

FOCUS ON RECREATION

*“ May, more than any other month of the year, wants us to feel most alive.”
~ Fennel Hudson*

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 (weather permitting!) 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.

We are very happy to announce that the Provincial Health Order has been lifted. All Campus residents are welcome to attend the programs offered at The Cedars. Masks and proof of vaccination are no longer required!

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!



Thank you to our Volunteers!

We would like to take this opportunity to thank all our hardworking Dawson Heights Volunteers for your enthusiasm and dedication. We will not be hosting our annual volunteer appreciation tea this year, but we will be coming around to see all our volunteers to thank you for all you do to brighten the days of the Residents and Staff at Dawson



May Special Events

**Monthly Birthday Tea with Entertainment by Jesse Thomas Brown
Thursday, May 4 at 2:00 pm
in the BWR**

Enjoy a delicious cupcake as we celebrate the May birthdays! Dawson Heights favourite, Jesse Thomas Brown, will be returning for an afternoon of music and fun!

**Coronation High Tea for King Charles III
Friday, May 5 at 2:30 pm in the BWR**

“Buckingham Palace is pleased to announce that the Coronation of His Majesty The King will take place on Saturday May 6, 2023.

The Coronation Ceremony will take place at Westminster Abbey, London, and will be conducted by the Archbishop of Canterbury.

The Ceremony will see His Majesty King Charles III crowned alongside The Queen Consort.

The Coronation will reflect the monarch's role today and look towards the future, while being rooted in longstanding traditions and pageantry.”

Dress in your finest and join us at our High Tea as we celebrate this historic occasion.



KAREN'S KORNER

Thank you to all who attended our time on April 12th of Honouring, Celebrating, and Giving Thanks for what has been and Looking Forward to what will be.



FOCUS ON RECREATION cont. **May Special Events Continued**

Afternoon Entertainment with the Belmont Concert Choir

**Saturday, May 6 at 2:30 pm
in The Cedars Dining Room**

Join the students of the Belmont High School Concert Choir for an afternoon of musical entertainment.

The choir is lead by the daughter of Cedars resident, Lynda Halbert!



Mobile Hearing Clinic with Ears to You

**Monday, May 15, 10:00 am – 3:30 pm
in the 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 sign up for an appointment at the Front Desk of The Cedars.

Readers' Theater Performance by the Langham Court Theater

**Tuesday, May 16 at 2:00 pm
in the BWR**

Readers' theater is a style of theater in which the actors present dramatic readings of narrative material without costumes, props, scenery, or special lighting. Actors use only scripts and vocal expressions to help the audience understand the story! Join a member of Langham Court Theater for a one-woman Talking Heads reading.



May Special Events Continued

Walk for Alzheimer's

Thursday, May 18, 1:30 pm—3:00 pm

Join us at our "Walk for Alzheimer's" on **Thursday, May 18** 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 **1:30 pm and 3:00 pm** 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 of The Cedars
- Cash donations will be accepted at the walk.

Please see Katie or Trish if you have any questions.

Mother's Day Fashion Show with Vintage Fashion Showcase **Friday, 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.



May Special Events Continued

Health Talk with Heart Pharmacy: Cannabis

Tuesday, May 23 at 1:30 pm
in the BWR

Join Andrea Silver, a pharmacist from Heart Pharmacy, for the monthly Health Talk. The topic of this month's talk is Cannabis.

Annual General Meeting

Wednesday, May 24 at 1:30 pm
in the BWR

All residents are invited to attend the Annual General Meeting of the Dawson Heights Housing Society.

Monthly Happy Hour with Entertainment by Mackenzie Brown **Friday, May 26 from 3:45 pm—4:45 pm** **in the BWR**

Join us at our Monthly Happy Hour! Enjoy some hot appies and entertainment by Mackenzie Brown! This month's feature drink will be a Singapore Sling. Non-alcoholic punch will also be available.

May Outings

Hillside Mall Shopping Trips **Tuesday, May 2, 9, 16, 23, 30** **from 10:00 am—11:30 am** **(Sign Up Required)**

We will be offering a 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 White Spot **Thursday, May 25 at 11:30 am** **(Sign Up Required)**

Enjoy lunch out at White Spot on Fort Street. Residents are responsible for covering the cost of their meals. Meals start at \$15. Sign up required.

BRAINTEASER



Here are some book titles but the vowels and spaces are missing! Can you figure out the titles of the books?

GLLVRSTRVLS _____

THSNDNDTHFRY _____

WRNDPC _____

BRVNWWRLD _____

THTMMCHN _____

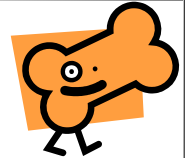
CRMNDPNSHMNT _____

NHNDRDYRSFSLTD _____

TKLLMCKNGBRD _____



MOTHER'S DAY HUMOUR



Mom had a small decorative windmill in her yard. A storm broke one of the blades, causing the windmill to shake violently. Dad announced that he would "take care of it" and rebalanced the windmill by snapping off the opposing blade. Watching him, Mom remarked, "I hope I never break a leg."



I can't tell the difference between a rose and a dandelion. So when it came time to fix up my garden, I had no clue which plants to keep and which ones to remove. My mother gave me some great advice. Pull them all up. If it comes back, it's a weed.



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