

FOCUS ON RECREATION

*"If April showers should come your way,
they bring the flowers that bloom in
May." ~ Buddy de Sylva*

Spring is finally here! We hope you are enjoying the blossoms, sunshine, and warmer weather as much as we are!

We encourage you to take advantage of the nicer weather and take a stroll on our Rotary Trail and enjoy the beautiful gardens and trees around the Dawson Heights campus.

April 24—30 is National Volunteer Week. The 2022 theme is "Volunteering Is Empathy in Action. Volunteers Bring Heart to Canada's Communities". We want to thank our Dawson Heights' volunteers whose helpful hands and willing hearts lift our community. We invite you to celebrate our volunteers at this year's Volunteer Appreciation Tea. See page 2 for more information.



Happy Birthday!

We would like to wish The Dawson and The Cedars buildings a very happy birthday on April 1st! They will be turning 23 years



old and 19 years old, respectively.



Join Trish on Friday, April 1 at 2:30 pm in the BWR as we celebrate with cupcakes and tea! Cupcakes will also be available in The Dawson Lounge on April 1 between 3:00 pm and 4:00 pm.

Program Announcements

We have had to make a few changes to the days of a few of our standing programs. The changes will come into effect on April 1.

Music Explorations

**Tuesday evenings at 6:30 pm
in the BWR**



We are very happy to announce the return of our Music Explorations program on Tuesday evenings, with a few changes. Music Explorations will begin at **6:30pm** in the BWR and will be run by Music Therapist, Lynette Lai. Allan Slade, who used to run Music Explorations, is unable to return to The Cedars due to an ongoing project he is working on.

Bingo

**Monday Evenings at 6:00 pm
in the BWR**

Due to the return of Music Explorations, Bingo will now be held on Monday evenings at 6:00 pm in the BWR. All Campus residents are invited! Cards are .25¢ each.

BINGO

1	27	33	48	75
8	19	45	56	61
3	18	FREE SPACE	49	69
15	26	41	53	66
2	21	37	46	65

Movie Night

**Friday evenings at 6:00 pm
in the BWR**



Movie night will be held on Friday evenings in the BWR. See the monthly calendar for a listing of the movies we will be showing each month.

KAREN'S KORNER



"Self-care is important; community care sustains us." I heard this statement in a recent interview and it had me thinking about our Dawson Heights community and all the people who live and work and serve in myriad ways, to nurture each other and our community.

Community can create a sense of belonging, acceptance, understanding and inspiration. For some, our community may be a place of safe, affordable housing long sought but rarely attained; for others it may be a place where fellowship and shared creativity can be enjoyed; and for some, an opportunity to serve and contribute to the creation of a space that we would want someone we love to live, including ourselves. Many acts of service to our community are undertaken quietly, voluntarily, from a place of compassion, empathy, caring for one another and for the environment. It may be something as small as a smile to someone having a bad



day; an ear and heart to listen; or, Herculean efforts in helping to clear and clean another's home. Our sense of community connectedness strengthens us, enables us to reach even further out into the wider community to donate our time or resources in support of other communities in greater need, examples of which are detailed in this newsletter.

We continue to face challenging times at home and abroad. It is my hope that the care and support found within our Dawson Heights community continues to sustain us all for whatever lies ahead.

FOCUS ON RECREATION cont.

Guest Presentation

Information Session with Luther Court Community Health Centre

Monday, April 4 at 1:30 pm in the BWR

As you may have read in the paper or heard on the news, people in Victoria will soon have more access to everyday primary health-care services with the opening of the new Luther Court Community Health Centre! Join representatives from Luther Court Community Health Centre for information about the new facility. The Dawson Heights campus has been identified by the Health Centre as a priority site and there will be some spots reserved for Dawson Heights residents who do not have a physician.

April Special Events

Cedar's Residents Meeting

Thursday, April 7 at 1:30 pm in the BWR

Join the Dawson Heights Leadership Team as they provide an update of what's happening at Dawson Heights.

