

## FOCUS ON RECREATION

*"June is the pearl of summer, shining with warmth and joy."  
~ 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!



Thank you to all who attended our Annual General Meeting on Wednesday, May 28. It was a wonderful and informative afternoon. For those who were unable to attend, copies of the 2024 Annual Report are available at the Front Desk of The Cedars.

### **Swap and Shop Event Thursday, June 12 from 1:00 pm—3:30 pm in the BWR**

On Thursday, June 12 from 1:00 pm — 3:30 pm, we will be hosting our first "Swap and Shop" event. Join us for a fun, eco-friendly community event where residents can swap gently used items and shop for great finds! Bring what you don't need and take home what you love (for free)! It's a perfect way to refresh your space, save money, and connect with other Dawson Heights Residents! Donations for the Swap and Shop can be dropped off in the Recreation Office from June 9-11 only. No large items will be accepted. All items not rehomed at the end of the day will be donated to the Salvation Army. Please see Katie or Trish in the Recreation Department if you have any questions.



### **June Special Events**

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

**Monday, June 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.



#### **Opening the Covid-19 Time Capsule Monday, June 2 at 2:30 pm in the BWR**

On June 1, 2020, residents of Dawson Heights Housing created a time capsule. In the Time Capsule are letters and mementos that reflect and share the experiences of residents and staff members during the early days of the COVID-19 epidemic. The Time Capsule will be opened on June 2, 2025, where we will have an opportunity to reflect on this period in history.

#### **Monthly Book Club: Oona Out of Order by Margarita Montimore Thursday, June 5 at 1:30 pm in the BWR**

Join Trish and Katie as we discuss this month's book club selection, *Oona Out of Order* by Margarita Montimore. If you would like to borrow a copy of our Monthly Book Club book, please see Trish or Katie in the Recreation Office.

## **Karen's Korner**

Work continues apace for Jonathan, our Housing Manager, as we welcome residents to The Woodlands. With 55 of the 85 suites now rented, the move-in process has been both busy and rewarding. Our incredible maintenance and housekeeping teams have risen to the challenge—preparing suites across campus with energy, professionalism, and good humour. While they make it look effortless, their work requires thoughtful coordination and a great deal of behind-the-scenes planning.



We are also delighted to welcome Iryna to the housekeeping team. She has quickly become a valued team member and has been warmly welcomed by both staff and residents.

### **Mark Your Calendars: The Woodlands Celebration – September 10**

We are excited to officially celebrate the opening of The Woodlands on Wednesday, September 10. While it's a few months after receiving our occupancy permit, scheduling a range of dignitaries takes time. Still, our top priority is our community, so we hope you'll join us for this special occasion. We're confident Henry and his talented team will offer a spread to remember! Details to follow closer to the date.

### **Weekend Admin Coverage at The Cedars**

Following William's departure and the conclusion of COVID-related funding for the Greeter position, we explored alternative models for weekend front desk coverage at The Cedars. To ensure continuity and consistency of service, we're pleased to share that Panika will now cover the 8:30 a.m. to 4:30 p.m. shift, and Brenda will be on duty from 4:15 p.m. to 11:30 p.m. every Saturday, Sunday, and Statutory Holiday.

## **FOCUS ON RECREATION**

### **June Special Events Continued**

#### **Men's Fathers Day Breakfast**

**Friday, June 13 at 9:30 am in the BWR**

In celebration of Father's Day, we invite all men living at Dawson Heights to a Men's Breakfast. Katie and Trish will be serving up a delicious breakfast in the BWR at The Cedars. This is a great opportunity for men on campus to get together, socialize and enjoy a delicious meal. RSVP to Katie or Trish by Tuesday, June 10 by calling 250-477-4850.



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

**Friday, June 13 at 2:00 pm in the BWR**

Join us as we celebrate the June birthdays! Enjoy a piece of cake while enjoying the wonderful entertainment provided by Dawson Heights favourite, Jesse Thomas Brown.



