

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.
~ Traditional Irish Blessing*

Now that Spring is right around the corner, we look forward to warmer weather, sunshine, and the beauty of the flowers that will bloom once again!

Friday, March 8 is International Women's Day, a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating gender parity. In honour of International Women's Day, join Katie and Trish at 1:30 pm in the BWR for our Monthly Book Club where we will be discussing the memoir "Save Me the Plums: My Gourmet Memoir" by Ruth Reichl, a trailblazing food writer and restaurant critic. Following the book club discussion, we will be watching the TED Talk by author Chimamanda Ngozi Adichie "We Should All Be Feminists". This talk delves into the impact of gender stereotypes on our lives and emphasizes the importance of gender equality to create a more just and inclusive world.

A friendly reminder that Daylight Saving Time starts on Sunday, March 10. Please remember to turn your clock **ahead one hour** before you go to bed on Saturday, March 9!

March Special Events

Blood Pressure Clinic
Monday, March 4 from 9:00 am—
10:30 am in the Family Dining Room



We are happy to announce we will be hosting a Blood Pressure Clinic in The Cedars Family Dining Room from 9:00 am - 10:30 am.

The clinic will be run by Board of Directors Member and Registered Nurse, Judith Ritson.

To sign up for an appointment, please call the Front Desk of The Cedars at (250)477-4850.

Art with Jenna
Monday, March 4, 11, 18 and 25
at 1:00 pm in the BWR

Join Art Therapy student, Jenna Tucker, for a student lead weekly art therapy session where residents are encouraged to drop in and make art! Each week will be a different material including terracotta pot painting, collage, fabric dyeing and more! No previous art experience is required! Art therapy is a culturally responsive, integrative mental health and human services profession that supports the well-being of individuals, families, and communities through engagement in art-making and the creative process.

Vintage Toy Presentation
by Jason Jones
Tuesday, March 12,
at 1:30 pm in the BWR

Join Jason as he shares his knowledge of vintage toys!



KAREN'S KORNER



It is one year since we said goodbye to the last of the Cottage residents and work on The Oaks began. We have been blessed with a first rate construction team which includes our architects, Jenson Group and the construction firm, Heatherbrae. The site manager, Greg has managed a team that is very respectful to the site and our wider-campus. I have been surprised at how little noise, dust and debris that we have experienced. In spite of the usual wrinkles and hurdles that any project of this size experiences, Heatherbrae are still holding confident a completion date by end of 2024. I know that many of you are anxious to see the new building and are considering a move to The Oaks. Populating the new building is likely to be sometime in early 2025. Our Housing Manager, Jonathan will be leading that work; be assured, as soon as he can he will let you know the when, what and how of the process.

As we move into the finer weather, we will be seeing Tony and his team working on another development that will grow our campus garden project. The workload demands and winter weather has somewhat stalled this work but the next couple of months will see it taking shape with garden beds and, we hope, a greenhouse. So, if you have an interest or passion for gardening, we will be looking for volunteers to join our gardeners in planning and planting and growing the beds.

A safety reminder – please, do not let people in through the locked front doors of The Dawson and The Cedars, if you don't know them. Unfortunately, the front door camera at The Dawson will not work for residents who have switched their provided from Shaw to Telus. So, if you are buzzed and someone is asking to be let into the building please do not let them in if you do not know them. You can ask them to call the office in The Cedars, or after hours, 250-883-2773 and a staff member can address the matter.

An Easter joke for our newest grandad Tony - What do you call a baby who's a little too warm on Easter? A hot cross bun(dle) of joy.

FOCUS ON RECREATION cont. March Special Events Continued

St. Patrick's Day Happy Hour
Thursday, March 14 from 3:45 pm—
4:45 pm in the BWR



Join us as we celebrate St. Patrick's Day (a few days early!). Enjoy some Guinness and hot appetizers while chatting with friends. Non-alcoholic punch will also be available.

Baking with Trish and Katie:
Bailey's Irish Cream Coffee Cake
Friday, March 15 at 11:15 am
in the BWR

Join Trish and Katie as we bake a delicious Bailey's Irish Cream Coffee Cake that will be served at our Monthly Birthday tea. No baking experience required!

