

FOCUS ON RECREATION

"Fallen leaves lying on the grass in the November sun bring more happiness than the daffodils."
— Cyril Connolly

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 3. Don't forget to turn your clocks **back** 1 hour before you go to bed on Saturday, November 2!



Flu Shot and Covid-19 Booster Shot Clinic

Thursday, November 7 from 9:30 am—1:30 pm in the BWR

Heart Pharmacy will be offering a Flu Shot and Covid-19 Booster Shot Clinic for all Campus Residents on Thursday, November 7 from 9:30 am—1:30 pm. Please sign up for an appointment at the Front Desk. Please sign up by **Tuesday, November 5.**

Shuffleboard Tournament

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

If you are interested in playing, please sign up outside the BWR! Please sign up by Monday, November 4.

A schedule of games will be organized once sign-ups are complete.

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

The Woodlands

If you have any questions about moving into The Woodlands, please contact Jonathan Young, our Housing Manager, directly. He has been receiving a number of inquiries and will be happy to assist you.

Remembrance Day

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.

All Campus Residents are invited to attend our annual Remembrance Day Service hosted by Pat and Phil Williamson on Monday, November 11 at 10:30 am in the BWR.

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 12. 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 Monday, November 4.



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 9 Nursing students from Camosun College's BSN degree program as they complete their practicum course. 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 9 residents to volunteer to meet one-on-one with the students. If you are interested in participating, please see Katie.

KAREN'S KORNER



As we continue to watch the progress of The Woodlands (formerly known as The Oaks) move closer to completion I thought that you might welcome an update. Our contractor Heatherbrae had initially set a completion date of end October/late November. We are now looking to January for completion and handover. I must stress that the causes for the delays have been beyond the control of Heatherbrae or Dawson Heights.

The interior of the building is taking shape very nicely. The views of Mount Tolmie and the Olympics to the south from the front top floors are spectacular. The setting of the Garry Oak woods at the back of the building provides a feeling of peace and quiet. There are people on the waiting list for a move into The Woodlands who are anxious to tour the building but there will be no access for tours until well into January or early February.

The building has been made possible through a partnership with BC Housing and is a mixed-market building. That means that some of the suites will be eligible for subsidies, providing an applicant is registered with BC Housing. Other suites will not be eligible; these will be rented at just below market rent and will not require applicants to be registered with BC Housing. If you would like more details about applying please contact Jonathan Young, our Housing Manager.

For those of us currently living and working on campus there will be disruptions as work on the driveway access and asphaltting takes place through November. Please be patient and cautious knowing that Heatherbrae will do all they can to mitigate the necessary disruptions.

Island Health has begun its ***Viral Respiratory Illness Fall Campaign 2024 for COVID-19 and Influenza vaccines and preparedness*** as we move into viral respiratory illness season. While COVID remains an ongoing reality for us all Island Health have been particularly concerned with the rise in hospitalizations for influenza. Let us all do our part to keep ourselves and one another well.

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November Special Events

**Monthly Book Club:
The End of Drum-Time by
Hanna Pylvainen**



Tuesday, November 5 at 1:30 pm in the BWR

Join Trish and Katie as we discuss this month's book club selection, "The End of Drum-Time" by Hanna Pylvainen. If you would like to borrow a copy of our Monthly Book Club book, please see Trish or Katie in the Recreation Office.

**Monthly Health Talk with Heart Pharmacy
Tuesday, November 19 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 "Diabetes Basics".

**History Lecture with Eric Tolman "The Paris Peace Conference"
Thursday, November 21 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 "The Paris Peace Conference". This lecture will focus on the treaties that conclude the First World War in Paris in 1919. The USA's Wilson, Britain's Lloyd George and France's Clemenceau will be analyzed with particular attention paid to the Treaty of Versailles with Germany and their respective attitudes toward peace terms.

**Baking with Trish and
Katie: Marble Cake
Friday, November 15
at 11:15 am in the BWR**



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

November Special Events Continued**Monthly Birthday Tea with Entertainment by Brandy Moore****Friday, November 15 at 2:00 pm in the BWR**

Join us as we celebrate the November birthdays! Enjoy some freshly baked Marble Cake while enjoying the wonderful entertainment provided by Brandy Moore.

Afternoon Music with the Vic 'n Ray Duo Monday, November 18 at 2:00 pm in the BWR

Enjoy an afternoon of music with the Vic 'n Ray duo starring the wonderful Vic Gnadinger and our own Chef Ray! Refreshments will be provided.

Residents Meeting**Thursday, November 28 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.

November Outings**Hillside Mall Shopping Trips****Tuesday, November 5, 12, 19, and 26 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 Brown's Social House at Uptown**Thursday, November 14 at 11:30 am (Sign Up Required)**

Enjoy lunch out with friends at Brown's Social House at Uptown. Sign-up required. The sign-up sheet is located outside the BWR. *Residents are responsible for the cost of their meals. Entrees start at \$20.*

November Outings Continued**Outing to Ballet Victoria's Tea for Tutu "The Gift of Nutcracker"****Thursday, November 21 at 1:00 pm (Sign Up Required)**

Enjoy a free preview of Ballet Victoria's upcoming Holiday production of "The Gift of Nutcracker" 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 23 we will be holding our Annual Dawson Heights Craft Fair from 1:30 pm—3:30 pm in the Dining Room at The Cedars.

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, jewelry, 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!

**Purdys Chocolatier Fundraiser**

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



There are three ways you can order:

- Online using the following link: Purdys Chocolatier Group Savings and Fundraising (<https://fundraising.purdys.com/1382925-118110>). **Our Customer Number is 60037**
- In-person with Katie or Trish in the Recreation Department
- Come and see us at our Annual Craft Fair on Saturday, November 23 from 1:30—3:30 pm

All orders must be placed by Saturday, November 23 at 4:00 pm. Items will be ready for pick up at The Cedars the week of December 9.

BRAINTEASER**Letter Equations**

Letter equations are well known phrases or facts where the key words have been replaced by just the first letter of that word. They are usually in the form of an equation which contains a number and an equal sign. For example: 88 = K on a P. The answer would be 88 = Keys on a Piano. Try your luck! Answers will be in the December Echo.

54 = C in a D
 18 = H on a G C
 8 = S on a S S
 4 = Q in a G
 64 = S on a C B
 40 = D and N of the G F
 16 = O in a P
 76 = T L the B P
 24 = B B B in a P
 3 = B M, S H T R

Answers to October Brainteasers:

*Reporter/Porter
 Recent/Cent
 Revenue/Venue
 Reached/Ached
 Realms/Alms
 Repair/Pair
 Resting/Sting
 Remember/Member*

Laundry Room Notes from our Staff

If you use laundry pods for your laundry, please don't put them into the dispenser on top. They should be placed directly in the washing drum BEFORE you add your clothes.

Small loads cause the machines to unbalance and often they will not complete their cycle, The clothes do not spin properly and end up soaking wet. If you have very small loads, please mix them with other items or wait until you have a large enough load.

Please empty the lint trap in the dryer after **every** load!



**WELCOME TO
 DAWSON HEIGHTS**

The Cedars
 Gloria L
 Vivian Y



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

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