identification.

October Special Events

Music Explorations with Xiaotiane Tuesday Afternoons at 2:30 pm in the BWR

We are happy to announce that our Music Explorations program will be starting up again in October. Join Xiaotiane (pronounced she-ow-tee-en), a Music Therapist from the Victoria Conservatory of Music every Tuesday afternoon at 2:30 pm in the BWR and sing along as she performs some of your favourite songs on her guitar and the piano! We would like to extend a special thank you to residents Deanna H and Anton Z for organizing a wonderful Sing Along program over the summer months.

Monthly Book Club:

After the Fall by Noah Hawley Friday, October 4 at 1:30 pm in the BWR

Join Trish and Katie as we discuss this month's book club selection, "After the Fall" by Noah Hawley. If you would like to borrow a copy of our Monthly Book Club book, please see Trish or Katie in the Recreation Office.



Gardening Committee Meeting Wednesday, October 9 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 monthly 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

What a wonderful afternoon we had in celebration of the 21 plus years of service by Pat Y to Dawson Heights

and to us

all. Her Light will indeed continue to shine. Thank you to everyone who helped make the occasion very special for Pat. Days later, she continues to reflect with gratitude for the joy and celebration of the day.



FOCUS ON RECREATION

October Special Events Continued

Oktoberfest Happy Hour with Accordion Music by Ron Sera Friday, October 11 at 2:00 pm in the BWR

Dust off your lederhosen and come down to the Dawson Heights Beer Garden! We will be celebrating Oktoberfest Dawson Heights Style! Entertainment will be provided by accordion player, Ron Sera!



Monthly Health Talk with Heart Pharmacy

Tuesday, October 15 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 "Healthy for the Holidays".

History Lecture with Eric Tolman "World War I, Part 2"

Thursday, October 17 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 2". Starting with Verdun in 1916, this lecture will cover all events up to the November 11th armistice of 1918 including the Somme, Vimy, Passchendaele and others.



Baking with Trish and Katie: Spiced Pumpkin Molasses Cake Friday, October 18 at 11:15 am in the BWR

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

October Special Events Continued

Monthly Birthday Tea with Entertainment by Jesse Thomas Brown Friday, October 18 at 2:00 pm in the BWR

Join us as we celebrate the October birthdays! Enjoy some freshly baked Spiced Pumpkin Molasses Cake while enjoying the wonderful entertainment provided by Dawson Heights favourite, Jesse Thomas Brown.



HALLOWEEN!

Staff Pumpkin Carving Contest Judging Thursday, October 31 from 11:00 am—2:00 pm in the Front Lobby

Dawson Heights Staff will be competing (for bragging rights!) in the fourth annual Staff Pumpkin Carving Contest! Each department will be carving a pumpkin. Come to the Front Lobby and vote for your favourite pumpkin.

Halloween Murder Mystery Afternoon Thursday, October 31 at 1:30 pm in the BWR

The scene is set at Mistletan Manor, the historic country estate of renowned crime writer Sir Aubrey St Clair. You are among an exclusive group of elite crime novelists, specially chosen to celebrate the Detective Club's fiftieth anniversary. Join the staff of The Cedars as they bring to life a chilling mystery, penned by famed author Ruth Ware. Can you solve the murder before the final reveal?

Costumes will be available to borrow in the Family Dining room from Tuesday, October 29 to Thursday, October 31 for anyone who may wish to dress up.



October Outings

Hillside Mall Shopping Trips Tuesday, October 1, 8, 15, 22 and 29 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 on Hillside Thursday, October 10 at 11:45 am (Sign Up Required)

Enjoy lunch out with friends at Romeo's Restaurant on Hillside Avenue. Sign-up Required. The sign-up sheet is located outside the BWR. *Residents are responsible for the cost of their meals.*

Happy Wanderers: Francis King Park Thursday, October 17 at 1:30 pm (Sign Up Required)

Stretch your legs as you enjoy the beauty of Frances King Park. The sign up sheet is located outside the BWR.

