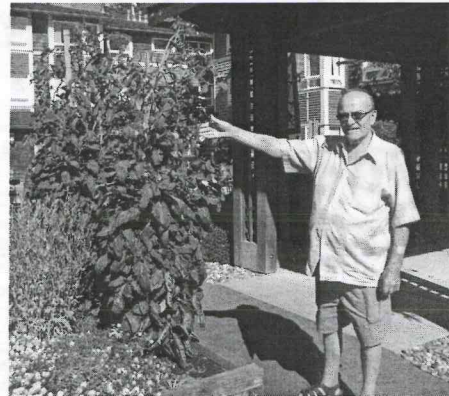


August Review Gardening Party

On August 12th The Cedars hosted a Gardening Party. Close to thirty people came consisting of tenants as well as members of the community. Visitors had a great time as they got to see our garden up close as well as meeting various tenant's who call the Cedars home as well as tenant's who worked on the garden themselves. Visitors were



also treated to tea and treats such as ice cream cupcakes and chocolate Marshmallow treats. The weather

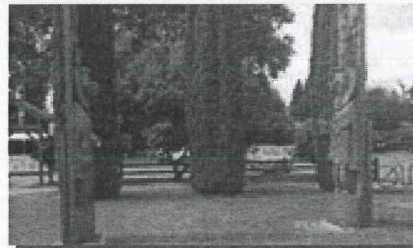


was great as well as people enjoyed a warm sunny day!

Western Day Barbeque



On Friday August 30th we had a Western Day Barbeque. Leo helped as guest chef once again. Tenants were given a choice of steak or chicken!



Bus Outing

On August 16th The Cedars went on a bus outing to the Blackberry Kitchen at Heritage Park. Tenants enjoyed big sandwiches, mac and cheese and a great view!

Crib Tournament

This month's crib tournament saw Bill and Mary making it to the finals. It was a close battle but Mary won to become the fourth Crib tournament winner and two time champion! Next tournament is Sept 30



New Tenants

This past month we had Stanley Parkin, Elaine Quirng, Jo Reynolds, and Ruth Chandler move in. Welcome here! The Cedars Family keeps growing!

September Preview: Fall Prevention Clinic

On Tuesday September 10th from 1:15pm to 2:30pm we will be hosting the Fraser Health Fall Prevention Clinic. Information session. This event will inform about various factors of

falls and injuries and how to prevent them. On Tuesday



September 17th we are hosting the fall prevention clinic where individuals at risk for falls will also have the

opportunity to sit one on one with health professionals for an individualized assessment and possible interventions. "nothing is more valuable than your Independence who why risk it?"



Lou's Burger Bus Outing

On Friday September 20 at 11:00am we are going to a lunch bus outing to Lou's Grill in Abbotsford. The restaurant is primarily known for their great tasting burgers and sandwiches

but have a wide variety including soup's, pasta's, salads and a very popular serving of nacho's as well. We will be sitting

outside in the heated patio. Sign up at the front desk!



Jackpot BINGOooooooooooooooooo Tournament

On Wednesday September 18th at 2:30 pm we will be doing our first Jackpot Bingo. To



Play, it will require 3\$. There will be a first place winner and a second place winner. The winners of the first four

Games will advance to the semi Finals. Then the winners of the next 2 games will advance to finals and face each other for the big Jackpot. See you there.BINGOO!!!!