



FOCUS ON RECREATION

*"May, the month of sunshine, blooming flowers, and endless possibilities."
~ Unknown*

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 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. A friendly reminder that all Campus residents are invited to attend programs offered at The Cedars!

May also brings the motivation to complete some (sometimes long overdue!) Spring Cleaning! On **Thursday, June 12 from 1:00 pm — 3:30 pm**, we will be hosting our first "Swap and Shop" event. Join us for a fun, eco-friendly community event where residents can swap gently used items and shop for great finds! Bring what you don't need and take home what you love (for free)! It's a perfect way to refresh your space, save money, and connect with other Dawson Heights Residents! **Items for the Swap and Shop can be dropped off in the Recreation Office from June 9-11 only.** No large items will be accepted. All items not rehomed at the end of the day will be donated to the Salvation Army. Please see Katie or Trish in the Recreation Department if you have any questions.



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!



Covid Booster Shot Clinic

In partnership with Heart Pharmacy, Dawson Heights will be offering a Covid-19 Booster Shot Clinic for all Campus Residents in May.
Date to be announced. Details to follow.

May Special Events

Movie Matinee and Popcorn: Conclave Friday, May 2 at 1:30 pm in the BWR

Enjoy some freshly popped popcorn and treats while we watch the Oscar Award Winning Movie, Conclave.



Move for Health Day – Walk for Heart and Stroke Friday, May 10 from 1:30 pm—3:00pm. Please meet at the picnic table by the upper parking lot of The Cedars

Join us as we walk to raise funds for the Heart and Stroke Foundation. 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 50 km. The "start line" will be at the picnic table by the upper parking lot at The Cedars.



Karen's Korner

We continue with the theme of change and new beginnings here on campus. From the new growth of spring to welcoming new community members across The Woodlands, The Dawson and The Cedars as well as new staff joining the maintenance department. Welcome to Scott and Tim who have already become valued additions to the team of Terry, Tony and Griffin.



As with most things new, there is often a period of adjustment and learning – that is certainly the case with our new building The Woodlands.

There are and will continue to be tweaks and adjustments needed as both residents and staff settle into the operation of this new building. Don't hesitate to contact our maintenance team if you are having any problems or have questions. For new people moving into any of our buildings, please do not leave your cardboard boxes and packing materials in the hallways or by elevators. Take these to the recycling area. If you need some assistance or more information, call the front desk at The Cedars: 250-477-4850.



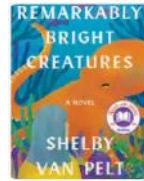
It's the growing season for our Community Garden. Watch out for notices from our recreation team calling for volunteers for planting and harvesting, they are coming soon! For those of you new to campus, we have already had four harvests of spinach, kale and swiss chard. All produce grown in our community garden is shared amongst Dawson Heights residents, without charge.

FOCUS ON RECREATION

May Special Events Continued

Monthly Book Club: Remarkably Bright Creatures by Shelby Van Pelt

Thursday, May 15 at 1:30 pm—BWR



Join Trish and Katie as we discuss this month's book club selection, Remarkably Bright Creatures by Shelby Van Pelt. 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, May 15 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". This lecture was rescheduled from April.

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.

Victorian Vogue Historical Fashion Show

Friday, May 16 at 2:00 pm in the BWR

Join Victorian Vogue as they bring history to life through costumes! Take a visual walk through the history of fashion, etiquette and customs of the day.



May Special Events Continued

**Baking with Trish and Katie:
Cherry Sour Cream Coffee Cake
Friday, May 23 at 11:15 am in the BWR**
Join Trish and Katie as we bake a delicious Cherry Sour Cream Coffee Cake that will be served at our Monthly Birthday Tea. No baking experience required!

**Monthly Birthday Tea with
Entertainment by Brandy Moore
Friday, May 23 at 2:00 pm in the BWR**

Join us as we celebrate the May birthdays! Enjoy a slice of homemade Cherry Sour Cream Cake while enjoying the wonderful entertainment provided by Dawson Heights favourite, Brandy Moore.



**Annual General Meeting
Wednesday, May 25 at 1:30 pm in the BWR**

All campus residents are invited to attend the Annual General Meeting of Dawson Heights Housing Ltd. Reports will be given by the Board of Directors as well as Department Managers. Refreshments will be served following the meeting.

May Outings

**Hillside Mall Shopping Trips
Tuesday, May 6, 13, 20, and 27 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.

May Outings Continued

**Happy Wanderers: Finnerty Gardens
Thursday, May 8 at 1:30 pm**

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. Sign up sheet is located outside the BWR.

**Lunch Outing to The Village Taverna in
Cook Street Village
Thursday, May 22 at 11:30 am
(Sign Up Required)**

Enjoy lunch out with friends at The Village Taverna, a Greek Restaurant in the heart of Cook Street Village. The sign-up sheet is located outside the BWR.

*Residents are responsible for the cost of their meals. Entrees start at \$13.50.



New Program

**Music Explorations with Tyler
Tuesday, May 13, 20, and 27 at 1:30 pm
in the BWR**

We are happy to announce that our Music Explorations program will be starting up again in May. Join Tyler, a Community Wellness Instructor from the Victoria Conservatory of Music every Tuesday afternoon at 1:30 pm in the BWR and sing along as he leads us in some of our favourite songs!

We would like to extend a special thank you to Cedars resident Deanna H for organizing a wonderful Sing Along program. This program will continue every other week.

BRAINTEASERS

What is special about these words?



Feminine

Canine

Overweight

Threaten

Cobblestone

Height

Car Trouble

After visiting her Great Aunt Annie, Karen travelled home in her old jalopy. The car was old and battered, it had a leak in the gas tank and it was stuck in second gear. This meant it could only travel along at a steady 30 km per hour and managed a paltry 20 km per litre of fuel. At the start of the journey Karen had placed exactly 10 litres of fuel in the tank. She knew though that the fuel tank lost fuel at a rate of half a litre per hour. Just as Karen arrived home, the car stopped because it had run out of fuel and she had only just made it. How far was it from Great Aunt Annie's to Karen's home?

Tribond

A tribond, is a group of words that have something in common. For instance, if the three words were Car, Tree, and Elephant—the common bond would be that they have trunks. Try these tribonds and see if you can determine what they have in common.

Onion, Napkin, Wedding

Map, Padlock, Typewriter

Candy, Crab, Caramel

Blue, Goose, Black

Wagon, Cart, Steering

Answers to last month's Brainteasers

Kakuro Solution:

			6	3	
		8	4	3	1
	13	6	3	1	2
12	6	4	2		
8	7	1			

Homonym Sentences: Bald, Balled, Bawled; Heel, Heal, He'll; Seas, Seize, Sees.



**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

Tel: 250-477-4850

After Hours Tel: 250-883-2773

Website: www.dawsonheights.ca

