

FOCUS ON RECREATION

"Christmas is a season not only of rejoicing but of reflection."

~ Winston Churchill

On behalf of the staff of Dawson Heights, we wish you all the very best for a happy and healthy 2022!

As we get ready for the busy holiday season, take a moment to reflect on the past year. We have all overcome a lot.

During the Holiday season, there is a focus on giving. Each year at Dawson Heights we put up our Dee Budd Tree of Hope in the Front Lobby of The Cedars. The tree is decorated by the Dawson Heights Community (residents, family, and staff) with items to help those who need a little extra warmth during the winter. The tree fills quickly with toques, mittens, scarves, socks, and blankets! We also will be collecting non-perishable food items. The tree will be up in the Lobby of The Cedars from Wednesday,



December 1 to Wednesday, December 15. All items will be donated to Rock Bay Landing and The Mustard Seed Food Bank where they will be distributed to those who need a helping hand.

We have a number of programs and events planned to celebrate the holiday season. We hope you will take the opportunity to participate in at least one of our festive events!

Christmas Door Decorating Contest

We invite all campus residents to participate in our Christmas Door Decorating Contest! Help us "Deck the Halls" by decorating your apartment door for the Holidays and you could win a jolly prize! Katie and Trish will be coming around to judge the doors during the afternoon of Thursday, December 23. Winners will be announced on Friday, December 24. Good luck!



12 Days of Christmas Trivia Challenge

On the First Day of Christmas my True Love gave to me...a trivia challenge! From Saturday, December 25 to Wednesday, January 5 we will be hosting a 12 Days of Christmas Trivia challenge! Each day will feature a different trivia puzzle. Puzzles will be available for pick up at the Front Desk of The Cedars. Complete the daily trivia puzzles and return your completed puzzles to Katie and Trish on Thursday, January 6 and receive a prize!

December Special Events

Birthday Tea and a Victorian Christmas with Heritage Productions—Virtual Fashion Show

Friday, December 17 at 2:30 pm

Join us as we celebrate the December birthdays! Enjoy a delicious cupcake while we watch "A Victorian Christmas" featuring traditional Christmas songs and carols and a variety of Victorian-era fashions including gorgeous, colourful evening gowns!



KAREN'S KORNER

This time last year I wrote that "much of what has challenged us will end". How wrong I was!



The challenges continue through Covid, through heat domes, through wind, rain and floods. Our lives as we know them continue to be compromised in ways that we never imagined. And, we continue to reach out to each other, also sometimes in ways that we never imagined.

This is a season when we are often called upon to dig a little deeper, give a little more for those less fortunate than ourselves. Perhaps it first requires us to recognize our own good fortune however large or small it may seem. Then to identify ways to give that are meaningful to us and to those in need. Our Tree of Hope, a lasting testament to the caring generosity of a former Cedars resident, is a beautiful and inspiring example of giving. It starts with lights and a pair or two of mittens and in no time at all the boughs are weighted with all things warm and comforting to be donated. At this time of year, the food bank collections call us to add a little something special to enhance this season for those who may benefit from donations. You may have time or love to spare that you can give to someone you know is alone or struggling in some private way. If you are stuck for donation ideas Katie or Trish will be happy to advise.

Speaking of giving, albeit in a different context I would like to remind readers that there is a suggestion box located in the Mail Room at The Cedars. If you have a comment, concern, or



complaint, please give them to us by filling out a suggestion form (unless you prefer to speak directly to someone). Forms are located beside the Suggestion Box. Do remember to put the date on your form. We cannot know each person's lived experience. Only by sharing your comments or concerns are we able to do something about them. Dawson and Cottage residents can always drop off their comments with our Greeter at the front door who can put them into the suggestion box for you.

I would like to take this opportunity, on behalf of all residents, to express gratitude and appreciation for our staff and our board members who work with such love, commitment and energy with the shared goal of creating the kind of place that we would want someone we love to live.



