

FOCUS ON RECREATION

*"And now we welcome the new year.
Full of things that have never been."
~ Rainer Maria Rilke*



Happy New Year! We hope that everyone had a safe and happy holiday. We wish you all the very best for 2022 and are looking forward to another year of fun and excitement! We would like to thank each of you for making 2021 such a special year, despite the limitations placed on us. Your year-round support for staff and fellow residents is greatly appreciated.

We have a number of exciting plans and new program ideas for 2022! We hope you are ready to get involved and participate!

All Campus Residents are invited to attend our Special Events. For those Residents who do not live in The Cedars, proof of vaccination is required and masks must be worn at all times while in The Cedars.

We encourage everyone to take advantage of the activities provided at The Cedars. We are more than happy to answer any questions you may have.

Here's to the New Year; may it bring us new adventures, health and happiness.

January Special Events

Tea and Tutus—Virtual Performance of Romeo and Juliet by Ballet Victoria
Friday, January 7 at 2:00 pm
in the BWR

Enjoy a cup of tea and treats while we experience the passion of first love and the turmoil of heartbreak in Ballet Victoria's interpretation of Romeo and Juliet to Prokofiev's celebrated score. Spectacular dancing, dramatic swordplay and powerful music bring the story of this Shakespearean tragedy and its star-crossed lovers to life.



Hawaiian Day—Seated Hula Dancing with Concetta Peluso
Friday, January 14 at 2:00 pm
in the BWR



Beat the winter blues at our Hawaiian Day festivities. Concetta will be coming to Dawson Heights to teach us some traditional hula dances! Hawaiian themed treats and pina coladas will be served.

Monthly Birthday Tea with Entertainment by Vic Gnadinger
Friday, January 28 at 2:00 pm
in the BWR

Join us as we celebrate the January birthdays! Enjoy a delicious cupcake while Vic Gnadinger entertains us on guitar!



KAREN'S KORNER

Karen is on a well deserved vacation. Karen's Korner will resume in February!



Auld Lang Syne
By Robert Burns

Should auld acquaintance be forgot,
And never brought to mind?
Should auld acquaintance be forgot,
And auld lang syne!

For auld lang syne, my dear,
For auld lang syne.
We'll tak a cup o' kindness yet,
For auld lang syne.

And surely ye'll be your pint stowp!
And surely I'll be mine!
And we'll tak a cup o' kindness yet,
For auld lang syne.

We twa hae run about the braes,
And pou'd the gowans fine;
But we've wander'd mony a weary fit,
Sin' auld lang syne.

We twa hae paidl'd in the burn,
Frae morning sun till dine;
But seas between us braid hae roar'd
Sin' auld lang syne.

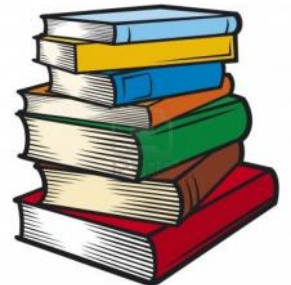
And there's a hand, my trusty fere!
And gie's a hand o' thine!
And we'll tak a right gude-willie waught,
For auld lang syne.

For auld lang syne, my dear,
For auld lang syne.
We'll tak a cup o' kindness yet,
For auld lang syne.

FOCUS ON RECREATION cont.**New Programs****Monthly Book Club**

In 2022 we will be hosting a monthly Book Club. All campus residents are invited to attend. Copies of the book will be available to sign out with Katie and Trish in the Recreation Office!

The book club selection for January is "Night of Miracles" by Elizabeth Berg. *Lucille Howard is getting on in years, but she stays busy. Thanks to the inspiration of her dearly departed friend Arthur Truluv, she has begun to teach baking classes, sharing the secrets to her delicious classic Southern yellow cake, the perfect pinwheel cookies, and other sweet essentials. Her classes have become so popular that she's hired Iris, a new resident of Mason, Missouri, as an assistant. Iris doesn't know how to bake but she needs to keep her mind off a big decision she sorely regrets.*



When a new family moves in next door and tragedy strikes, Lucille begins to look out for Lincoln, their son. Lincoln's parents aren't the only ones in town facing hard choices and uncertain futures. In these difficult times, the residents of Mason come together and find the true power of community—just when they need it the most.

