

THE CAMELOT HERALD

Editors: Sebastien St. Laurent

August 2026

Dates to Remember

- August 3 : BC Day
- August 13: Left Hander's Day
- August 16: National Tell a Joke Day

Birthdays!!

- July 6: Gail Powell
- July 12: Vivian Holt



*Hello
August*

Camelot **ACTIVITIES**

- ♦ **SUNDAY:** Bingo at 1pm! Drop in for Bingo in the dining room; includes a special treat from our Chef.
- ♦ **WEDNESDAY:** 09:30 am– Chair Exercises in the lounge.
- ♦ **FRIDAY:** 03:00 pm– Trivia in the lounge.
- ♦ **SATURDAY:** 09:30 am– Chair exercises in the lounge
03: 30 pm– **Happy Hour!** in the Lounge. Please bring your refreshments.
07:15 pm– Movie night in the lounge.
- ♦ **Birthday Dinner** on the last Sunday of each month to celebrate Residents who have had a birthday that month.

SERVICE REMINDERS

- ♦ Elevator maintenance : Every 2nd Thursday of the month.
- ♦ Fire Alarm: Pacific Coast Fire conducts the Fire alarm test on the last Thursday of every month.
- ♦ Garbage/ Recycling: Garbage is picked up every second Wednesday. **Please remember to segregate the garbage and place them in their delegated bins. Do not put garbage in the CARDBOARD bin. PLEASE pass on the information to your Personal Care Aid Worker.**

MISCELLANEOUS

- ♦ Please note, residents are requested to **not use their scooters in the Main Floor, Elevators, and your suites**. Request you to kindly park the scooter in the basement before proceeding to the main floor and your suites.
- ♦ Reminder! We are a “ No Scent” building. For the comfort of residents and visitors who have allergies, please refrain from wearing strong perfumes and colognes.

FOOD SERVICE

- ♦ Extra Tray/ Guest in Dining Room: **Please notify the office/ kitchen 48 hours in advance for an extra guest meal.**

COFFEE MEETING

- ♦ The next coffee meeting will be on August 19, 2026 at 10:15am.

What's Happening Around Town

August 3: BC Day. When you live in a province as beautiful as British Columbia, it's hard not to be proud of it. And while so many people wish they could jam-pack a day with hidden gems from every nook and cranny of the province, the vast geography of BC makes it impossible. But as the province's capital, Victoria is a hub for the stories, art, food, and history, that makes this place so special. So, let's celebrate this beautiful place, from our little slice of it! Whether you're unearthing the province's roots at the Royal BC Museum, exploring historic gardens at The Butchart Gardens, learning about local marine life at the Shaw Centre for the Salish Sea, discovering the story of one of Canada's most famous artists and poets at Emily Carr House, or savouring flavours in Canada's oldest Chinatown, you'll see that Victoria is the beating heart of Canada's Pacific coast. Celebrate your BC Day long weekend, August 4th, in the city that BC calls home.

August 8-9: Canada Dry Victoria Dragon Boat Festival

In Victoria, fun on the water never stops! Don't miss the action of the Canada Dry Victoria Dragon Boat Festival, as race days take over the Inner Harbour. Best of all, it's absolutely free! For over 30 years, the Dragon Boat Festival has celebrated Victoria's local culture and connection with the Chinese community through sport, arts, and culture. Cheer on iconic dragon boat racers on the harbour, catch exciting music and cultural shows, check-out marketplaces and bars, or even watch an outdoor screening of Kung Fu Panda; all that and so much more!

August 9-10: Flavour Trails

Take a bite out of Greater Victoria with a self-guided tour of the region's agricultural heartlands. Discover one of six, or all of six, routes through the Saanich Peninsula, Westshore, and Southern Gulf Islands, as you sip and savour your way through the region. While you explore, you'll taste distinctive flavours that only Greater Victoria can produce, meet chefs, growers & cider makers, and connect with the natural beauty that surrounds us on the South Island, all as the harvest season begins to unfold. If you're in town August 9th and 10th, be sure to make your way to the Saanich Peninsula for the Central Saanich Festival, where you can explore the region and take in tours, tastings, and workshops, and maybe even pick-up a feature product that's offered nowhere else.

August 20-31: The Victoria Fringe Festival returns for 12 days of over-the-top fun Back for it's 39th anniversary, the Fringe Festival brings live performances ranging from spoken word to drama, dance, comedy, and magic, to downtown Victoria and even a few hidden-gem venues across the region. This is a must-see event for anyone looking to connect with the eccentric, eclectic, and quirky side of Victoria's incredible arts scene.

August 22-24: Harbour Blues n' Roots Festival

Even in the summer heat, Victoria remains cool. The Harbour Blues n' Roots Festival brings fresh licks and smooth grooves to Ship Point for three nights of unforgettable music. This year's mainstage features famed acts like The Harpoonist & The Axe Murderer, Shemekia Copeland (daughter of famed blues legend Johnny Copeland), and Bywater Call, or you can check out free-to-attend performances from the likes of the Tom Lang Band, Becky Prokova, Big Hank & The Smokin' Hot Toasters, and more. With tickets to all three nights starting for just \$99, this might be one of the most affordable music festivals around.