Monthly Birthday Tea with Entertainment
by Jesse Thomas Brown
Friday, March 15 at 2:00 pm
in the BWR

Join us as we celebrate the March birthdays! Enjoy a slice of delicious homemade Bailey's Irish Cream Coffee Cake while enjoying the wonderful entertainment provided by Jesse.

IRISH CREAM
COFFEE CAKE



Health Talk with Heart Pharmacy:
Memory & Cognition
Tuesday, March 19 at 1:30 pm
in the BWR

Join Heart Pharmacy Pharmacist, Andrea Silver, for her monthly health talk. The topic of this month's talk is Memory & Cognition.

March Special Events Continued

**Gardening Committee Meeting
Wednesday, March 27 at 3:30 pm**

We are looking forward to starting work on the Dawson Heights Community Garden project and are looking for volunteers to join our Gardening Committee.

Whether you're a seasoned gardener or a budding enthusiast, this is your chance to grow and learn alongside like-minded individuals in a vibrant and supportive environment. Don't miss out on this wonderful opportunity to make a meaningful difference while connecting with nature and your community. Please see Katie if you have any questions.

**Afternoon Music with Charlie Burton
Thursday, March 28 at 2:00 pm
in the BWR**

Charlie Burton will be returning to The Cedars for an afternoon of music and fun!

March Outings

**Hillside Mall Shopping Trips
Tuesday, March 5, 12 and 26 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.

March Outings Continued

**Happy Wanderers:
Victoria Breakwater
Thursday, March 14 at 1:30 pm**



Stretch your legs and enjoy a walk on the beautiful Victoria Breakwater. Sign-up required. Please sign up outside the BWR.

Dawson Heights Housing Cookbook

Calling all home chefs! Help us create a delicious cookbook for a wonderful cause.

In support of the Residents Fund, we are putting together a fantastic cookbook for our Annual Christmas Craft Fair. We want your favorite recipes to be part of this festive collection!



Share Your Culinary Masterpieces! If you have a cherished recipe that brings joy to your table during the holidays, we'd love to feature it in our cookbook. Whether it's a family secret or a well-loved classic, your contribution will make a difference!

We will be collecting recipes until July, so there's plenty of time for you to dig out those treasured kitchen creations.

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



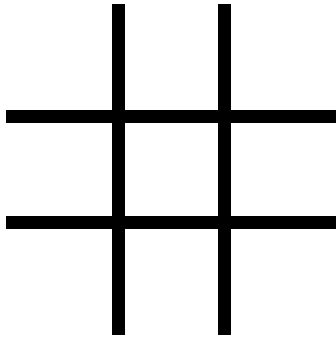
**Cherry Blossom Drive
Thursday, March 7 at 1:30 pm**
Join us as we take a drive around town to enjoy the beautiful blossoms. Fingers crossed the Cherry Blossoms are still in bloom. Sign-up required. Please sign up outside the BWR.



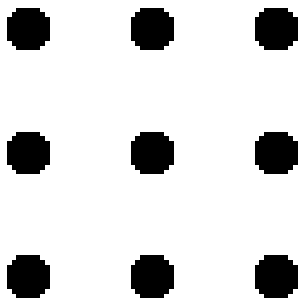
BRAINTEASER



Can you place six 'X's on a Tic Tac Toe board without making three-in-a-row in any direction?



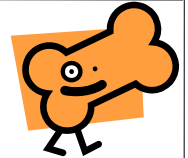
Nine dots are arranged in a three by three square. Connect each of the nine dots using only four straight lines and without lifting your pen from the paper.



Answers to February Brainteasers:

W O R L D	G R E A T
O T H E R	R O N D O
R H Y M E	E N D O W
L E M M A	A D O R E
D R E A D	T O W E L

FUNNY BONE



A little spring humour for March....

This spring I decided to read a book on DIY underwater gardening. It was a self help book.



They say March comes in like a lion and goes out like a lamb. Ewe might say it leaves sheepishly.

Don't stop be-leafing in the power of spring.

Why did the botanist turn down the gardener for a date? He was too rough around the hedges.



The Easter bunny was looking for a sidekick. The leprechaun threw his hat in the spring.



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