

FOCUS ON RECREATION

"If I had my way, I'd remove January from the calendar altogether and have an extra July instead." ~ Roald Dahl

Happy 158th Birthday, Canada!

Did you know these fun facts about Canada????



- Canada boasts the largest population of moose in the world, with estimates in excess of 1 million!
- Canada is responsible for producing nearly 85% of the world's maple syrup.
- With an impressive coastline stretching over 202,080 kilometres, it would take more than four and a half years to walk from one end to the other of Canada's coast.
- Canada has more lakes than the rest of the world combined and is home to 10% of the world's forests

The summer is here, and so is the warmer weather! Please remember to stay hydrated as the temperatures rise. For those residents residing in The Cedars, water is available at the Front Desk.

During periods of hot weather, cooling stations will be made available in BWR at The Cedars, The Dawson Lounge, and The Woodlands Common Room. More details will be made available when the need for a cooling station arises.

Dawson Heights has a limited number of portable fans that are available for short term loan during extreme heat warnings. If you would like to borrow a fan, please speak to Barb at the Front Desk of The Cedars Monday – Friday between 8:30 am and 4:30 pm.

We have several programs planned for you to get out and enjoy the summer weather. Our annual Summer Social (the social event of the summer!) is being held on Friday, July 25. Please see page 2 for more details on this fun event.

Message from the Maintenance Department

The window cleaning will be taking place during July!

The Dawson—7th and 8th
The Cedars—9th and 10th
The Woodlands—28th and 29th

We are using a new company this year, and they will need access to everyone's suits to minimize the risk of injury to the workers.

Someone from the Maintenance team will accompany them.

Thank you for your cooperation and patience in this matter.

July Special Events

Canada Day Celebration—Afternoon Music with Deanna and Beth

Tuesday, July 1 at 1:30 pm in the BWR

Join Cedars Residents, Deanna and Beth, and sing along as we celebrate Canada Day with an hour of Canadian-themed music.

Canadian Food Tasting

Thursday, July 3 at 1:30 pm in the BWR

In honour of Canada's 158th birthday, join Trish and Katie as we sample some uniquely Canadian treats!

Monthly Book Club: Chestnut Street by Maeve Binchy

Thursday, July 10 at 1:30 pm in the BWR

Join Trish and Katie as we discuss this month's book club selection, Chestnut Street by Maeve Binchy.

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

As I write this on a chilly "January" day, it's hard to imagine the heat of summer—but forecasts suggest BC is in for a warmer-than-usual season, with the possibility of extended heat waves.



To help keep cool:

- The Dawson: air-conditioned common room
- The Cedars: cooling stations in the library, dining room, and BWR
- The Woodlands: equipped with a heat pump system; the common room may be cooler if your suite feels too warm

Tips for staying cool:

- Stock up on cold foods, drinks, and popsicles
- Limit alcohol, tea, coffee, and carbonated drinks—they can dehydrate you
- Take cool showers, run cold water over your wrists, and keep a damp cloth in the freezer to place on your neck or forehead
- Keep blinds and windows closed during the day, and open them at night for cooler air

Need a fan? Katie and Trish from The Cedars' recreation team have fans available to borrow—just reach out.

Let's also look out for one another—heat can creep up on us quickly.

Thanks to a generous donation from Beth M, there's a water cooler in The Cedars' lobby—help yourself to a refreshing drink whenever you pass by.

And finally, a big thank you to Tonia, Katie, Terry, and all our amazing garden volunteers. The community garden continues to thrive—its harvests shared across all residences, the Cedars kitchen, and Shelbourne Community Kitchen. If you haven't visited recently, take a stroll and enjoy the beauty (so far untouched by our resident deer!).

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July Special Events Continued

Baking with Trish and Katie: Maple Cake

Thursday, July 17 at 11:15 am in the BWR

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



Monthly Birthday Tea with Entertainment by Brandy Moore

Thursday, July 17 at 2:00 pm in the BWR

Join us as we celebrate the July birthdays! Enjoy a piece of freshly baked Maple Cake while enjoying the wonderful entertainment provided by the always entertaining, Brandy Moore!

History Lecture with Eric Tolman "A New Germany 1937-1939, Part 2"

Thursday, July 17 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 1937-1939, Part 2". By 1937 Germany is brimming with a new confidence that leads Hitler toward testing the waters with his neighbours. Diplomatic bluff in the Rhineland, the Naval agreement with Britain and the Munich Pact of 1938 all give Hitler the pretence and confidence he needs to declare war on Poland in 1939.

