

NEWSLETTER

August 2023

Peter Dawson Lodge
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Editor's Desk

Hello Residents, Families and Friends!

Where has the time gone? July saw us celebrate the Stampede with a pancake breakfast, BBQ, and Stampede themed games! Congratulations to everyone who participated and congratulations to our winners!



August can be hot and with the hot days we have recently been experiencing there are some things you can do to beat the heat. Wear loose light-colored clothing, drink plenty of water, use a fan and direct the airflow towards yourself, use sun block and hat when outside, close the blinds during the day and open the windows at night, take cool showers or baths, and finally go to an air-conditioned area if possible.

Hope the rest of the summer is cooler and we finally get some much-needed rain!

Keep Safe!

Janice Povey

August Trivia

August was named in honor of Augustus Caesar. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July had!

Zodiac signs: **Leo & Virgo**
Birthstone: **Peridot**
Flower: **Gladiolus**

Quote of the Day

Life is 10% what happens to you and
90% how you react to it.

- Charles R. Swindoll

August Birthdays

In August, we celebrate birthdays with:

- **Care Aide – Patty August 10th**
- **Resident – John C. August 13th**
- **Care Aide – Karen S. August 18th**
- **Resident – Helen August 29th**

Please wish everyone a Happy Birthday on their special day!



Tony Bennett – Singer – 3rd of August, 1926
Dustin Hoffman, Actor, 8th August 1937
Melanie Griffith, Actor, 9th August, 1957
Magic Johnson, Basketball Player, 14th August, 1959
Madonna, singer, 16th August, 1958
Robert De Niro, Actor, 17th August, 1943
Patrick Swayze, Actor, 18th August 1952
Bill Clinton, 42nd President of the US, 19th August 1946
Sean Connery, Actor, 25th August, 1930
Michael Jackson, Singer, 29th August, 1958

Leo (July 22 -August 21)

Lovable Leos are famously known for their exuberance, loyalty, and self-confidence.

Virgo (Aug 22 – Sep 22)

Virgos are logical, practical, and systematic in their approach to life. They are perfectionists at heart.

WOW!

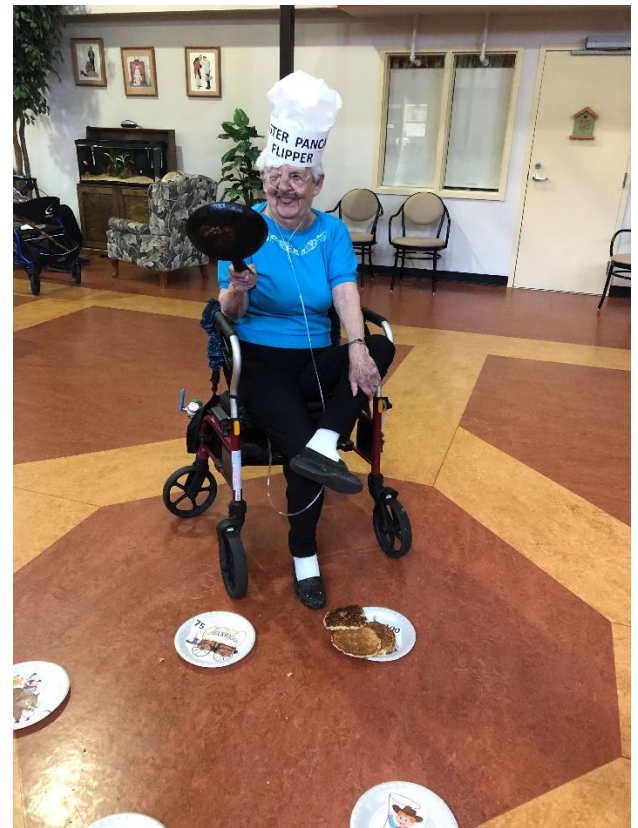
August in History: Pluto Downgraded

The redefinition of Pluto as a "dwarf planet" in 2006 by the International Astronomical Union prompted scientific discussions, reshaped our understanding of the solar system, and sparked renewed curiosity about celestial objects.

Month in Review

Stampede Pancake Flipping

Ten Residents came out to try their hand at flipping pancakes on July 12th. There was a lot of laughs, some misses, and some surprised results when Residents pancakes landed on the plates. Here is the Pancake Flipping winner, Dorothy.



Quilted Craft Pictures

The craft ladies finally finished their quilted pictures.



Cow Patty Curling

Keith lines up his rock as he participates in Cow Patty Curling.



Month in Review



Lasso Ringer Winner,
Jeanette
&
Hang Em' High Winner,
Helen



Pancake Flipping participants.



