

FOCUS ON RECREATION

*"April hath put a spirit of youth in everything."
~ William Shakespeare*

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 Special Events



20th Anniversary of The Cedars

April is a very special month at Dawson Heights Housing. April 1st is the birthday of both The Dawson and The Cedars! 2023 is the 20th Anniversary of The Cedars.

Join us on **Wednesday, April 12** as we celebrate The Cedars and look forward to the development of The Oaks. At 1:30 pm in The Cedars parking lot, there will be a blessing of the land, thanksgiving for the 70 years of homefulness the Cottages have provided, and prayers for the safety and successful working of all the contractors, subcontractors, and labourers who will be creating the new residence. Following this ceremony, there will be refreshments in The Cedars Dining Room and entertainment by the lively Seabreeze Band from 3:00 pm - 4:00 pm. If you would like to attend this event, please RSVP to the Front Desk of The Cedars at (250) 477-4850.

April Special Events Continued

Health Talk with Heart Pharmacy Tuesday, April 18 at 1:30 pm in the BWR

Join Andrea Silver, pharmacist at Heart Pharmacy, for her monthly Health Talk. The topic is Medication Safety.



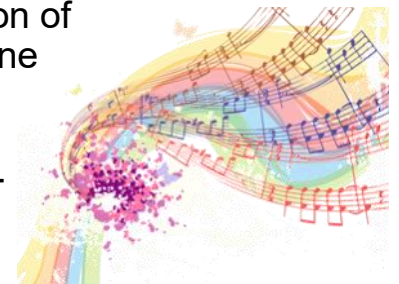
Monthly Birthday Tea with Entertainment by Brandy Moore Friday, April 21 at 2:00 pm in the BWR



Join us as we celebrate the April Birthdays! Enjoy a delicious cupcake while Brandy Moore entertains us on the guitar.

Afternoon Entertainment with Two Among Friends Tuesday, April 25 at 2:00 pm in the BWR

Enjoy an afternoon of music with Lorraine and Rowan of Two Among Friends. Refreshments will be served.



Happy Hour

Friday, April 28 from 3:45 pm - 4:45 pm in the BWR



Join us at our Monthly Happy Hour! Enjoy some hot appies and our feature drink is the Canadian classic, a Caesar! Non-alcoholic punch will also be available.

KAREN'S KORNER

We hope that you can join us as we honour the past and celebrate the potential for the future.



*Celebrate the Past As We
Look To The Future*

*Join us as we celebrate the 20th anniversary of
The Cedars!*

Wednesday, April 12, 2023

*1:30 pm - A Blessing of The Oaks by
Bishop Anna Greenwood-Lee
(Cedars Parking Lot)*

*2:15 pm - Speeches and Refreshments
(Cedars Dining Room)*

*3:00 pm - The Cedars 20th Anniversary Celebration
with Entertainment by Seabreeze*

*Please RSVP to The Cedars Front Desk
(250) 477-4850 by Wednesday, April 5*



For campus residents who may be renewing tenant insurance, you may want to compare quotes with other providers. Dawson Heights is a member of the BC Non-Profit Housing Assn. and Marsh Canada Ltd has a sponsored tenant insurance program for residents of non-profit housing that may provide more affordable insurance coverage. For more information go to marsh.ca/bcnpha.

FOCUS ON RECREATION cont.

April Outings

Hillside Mall Shopping Trips

**Tuesday, April 4 and 18
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

**Thursday, April 20 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.

Happy Wanderers:

Finnerty Gardens

**Friday, April 23 at 1:00 pm
(Sign Up Required)**

Stretch your legs as you enjoy the beauty of Finnerty Gardens at UVic. The 6.5 acre garden contains over 4,000 different trees and shrubs with more than 1,500 rhododendron and azalea plants, including 200 collected rhododendron species which should be in full bloom! Sign up required.



