

FOCUS ON RECREATION

*May peace and plenty bless your world
With a joy that long endures
And may all life's passing seasons
Bring the best to you and yours.
~ Irish Blessing*



Spring is right around the corner! The days are getting longer, the snowdrops are in bloom, and we can look forward to warmer weather!

Wednesday, March 8 is International Women's Day, a global day celebrating the social, economic, cultural, and political achievements of women. The theme of the 2023 International Women's Day campaign is Embrace Equity. This theme aims to get the world talking about why equal opportunities are no longer enough. In honour of International Women's Day, join Katie in the BWR at 2:30 pm as we watch the Documentary "Live to Lead: Ruth Bader Ginsburg - In one of her final interviews, the late Supreme Court Justice Ruth Bader Ginsburg reflects on her tireless pursuit of equality for women - and for all."



A friendly reminder that Daylight Saving Time starts on Sunday, March 12. Please remember to turn your clock **ahead one hour** before you go to bed on Saturday, March 11!



"You got it wrong again.
It's spring ahead, fall back."

March Special Events

Mobile Hearing Clinic with Ears To You

Monday, March 13

from 10:00 am—3:30 pm

The Cedars Family Dining Room

Ears to You is a mobile hearing service provider. A qualified hearing specialist will be coming to The Cedars to provide complementary hearing assessments and hearing aid cleanings. If you would like to participate in this event, please see Katie in the Recreation Office to sign up for an appointment.



St. Patrick's Day Celebration with The Victoria School of Irish Dance

Friday, March 17

from 1:15 pm - 1:45 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. Enjoy a lively performance by dancers from The Victoria School of Irish Dance. Don't forget to wear green!



St. Patrick's Day Happy Hour

Friday, March 17

from 3:45 pm - 4:45 pm in the BWR

Join us at our Monthly Happy Hour, where we will continue our St. Patrick's Day festivities! Enjoy hot appetizers and our feature drink, Strongbow Cider. Non-alcoholic punch will also be available.



KAREN'S KORNER



It seemed like this day would never come (many doubted that it would!) but this month will see the start of work to build The Oaks, an 85-suite rental building that is being built with support from BC Housing and the Canadian Mortgage and Housing Corporation (CMHC)

The last residents of The Cottages moved out at the end of February. I want to express our gratitude to other housing organizations – Mount Douglas Housing, Gorge View Society, Kiwanis Victoria, Greater Victoria Housing Society and Pacifica Housing who made residents a priority for any vacancies that they had. It was a challenging process as we are all aware of the shortage of affordable housing in Victoria. The Cottages is such a unique property that it was difficult for many, some who had been here for over 20 years, to imagine living elsewhere. While the nature of the housing will change, the unique setting, with Garry Oaks and greenspace, will remain as will our commitment to growing and sustaining a cross-campus community.

Fencing and then demolition work is scheduled to begin on March 6th and construction is likely to take 18-20 months. The hours of work will be 7 a.m. to 4 p.m. Monday to Friday.

The area will be a construction site with all the attendant dangers one expects so our contractor respectfully asks that no one enter the site. There will be construction noise and



more dust than we are used to having here on site. I am afraid that this is inevitable. I ask for your patience and forbearance, knowing that there will be an end. We will be taking photographs, and creating a “progress” board as the project moves along. It seems that we will also have video footage and timelines, which we will be able to put on our website. I will keep you posted when materials become available.

FOCUS ON RECREATION cont.

March Special Events Continued

Monthly Birthday Tea with Entertainment by Jesse Thomas Brown Thursday, March 23 at 2:00 pm in the BWR

Join us as we celebrate the March birthdays! Enjoy a delicious cupcake while Jesse Thomas Brown entertains us on the piano.