Residents hold up their prizes, doggie bags with kisses & macarons for Cow Patty Curling

Regular Events

Resident's Meeting

Tuesday, August 1st 10:30 am in the Atrium

Pool Noodle Exercises

Tuesdays, Wednesdays, Thursdays, Saturdays & Sundays in the Atrium

Balloon Badminton

Tuesdays & Thursdays in the Atrium

Courtesy Car Service

Wednesdays

Hairdresser

Thursdays

Games

Daily except Saturdays 3pm in the Atrium
Everyone is welcome to join us for these daily events.



Upcoming Events

Resident's Choice Dinner

Thursday, August 3rd

Ice Cream

Friday, August 4th 3:00 pm

Resident's Choice Supper

Tuesday, August 22nd

Happy Hour

Friday, August 25th 3:00 pm

Special Days

- 1st Horses' Birthday
- 1st Full Moon
- 2nd Forgiveness Day
- 5th Beer Day
- 7th Heritage Day
- 8th Cat Day
- 9th World Indigenous Day
- 12th International Youth Day
- 13th Left-Handers Day
- 15th Indian Independence Day
- 20th Lighthouse Weekend
- 26th Daffodil Day

August's full moon is the Sturgeon Moon and rises on August 1st. It's an exciting time to go night fishing. August's moon is also known as the Green Corn Moon, and it also happens to be a Blue Moon.

August 2023

SUNDAY

MONDAY










TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		<p>9:00 Balloon Badminton 10:30 Resident's Meeting 3:00 Uno</p> <p>Full Moon </p>	<p>1 <u>Courtesy Car</u> 2</p> <p>9:00 Roller Ball 10:30 Pool Noodle Exercises 1:30 Walking 3:00 31 Cards Forgiveness Day</p>	<p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 1:30 Reader's Build 3:00 Yahtzee</p> <p>3</p> <p>Resident's Choice Dinner</p>	<p>9:00 Soccer 10:30 Bible Study 3:00 Ice Cream 6:30 Social Hour</p> <p>4</p> <p>Asani Healing</p>	<p>10:30 Pool Noodle Exercises</p> <p>5</p>
<p>10:30 Pool Noodle Exercises 3:00 Dice Game</p> <p></p> <p>6</p>	<p>9:30 Shuffleboard Tournament \$2 3:00 Phase 10 No Admin., Housekeeping or Maintenance Heritage Day</p> <p>7</p>	<p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 1:30 Walking 3:00 Chase the Ace</p> <p>8</p>	<p><u>Courtesy Car</u> 9</p> <p>9:00 Roller Ball 10:30 Pool Noodle Exercises 1:30 Walking 3:00 Pennies Dice World Indigenous Day</p>	<p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 2:00 Music Mike</p> <p>10</p> <p>Happy Birthday Patty!</p> <p></p>	<p>9:00 Floor Curling 10:30 Soccer 10:30 Bible Study 2:30 Bumps 6:30 Social Hour</p> <p>11</p>	<p>10:30 Pool Noodle Exercises</p> <p>Youth Day</p> <p>12</p>
<p>10:30 Pool Noodle Exercises 3:00 Dice Game</p> <p>Happy Birthday John C!</p> <p></p> <p>13</p>	<p>9:00 Bean Bag Tournament \$2 1:30 Craft</p> <p>14</p>	<p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 1:30 Walking 3:00 Rummikub</p> <p>15</p>	<p><u>Courtesy Car</u> 16</p> <p>9:00 Roller Ball 10:30 Pool Noodle Exercises 1:30 Walking 3:00 Card Bingo</p> <p></p>	<p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 1:30 Reader's Build 3:00 31 Cards</p> <p>17</p>	<p>9:00 Soccer 10:30 Bible Study 3:00 Dice Golf 6:30 Social Hour</p> <p>Happy Birthday Karen S.!</p> <p></p> <p>18</p>	<p>10:30 Pool Noodle Exercises</p> <p>19</p>
<p>10:30 Pool Noodle Exercises 3:00 Dice Game</p> <p></p> <p>20</p>	<p>9:30 Shuffleboard Tournament \$2 1:30 Walking 3:00 Obie Games</p> <p>21</p>	<p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 1:30 Walking 3:00 Bingo</p> <p>Resident's Choice Supper</p> <p>22</p>	<p><u>Courtesy Car</u> 23</p> <p>9:00 Roller Ball 10:30 Pool Noodle Exercises 1:30 Walking 3:00 Chase the Ace</p>	<p>9:00 Balloon Badminton 10:30 Pool Noodle Exercise 3:00 Pennies Dice Game</p> <p>24</p>	<p>9:00 Floor Curling 10:30 Soccer 10:30 Bible Study 3:00 Happy Hour 6:30 Social Hour Daffodil Day</p> <p>25</p>	<p>10:30 Pool Noodle Exercises</p> <p>26</p>
<p>10:30 Pool Noodle Exercises 3:00 Dice Game</p> <p></p> <p>27</p>	<p>9:00 Bean Bag Tournament \$2 1:30 Walking 3:00 31 Cards</p> <p>28</p>	<p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 1:30 Walking 3:00 Checkers</p> <p>Happy Birthday Helen!</p> <p></p> <p>29</p>	<p><u>Courtesy Car</u> 30</p> <p>9:00 Roller Ball 10:30 Pool Noodle Exercises 1:30 Walking 3:00 Uno</p>	<p>9:00 Balloon Badminton 10:30 Pool Noodle Exercises 3:00 Card Bingo</p> <p>31</p>		

Noticeboard



OFFICE NOTES

The office carries several items for sale if you have need!

