

## FOCUS ON RECREATION

*"Our spring has come at last with the soft laughter of April suns and shadow of April showers."*

*~ Byron Caldwell Smith*

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.

April 19-25 is National Volunteer Week. We want to thank our Dawson Heights' volunteers whose helpful hands and willing hearts lift our community. We invite you to celebrate our volunteers at this year's Volunteer Appreciation Tea on Thursday, April 23.

### **Happy Birthday!**

We would like to wish The Dawson and The Cedars buildings a very happy birthday on April 1st! They will be turning 27 years old and 23 years old, respectively.

### **Message from the Manager of Environmental Services ,Terry Toutant**

### **Annual Smoke Detector Inspection with Cantec**

**The Cedars—April 16**  
**The Dawson—April 17**

\*Please note alarm bells will be sounding and access to suites will be required. Reminders will be placed in each building closer to the date.

### **April Special Events**

#### **Blood Pressure Clinic with Judith Ritson**

**Monday, April 6 from 9:30 am—10:30 am in the Family Dining Room**

We will be hosting a Blood Pressure Clinic in The Cedars Family Dining Room from 9:30 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.



#### **Presentation by Victoria Grandmothers for Africa**

**Tuesday, April 7 at 2:00 pm in the BWR**

The Victoria Grandmothers for Africa (VG4A) is a group of over 150 women who are part of the Grandmothers to Grandmothers Campaign of the Stephen Lewis Foundation (SLF).

The campaign's purpose is to increase awareness, build solidarity, and raise funds for 98 community-led organizations (CLOs) in 14 countries in Africa.

These CLOs support grandmothers in Africa and their communities and amplify their voices and expertise as they work to build a healthy future for children who lost their parents to AIDS-related illnesses. Come learn more about this organization and the important work they do. Hand crafted items from their online store will be available for purchase following the presentation.



## **KAREN'S KORNER**

"There is nothing more constant than change" wrote Heraclitus (c.535 BC)



It is with mixed emotions that I begin this month's Karen's Korner with a notice of my retirement September 30th, 2026.

Serving and growing the Dawson Heights community for the past 20+ years has been the most rewarding chapter of my career.

When I first stepped into the role of Executive Director (with a steep learning curve!) I held to two guiding tenets:

- i) To create the kind of place that we would want someone we love to live - and to work; and
- ii) Unless the matter is one of Health & Safety, always err on the side of compassion.

Together, with an engaged and supportive Board of Directors, skilled and committed colleagues, and residents whose wisdom and life experience have shaped our work - we have built a community that I would be happy for someone I love to call home.

Thank you for the love, the laughter and the light that each of you have shared with me along the way.

As we look ahead, the Board of Directors has appointed a selection committee to lead the search for the next Executive Director. The position will be posted shortly, and it was important to me that our community hear this news directly from me first. In the months ahead it will be very much "business as usual," with the same caring team continuing to support and nurture this community. There will be time for reflection, celebration and thoughtful, well-supported transition.

"I slept and dreamt that life was joy.  
I awoke and saw that life was service.  
I acted and behold, service is joy."  
Rabindranath Tagore

## **FOCUS ON RECREATION**

### **April Special Events Continued**

#### **Monthly Book Club:**

**Sapiens: A Brief History of Humankind by Yuval Noah Harari**

**Friday, April 10 at 1:30 pm in the BWR**

Join Trish and Katie as we discuss this month's book club selection, "Sapiens: A Brief History of Humankind" by Yuval Noah Harari

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 American Civil Rights Movement 1945-1968"**

**Thursday, April 16 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 "The American Civil Rights Movement 1945-1968. Starting with a brief overview of the American Civil War and the subsequent Jim Crow Laws, we will move right up to the 1950's and look at key events of the Civil Rights Movement from 1945-1968. Included will be the Brown vs. Board of Education ruling in 1954, the Little Rock crisis, the Montgomery Bus Boycott and the rise and fall of Martin Luther King Jr.

#### **Performance by the Belmont High School Choir**

**Friday, April 17 at 2:00 pm in the Cedars Dining Room**

Enjoy an afternoon of music by the Belmont High School Choir.

This performance will be held in the Dining Room at The Cedars.

**April Special Events Continued****Health Talk with Heart Pharmacy:  
Memory and Cognition****Tuesday, April 21 at 1:30 pm in the  
BWR**

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

**Volunteer Appreciation Tea****Thursday, April 23 at 2:00 pm in the  
BWR**

Help us thank our wonderful Dawson Heights volunteers at our annual Volunteer Appreciation High Tea! "Volunteering is at the very core of being a human. No one has made it through life without someone else's help." – Heather French Henry

**Baking with Trish and Katie:  
Pistachio Cake with Honey Cream  
Cheese Frosting****Friday, April 24 at 11:15 am in the  
BWR**

Join Trish and Katie as we bake a delicious Pistachio Cake with Honey Cream Cheese Frosting that will be served at our Monthly Birthday Tea. No baking experience required!

**Monthly Birthday Tea with  
Entertainment by Sean McCool  
Friday, April 24 at 2:00 pm in the  
BWR**

Join us as we celebrate the April birthdays! Enjoy a piece of homemade Pistachio Cake while enjoying the wonderful entertainment provided by Sean McCool.

**April Outings****Hillside Mall Shopping Trips****Tuesday, April 7, 14, 21, and 28 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.

**Lunch Outing to Romeo's at Hillside  
Thursday, April 9 at 11:45 am****(Sign up Required)**

Enjoy lunch out with friends at the always popular Romeo's at Hillside. Sign-up is required. The sign-up sheet is located outside the BWR. \*Residents are responsible for the cost of their meals. Entrees start at \$17.95\*

**Happy Wanderers Stroll to Finnerty  
Gardens****Thursday, April 30 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 is required. The sign-up sheet is located outside the BWR.



**BRAINTEASERS**



“Uni” Alternative Definitions

For each “alternative definition” below, try to figure out what word starting with “uni” is represented. For example, given the clue “one document”, the answer would be “uniform” since “one” gives you “uni” and “document” means “form”.

- One male human offspring
- One iteration of a process
- One single ear of maize

Wackie Wordies

Can you determine what phrase is represented by these puzzles? There’s a hint provided for the first one!

1. Sinatra  
Lloyd Wright  
Lima  
Kidney  
Gifford  
String

Hint: A common camping food.

2. Itsits diediediedie

3. ABCDEFGHIJKLM-  
NOPQUSTRVWXYZ

Number Puzzle

This is a number puzzle. The objective is to fill in the table with numbers so that each of the numbers appears only once and their row and column sums are equal to numbers given on the bottom and the right side of the table. You can use numbers 1 to 12 but again, each number can only be used once.

	A	B	C	D	
1		6			30
2	8				18
3			3		30
	27	16	10	25	

*Answers to March Brainteasers  
Remove the letter: Bread/Brad, Ethnic/Ethic,  
Scant/Scan, Thread/Tread*

*Wackie Wordies  
Piano, Tuba, Clarinet, Cymbals*

*What Comes Next:  
A long necked flightless bird (each succeeding  
answer starts with the last letter of the preced-  
ing answer: elephant, tiger, rhinoceros,  
skunk, kangaroo, OSTRICH.*



**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](http://www.dawsonheights.ca)