#### **Health Talk with Heart Pharmacy: Pain Management**

**Tuesday, June 17 at 1:30 pm in the BWR**

Join Heart Pharmacy Pharmacist, Andrea Silver, for her informative health talk. The topic of this month's talk is Pain Management.

#### **Fraud Prevention Presentation with Saanich Police**

**Thursday, June 19 at 1:30 pm in the BWR**

Join Constable Berle Zwaan, Community Liaison Officer with the Saanich Police, for an informative presentation on how to recognize scams (telephone, internet, etc.) and protect yourself from becoming a victim.

## June Special Events Continued

### **History Lecture with Eric Tolman “A New Germany 1933—1936, Part 1” Thursday, June 19 at 6:30 pm—BWR**

Join Eric Tolman, a history teacher at Belmont High School, for an interesting and informative history lecture. The topic of this month's lecture is “A New Germany 1933—1936, Part 1”. Picking up where we left off at Weimar Germany, we will examine how Hitler consolidated power in 1933 and the changes he made domestically and in foreign policy until 1936. Main themes will be the rise of a one party state, early signs of anti-Semitism, domestic successes and the slow mobilization of Hitler's aims and the support of common Germans.

### **Travelogue with Jacqueline and Pat: Tanzania**

**Friday, June 20 at 1:30 pm**  
Join Jacqueline and Pat Allen as they share memories of their travels to Tanzania.



### **Shuffleboard Tournament**

We are excited to be hosting our semi-annual Campus-wide Shuffleboard tournament this month! Join us in the BWR on Monday, June 16 at 2:30 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 Tuesday, June 17 at noon. The sign-up sheet is located outside the BWR. Games will be held the week of June 23. The schedule will be posted outside the BWR Thursday, June 19. Good luck to everyone who is participating!

## June Outings

### **Hillside Mall Shopping Trips Tuesday, June 3, 10, 17, and 24 from 10:00 am—11:30 am (Sign Up Required)**

We will be offering a 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 Windsor Park Thursday, June 26 at 11:30 am (Sign Up Required)**



Join us on our first picnic lunch of the summer at beautiful Windsor Park in Oak Bay. There will be time to stroll through the park after lunch. Sign up required. The sign up sheet is located outside the BWR.

**Summer Fun!**  
Caption this cartoon!





## BRAINTEASERS



### Rhyming Pairs

Think of two-word rhymes that are described by the clues below: For example: noisy gathering of many people would be loud crowd. Try the ones below:

Eating establishment of superior quality.

Popular fad about labyrinths

A raising of glasses celebrating the shoreline.

Tiny cry of a horse.

A sleeping vision of a girder.



How many words can you make of 4 letters or more with these letters. BUT—every word must include the

letter in the center! You can use letters more than once.

*Answers to May Brainteasers.*

*What was special about the six words? They all had a number at the end. Feminine, canine, overweight, threaten, cobblestone, height.*

*Karen's Jalopy—Karen was travelling at 30km per hour at 20km per litre so she was using 1.5 litres every hour but she was also losing 0.5 litres every hour so in total, 2 litres per hour. So with 10 litres she travelled for 5 hours. 5 hours at 30 km/hr is 150 km.*

## MOVE FOR HEALTH 2025!

We had a very successful Move for Health Day in May with 35 participants from across campus including residents, staff and care workers. Collectively we walked 82 km—all the way to Ladysmith! Suz Labreche from The Cedars was the winner of the Yeti water bottle from the Heart and Stroke Foundation. Suz did 20 laps for a total of 9.3 km! Our three draw prizes were won by Peter Bood, Verinder Nijjar and Ron Wilson. We also raised \$185 for the Heart and Stroke Foundation.

We encourage everyone to enjoy our beautiful campus and get out for a walk. Why? See below!

After 2 minutes, blood starts flowing faster.

After 5 minutes, heart rate picks up boosting circulation and oxygen.

After 10 minutes, joints loosen, stiffness fades and mood starts lifting.

After 30 minutes, endorphins kick in, improving mood and lowering anxiety.

After 45 minutes, blood pressure and cholesterol levels start improving.



**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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