March Guest Presentations

Presentation by CNIB Victoria Friday, March 10 at 1:30 pm in the BWR

Join Leni White from the Victoria Canadian National Institute for the Blind (CNIB) as she discusses the CNIB program and services available for people with vision loss. She will also be bringing SmartLife products that are specially designed for people with vision impairments. These products will be available for purchase. Payment for products can be made by credit card only.

Health Talk with Heart Pharmacy Tuesday, March 21 at 1:30 pm in the BWR

Join Andrea Silver, pharmacist at Heart Pharmacy, for her monthly Health Talk. The topic is Memory and Cognition.

March Outings

Hillside Mall Shopping Trips Tuesday, March 7 and 21 from 10:00 am—11:30 am (Sign Up Required)

We will be offering a bi-weekly shuttle to Hillside Mall! We will depart The Cedars at 10:00 am and leave Hillside Mall at 11:30 am. Please note this is a drop-off/pick-up service only. Please sign up by calling the Front Desk of The Cedars (250) 477-4850.

Lunch Outing to the Four Mile Pub Friday, March 24 at 11:00 am (Sign Up Required)

Enjoy lunch out at the Four Mile Pub. Residents are responsible for covering the cost of their meals. Meals range from \$15-\$25. Sign up required.



Program Announcement New Alpha Film Series lead by Cliff Sexton Thursday evenings at 6:00 pm in the BWR

Do you have questions about life and faith? The Alpha Film Series is a series of sessions exploring the Christian faith. Each talk looks at a different question around faith and is designed to create conversation.

Join Cedars Resident, Cliff Sexton, in the BWR on Thursday evenings from 6:00 pm - 7:00 pm as we explore faith, ask questions, and share our point of view.

Topics for March are:

- How do I pray?
- What is the bible?
- How does God lead?
- Who is the Holy Spirit?
- How do I resist evil?



Fundraising Update

Purdys Chocolatier Easter Fundraiser

Due to the success of our Purdys Chocolatier Christmas fundraiser, we will be hosting an Easter Chocolate fundraiser in March!



The deadline to order chocolate will be Monday, March 20. Orders will be delivered the week of April 2.

There are two ways you can order:

1. Online using the following link: Purdys Chocolatier Group Savings and Fundraising (<https://fundraising.purdys.com/1382924-104210>)
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.

Please see Katie or Trish in the Recreation Office if you have questions.

Red Cross Fundraiser for Victims of the Earthquakes in Türkiye and Syria

Thank you to everyone who donated to our Red Cross Fundraiser for the victims of the Earthquakes in Türkiye and Syria.



As a community, we raised \$134. Our donation will enable the Red Cross to provide immediate relief, ongoing recovery efforts and resiliency and preparedness activities in impacted and surrounding areas.

BRAINTEASER



Word Ladders

Change only one letter at a time and form a new word at each step until you get to the final word.

T E N

- ___ ___ ___ (a metal)
- ___ ___ ___ (tilt)
- ___ ___ ___ (edge)
- ___ ___ ___ (cover)
- ___ ___ ___ (help)
- ___ ___ ___ (a conjunction)
- ___ ___ ___ (insect)
- ___ ___ ___ (perform)
- ___ ___ ___ (a playing card)
- ___ ___ ___ (a form of "to be")
- ___ ___ ___ (a mineral)

O N E

Now for a real challenge, no clues!

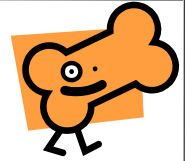
H A N D

- _____
- _____
- _____
- _____



F E E T

IRISH PROVERBS



You've got to do your own growing, no matter how tall your father was.

A good laugh and a long sleep are the two best cures.

Do not resent growing old. Many are denied the privilege.



There's no need to fear the wind if your haystacks are tied down.

A family of Irish birth will argue and fight, but let a shout come from without, and see them all unite.

**WELCOME TO
DAWSON HEIGHTS**

The Cedars.

- Pat & Joe B.
- Elizabeth C.
- June F.
- Beth & Allan H.
- Dawn 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