Summer Social on the Patio with Entertainment by Chick Wagon

Friday, July 25 from 2:00 pm—3:30 pm

In celebration of summer, we invite you to join us at the social event of the Summer! Invite your family and friends, dress in your favourite summer ensemble and enjoy tasty summer snacks and refreshments while being entertained by the lively country duo, Chick Wagon.

July Special Events Continued**Annual Ice Cream Tasting Social with Trish and Katie****Monday, July 28 at 2:00 pm in the BWR**

You scream, I scream, we all scream for ice cream! July is National Ice Cream Month! Join Trish and Katie for their favourite event of the year, our annual Ice Cream Tasting! We will sample 5 delicious flavours of ice cream and vote for our favourites.

**July Outings****Shopping Trip to Gardenworks****Friday, July 4 at 1:30 pm (Sign Up Required)**

Join us for a trip to Gardenworks on Blenkinsop. Browse their wide selection of plants, flowers, tools, and seasonal décor. Sign Up Required.

Hillside Mall Shopping Trips**Tuesday, July 8, 15, 22 and 29 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 Francis King Park**Thursday, July 24 at 11:30 am (Sign Up Required)**

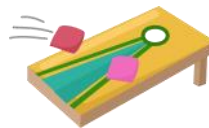
Join us for a picnic lunch at Francis King Park. After lunch there will be time to enjoy the Elsie King Trail, a self-guided 800 metre loop interpretive trail that is walker friendly. Sign up required. The sign up sheet is located outside the BWR. Please indicate your sandwich preference when you sign up.

**New Programs****The Great Courses: Music and the Brain
Wednesday afternoons at 1:30 pm in the BWR**

Music is an integral part of humanity. Every culture has music, from the largest society to the smallest tribe. Its marvelous range of melodies, themes, and rhythms taps into something universal. Babies are soothed by it. Young adults dance for hours to it. Older adults can relive their youth with the vivid memories it evokes. Music is part of our most important rituals, including those marking birth, weddings, and death. And it has been the medium of some of our greatest works of art. This is an 18-lecture series.

Corn Hole on the Lawn**Thursday mornings at 10:30 am
(Weather Permitting)**

Join Trish and Katie for a fun and lively game of Corn Hole—a mix between Bean Bag Toss and Horseshoes! Weather permitting, we will play on the lawn on the Cedar Hill Road side of The Cedars. If the weather does not cooperate, we will move indoors for Bean Bag Toss in the BWR. Please check the television screen in The Cedars lobby on Thursday mornings for updates.

**Fundraising Update**

Thank you to everyone who attended our first Swap and Shop event in June. It was a great success! All items that were not rehomed at the end of the event were donated to the Salvation Army. We were able to rehome 75% of the donated items. We also raised \$42 for the Residents Fund. We look forward to making this an annual event.



BRAINTEASERS

Each pair of hints below relate to two words. One of the words is the other one spelled backward. For example: If the hint is *Married, Moisture*, the answer is *wed, dew*. Good luck!

1. In the night sky, rodents
2. Dwell, wicked
3. Retain, sneaking look
4. Weapons, tight fit
5. Portion, catching device
6. Prize, furniture compartment
7. Drinking aid, skin blemishes
8. Stopper, big swallow
9. Implement, stolen goods
10. Precinct, illustrate

Answers to June Brainteasers:

Finer Diner
Maze Craze
Coast Toast
Mini Whinny
Dream Beam

A SONG FOR DAWSON HEIGHTS

At our Annual General Meeting in May, Peter Parker, Chair of the Board of Directors, shared a special moment with everyone by leading the group in a song he wrote just for Dawson Heights.

Here are the lyrics to his heartfelt creation:

A Song for Dawson Heights (sung to the tune of Bicycle Built for Two)

Dawson, Dawson, Percy began it all,
Making homes where visitors love to call.

The buildings and grounds are finer
Than any ocean liner,
At Dawson Heights we think we might
Have the best place to live of all.

Cedars, Cedars heart of our Dawson Heights
Our fine staff work hard to keep on the lights,
The residents love to live here,
The staff all love to give here,
Their time and care to have a share
In this place full of great delights.

Woodlands, Woodlands, such a fine building here,
We're so happy now that you stand so near,
The trucks and the fences are gone now,
We're ready to move on now
The neighbourhood will feel so good
On this campus we love so dear.



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

Tel: 250-477-4850

3710 Cedar Hill Road, Victoria, BC V8P 5V5

After Hours Tel: 250-883-2773

Website: www.dawsonheights.ca