May there be joy in our laughter,
love in our thoughts, hope in our
lives and peace in our hearts.
Blessings of the Season.

FOCUS ON RECREATION cont.

December Special Events cont.

Operation Light Up Visit by Saanich Fire Department

Tuesday, December 21 from 6:00 pm—6:30 pm in the driveway in front of The Cedars



Santa and members of the Saanich Fire Department will be bringing their decorated fire truck to Dawson Heights to spread some Christmas cheer! Come and say hello and get your photo taken in front of the fire truck! Dress warmly!

FOCUS ON RECREATION cont.

December Special Events cont.

Christmas Eve Social—Christmas Carol Bingo

Friday, December 24 at 1:30 pm

Wear your best Christmas Sweater and join Katie and Trish for an afternoon of Christmas Carol Bingo! Eggnog and cookies will be served at 2:30 pm.



December Outings

The Witness Blanket Exhibition Cedar Hill Recreation and Arts Centre

Friday, December 3 at 1:30 pm

The Witness Blanket is a powerful art installation created by master carver Carey Newman to recognize the atrocities of the residential school era, honour the children and symbolize ongoing reconciliation.

Inspired by a woven blanket, the original cedar-framed artwork is made of hundreds of items from Indian residential schools, Survivors, churches, governments and other cultural sites across Canada. Each item tells a story of loss, strength, resilience and pride.

The Witness Blanket is currently undergoing conservation at the Canadian Museum for Human Rights (CMHR). This true-to-scale reproduction has been created and is touring other venues, allowing its stories and messages to continue being shared.



The Gingerbread Showcase

The Parkside Hotel

**Friday, December 10
at 1:30 pm**

Join us as we take in the sights of the 13th annual

Gingerbread Showcase in support of

Habitat for Humanity. The theme of this year's showcase is "The Future of Home". Entrance is by donation.

Christmas Lights Drive

Monday, December 20 at 6:00 pm

All campus residents are invited to attend our annual Christmas Lights Drive! Please sign up by calling the Front Desk at 250-477-4850 between 8:30 am and 4:00 pm, Monday through Friday. The cost for the lights drive is \$2 (to be paid when you sign up). **Masks are required.**



Donations for Compassionate Resource Warehouse and the Food Bank

There is a cupboard outside the Recreation office where residents can drop off empty prescription pill bottles, greeting cards, and donations for the Food Bank.

The empty pill bottles are cleaned and donated to Compassionate Resource Warehouse, a local charity whose mission is to gather and provide resources for international relief. Compassionate Resource Warehouse also accepts other items including: personal hygiene items, household items, and office supplies. For a full list of items that can be donated please see Katie or Trish. You can also visit their website at www.crwarehouse.ca.

Thank you for your continued support.



BRAIN TEASER



Four people (Karen, Wendy, Tony and William) brought homemade cookies for the holiday party. From the clues below, determine the type of cookie and the quantity that each person brought in.

1. Wendy and William did not bring shortbread or biscotti.
2. Tony brought one dozen biscotti.
3. Someone brought in three dozen shortbread.
4. A woman brought in mince tarts.
5. William brought in two dozen cookies.

	Karen	Wendy	William	Tony
Gingerbread				
Shortbread				
Biscotti				
Mince Tarts				
1.Dozen				
2 Dozen				
3 Dozen				
4 Dozen				

HOLIDAY QUOTES



"I've learned that you can tell a lot about a person by the way they handle these three things: a rainy day, lost luggage, and tangled Christmas tree lights." Maya Angelou

"I stopped believing in Santa Clause when I was six. Mother took me to see him in a department store, and he asked for my autograph." Shirley Temple

"People are so worried about what they eat between Christmas and New Year, but they really should be worried about what they eat between the New Year and Christmas." Anonymous



"I wish we could put some of our holiday spirit in jars and open one up every month." Anonymous



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