

September 2025



Harbour View Haven  
"A Community For Quality Care"

## Hilltop Highlights

### *National Day for Truth and Reconciliation*

HVH recognizes that September 30<sup>th</sup>, 2025, marks the National Day for Truth and Reconciliation. This day honors the lost children and Survivors of residential schools, their families, and communities. Please join us throughout the week of September 29<sup>th</sup>-October 3<sup>rd</sup> in wearing orange as an act of solidarity, awareness, and remembrance. HVH will be raising a flag on September 29<sup>th</sup> in recognition.

#### **What is Orange Shirt Day?**

Orange Shirt Day is an Indigenous-led grassroots initiative that honours the children and survivors of residential schools and remembers those who did not. The day relates to the experience of Phyllis Webstad, a Northern Secwepemc (Shuswap) from the Stswecem'c Xgat'tem First Nation, on her first day of school, where she arrived dressed in a new orange shirt, which was taken from her. It is now a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.



Source: Government of Canada (2022). National Day for Truth and Reconciliation. <https://www.canada.ca/en/canadian-heritage/campaigns/national-day-truth-reconciliation.html>

### *Harbour View Haven Bill of Resident Rights*

*As a Resident of Harbour View Haven;*

**4. "You have the right to be properly sheltered, fed, clothed, groomed, and cared for in a manner per your personal needs."**

Residents have the right to the individual consideration of their needs, including physical, psychological, social and spiritual needs.

*Food Services is planning a special "Lobster Roll" meal on September 1st for Labour Day*



- Lobster Roll
- Potato Salad
- Coleslaw
- Ice Cream

## Upcoming Events!

**Oasis Belly Dancers—  
September 9 at 6:30 p.m.  
in the  
Floor 2  
Lounge.**



**"Music Memories" with  
Kelly & Dave Barnes—  
September 16 at 2:00 p.m.  
in the Floor 2 Lounge.**



**Musical Entertainment by  
"Midlife Crisis" -  
September 19, at 2:00 p.m.  
in the Floor 2 Lounge.**



**Musical Entertainment by  
"Sunny Side Up" -  
September 22 at 2:00 p.m.  
in the Floor 2 Lounge.**



*Thank you to the Lunenburg Folk Harbour Festival  
for offering residents of HVH a special performance  
featuring musician, Ian Sherwood!*



*Peter and Maddie  
enjoying the  
beautiful view on a  
recent Picnic Outing  
overlooking the  
Lunenburg  
Waterfront!*



**September 22, 2025  
marks the first day  
of Autumn**

## Dubai Avocado Milkshake

### Description

The Dubai avocado milkshake is a rich, creamy beverage that has become a favorite in the city's vibrant café culture. Made by blending ripe avocado with milk and sweeteners like honey, sugar, or condensed milk, it strikes a perfect balance between indulgence and nutrition. Often topped with crushed pistachios or a drizzle of honey, this shake is both refreshing and satisfying, especially in the UAE's warm climate. Popular across juice bars and health cafés in Dubai, the avocado milkshake is a luxurious twist on a classic drink, celebrated for its smooth texture, natural sweetness, and nourishing qualities.



### Ingredients Serving size = 2 persons

- 1 ripe avocado 230g
- 2 tbs honey
- 4 tbs sugar
- 500ml milk or lacteeze for lactose intolerance

### Instructions how to make

- 1) Run a knife through the center of the avocado, it should cut smoothly if the avocado is ripe enough
- 2) Scoop out the flesh of the avocado and discard the pit of the avocado
- 3) Chop the avocado flesh into smaller pieces before placing it in the blender
- 4) In the blender add the avocado, sugar, and 100 ml of milk to grind into a smooth thick paste (Note: start with 100ml first to achieve a pasty texture otherwise if all milk is added all at once the result will be lumpy)
- 5) Once the paste is obtained add the rest of the milk
- 6) The result should be a smooth silky texture
- 7) Best served when chilled

### Optional:

Grab a glass and decorate the inner walls of the glass with honey then pour in the avocado mixture then top it all with chopped pistachio nuts and whipped cream, the rest is up to your liking.