Volunteers Needed

We are looking for volunteers to help clean labels off pill bottles. Once cleaned, the pill bottles will be donated to Compassionate Warehouse where they will be sent to medical clinics overseas. Please see Katie or Trish if you are interested in volunteering.

Betty Clarke - The Cedars

Where did you grow up?

Victoria, B.C.

Tell us about your family?

I have 2 sons, 6 grandchildren and 10 great-grandchildren. One of our sons lives here in Victoria and the other lives in Penticton. Our grandchildren are spread around B.C. and Alberta in Victoria, Calgary, New Westminster and Lake Cowichan.

How long have you lived in Victoria?

I was born here and so was Bob. We have not lived anywhere else!

When did you move to Dawson Heights?

We moved here on March 1, 2022. I am so happy we put our names down on the waitlist in 2019. I have made a lot of new friends here.

What are your hobbies?

I have enjoyed playing bean bag toss and horseshoes, working on crosswords, jigsaw puzzles, watching sports on TV, playing the ukulele, knitting, and reading. Since moving to Dawson Heights I have taken up shuffleboard and scrabble too!

What is your most prized possession?

A Pixstar Connect – it's a digital picture frame that allows my whole family to send me pictures at any time which I can then enjoy. A wonderful way to keep up with all the kids and grandkids and great grandkids!



What are you most thankful for?

My good health.

What is the greatest accomplishment of your life?

That's a tough decision! I won first place for choreography for two different country line dances at two separate events in Tsawwassen in 1999 and 2001 and I owned my own fitness business.

What is your favourite childhood memory?

Tap dancing on stage at the Royal Theatre at age seven with a six foot four inch male dancer!

What is something that always makes you smile?

My eldest great-grandson's 'SMILE' which he has had since he was born and is now 18.

What is the best place you ever travelled to?

Japan in 1977.

What is something that another resident would be surprised to learn about you?

That I am older than I look!

Is there anything else you would like to share?

Throughout my life I have taught tap, ballet, country line dancing, tennis and fitness. I volunteered for a number of organizations doing secretarial and membership duties. I volunteered at The Saanich Tennis Club, The Vancouver Island Tennis Association, The Victoria Horseshoe Club (20 years), and The B.C. Senior Games Society (30 years). I loved every minute of it!

BRAINTEASERS



Delete one letter from **TRUE REFLECTION** and rearrange the rest to find a copier.

Change one letter in each of these two words to form a common two-word phrase.

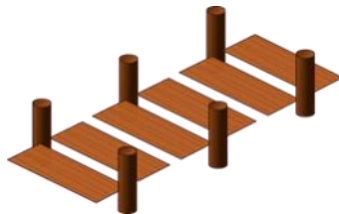
ROT BAKES

What word means “suitable” and also “to set aside for”.

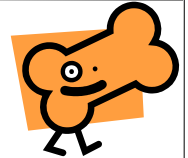
Delete one letter from **INSTANCES** and rearrange the rest to find elders.

Headscratcher:

Four people arrive at a river with a narrow bridge that can only hold two people at a time. It’s nighttime and they have one torch that has to be used when crossing the bridge. Person A can cross the bridge in one minute, B in two minutes, C in five minutes, and D in eight minutes. When two people cross the bridge, they must move at the slower person’s pace. Can they all get across the bridge in 15 minutes or less?



FUNNY BONE



When is it impossible to buy flowers?
When you haven’t botany.

What do gardeners wear on their legs?
Garden hose.

Should I plant flowers in April?
May as well!

In the spring it can rain cats and dogs but when does it rain monkeys?
In “Ape” ril.

PEARLS OF WISDOM

by Bob Clarke

A hug is a perfect gift. One size fits all and nobody minds if you exchange it.



**WELCOME TO
DAWSON HEIGHTS**

The Cedars
Mary G
Lance P

The Dawson
Brian and Elizabeth 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

After Hours Tel: 250-883-2773

Website: www.dawsonheights.ca

Tel: 250-477-4850

