

FOCUS ON RECREATION

"The world's favorite season is the spring. All things seem possible in May." ~ Edwin Way Teale

May is a month full of fun and excitement at Dawson Heights! We are taking advantage of the spring weather, and have planned a few outings and outdoor activities for your enjoyment! As always, if you have any requests or suggestions for programs, outings, movies, entertainment, etc., please speak to Katie or Trish in the Recreation Department.

A friendly reminder that all Campus residents are invited to attend the programs offered at The Cedars! As stated by the current Provincial Health Order, those who do not reside in The Cedars must wear a mask at all times while at The Cedars and proof of vaccination is required. Thank you for your cooperation.

May is also the month where we take the time to celebrate and remember our mothers. We wish all the mothers who live on campus a Happy Mother's Day!



A Mother's Love

Of all the special joys in life,
The big ones and the small,
A mother's love and tenderness
Is the greatest of them all.

~ Anonymous

May Special Events

Spring Fashion Show with Vintage Fashion Showcase

**Thursday, May 19 at 2:00 pm
in the BWR**



Enjoy a journey through time with Vintage Fashion Showcase! Models in vintage, Spring themed, attire from the 1860s to the 1980s will be coming to The Cedars to showcase their vintage garments in the context of social history.

Monthly Birthday Tea with Entertainment by Jesse Thomas Brown

Friday, May 27 at 2:00 pm in the BWR

Enjoy a delicious cupcake as we celebrate the May birthdays. Entertainment will be provided by Dawson Heights favourite, Jesse Thomas Brown!

Virtual Performance of "Heart Strings" by Ballet Victoria

**Saturday, May 28 at 1:30 pm
in the BWR**



Ballet Victoria and the Victoria Symphony, featuring violinist Christi Meyers, join forces to bring to life an all new program featuring two timeless and iconic works: Vivaldi's 4 Seasons and Tchaikovsky's Serenade. Ballet Victoria's Artistic Director, Paul Destrooper, brings to life a contemporary, colourful, and vibrant interpretation of the seasons with a West Coast flair, a bit of romance, and much playfulness. For Serenade, simply expect to delight your senses with a surprisingly dynamic and yet seamless interpretation of the score.

KAREN'S KORNER

Move for Health Day— Walk for Alzheimer's Tuesday, May 10



Move for Health Day is an international event created in 2002 by the World Health Organization to promote physical activity.



We invite all campus residents to participate by moving in some way on May 10th!

One way you can move is by joining us at our "Walk for Alzheimer's" where we will be raising funds for the Alzheimer Society of BC. Funds raised will provide programs and support services to help people with all forms of dementia, including Alzheimer's disease, in addition to assisting their caregivers and families to live as well as possible.

We invite all campus residents to join us any time between 10:30 am and 12:00pm as we walk our beautiful Rotary Trail. Our goal is to collectively walk 20 km (3 laps of the trail is 1 km)! The "start line" will be at the picnic table by the parking lot.

There are multiple ways you can donate to this cause:

- You can show your support by wearing purple and bringing a toonie to the Front Desk at The Cedars
- Cash donations will be accepted at the walk.



Please see Katie or Trish if you have any questions.

FOCUS ON RECREATION cont.

May Outings

Lunch Outing to Romeos Thursday, May 5 at 11:30 am (Sign Up Required)

Enjoy lunch out at Romeos! Residents are responsible for covering the cost of their meal. Meals start at \$15.95. Please sign up outside the BWR.



Tea for Tutu: Cinderella Tuesday, May 10 at 1:15 pm (Sign up Required)

Enjoy a preview of Ballet Victoria's upcoming performance, Cinderella. Following the performance, tea will be served, and you will have the opportunity to interact with the dancers. Space is limited. Please sign up outside the BWR.