Monthly Birthday Tea

with Entertainment by Vic Gnaedinger
Friday, April 22 at 1:30 in the BWR

Enjoy a delicious cupcake as we celebrate the April birthdays while Vic entertains us on guitar.

Volunteer Appreciation Tea

Thursday, April 28 from 2:00 pm-3:30 pm in The Cedars Dining Room

Come and thank our hard-working Dawson Heights volunteers at our annual Volunteer Appreciation Tea. Enjoy a delicious high tea, prepared by Chef Ray, while Debra Dunsby and Daniel Stann entertain us on fiddle and guitar.



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 April is "Warlight" by Michael Ondaatje.

In a narrative as mysterious as memory itself – at once both shadowed and luminous – Warlight is a vivid, thrilling novel of violence and love, intrigue and desire. It is 1945, and London is still reeling from the Blitz and years of war. 14-year-old Nathaniel and his sister, Rachel, are apparently abandoned by their parents, left in the care of an enigmatic figure named The Moth. They suspect he might be a criminal, and grow both more convinced and less concerned as they get to know his eccentric crew of friends: men and women with a shared history, all of whom seem determined now to protect, and educate (in rather unusual ways) Rachel and Nathaniel. But are they really what and who they claim to be? A dozen years later, Nathaniel begins to uncover all he didn't know or understand in that time, and it is this journey – through reality, recollection, and imagination – that is told in this magnificent novel.

The book club will meet on Friday, April 8 at 1:30 pm in the BWR



Fundraising Update

Canadian Red Cross Ukraine Humanitarian Crisis Appeal Fundraiser

Thank you to all who donated to the Canadian Red Cross Ukraine Humanitarian Crisis Appeal. We raised \$361.35.

Money raised will enable the Red Cross and Red Crescent

Movement to respond to humanitarian needs, as well as preparedness and response efforts

due to heightened tensions in Ukraine.



Purdys Chocolatier Easter Fundraiser

Thank you to everyone who purchased Purdys Chocolates for our Easter Fundraiser. We raised \$217.61 for the Residents Fund!

Spring Craft Sale and Raffle



From Friday, April 8 to Thursday, April 14 we will be holding a Spring Craft Sale and Raffle in the Front Lobby of The Cedars. A variety of

items will be for sale including: handknit dishcloths, walker organizers, spring plants, kitchen towels and more!

Buy a ticket for a chance to win one of our Spring themed raffle prizes. Items in the raffle include a gourmet egg cooker, and a tabletop relaxation fountain.

Tickets are \$2 each or 3 for \$5. The raffle draw will be held at 4:00 pm on Thursday, April 14.



All funds raised at the Craft Sale and Raffle will be donated to the Residents Fund.

BRAIN TEASER

Can you figure out what these wackie wordies mean?



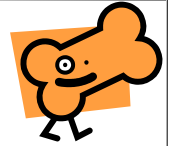
piece
piece
piallece
piece

& way

AS AS
RAIN

Summer Chicken
Fall Chicken
Winter Chicken

FUNNY BONE



Easter egg hunts prove that your children can find something if they want to.

I was going to tell you a joke about an Easter egg but it's not all it's cracked up to be.



How can you tell which rabbits are the oldest in the group? Look for the gray hares.

What do you call a line of rabbits jumping backwards? A receding hare line.

Dawson Heights 2022 Bottle Drive for Plan International Canada

Dawson Heights Foster Parents Group is sponsoring a child, Yacine, a 12-year-old girl, who lives in Senegal.

We would love your refundable containers (juice containers, milk containers, bottles, cans, etc.)! Our bottle drive will be ongoing throughout the year. If you do not live in The Cedars, please call Katie or Trish to arrange a time to drop off your bottles.

All the funds raised from the refundable containers will be donated to Plan International and will help Yacine and her community.



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

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