



FOCUS ON RECREATION

*"May you always have walls for the winds,
A roof for the rain, tea beside the fire,
Laughter to cheer you,
those you love near you,
And all your heart might desire."
~ Irish Proverb*

As the days grow longer and the flowers begin to bloom, we welcome the fresh start that spring brings! This season is a time of renewal, warmth, and the joy of nature awakening all around us.

We hope you take a moment to enjoy the sunshine, the cheerful songs of the birds, and the beauty of new blossoms.

Spring is also a wonderful time to re-connect with friends, try new activities, and embrace the spirit of growth and joy.

Whether you're enjoying a stroll outdoors, participating in one of our fun recreation programs, or simply savoring the fresh air, may this season bring you happiness and good health.

A friendly reminder that Daylight Saving Time starts on Sunday, March 9. Please remember to turn your clock **ahead one hour** before you go to bed on Saturday, March 8!



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

March Special Events

Afternoon Music with JR & the Bad OX Band

Friday, March 7 at 2:00 pm in the BWR
Enjoy an afternoon of Country music with new entertainers, JR & The Bad OX Band. Refreshments will be served.

Seated Tap Dancing with Betty C Thursday, March 13 at 1:30 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!

Travelogue with Jacqueline and Pat— Uganda and Kenya

Friday, March 14 at 2:00 pm

Join former Dawson Heights volunteer Jacqueline Allen and her husband, Pat, as they share memories from their trip to Uganda and Kenya.



St. Patrick's Day Celebration with The Victoria School of Irish Dance Monday, March 17 at 2:00 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!



SPRINGTIME

Dear friends....A story do I tell...
 Of springtime filled with splendor, in every
 tranquil dell.
 See distant hills on horizon etched, with
 soft clouds drifting by,
 hear music from a babbling brook, 'come,
 rest for you are nigh?'
 Where flowers, in gay abandon, a bright
 array of colour,
 spread a friendly welcome, with gentle
 nodding heads.
 Share berries along the riverside, with
 chirruping birds, and all who reside.
 See birds, in freedom grace, dip and soar
 across the fields, and endless space.
 In wonder, see a waterfall, its thunderous
 plunge to send,
 sprays of diamond-laden mist, its 'daily
 crown,' to lend, for
 nestled there beneath the roar, in glorious
 array—
 Maidenhair, watercress, tree fern, moss
 and lilies sway!
 Stroll amid the gentle sheep, on nature's
 carpet green, and
 hear bleating from the newborn lambs
 that frolic in between?
 OH...
 This story has no ending;
 of this I'm very sure.
 For nature has a way, you know...
 In keeping it secure.

Hazel Larcombe



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March Special Events Continued

St. Patrick's Day Happy Hour Monday, March 17

from 3:30 pm - 4:15 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.



History Lecture with Eric Tolman "Mussolini's Italy 1922-1945"

Thursday, March 20 at 6:30 pm in the 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 "Mussolini's Italy 1922-1945"



A survey of the main themes in the development of Fascism in Italy where Mussolini had developed his absolute power in 1922 will be addressed. Examined will be the social conditions which led to Mussolini's rise as well as the implementation of fascism- a largely improvised ideology. The role of nationalism, militarism and anti-communism are revealed as the forces behind Mussolini's power and control.

Baking with Trish and Katie: Baileys Chocolate Poke Cake

Friday, March 21 at 11:15 am in the BWR

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

March Special Events Continued**Monthly Birthday Tea with Entertainment by Brandy Moore
Friday, March 21 at 2:00 pm in the BWR**

Join us as we celebrate the March birthdays! Enjoy a slice of homemade Baileys Chocolate Poke Cake while enjoying the wonderful entertainment provided by Dawson Heights favourite, Brandy Moore.

**Monthly Book Club: Crying in H Mart by Michelle Zauner
Friday, March 28 at 1:30 pm in the BWR**

Join Trish and Katie as we discuss this month's book club selection, "Crying in H Mart" by Michelle Zauner. If you would like to borrow a copy of our Monthly Book Club book, please see Trish or Katie in the Recreation Office.

March Outings**Hillside Mall Shopping Trips
Tuesday, March 4, 11, and 18 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. *****Please note there will not be a shopping trip on Tuesday, March 25*****

**March Outings Continued****Happy Wanderers: Gorge Waterway
Thursday, March 6 at 1:30 pm**

Stretch your legs as you enjoy the beautiful Gorge Waterway. Sign-up Required. The sign-up sheet is located outside the BWR. *Weather permitting*.

Lunch Outing to Thai Lemongrass Restaurant**Thursday, March 20 at 11:30 am
(Sign Up Required)**

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

Purdys Chocolatier Easter Fundraiser

Dawson Heights Housing is fundraising with Purdys Chocolatier just in time for Easter! Help us support our Residents Fund by purchasing some very sweet Easter treats for family, friends, or yourself!

There are two ways you can order:

- ♦ Online using the following link: Purdys Chocolatier Group Savings and Fundraising (<https://fundraising.purdys.com/1382924-126418>). Our Customer Number is 60037
- ♦ In-person with Katie or Trish in the Recreation Department

All orders must be placed by Thursday, March 20 at 4:00 pm. Items will be ready for pick up at The Cedars the week of April 7.



BRAINTEASER



Troll Trouble: You are on your way to visit your Grandma, who lives at the end of a valley. It's her birthday, and you want to give her the cakes you've made. Between your house and her house, you have to cross 7 bridges, and as it goes in the land of make believe, there is a troll under every bridge! Each troll, quite rightly, insists that you pay a troll toll. Before you can cross their bridge, you have to give them half of the cakes you are carrying, but as they are kind trolls, they each give you back a single cake. How many cakes do you have to leave home with to make sure that you arrive at Grandma's with exactly 2 cakes?

Word List: Can you figure out the rule that was used to create this list? Notice there are 26 words here, the same number as letters in the alphabet.

mount, right, left, roll, mote, lick, lass, over, rate, aunt, rill, arch, oral, ever, pine, rice, tip, each, team, rash, sage, ouch, edge, ray, earn, any.

Answer to February Brainteaser:

0	0	1	0	5	0	3	4
3	3	6	4	3	0	0	3
6	6	5	4	2	4	6	1
6	6	6	4	2	2	1	3
3	3	4	2	1	0	5	5
2	1	1	5	6	1	0	5
2	2	1	4	2	5	4	5

MAINTENANCE MATTERS

The Maintenance Department would like to share the following information.

Laundry Room Notes

- If you use laundry pods for your laundry, please don't put them into the dispenser on top. They should be placed directly in the washing drum **BEFORE** you add your clothes.
- Small loads cause the machines to unbalance and often they will not complete their cycle. The clothes do not spin properly and end up soaking wet. If you have very small loads, please mix them with other items or wait until you have a large enough load.
- **Please empty the lint trap in the dryer after every load!**

Garbage and Recycling

- Please ensure items being recycled (jars, bottles, containers, etc.) have been cleaned out before being placed in the recycling bins.
- Bins for garbage, recycling, and compost are clearly labelled. Please ensure your garbage is sorted correctly.
- We collect returnable containers (milk containers, alcohol bottles and cans, etc.). Funds raised from this project are donated to the Dawson Heights Residents Fund. Funds are used to purchase items that benefit the quality of life of all Campus residents.

Fire Prevention

- Open flames and candles are prohibited. If you have safety concerns in your suite, notify the Front Desk of The Cedars immediately.
- Smoke-Free Property: Dawson Heights Housing is a smoke-free property. Smoking is not permitted anywhere on Campus, including patios, balconies and pathways.



**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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