Happy Wanderers Outing to Finnerty Gardens

Thursday, May 12 at 1:30 pm (Sign Up Required)

Stretch your legs as you enjoy Finnerty Gardens (located at UVic). The garden contains one of Canada's best collections of rhododendrons! The garden contains over 4,000 different trees and shrubs with more than 1,500 rhododendron and azalea plants, including 200 collected rhododendron species, and a spectacular range of companion plants artistically displayed on a 6.5 acre site at the southwest corner of UVic's campus. Benches are located throughout the garden to sit back and enjoy the beauty that surrounds you. Please sign up outside the BWR.

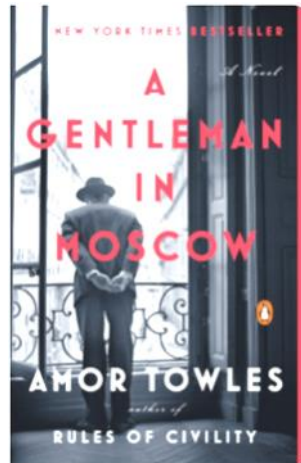


Monthly Book Club

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 May is "A Gentleman in Moscow" by Amor Towles.

A Gentleman in Moscow immerses us in an elegantly drawn era with the story of Count Alexander Rostov. When, in 1922, he is deemed an unrepentant aristocrat by a Bolshevik tribunal, the count is sentenced to house arrest in the Metropol, a grand hotel across the street from the Kremlin. Rostov, an indomitable man of erudition and wit, has never worked a day in his life, and must now live in an attic room while some of the most tumultuous decades in Russian history are unfolding outside the hotel's doors. Unexpectedly, his reduced circumstances provide him a doorway into a much larger world of emotional discovery.



Brimming with humour, a glittering cast of characters, and one beautifully rendered scene after another, this singular novel casts a spell as it relates the count's endeavour to gain a deeper understanding of what it means to be a man of purpose.

**The book club will meet on Friday,
May 13 at 1:30 pm in the BWR**

Fundraising Update

Thank you to all who supported our Spring Craft Fair and Raffle! We raised \$194 for the Residents Fund. Congratulations to our raffle winners, Joy and Lorne!

Ongoing Fundraising Opportunities

Refundable Containers for Plan International

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, the Dawson Heights Foster child.

Compassionate Warehouse

There is a cupboard outside the Recreation office where residents can drop off empty prescription pill bottles, greeting cards, and donations for the Food Bank.

The empty pill bottles are cleaned and donated to Compassionate Resource Warehouse, a local charity whose mission is to gather and provide resources for international relief. Compassionate Resource Warehouse also accepts other items including: personal hygiene items, household items, and office supplies. For a full list of items that can be donated please see Katie or Trish. You can also visit their website at www.cwarehouse.ca.

Thank you for your continued support.

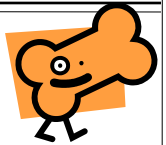
BRAIN TEASER



Fill in the grid with the five-letter word answers. A message will be revealed in the first letter of each word.

- _____ It might bring rain
- _____ Desert refuge
- _____ Honeydew for example
- _____ Black billiard ball
- _____ Bit of gossip
- _____ FBI operative
- _____ Tusk material
- _____ Mary Poppins for one
- _____ An edible bulb
- _____ Buttermilk dressing
- _____ Ice cream serving
- _____ Of great weight
- _____ Boot-looking country
- _____ Japanese warrior
- _____ Vacant

FUNNY BONE



Who invented fractions?
Henry the 1/8.

Optimists see a glass as half full. Pessimists see a glass as half empty. Scientists see a glass as completely full—half is liquid and half is air.



What did one tectonic plate say to the other? Sorry! My fault.

What did the biologist wear to impress his date?
Designer genes.

**WELCOME TO
DAWSON HEIGHTS**

The Cedars
Diana H
Sheila B

The Cottages
Nirmala & Sudama M
Michelle W and Sam S



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



Tel: 250-477-4850

3710 Cedar Hill Road, Victoria, BC V8P 5V5

After Hours Tel: 250-883-2773

Website: www.dawsonheights.ca