August 24: Vancouver Island Feast of Fields

When you have fields of flavour, it's time for a feast of fields! Vancouver Island Feast of Fields returns to Heritage Acres, for a three-hour culinary festival like no other. Roam the grounds, meet farmers, chefs and fellow foodies, as you munch your way through our region's best food and drink one bite (and sip!) at a time. Your ticket includes access to all the food and beverage, allowing you to taste a little bit of everything that makes our food scene so great. Kick it up a notch with VIP passes that provide you with an hour of early access, as well as VIP check-in and concierge, for a more intimate dining experience.

August 29-31: Classic Boat Show

anchors away! It's another classical moment on Victoria's charming Inner Harbour as The Maritime Museum of British Columbia's Classic Boat Show takes over our waterways. What exactly is the Classic Boat Show you ask? Think show and shine, but saltier. This three-day event runs from August 29th to 31st and features 100 classic vessels, sea shanties, and even a good old fashioned Sail Past and Sail Race.

HERE ARE 11 WONDERFUL THINGS ABOUT BEAUTIFUL BRITISH COLUMBIA



1. B.C. was the 6th Province added to Canada, joining confederation on July 20, 1871.
2. The eco-activist group **GREENPEACE** was founded in Vancouver in 1971.
3. Mile 0 of the 7,699 km Trans-Canada Highway is located in Victoria.
4. Osoyoos Lake is the warmest freshwater lake in Canada.
5. Mount Fairweather is B.C.'s highest peak at 4,663M (15,299 ft)
6. BC's official motto is "Splendour without Diminishment" It refers to a setting sun that never decreases in power or beauty, originally symbolizing the western location of the province and the historic idea that the sun never sets on the British Empire.
7. British Columbia is four times larger than Great Britain
8. BC has three UNESCO World Heritage Sites, six National Parks and over 400 provincial parks, recreation and conservation areas.
9. Two-thirds of British Columbia's land base (we're speaking of an area larger than France!) is forest land, and more than half of that area has had little or no human contact.
10. Among all provinces and territories of Canada, British Columbia has the mildest climate. It has the longest frost-free periods of Canada and flowers often start blooming as early as February.
11. Vancouver Island is also home to the highest waterfall in Canada. The Della Falls in Strathcona Provincial Park are 440 metres high, which is more than eight times the height of Niagara Falls



BRITISH COLUMBIA



M. Archer

BEAUTIFUL BRITISH COLUMBIA

TRIVIA CHALLENGE

What is the largest city in British Columbia?

- A) Kelowna
- B) Vancouver
- C) Victoria

The 22-hectare (55-acre) site that houses the spectacular Butchart Gardens was formerly a quarry of what?

- A) Marble
- B) Sandstone
- C) Limestone

BC has what for most of its eastern border?

- A) Rocky Mountains
- B) Clayoquot Sound
- C) Coast Mountains

where is the largest cable run ferry in the world?

- A) Quadra Queen II between Port McNeill, Malcolm Island (Sointula) and Cormorant Island (Alert Bay)
- B) Baynes Sound Connector between Buckley Bay on Vancouver Island and Denman Island.
- C) Skeena Queen between Salt Spring Island (Fulford Harbour) and Victoria (Swartz Bay).

British Columbia has the most deadly?

- A) Fungi
- B) lake
- C) Tree

Answers: B) Vancouver, C) Limestone, a) Rocky Mountains,
B) Baynes Sound Connector, A) Fungi!

In the spirit of August 13th - National left hander's day here are a few Fun Facts About Lefties

1. Only 10% of the population is left handed
2. Some of the brilliant minds were left handed including Albert Einstein Leonardo Da Vinci.
3. Lefties typically perform better in baseball. Similar to boxing, tennis, and water polo, left handed individuals tend to have an advantage at baseball too, especially as a pitcher, because they can generally throw curveballs and sliders that make it harder for those at bat to hit successfully.

In the spirit of August 16th - National Tell a Joke day here are a few jokes.

The chief engineer on a steam train got a new apprentice.

"What's your name, son?" the older man barked.

"It's Charles, sir," the apprentice replied.

"Listen to me, boy!" the engineer shouted angrily. "I have never called an apprentice by his first name! What's your last name, son?"

"It's Darling, sir."

"All right then, Charlie. Let's start shovelling some coal..."

An old man and a 20 year old are paired together at a golf tournament. They're playing a long par 5 that dog legs around some tall trees.

As the 20 year old sets up his tee shot to hit onto the fairway the old man notes "when I was your age we used to hit over the trees - not around to the side."

So the 20 year old readjusts and tries to hit over the trees - but can't clear them and loses his ball. He tries again and loses that one too...

Then the old man says "of course, when I was your age, the trees were only 6 foot tall."

A guy said to God, "God, is it true that to you a billion years is like a second?" God said yes. The guy said, "God, is it true that to you a billion dollars is like a penny?" God said yes. The guy said, "God, can I have a penny?" God said, "Sure, just a second."