Fundraising

Holiday Craft Fair Saturday, November 23 from 1:30 pm—3:30 pm in The Cedars Dining Room



On Saturday, November 26 we will be holding our Annual Dawson Heights Craft Fair from 1:30 pm—3:30 pm in the Dining Room at The Cedars.

We are currently accepting applications for local Artisans.

We are also accepting donations of Christmas items, costume jewellery, and craft items for the Dawson Heights Craft Table, where money raised will go to the Residents' Fund.

If you are interested in participating please come and see Katie or Trish in the Recreation Office or call us at 250-477-4850.

The **Purdys Chocolatier Fundraiser** will also be held in November!

BRAINTEASER**Opposites**

“Re” is a prefix usually meaning again such as in rebuild (build again) but there are many words starting with “re” which have a totally different meaning without the “re”. Below you will see two definitions, one for a word starting with “re” and one for the remaining word without the “re”. For example: cease employment/vehicle wheel. The answers would be retire and tire. Good luck! Answers will be in next month’s Echo.

Newspaper agent / hotel employee.

Not long ago / unit of money.

Income / event location.

Arrived at / felt long-term pain.

Kingdoms / money for the poor.

Fix / couple

At ease / cause a sharp pain.

Bring past event to mind / one who belongs.

Answers to September Brainteasers:

*Sleeper, Mole, Agent, Asset
(Intelligence Operative)*

*Verse, Meter, Line, Foot
(Units in Poetry)*

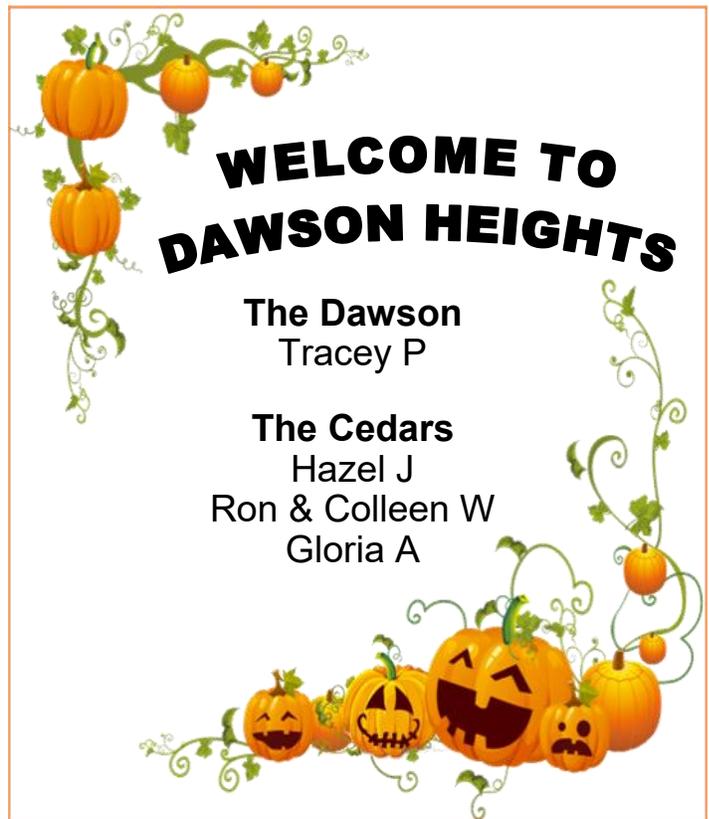
*Peer, Associate, Partner, Fellow
(Colleague)*

*Button, Flop, Laugh, Dance
(Belly-)*

Common “Scents”

Another reminder regarding scented products – we have people in our community who have respiratory conditions which make them sensitive to scent. Please do not use scented products in the washing machines or the dryers at both The Dawson and The Cedars.

If you enjoy wearing perfume than please use it sparingly and for your own personal events rather than communal gatherings.



**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

