

## FOCUS ON RECREATION



*"May your troubles be less,  
your blessings be more,  
and nothing but happiness  
come through your door."*

*~ Traditional Irish Blessing ~*

Now that Spring is right around the corner, we look forward to warmer weather, sunshine, and the beauty of the flowers that will bloom once again.



**March**  
International  
Women's Day

Tuesday, March 8 is International Women's Day, a global day celebrating the social,

economic, cultural, and political achievements of women. The day also marks a call to action for accelerating gender parity. To celebrate women's achievements, join Katie at our **Artful Afternoon on Tuesday, March 8 at 1:30 pm** where we will be learning about female Renaissance and Baroque Artists. Following the Artful Afternoon presentation, we will be watching the **TED Talk** "To solve the world's biggest problems, invest in women and girls" by Musimbi Kanyoro, CEO of the Global Fund for Women.

A friendly reminder that Daylight Saving Time starts on Sunday, March 13. Please remember to turn your clock **ahead one hour** before you go to bed on Saturday, March 12!



### March Special Events

**Mardi Gras Social**  
**Tuesday, March 1**  
**at 2:45 PM in the BWR**

Join Katie as we celebrate Mardi Gras, Dawson Heights style!



**St. Patrick's Day Social**  
**Thursday, March 17 at 2:00 PM**

**in the BWR**



Wherever you go and whatever you do, may the Luck of the Irish be there with you! Join us as we celebrate St.

Patrick's Day. Have a

green beer and Irish themed treats while we enjoy a lively performance of Riverdance—a dazzling spectacle of traditional Irish music and dance! Don't forget to wear green!

**National "Smoke and Mirrors" Day Social**  
**Tuesday, March 29 at 1:30 PM in the BWR**

Though the origin of National Smoke and Mirrors Day, March 29, is unknown, it most likely is intended both to promote appreciation of the art and skill of magicians who specialize in illusions and to remind us all to be wary of deceptive practices in daily life. Join Trish as we learn about the history of the day and learn the secret of one of the most famous illusions of all time—how David Copperfield made the Statue of Liberty disappear before a live audience!



## **KAREN'S KORNER**

"The times they are a changin'" continues to be the thread running through all our lives. As I write this, the people of the Ukraine are being besieged by unwelcome change. Let our hearts, thoughts and whatever service we might render, practical or spiritual, be directed to the Ukraine.



Closer to home, the constraints on our daily lives due to Covid restrictions are loosening. New guidelines issued by the Ministry of Health will allow us to welcome back our campus neighbours to a variety of social and recreational programs. We can once again lift our voices in song, together. While visitors to The Cedars, including staff, must continue to wear masks when in common areas indoors, outdoor visiting areas are no longer considered to be common areas. Just in time for some finer weather (she says, admiring the recent snowfall!) we can consider enjoying areas of the campus such as the patio with fully vaccinated visitors and friends who no longer need to be masked.

It is our hope that we will continue in good health in The Cedars and across campus. However, we would ask that you do not come into The Cedars if you are unwell. Any Cedars' resident that is unwell has the opportunity for a rapid test. This was helpful some weeks back when a couple of residents who were unwell tested positive. The information allowed us to act quickly to reduce the potential for further spread. If you are a resident on campus and would like to have a rapid test kit please contact Jonathan Young or the front desk of The Cedars with your request. We have kits available for distribution.

## **FOCUS ON RECREATION** cont.

### **New Programs**

#### **Outing to the Nellie McClung Branch of the Greater Victoria Public Library Thursday, March 3 at 1:30 pm**

Would you like to browse the shelves at the Nellie McClung Library? Please sign up at the Front Desk of The Cedars if you would like to attend.



Please note that masks are required to be worn while in the van and to enter the library.

#### **The Great Courses:**

#### **Optimizing Brain Fitness Wednesday, March 9 and Thursday, March 24 at 1:30 pm in the BWR**

With its up to 500 trillion synaptic connections, your brain is easily the most powerful machine in the world. These connections are what create your thoughts, what drive your emotions, and what control your behaviors. Even more incredibly: This amazing machine is constantly changing through a process known as brain plasticity. And you can take advantage of this process to improve and enhance your brain's jaw-dropping powers—at any age.

Join Katie and discover the secrets to increasing and expanding your brain's power to meet every-



day challenges and enhance the quality of your life with

#### **Optimizing Brain Fitness**, an engaging

12-lecture course that

shows you how to take advantage of the basic principles of brain operation and build the brain you want to live with for the rest of your life.