- Kleenex \$2/box
- Postage Stamps \$1.00
- Batteries: \$1 each
- Greeting Cards \$1 each
- Janice also has a box in her office to put dead batteries for recycling.

CONGRATULATIONS

The "Vulcan Wellness Challenge" wrapped up on June 30th and the 3 Peter Dawson teams did amazing. The ladies racked up a total of 16,470 points. They were all committed to the challenge and participated in the many activities offered here at the lodge.

Way to go ladies!

HERITAGE DAY

*Monday August 7th
is a civic holiday, there will be
no Administration,
Housekeeping, or
Maintenance staff available
on this day!*

WINNERS

Bean Bag Tournament:

July 3: Jeanette, Helen, Rose, & John N.

July 17: Helen, Margaret F, & Betty,

Shuffleboard:

July 10: Karen & Dorothy./ Jessie & John C.

July 24: Helen & Jeanette/ Karen & Dorothy/ Rose & Janice

Rollerball:

July 5: Gladys, Willow, Betty, Gerry, Jessie, & Jeanette

July 19: Jessie, John C., Laura, Gerry, Albert, & Gladys

July 26: Helen, Jessie, Penny, Gladys & Albert

Floor Curling:

July 14: Hans, Jessie, Helen & John C.

Bingo:

Dorothy

Stampede Games

Hang Em' High Golf – Helen 1st, Karen 2nd, & Dorothy 3rd

Pancake Flipping – Dorothy 1st, Jeanette 2nd, & John C. 3rd

Lasso Ringers – Jeanette 1st, Willow 2nd, & Jessie 3rd

A Poem to Share

Hope is the thing with feathers

By Emily Dickinson

Hope is the thing with feathers.
That perches in the soul,
And sings the tune without the words,
And never stops at all,

And sweetest in the gale is heard.
And sore must be the storm.
That could abash the little bird.
That kept so many warm.

I've heard it in the chilliest land,
And on the strangest sea;
Yet, never, in extremity,
It asked a crumb of me.

"Hope is the thing with feathers" by Emily Dickinson beautifully personifies hope as a bird that resides in the soul and uplifts the spirit. The poem suggests that hope is a constant companion, singing its tune regardless of the circumstances. It conveys the resilience of hope, even in the face of adversity, and emphasizes that hope requires nothing in return.

Laughing Matters



The Celebrity

One day a famous old Celebrity went to a Nursing Home to see all his friends again and see how everyone was doing.

When he got there, he was immediately greeted by everyone because they recognized him instantly.

He said hi to all his friends warmly but then noticed one man didn't say anything to him, or even give him a glance.

This was puzzling. Didn't the man know who he was? Surely, he'd seen some of his movies or his TV show! He finally decided to talk to the man.

The Celebrity went up to the old man and stood in front of him, asking: "Do you know who I am"?

The old man looked at him and quickly said: "No, but you can go to the front desk, and they'll tell you".

Missing

I've hunted near, I've hunted far,
I even looked inside my car,

I've lost my glasses, I'm in need,
To have them now so I can read.

I loudly swear, and I curse,
Did I leave them in my purse?

Are they behind the sofa or under the bed?
OH! There they are - on my head!

By Anne Scott

Word Search

CAT BREEDS



B O E H R D B I R M A N M T
U M A I N E C O O N Q Y O U
R B N M T L I B O B T A I L
M O G A P E R S I A N N A M
E M O L O E S P H Y N X Q J
S B R A G E T R B E N G A L
E A A Y J R A G D O L L S Z
B Y O A T B U R M I L L A M
L T B N T O N K I N E S E A
O S I B E R I A N V Y U U N
C M L G Y S N O W S H O E X
R U S S I A N B L U E C R A
D X C H A R T R E U X L A B
J T L S I A M E S E A K Z B

Siamese
Angora
Burmese
Chartreux
Burmilla

Ragdoll
Bengal
Bombay
Siberian
Tonkinese

Russian Blue
Himalayan
Toyger
Maine Coon
Bobtail

Sphynx
Birman
Manx
Snowshoe
Persian