

FOCUS ON RECREATION

"May, more than any other month of the year, wants us to feel most alive."

~ Fennel Hudson

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.

May also brings the motivation to complete some (sometimes long overdue!) Spring Cleaning! On Thursday, June 11 from 1:00 pm — 3:30 pm, we will be hosting our second annual "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 June 8-10 between 9:00 am and 3:00 pm. Items will NOT be accepted outside these date. Please see Katie or Trish before leaving your items. 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 Special Events

Monthly Book Club: Our Missing Hearts by Celeste Ng

Friday, May 1 at 1:30 pm in the BWR

Join Trish and Katie as we discuss this month's book club selection, "Our Missing Hearts" by Celeste Ng. If you would like to borrow a copy of our Monthly Book Club book, please see Trish or Katie in the Recreation Office.



Afternoon Music with the Goward House Singers

Friday, May 8 at 2:00 pm in the BWR

Enjoy an afternoon of music and fun with the always entertaining Goward House Singers!

Move for Health Day – Walk for Heart and Stroke

Thursday, May 14 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 100 km.



The "start line" will be at the picnic table by the upper parking lot at The Cedars. We will be accepting cash donations for the Heart and Stroke Foundation from May 1—14. Donations can be made at the Front Desk of The Cedars.

KAREN'S KORNER

Our gratitude and appreciation were warmly and joyfully expressed through the care and effort Katie and Trish as well as our chefs put into our Volunteer Celebration on April 23. Thank you to all for creating such a meaningful gathering.



The value each of you brings to sustaining and growing our community is, as the Mastercard ad says, "priceless." Volunteers contribute in countless ways throughout Dawson Heights—some highly visible, others quietly behind the scenes—and each role enriches our shared life here.

Many of the programs and supports we rely on exist because individuals are willing to offer their time, energy, skills, and creativity. Together, you help shape a community we are proud to be part of, and one where we would feel confident and happy to see those we love call home.

Our volunteer community is wonderfully diverse, bringing a wide range of perspectives and experiences. Under Katie's leadership, our volunteer program continues to reflect that diversity in thoughtful and inclusive ways.

From time to time, as in any community, differences in perspective can lead to moments of frustration. Recently, someone shared a simple reminder with me that felt worth passing along:

Before you speak:

THINK

Is it True?

Is it Helpful?

Is it Inspiring?

Is it Necessary?

Is it Kind?

I appreciated the reminder—and perhaps you will too.

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May Special Events Continued

Movie Matinee and Popcorn: Hamnet Friday, May 15 at 1:30 pm in the BWR

Enjoy some freshly popped popcorn while we watch the award winning film, Hamnet. The film dramatizes the family life of William



Shakespeare and his wife Agnes Hathaway as they cope with the death of their 11-year-old son Hamnet.

History Lecture with Eric Tolman "Britain and India"

Thursday, May 21 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 "Britain and India". Assessed will be the impact of British colonialism in India and how events in the twentieth century would create dissent and anger of British control of the economy. Key points will be the India Mutiny of 1857, Amritsar massacre of 1919 and the role of Gandhi in pushing forward to independence.

Baking with Trish and Katie: Toffee Crunch Cake

Friday, May 22 at 11:15 am in the BWR

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

May Special Events Continued

Monthly Birthday Tea with Entertainment by Jesse Thomas Brown

Friday, May 22 at 2:00 pm in the BWR
Join us as we celebrate the May birthdays! Enjoy a piece of homemade Toffee Crunch Cake while enjoying the wonderful entertainment provided by Dawson Heights favourite, Jesse Thomas Brown.



Annual Meeting

Thursday, May 27 at 1:30 pm in the BWR

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



Hearing Tests and Hearing Aid Cleaning/Checks with Ears to You **Thursday, May 28 from 9:30 am—3:00 pm**

Ears to You is a mobile hearing service provider. A qualified hearing specialist will be coming to The Cedars to provide complimentary hearing assessments and hearing aid cleanings. If you would like to participate in this event, please sign up for an appointment at the Front Desk of The Cedars.

May Outings

Hillside Mall Shopping Trips

Tuesday, May 5, 12, 19, and 26 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 Lox, Stock and Bagel Deli

Thursday, May 7 at 11:45 am
(Sign up Required)

Enjoy lunch out with friends at Lox, Stock and Bagel Deli at the Victoria Jewish Community Centre. The sign-up sheet is located outside the BWR.

Residents are responsible for the cost of their meals. Entrees start at \$11.00

Happy Wanderers Stroll to Beacon Hill Park

Thursday, May 28 at 1:30 pm
(Sign up Required)

Stretch your legs as you enjoy beautiful Beacon Hill Park. Sign up is required. The sign-up sheet is located outside the BWR.

New Program

Cornhole

Thursday mornings at 10:30 am

For the summer months, instead of Bean Bag Toss, we will be offering Corn Hole! Cornhole is a popular lawn game involving bean bags and an angled board with one target. Please see the TV Screen in the Main Lobby of The Cedars on Thursday mornings to see the location of the program.

Weather permitting, we will be outside!

BRAINTEASERS



Logic Puzzle

Someone has stolen Beethoven’s Wig and has put it in one of four locked boxes. The boxes are numbered 1,2,3, 4 in that order. There are four different keys that each has their own colour (blue, red green, yellow). Use the clues below to figure out which key goes in which box and to find the box where Beethoven’s wig is being kept.

The green key goes to the third or fourth box.

The wig is to the left of the fourth box.

The wig is to the right of the first box.

The yellow key is to the left of the wig.

The blue key is to the right of the yellow key and to the left of the green key.

The red key goes to the first box.

Letter Juggle

Take the given words, and by moving a single letter from one word to the other, make a pair of synonyms, or near synonyms. For example, given: Boast/Hip, move the “s” from Boast to create Ship and the remaining word is Boat.

Open/Cop

Cave/Curt

Salve/Savage

Cares/Pest

Behead the “F”

When you “behead” a word, you remove the first letter and still have a valid word. Below are clues for the two words, longer word first. Each first word will start with the letter “F”. Example: A trip through the air/Not heavy. Answers: Flight/Light

Travelling through the air/Not telling the truth.

True Statement/Part of a play
Straightforward, blunt/Position in a hierarchy.

Cord for igniting an explosive/To exploit.
An example of a number/Belonging to us.
To put in as much as possible/sick or unwell.

High body temperature/at any time.

Riddle

What king can you make if you take
the head of a lamb
the middle of a pig
the hind of a buffalo
and the tail of a dragon?

Answers to April Brainteasers:

Uni Word – unison, unicycle, unicorn

Rebus Puzzles – You are out of order, Tender loving care, It’s to Die For, Franks and Beans

Number Puzzle Solution:

	A	B	C	D	
1	12	6	2	10	30
2	8	1	5	4	18
3	7	9	3	11	30
	27	16	10	25	



**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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