

FOCUS ON RECREATION

“Approach the New Year with resolve to find the opportunities hidden in each new day.”

~ Michael Josephson

Happy New Year! We trust that your holiday season was filled with joy and laughter. As we enter into 2024, we want to extend our heartfelt wishes for a year brimming with happiness, good health, and exciting adventures.

Thank you for making 2023 such a memorable year at The Cedars. Your ongoing support for our staff and fellow residents has created a vibrant and welcoming community that we are proud to be a part of.

We're thrilled to share that 2024 holds a number of exciting plans and new program ideas. Get ready to dive into a year of fun, camaraderie, and engaging activities! Your participation is key, and we can't wait to see the community come together for these upcoming events.

Whether you're a longtime resident or a newcomer, we encourage everyone to make the most of the activities provided at The Cedars. If you have any questions or suggestions, please see Katie or Trish in the Recreation Department.

Here's to the New Year—a canvas awaiting new memories, friendships, and shared experiences. May it be a year filled with joy, health, and boundless happiness for each and every one of you.

Shuffleboard Tournament Winners

Thank you to everyone who participated in our second Campus Wide Shuffleboard Tournament. The tournament was full of laughter, friendly competition, and all-around fun, creating an atmosphere that truly showcases the wonderful community spirit we have at Dawson Heights.

A special congratulations to winners, Myrtle Bergman and Marylou Spencer. The final game had us all on the edge of our seats! Myrtle's spectacular textbook perfect final shot secured the victory for their team.



We are looking forward to the next shuffleboard tournament which will be held in the Spring.

Fundraising Update—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 5 boxes of clothing and personal hygiene items to Rock Bay Landing, and 3 bags of food and \$110 to the Shelbourne Community Kitchen.

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

KAREN'S KORNER

Consult not your fears, but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern not yourself with what you tried and failed in, but what it is still possible to do. Now is the time to put aside past and present setbacks and failures and look with confidence to the new day called tomorrow.—Pope John XXIII



No resolutions, fixed goals for the year, simply some words that might guide us into new beginnings.

Speaking of new beginnings, I was delighted to read recently that a Canadian Dental Care Plan has finally been approved, initially for seniors with lower incomes.

Oral health is essential to overall health but it is expensive and many of us forego regular dental care because of this. Poor oral health is associated with an increased risk for myriad health problems, including heart disease, diabetes, cancer, rheumatoid arthritis as well as cognitive decline and dementia.

Please do not hesitate to take advantage of this new program of health care. People over 70 may receive a letter by March 2024 with instructions on how to apply. Those 65 to 69 can begin applying in May 2024. Katie, our recreation therapist, will have more information as we move closer to the date and if anyone has a problem applying to the plan she will be happy to assist.

Happy New Year! May it be a year of health, peace and happiness for you, those you love and our fellow citizens around the world.

FOCUS ON RECREATION cont.

Fundraising Update Continued **Dawson Heights Tuck Shop**

The Tuck Shop continues to be very popular! Thank you to all who volunteer at (and support!) the Tuck Shop!

Unfortunately, due to rising costs, we have had to increase some of our prices. Please see the updated price list at the Tuck Shop for more information.

The Tuck Shop is open Tuesdays and Thursdays from 3:30 pm—4:15 pm in the Front Lobby of The Cedars.

January Special Events

Men's Shed Presentation by Brendan Haws Tuesday, January 9 at 1:30 pm in the BWR

Join Brendan Haws, the founder of the Greater Victoria Chapter of Men's Shed, (an organization committed to fostering a community of men who wish to support one another as men and engage in projects to benefit each other and the community at large) to find out more about this wonderful organization.

Hawaiian Day—Seated Hula Dancing with Concetta Peluso Thursday, January 11 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 Day Happy Hour Thursday, January 11 3:45 pm—4:45 pm in the BWR

The Hawaiian celebration continues at our monthly Happy Hour! Enjoy a delicious Pina Colada and Hawaiian-themed treats.

January Special Events Continued



Health Talk with Heart

Pharmacy: Sleep

Tuesday, January 16 at 1:30 pm in the BWR

Join Heart Pharmacy

Pharmacist, Andrea Silver,

for her monthly health talk. The topic of this month's talk is sleep.

Chef Demonstration with Henry: Focaccia Bread

Thursday, January 18 at 1:30 pm in the BWR

Join Cedars Sous Chef, Henry, as he shows us how he makes his delicious focaccia bread. The finished product will be served at dinner on January 18!

Monthly Birthday Tea with Entertainment by Jesse Thomas Brown

Friday, January 19 at 2:00 pm in the BWR

Help us celebrate the January birthdays! Enjoy some freshly baked coconut Bundt cake. Cake while enjoying the wonderful music of Jesse Thomas Brown.



Robbie Burns Day Social with Entertainment by Vic Gnaedinger

Thursday, January 25 at 2:00 pm in the BWR

Wear your tartan and celebrate Robbie Burns Day with Vic Gnaedinger! Scottish themed refreshments will be served.

Burns Dinner

Thursday, January 25 at 5:00 pm

Enjoy a delicious Scottish themed dinner. Renowned piper Jaime Troy will pipe in the Haggis at 5:00 pm.

Cedars Resident, Ken Smith will be performing the address to the Haggis.



January Outings

Hillside Mall Shopping Trips

Tuesday, January 9, 16, 23 and 30 from 10:00 am—11:30 am

(Sign Up Required)

We will be offering a weekly 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 Broadmead Friday, January 12 at 11:30 am

(Sign up Required)

Enjoy lunch out with friends at Romeo's Broadmead.

Entrees start at \$16.95. Please sign up outside the BWR.



"I'm also making a list of excuses which I can use, in case new year resolutions don't go well."

BRAINTEASER



In each of these puzzles, a proverb is written with exactly one letter of each word replaced with another. Can you figure out the original proverb?

Wetter mate that fever.

So nets if goof mews.

Take hat white she sin whines.

Won't budge I took my ids covet.

I switch is dime raves mine.

I pool ant has honey ale boon panted.

Paste net wart pot.

So thing owl heard by tree.

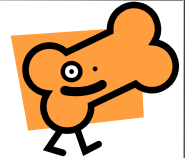
If as dot oven mill she far lazy sines.

Won't try omer spiller mink.

It nor I peony, is far I wound.

Answers to December Brainteasers: Horseshoe, alfalfa, sentiment, undaunted, cascade, peddled, hobgoblin, long-ing and the number is TWENTYNINE (which has 29 straight lines)

RESOLUTIONS



Here are some New Year's resolutions to think about.

Keep a positive mindset. Maintaining a positive mindset comes with a host of health benefits including lower risk of memory loss, and a quicker recovery from illness.



Commit to 10 Minutes of Exercise Daily.

A 30 year study of the benefits of exercise on aging show that you can improve blood pressure, resting heart rate and muscle mass with regular exercise (even a little goes a long way!).

Stimulate your mind. Regularly challenging your brain can reduce your risk of memory loss or developing dementia.



Reach out to old friends and make new ones. Socially active older adults have better cognition and overall better health.



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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