The book club will meet on **Friday, January 21 at 1:30 pm in the BWR.**

Program Announcements

Tai Chi and Chair Yoga

We are happy to be able to continue our seated Tai Chi and Chair Yoga programs in 2022! All Campus Residents are invited to attend these wonderful, relaxing sessions. No experience required!

Tai Chi is lead by certified instructor, Brenda Davie. Classes are held the first and third Tuesday of the month at 1:30 pm in the BWR.



Chair Yoga is taught by certified yoga instructor, Kathleen Fournier. Classes are held the second and fourth Thursday of the month at 1:30 pm in the BWR.



Please speak to Katie or Trish if you have any questions.

Spiritual Time

We will be continuing our in-person Spiritual Time sessions on Wednesday mornings at 10:30 am. All Campus Residents are invited to attend.



Sessions are as follows:

First Wednesday of each month:
Central Baptist Church

Second Wednesday of each month:
Knox Presbyterian Church

Third Wednesday of each month:
St. Luke's Anglican Church

Fourth Wednesday of each month:
Maplewood Gospel Hall

Fifth Wednesday of each month:
United Church

Fundraising Update

Residents Fund Fundraisers



Trish and I would like to thank every-

one who helped make the 2021 Craft Fair a success! Despite having a smaller Craft Fair this year, thanks to your support, we raised \$1,200 for the Residents Fund!

Our Purdys Chocolatier Fundraiser was also a success. We surpassed our fundraising goal of selling \$1,000 worth of chocolate! Purdys donated 25% of the profits of the sale back to Dawson Heights. We raised a total of \$475 for the Residents Fund.

Tree of Hope

Thank you to everyone who donated warm clothing, non-perishable food items, and cash donations to our Dee Bud Tree of Hope.

Thanks to your generosity, we donated 7 bags of clothing to Rock Bay Landing, and 4 boxes of food and \$50 to the Shelbourne Community Kitchen.

These items will be given to those in need in our community.



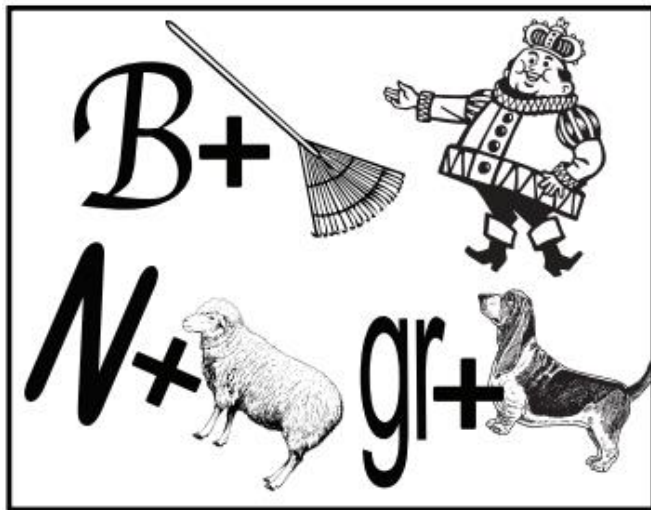
BRAIN TEASER**Word Pyramid**

Each word in the pyramid has the letters of the word above, although they may be rearranged, plus a new letter. Use the clues to try and figure out each of the seven words.

E	
—	Compass Point
— —	Group of Things
— — —	Bird Refuge
— — — —	Beer Holder
— — — — —	Game
— — — — —	Vivid
— — — — —	German Physicist

Concentration Puzzle

Use the visual clues in the puzzle to figure out what it says.

**GOALS FOR 2022**

Live my best life and only buy pants that have no buttons or zippers.

Floss every day—and not just with wild abandon in the week leading up to a cleaning.

I will eat more sweets. And less nasty things like fresh fruits, vegetables and nuts.

I will rephrase my “New Year’s Resolutions” to “Casual promises to myself that I am under no obligation to fulfill.”

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