



FOCUS ON RECREATION

*“Spring unlocks the flowers to paint the
laughing soil.”*

~ Bishop Reginald Heber

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. In May, we will be celebrating “Move for Health”

Day—an international event created in 2002 by the World Health Organization to promote physical activity. To help you prepare for the day, we have included an exercise handout with the ECHO with some exercises you can do in your suite.

In April we will be celebrating National Volunteer Week. National Volunteer Week is April 27-May 3. The 2025 theme is “Volunteers Make Waves”. It highlights the power, impact and importance of individual and collective volunteer efforts across Canada. Like a wave, volunteering is movement building.

Water is in constant motion, always flowing, shifting, and transforming with every powerful wave or quiet ripple. And so is each volunteer’s contribution toward creating impact in our communities. We invite you to celebrate our volunteers at this year’s Volunteer Appreciation Tea. See page 3 for more information.



Happy Birthday!

We would like to wish The Dawson and The Cedars buildings a very happy birthday on April 1st! They will be turning 26 years old and 22 years old, respectively.

April Special Events

Baking with Trish and Katie:

Gluten Free Carrot Cake

Friday, April 4 at 11:15 am in the BWR

Join Trish and Katie as we bake a delicious Gluten Free Carrot Cake that will be served at our Monthly Birthday Tea. No baking experience required!

Monthly Birthday Tea with Entertainment by Jesse Thomas Brown

Friday, April 4 at 2:00 pm in the BWR

Join us as we celebrate the April birthdays! Enjoy a slice of homemade Gluten Free Carrot Cake while enjoying the wonderful entertainment provided by Dawson Heights favourite, Jesse Thomas Brown..

Seated Tap Dancing with Betty C

Thursday, April 10 at 1:30 pm and

Thursday, April 24 at 2:30 pm

in the BWR

Join fellow Cedars Resident, Betty C, as she leads us in a seated tap dancing class! Please wear hard-soled shoes for the best results!

Health Talk with Heart Pharmacy: Memory & Cognition

**Tuesday, April 15 at 1:30 pm
in the BWR**

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

Karen's Korner

What a time of change April will see on campus as we welcome new tenants to The Woodlands and say hello and goodbye to departing and arriving staff.



We have received the Occupancy Permit that completes the handover of The Woodlands to Dawson Heights and allows us to start populating the building. It has been a long road but we made it! As you might understand, Jonathan is very busy and fully occupied with applications and supporting move-ins. Our maintenance team are also busy ensuring that every aspect of this large building is working and to the standard that we expect, before people move in.

Pat Y has agreed to help out with tours for interested campus residents. I know that you have watched the entire process with patience and interest and are eager to see the new building. She will take a group of six people at two separate times - 1:30 p.m. and 2:30 p.m. on the following dates: Tuesday 8th and Thursday 10th; Tuesday 15th and Thursday 17th; Tuesday 22nd and Thursday 24th. If you are interested please contact the front desk at The Cedars to book. Please meet Pat at the front entrance of The Woodlands.

We will be organizing an "official" opening at a later date but our focus now is getting people who have been waiting for a new home moved into the building.

Staff changes for maintenance, food services and administration as follows:

Maintenance – Tony is stepping away from his manager's role into that of part-time assistant; Terry will be moving into the full time position as Manager of Environmental Services. Congratulations Terry!

Administration – William will be leaving us to return home to Montreal to take up a Master's program at McGill University. William has dragged us into the 21st century with the digital innovations that he has developed. He will be missed. Panika will be stepping into William's weekend, day-time position.

Dining Room – Alejandro is returning home to Colombia as he undertakes work in his chosen field of data analysis. A new staff member, Yanni, is joining the food services team with Alejandro's departure. Wishing Alejandro all the best for the future.

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April Special Events Continued

Monthly Book Club: Dead Wake—The Last Crossing of the Lusitania

Thursday, April 17 at 1:30 pm—BWR

Join Trish and Katie as we discuss this month's book club selection, Dead Wake—The Last Crossing of the Lusitania by Erik Larson. If you would like to borrow a copy of our Monthly Book Club book, please see Trish or Katie in the Recreation Office.

History Lecture with Eric Tolman "The Weimar Republic"

Thursday, April 17 at 6:30 pm—BWR

Join Eric Tolman, a history teacher at Belmont High School, for an interesting and informative history lecture. The topic of this month's lecture is "The Weimar Republic".

