

FOCUS ON RECREATION

*"Live in the sunshine. Swim in the sea.
Drink in the wild air."
~Ralph Waldo Emerson*

Thank you to everyone who attended our annual Summer Social on Friday, July 25. 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. Please see page 3 for photos from this wonderful event! More photos from the afternoon can be found outside the BWR in The Cedars. Please see Katie or Trish if you would like to purchase a copy of a photo.

Dawson Heights Community Garden Update

The Dawson Heights Community Garden is in full bloom! Thank you to Tonia and Katie from Anther Urban Foodscapes for helping us get this project off the ground! If you are interested in getting your hands dirty in the garden, please join Tonia and Katie on Wednesday afternoons at 1:30 pm for our weekly work party where vegetables will be harvested.

Vegetables will be available in the lobbies of The Dawson, The Woodlands and The Cedars on Thursday mornings from 10:00 am—12:30 pm. One item per person, while supplies last. Please see Katie or Trish if you have any questions.



August Special Events

Blood Pressure Clinic with Judith Ritson

Monday, August 4 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: The Book Woman of Troublesome Creek by Kim Michele Richardson

Thursday, August 14 at 1:30 pm in the BWR

Join Trish and Katie as we discuss this month's book club selection, The Book Woman of Troublesome Creek by Kim Michele Richardson.

If you would like to borrow a copy of our Monthly Book Club book, please see Trish or Katie in the Recreation Office.

Baking with Katie: Lemon Blueberry Cake

Friday, August 15 at 11:15 am in the BWR

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

Karen's Korner

What a delight it was to come together for good music, delicious food, sunshine and lots of laughter. Trish and Katie worked their magic (as well as walking over 15,000 steps!) to create this event but without everyone that showed up, it would not have been a party! It was also lovely to see so many of our newest neighbours—those recently moved into The Woodlands—attend the event. We hope it gave you a warm welcome and a glimpse into the vibrant, caring community you're now part of. While we may not throw a party every week, there's always something to enjoy together in big and small ways. Let's not forget Chef Henry and his amazing team, who kept us happily fueled with delicious food from start to finish!



A couple of neighbourly reminders:

- Please avoid scented laundry products in our shared facilities. Many of our residents live with allergies or respiratory sensitivities. Even after a cycle is finished, scents from detergents and dryer sheets can linger in machines, drift through hallways, and enter neighbouring suites. We kindly ask that you keep fragrances to personal use only—thank you for helping keep our air safe for everyone.
- Sound travels more than we expect. Some of our floors aren't as well soundproofed as we hoped. Wearing slippers indoors and being mindful of footsteps or dropped items can make a big difference to those living below.

Have you seen the community garden lately? Today's harvest was a sight to behold—tomatoes, cucumbers, zucchini, lettuce, green beans—so much fresh abundance to be enjoyed by residents across the campus. Huge thanks to the volunteers who helped with the harvesting.

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August Special Events Continued

Monthly Birthday Tea with Entertainment by Jesse Thomas Brown

Friday, August 15 at 2:00 pm in the BWR

Join us as we celebrate the August birthdays! Enjoy a piece of freshly baked Lemon Blueberry Cake while enjoying the wonderful entertainment provided by Dawson Heights favourite, Jesse Thomas Brown.

Health Talk with Heart Pharmacy Tuesday, August 19 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 Bone Health and Fall Prevention.

History Lecture with Eric Tolman "The USA 1919-1941"

Thursday, August 21 at 6:30 pm in the 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 "The USA 1919-1941". This lecture will focus on the development of a consumer society in the USA after WW1 which resulted in the greatest economic growth in America. Assessed will be the bust of 1929 and steps taken by FDR to offset the effects of the Depression. The New Deal will be a large focus of this lecture and the impact that FDR's policies had on the fabric of American life.

August Special Events Continued

Mobile Hearing Clinic with Ears to You Thursday, August 28 from 10:00 am— 2:00 pm

Ears to You is a mobile hearing service provider. A qualified hearing specialist will be coming to The Cedars to provide complimentary hearing assessments and hearing aid cleanings. If you would like to participate in this event, please sign up for an appointment at the Front Desk of The Cedars.

August Outings

Hillside Mall Shopping Trips Tuesday, August 5, 12, 19 and 26 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. **Please note of August 5 and 12 there will be one trip from 9:45 am to 11:30 am.**

Picnic Lunch at Mount Doug Park Thursday, August 21 at 11:30 am (Sign Up Required)

Join us for a picnic lunch at beautiful Mount Doug Park. After lunch there will be time to explore the park and the beach. Sign up required. The sign up sheet is located outside the BWR. Please indicate your sandwich preference when you sign up.

Happy Wanderers: Government House Gardens Friday, August 29 at 1:30 pm (Sign Up Required)

Stretch your legs as you enjoy the beautiful gardens at Government House. Sign-up Required. The sign-up sheet is located outside the BWR.

Photos from the Summer Social!



BRAINTEASERSWord within a Word

In this brainteaser, you must place a 3-letter word on the dashes to complete a word on the left and to begin another word on the right.
Example:

E A R _ _ _ M E = E A R T H Y M E

F E A T _ _ _ O I C

C O U R _ _ _ N D A

D I S P _ _ _ O V E R

K E E _ _ _ S I S T

R U N _ _ _ I C E

Riddle:

I've been drawn by artists these days, and of old;

Yet I'm seen only when all around me is cold.

For most of the time you just live and ignore me;

Then you gasp for me, stop for me, mutter below me.

You might say, in surprise, I've been taken away,

But it's true I've been with you, at least 'til today.

Who am I

**CIBC RUN FOR THE CURE**

Dawson Heights will be forming a team for the Run for the Cure which takes place **Sunday, October 5th** at the University of Victoria. If you would like to join our team, you can join online at **support.cancer.ca**. The name of the team is **Dawson Heights High Steppers**. The cost to join is \$40. If you need help signing up, please see Katie or Trish and bring your credit card. The deadline to sign up is Friday, September 5. Note: While the event is called the Run for the Cure, many people walk the 5 km course! Katie and Trish will be able to transport a limited number of people to and from the event. We will be collecting donations for the Canadian Breast Cancer Society in September.

Answers to July Brainteasers:

Star, rats
Live, evil
Keep, peek
Guns, snug
Part, trap
Reward, drawer
Straw, warts
Plug, gulp
Tool, loot



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