

FOCUS ON RECREATION

"I wonder what it would be like to live in a world where it was always June."

– 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!

Swap and Shop

On Thursday, June 11 from 1:00 pm — 3:30 pm, we will be hosting our second annual "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!

Items for the Swap and Shop can be dropped off in the Recreation Office June 8-10 between 9:00 am and 3:00 pm. Items will NOT be accepted outside these date. Please see Katie or Trish before leaving your items. 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.

Move for Health 2026

Thank you to everyone who participated in our Move for Health Day in support of the Heart and Stroke Foundation in May. We had 38 participants from across campus including residents, staff and care workers. Collectively we walked 94 km—all the way to Ladysmith! We also raised almost \$400 for the Heart and Stroke Foundation.

Shuffleboard Tournament

We are excited to be hosting our semi-annual Campus-wide Shuffleboard tournament this month! Join us in the BWR on Friday, June 12 at 1:30 pm for a refresher course in how to play this fun game. The sign up list is located outside the BWR at The Cedars. The deadline to sign up is Thursday, June 11 at noon. Games will start the week of June 15. The schedule will be posted outside the BWR by the end of the day on Friday, June 12. Good luck to everyone who is participating!



June Special Events

Blood Pressure Clinic with Judith Ritson

Monday, June 1 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.

KAREN'S KORNER



Thank you to everyone who attended our Annual Meeting. It is an important opportunity to reflect on the past year, share goals for the year ahead, and for residents to connect with the Board of Directors. This year's meeting was exceptionally well attended — standing room only — and with our growing campus population, next year's planning will focus on ensuring comfortable seating and space for all.

This year's reports reflected a season of significant change and transition, most notably the opening of The Woodlands in 2025 and anticipated staff transitions in 2026. We also took time to celebrate and thank two valued members of our administration team.

Beth K came for five years and stayed for eighteen, serving in many roles including evening reception, website management, production of the ECHO, and often as our onsite "geek." Beth never let a problem defeat her and approached every challenge with persistence and determination.

We also said goodbye to Pedro who, in just under two years, made a meaningful impact on residents and the work of Dawson Heights. His farewell letter to residents is posted in The Cedars.

While change is inevitable, the Board of Directors remains deeply committed to the well-being of Dawson Heights and the people we serve. Our culture — how we care for one another, work together, and support this community — remains one of our greatest strengths. It does not rest with any one person alone, but lives through all of us: Board members, staff, and residents alike. With care and attention, it will persist.

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June Special Events Continued

Monthly Book Club: A History of Burning by Janika Oza

Friday, June 5 at 1:30 pm in the BWR

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



History Lecture with Eric Tolman "South Africa"

Thursday, June 18 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 "South Africa". Beginning with the Dutch colony in the 17th century, we will look at the impact of British interests in Cape colony and how that would create tension and lead to the Boer War of 1899. Also analyzed will be the economic, social and political ideas of Apartheid and the role of Nelson Mandela in ending racial policy in 1994.

Baking with Trish and Katie: Ice Cream Cake

Thursday, June 18 at 3:00 pm in the BWR

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

June Special Events Continued

Men's Fathers Day Breakfast

Friday, June 19 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 9 by calling 250-477-4850.



Monthly Birthday Tea with Entertainment by Brandy Moore

Friday, June 19 at 2:00 pm in the BWR

Join us as we celebrate the June birthdays! Enjoy a piece of homemade Ice Cream Cake while enjoying the wonderful entertainment provided by the always entertaining Brandy Moore. This is Brandy's first performance at The Cedars since returning from her 6 month trip to Australia and South East Asia. After her performance, Brandy will be sharing photos from her trip.



New Program

Music Explorations with Tyler

Wednesday Afternoons at 2:30 pm

Tyler from the Victoria Conservatory of Music will be returning to The Cedars to offer his fun and interactive Music Explorations program! Join Tyler in the BWR on Wednesday afternoons for an engaging hour of music and fun! Please note that afternoon tea is cancelled on Wednesday afternoons.

June Outings

Hillside Mall Shopping Trips

Tuesday, June 2, 9, 16, 23 and 30
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 Kinsman Gorge Park

Thursday, June 18 at 11:30 am

(Sign up Required)

Join us on our first picnic lunch of the summer at beautiful Kinsman Gorge Park in Esquimalt. There will be time to stroll through the park after lunch. Sign up required. The sign up sheet is located outside the BWR. There is no cost for lunch for Cedars Residents and a \$5 charge for Dawson and Woodlands residents.

Community Garden Work Parties and Vegetable Pick Up

The Dawson Heights Community Garden is coming along nicely!

If you are interested in getting your hands dirty in the garden, please join Tonia and Katie from Anther Urban Foodscapes on Wednesday afternoons at 1:30 pm for our weekly work party where vegetables will be harvested. Fresh vegetables from the Community Garden will be available for pick up on Thursday mornings in the Lobbies of The Cedars and The Woodlands from 10:00 am – 12:00 pm and The Dawson from 11:30 am – 12:15 pm while supplies last.

BRAINTEASERS**Fill in the Blanks**

In the sentences below, there are two blanks. You must fill in the blanks with words that are either anagrams, synonyms, or homonyms (the type of word will be noted in brackets). For example: That confidential _____ contains a lot of information about that man's _____. (anagram). The answers would be **FILE** and **LIFE**.

The _____ I got in the mail contains sheet music with _____. (synonym)
 The dog will _____ from the annoying _____. (homonym)
 Because I threw away the information I needed, I went through the _____ in the _____ can. (synonym).
 We came _____ to _____ the lions roar. (homonym)
 The circus had to _____ the lion's _____. (anagram)

Math Practice

Replace the question marks with three different mathematical symbols from the choices in brackets (+, -, /, x) to get the right answer. Each symbol can be used only once.

$$28 \ ? \ 7 \ ? \ 3 \ ? \ 5 = 17$$

Word Find

Find words of three or more letters by travelling horizontally, vertically, or diagonally to the adjacent letters. Each letter may be used once only in each new word. Plurals and well known proper names are allowed too!

U	E	H
M	R	C
A	T	I

Who Wins the Race?

Bill and Ted race each other in a 100 meter dash. Bill wins by 10 meters. They decide to race again, but to make things fair, Bill starts 10 meters behind Ted. If they both run exactly the same speed as before, who wins the race?

Answers to April Brainteasers:

Beethoven's Wig - The wig is in the third box. The red key goes to the first box. The yellow key goes to the second box. The blue key goes to the third box. The green key goes to the fourth box.

Behead the "F" - Flying/Lying, Fact/Act, Frank/Rank, Fuse/Use, Four/Our, Fill/Ill, Fever/Ever.

Riddle Answer: Lion

Letter Juggle - Pen/Coop, Carve/Cut, Save/Salvage, Caress/Pet



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