The period of Germany between 1919-1933 known as the Weimar Republic will be looked at to formulate some understanding of how this young republic was threatened by elements on the left and the right. Topics covered will be hyperinflation, The Golden Period and the role of the Depression in destabilizing Germany and opening the door to Hitler and the Nazis.

April Special Events Continued**Afternoon Music with the Goward House Singers****Friday, April 25 at 2:00 pm in the BWR**

Join members of the Goward House Singers for an afternoon of music and fun!

**Volunteer Appreciation Tea with Entertainment: The Vic and Ray Duo**
Thursday, April 29 from 1:30 pm—3:00 pm in the BWR

Come and thank our hardworking Dawson Heights volunteers at our annual Volunteer Appreciation Tea. Enjoy a delicious high tea, prepared by Chef Henry while enjoying entertainment provided by the Vic and Ray Duo. Introductions will be held from 1:30 to 2:00 pm. Entertainment will be held from 2:00 to 3:00 pm.

April Outings**Hillside Mall Shopping Trips**
Tuesday, April 1, 8, 15, 22 and 29 from 10:00 am—11:30 am
(Sign Up Required)

We will be offering a 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.

Happy Wanderers: Songhees Walkway
Thursday, April 3 at 1:30 pm

Stretch your legs as you enjoy the beautiful views of the Inner Harbour from the Songhees Walkway. Sign-up Required. The sign-up sheet is located outside the BWR. *Weather permitting*.

April Outings Continued**Lunch Outing to The James Bay Inn**
Thursday, April 24 at 11:30 am
(Sign Up Required)

Enjoy lunch out with friends at the James Bay Inn. The sign-up sheet is located outside the BWR. *Residents are responsible for the cost of their meals. Entrees start at \$17.

New Program**Freedom Session with Cliff**
Wednesday evenings at 6:00 pm in the BWR

Join Cedars Resident, Cliff, as he facilitates the 10-week Freedom Session Course. This course is for anyone wanting to be free from hurts, habits or hangups. Sessions include a short video followed by a discussion. Session topics and dates are as follows:

- 1: Why Am I Here? April 2nd
- 2: Stepping Out of Denial April 9
- 3: Sober-minded and A.L.E.R.T. April 16
- 4: Stepping Out of Insanity April 23
- 5: Going Deeper #1 – My Story April 30
- 6: Hope...and Where to Find It May 7
- 7: The Step that Changes Everything May 14
- 8: My Support & My Strengths May 21
- 9: Inventory Mirror 1 – My Obvious Hurts May 28
- 10: Inventory Mirror 2 – My Less Obvious Hurts June 4

Please see Cliff if you have any questions.

Fundraising Update**Purdys Chocolatier Easter Fundraiser**

Thank you to everyone who purchased Purdys Chocolates! We sold over \$950 of chocolate and will receive 25% of the profits! All money raised will be donated to the Residents Fund.

BRAINTEASERS

Kakuro Puzzle



The object of a kakuro puzzle is to fill all the empty squares using numbers 1 to 9 so that the sum of each horizontal block equals the clue to its left and the sum of each vertical block equals the clue on its top. No number can be repeated within a column or row. The first one has been done for you and a hint is included in the second one to get you started! Good luck!

	6	7		
4			19	6
15				
11				
		8		

	6	7		
4	3	1	19	6
15	2	4	8	1
11	1	2	5	3
		8	6	2

			6	3
		8	4	1
	13	6		
12				
8				

Homonym Sentences

The blanks in the following sentences can be filled in with three homonyms (words that are spelled differently but sound the same.)

The man was so upset about being _____ that he regularly _____ himself up on the bed and _____ his eyes out.

The cut on his _____ won't _____ in time for the race, _____ have to drop out.

A blood thirsty pirate will wander the _____ and essentially _____ everything he _____.

Answers to March Brainteasers:

Troll Trouble: 2 cakes (Ken has a more elegant mathematical solution to this problem that proves it! See the bulletin board outside the BWR.)

The word list: If you add the letters of the alphabet in order, each of the words will make a new word. **A**mount, **B**right, **C**left, **D**roll, **E**mote....

PLANT POTS!

If you have any extra plastic plant pots (approximately 5-7 inches in diameter) we can use them! Please drop them at the Recreation Office!



Our purpose is to provide safe housing in
a nurturing community for independent seniors on limited income.

DAWSON HEIGHTS HOUSING LTD.

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