

FOCUS ON RECREATION

"The best and most beautiful things in the world cannot be seen or even touched—they must be felt with the heart."

~ Helen Keller

February is Heart Month, a time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease.

Heart disease affects approximately 2.4 million Canadian adults and is the second leading cause of death in Canada.

We can all reduce our risk of heart disease by making healthy lifestyle choices, including quitting smoking, eating a healthy and balanced diet, getting enough sleep, exercising regularly, and monitoring blood pressure and cholesterol levels.

To celebrate heart month we challenge everyone to make two small changes to your daily habits.



First, we challenge you to eat healthier by adding more fruit and vegetables to your diet. Secondly, we challenge you to exercise regularly. This can be taking

a walk every day (indoors if the weather isn't cooperating!) or coming to one of the exercise classes offered at The Cedars! See the calendar for class times.

On Monday, February 14 we invite everyone to wear red and donate a toonie to the Heart and Stroke Foundation of Canada. We will have a donation box at the Front Desk of The Cedars.

Beijing Olympics 2022

The Beijing Olympics are being held from February 4 to 20.



We will be showing the Opening Ceremony on Friday, February 4 at 2:30 pm in the BWR. Wear your red and white and cheer on Team Canada!

Throughout the Olympic Games, we will be broadcasting Olympic events in the BWR during afternoon tea.

February Special Events

Chinese New Year Social Tuesday, February 1 at 2:30 pm

Gong hei fat choy! Join Katie as we celebrate the Lunar New Year. 2022 is the Year of the Tiger.



Valentine's Day Social with Edie and Joey

Wednesday, February 9 at 2:00 pm

All Campus Residents are invited to our Valentine's Day Social. The fabulous

Edie Daponte and Joey Smith will be returning to The Cedars to perform a variety of love songs and old favourites. Due to

the current conditions, residents who do not reside in The Cedars must make a reservation by calling the Front Desk. Seating will be limited.



KAREN'S KORNER



Change is a constant in our lives. It doesn't mean that we ever get used to it and certainly, most of us don't like it.

Sometimes it can be positive; at other times it can be painful. Change can hold such uncertainty for us that it can be frightening or stressful. But, it is inevitable and we need to accept it and find ways to accommodate it rather than to get lost in the denial of it. Sometimes we get so caught up in fighting change that we put off dealing with it. Deal with it we must.

At The Cedars we have said goodbye to many friends recently, leaving some of us sad. It is important not to hide or numb the sadness; it is simply a measure of the value of those that have been in our lives. As we honour the loss with our thoughts and remembering we make room to welcome new people into life at The Cedars. People who themselves are facing significant change and may need our love and support as they too accept change.

Our neighbours in The Cottages are facing significant change. The redevelopment of The Cottages has now received rezoning approval and a development permit so they move ever closer to the upheaval and inconvenience of moving; of leaving a home of security and comfort for something uncertain.

In The Dawson, as throughout our community, lives have changed with the impact of Covid. For many of us the lives that we live are smaller, more isolated and, frankly, at times lonely.

How do we come to terms with the "new normal"? Acceptance and moving forward, I am told. This doesn't mean

giving up, it means continuing to live and grow albeit in different ways and for some of us, in different places. Be part of the planning for the change impacting us. Don't hesitate to ask for help. We forget sometimes that we are often sur-



rounded by people willing and able to help us. Find ways to look after yourself; identify at least one thing positive from each day. For those of us that remember Dr. Who and the Daleks – "Resistance is futile". Let us put our energies towards growing into change rather than away from it.

FOCUS ON RECREATION cont.

February Special Events Continued

Monthly Birthday Tea and a Virtual Concert in the BWR

Friday, February 25 at 2:00 pm

Join us as we celebrate the February birthdays! Enjoy a delicious cupcake while we enjoy a virtual concert: Evening At Pops, Broadway Originals.



New Programs

You Be The Judge

Thursday, February 10 at 1:30 pm

Join Katie and Trish for a lively discussion as we discuss real-life events that have landed in a court of law! We will present the facts of the case and as a group, become the judge and the jury in deciding each case. There



are no right or wrong answers and a law degree is not required!

New Programs Continued **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 February is "Before We Were Yours" by Lisa Wingate.

The book club will meet on **Friday, February 18 at 1:30 pm in the BWR**

"Before We Were Yours" Synopsis

Memphis, 1939. Twelve-year-old Rill Foss and her four younger siblings live a magical life aboard their family's Mississippi River shantyboat. But when their father must rush their mother to the hospital one stormy night, Rill is left in charge—until strangers arrive in force.

Wrenched from all that is familiar and thrown into a Tennessee Children's Home Society orphanage, the Foss children are assured that they will soon be returned to their parents—but they quickly realize the dark truth. At the mercy of the facility's cruel director, Rill fights to keep her sisters and brother together in a world of danger and uncertainty.

Aiken, South Carolina, present day. Born into wealth and privilege, Avery Stafford seems to have it all: a successful career as a federal prosecutor, a handsome fiancé, and a lavish wedding on the horizon. But when Avery returns home to help her father weather a health crisis, a chance encounter leaves her with

uncomfortable questions and compels her to take a journey through her family's long-hidden history, on a path that will ultimately lead either to devastation or to redemption.

Based on one of America's most notorious real-life scandals—in which Georgia Tann, director of a Memphis-based adoption organization, kidnapped and sold poor children to wealthy families all over the country—Lisa Wingate's riveting, wrenching, and ultimately uplifting tale reminds us how, even though the paths we take can lead to many places, the heart never forgets where we belong.

Fundraising Update

Purdys Chocolatier Easter Fundraiser



Due to the success of our Purdys Chocolatier Christmas fundraiser, we will be hosting an Easter Chocolate fundraiser in March!

The deadline to order chocolate is Wednesday, March 23. The orders will be delivered the week of April 11.

More details will be announced in the March Echo!

Laundry Room Reminder

The washing machines work best when they are full. **Please try to avoid washing only a few items in a load in order for the washing machines to work efficiently.**

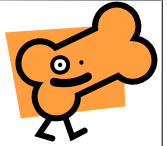


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BRAIN TEASER

Make a word into a new word by changing the first letter.

1. Change a type of media _____ to a woman's garment _____.
2. Change a rough outline _____ to a handmade activity _____.
3. Change a fatty dairy product _____ to a night-time vision _____.
4. Change large crowds _____ to verifies _____.
5. Change a burst of light _____ to Zorro's mark _____.
6. Change a slang term for prison _____ to a pencil's end _____.
7. Change a fable's conclusion _____ to a reef formation _____.
8. Change a large stream _____ to an organ in the body _____.
9. Change a visual sense _____ to a close-fitting _____.
10. Change an off-ramp sign _____ to a meadow _____.

FUNNY BONE

Two antennas met on a roof, fell in love and got married. Their wedding ceremony wasn't fancy. The reception, however, was excellent.

What did the French chef give his wife for Valentine's Day?

A hug and a quiche.

Pun Fun:

For the cheese lover: Will you brie mine?

For the bread lover: You're the loaf of my life.

For the Italian lover:
You've stolen a pizza my heart.



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