## New Programs Continued

### **The Great Courses : Optimizing Brain Fitness** continued

Delivered by Dr. Richard Restak, an award-winning teacher, practicing neurologist, and professor at The George Washington University School of Medicine and Health Sciences, these lectures are packed with vital information and research-based exercises you can perform every day to tap into your hidden mental potential

### **Monthly Book Club**

In 2022 we will be hosting a monthly Book Club. All campus residents are invited to attend. Copies of the book will be available to sign out with Katie and Trish in the Recreation Office!



The book club selection for March is “**A Man Called Ove**” by Fredrik Backman.

*Ove is the quintessential angry old man next door. An isolated retiree with strict principles and a short fuse, who spends his days enforcing block association rules that only he cares about, and visiting his wife's grave, Ove has given up on life. After a boisterous young family moves in next door and accidentally flattens Ove's mailbox, an unlikely friendship forms.*

The book club will meet on **Friday, March 18 at 1:30 pm in the BWR.**

## Programming Announcement

We are very happy to announce that Recreation Programs offered at The Cedars are now open to all Campus Residents! Please see the calendar (which is included with your ECHO) for more information.



Until further notice, Residents who do not reside at The Cedars must provide proof of vaccination and be screened by our greeter before entering The Cedars, and a medical grade mask must be worn at all times while inside The Cedars.

## Fundraising Update

### **Purdys Chocolatier Easter Fundraiser**

Dawson Heights Housing is fundraising with Purdys Chocolatier just in time for Easter! Help us support our Residents Fund by purchasing some sweet treats for family, friends, or yourself!

#### **There are two ways you can order:**

1. Online using the following link: [Purdys Chocolatier Group Savings and Fundraising](https://fundraising.purdys.com/1382925-92937) (https://fundraising.purdys.com/1382925-92937)
2. In-person with Katie or Trish in the Recreation Department. All orders made through Katie or Trish must be paid using cash or credit card.



#### **All orders must be placed by Wednesday, March 23.**

Items will be ready for pick up at The Cedars before Easter. Please see Katie or Trish in the Recreation Office if you have questions.

**BRAINTEASER**

After answering each clue, use the last letter of the answer for the first letter of the next answer.



1. Sport that uses a pitcher's mound.  
\_\_\_\_\_
2. Trumpet shaped flower associated with spring. \_\_\_\_\_
3. Colour of the sun. \_\_\_\_\_
4. A current of blowing air. \_\_\_\_\_
5. Similar to jonquils. \_\_\_\_\_
6. April \_\_\_\_\_ bring May flowers.
7. The act of seeds and spores germinating. \_\_\_\_\_
8. The area where flowers/vegetables are grown. \_\_\_\_\_
9. Most birds make this home. \_\_\_\_\_
10. When you wore this, I wore a big red rose. \_\_\_\_\_
11. Spring colours often come in this palette. \_\_\_\_\_
12. A bush with fragrant purple, white, or pink flowers. \_\_\_\_\_
13. A newly hatched chicken. \_\_\_\_\_
14. Flown at the end of a string on a windy day. \_\_\_\_\_
15. Peter Rabbit's holiday. \_\_\_\_\_
16. Pots of gold are found at the end of these. \_\_\_\_\_
17. Starting point of a plant. \_\_\_\_\_
18. A young duck. \_\_\_\_\_
19. Rainy weather footwear. \_\_\_\_\_
20. Song title, You are My \_\_\_\_\_.

**IRISH BLESSINGS**

May you always have walls for the winds, a roof for the rain, tea beside the fire, laughter to cheer you, those you love near you, and all your heart might desire.

May you always find three welcomes in life. In a garden during summer. At a hearth during winter. And in the hearts of friends throughout all your years.

May your home always be too small to hold all your friends.

May peace and plenty be the first to lift the latch to your door and happiness be your guest today and evermore.

You'll never plough a field by turning it over in your mind.

**WELCOME TO  
DAWSON HEIGHTS**

**The Cedars**

Lorne C  
Bob & Betty C  
Lorne K  
May S

**The Cottages**

Angela S



**Our purpose is to provide safe housing in  
a nurturing community for independent seniors on limited income.**

**DAWSON HEIGHTS HOUSING LTD.**

3710 Cedar Hill Road, Victoria, BC V8P 5V5

Tel: 250-477-4850

After Hours Tel: 250-883-2773

Website: [www.dawsonheights.ca](http://www.dawsonheights.ca)

