

FOCUS ON RECREATION

*“Though, February is short, it is filled with lots of love and sweet surprises.”
~ Charmaine J Forde*

Fun Fact! 2024 is a leap year!

A leap year is a calendar year in which an extra day is added to the Gregorian calendar, which is used by most of the world. A common year has 365 days, but a leap year has 366 days. The extra day, is added to the month of February. In a common year, February has 28 days, but in a leap year it has 29 days. The extra day, called a leap day, occurs on the same day of the week as the first day of the month, February 1.

Because of an extra day, a leap year of 366 days has 52 weeks and two days. Therefore, a leap year does not begin and end on the same day of the week, as a common year does (for example, in 2024, January 1 fell on a Monday, but December 31 will fall on a Tuesday).

Leap years are evenly divisible by 4. The current year, 2024, is a leap year. The last leap year was 2020, and the next will be 2028. We have leap years because instead of 365 days, the Earth really takes a few minutes less than 365-1/4 days (365.24219) to go completely around the Sun. Without leap years, the seasons would start one day earlier on the calendar every four years.

After 360 years, spring in the Northern Hemisphere and autumn in the Southern Hemisphere would begin on December 21 (which is when winter in the Northern Hemisphere and summer in the Southern Hemisphere presently begins).

Heart Month

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 2.6 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 an extra serving of 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 Wednesday, 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.

On Tuesday, February 20, join Andrea Silver, pharmacist from Heart Pharmacy for her monthly health talk. This month she will be discussing "Matters of the Heart".

KAREN'S KORNER



As we step into the second month of the year, it's a perfect time to reflect on the changes we've experienced and those we aim to embrace. February brings with it the promise of renewal, growth, and opportunity. Change is a constant in our lives, whether it's in our personal journeys or professional endeavors. Embracing change can be daunting, but it's also where growth and progress reside. Having watched The Oaks grow over this past year I cannot but reflect on the changes happening around us. This time next year we will be welcoming new people to our community at Dawson Heights. Amidst the ongoing challenges of the housing crisis, The Oaks will be a beacon of hope for individuals struggling to secure safe and stable housing. How will our community adapt and thrive in the face of this change? We have time to consider this.

February is not only about Valentine's Day; it is also Black History Month. It's a time to celebrate the rich history, culture and contributions of Black individuals and communities to the life that we are privileged to live. It is an opportunity to learn from each other's diverse experiences and perspectives fostering inclusivity and understanding. Qualities that we continue to strive for in our community.

P.S. Bachelors beware! February 29th also known as Ladies Privilege, is when women are permitted to make marriage proposals. If you refuse, according to an Irish tradition, you will need to provide recompense, usually financial!

FOCUS ON RECREATION cont. February Special Events

Valentine's Day Chocolate Pairing Wednesday, February 14 at 2:00 pm in the BWR

What pairs well with chocolate? Come and find out! Join Trish and Katie as we pair white, milk, and dark chocolate with some delicious (and interesting!) foods.



Health Talk with Heart Pharmacy: Matters of the Heart Tuesday, February 20 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 Matters of the Heart.

Afternoon Music with the K-Tones Thursday, February 22 at 2:00 pm in the BWR

Enjoy an afternoon of music with new entertainers to The Cedars, the K-Tones. Join Kate and Tony as they entertain us on the keyboard and flute. Refreshments will be served.



Baking with Trish and Katie: Chocolate Cake

Friday, February 23 at 11:15 am in the BWR

Join Trish and Katie as we bake a delicious chocolate cake that will be served at our Monthly Birthday tea. No baking experience required!

**Monthly Birthday Tea
with Entertainment by Brandy Moore
Friday, February 23 at 2:00 pm
in the BWR**



Join us as we celebrate the February birthdays! Enjoy a slice of delicious homemade chocolate cake while enjoying the wonderful entertainment provided by Brandy.

**Residents Meeting
Thursday, February 29 at 1:30 pm
in the BWR**

Join the leadership team of Dawson Heights for an update of what is happening on campus. All residents are encouraged to attend.



**Monthly Happy Hour
Thursday, February 29
at 3:45 pm—4:45 pm in the BWR**



Join us at our monthly Happy Hour! Enjoy some delicious hot appetizers with friends while sipping on this month's feature drink, a Cosmopolitan. Non-alcoholic punch will also be available.



February Outings

**Hillside Mall Shopping Trips
Tuesday, February 6, 13, 20 and 27
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 Ho Tong Restaurant
Thursday, February 8 at 11:45 am
(Sign up Required)**

Enjoy lunch out with friends at Ho Tong Restaurant. Entrees start at \$12.95. Please sign up outside the BWR.



Dawson Heights Housing Cookbook

Calling all home chefs! Help us create a delicious cookbook for a wonderful cause.

In support of the Residents Fund, we are putting together a fantastic cookbook for our Annual Christmas Craft Fair. We want your favorite recipes to be part of this festive collection!

Share Your Culinary Masterpieces! If you have a cherished recipe that brings joy to your table during the holidays, we'd love to feature it in our cookbook. Whether it's a family secret or a well-loved classic, your contribution will make a difference!



We will be collecting recipes until July, so there's plenty of time for you to dig out those treasured kitchen creations.

Please see Trish or Katie in the Recreation Department if you have any questions.

BRAINTEASER



Word Boxes

Word Boxes are like miniature crossword puzzles, except that each word is filled in across and down the grid. That is, the answer to 1 across is the same as 1 down and so on.

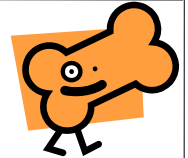
	1	2	3	4	5
1					
2					
3					
4					
5					

- Clues: 1. Complete environment
 2. Not this one
 3. Poetic device
 4. Assumption
 5. Foreboding

	1	2	3	4	5
1					
2					
3					
4					
5					

- Clues: 1. Alexander
 2. Board game
 3. Furnish
 4. Clay hut
 5. Dryer

FUNNY BONE



Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times each week to play cards. One day, they were playing cards when one looked at the other and said, "Now don't get mad at me... I know we've been friends for a long time...but I just can't think of your name! I've thought and thought, but I can't remember it. Please, tell me what your name is." Her friend glared at her. For at least three minutes she just stared and glared at her. Finally she said, "How soon do you need know?"

*Answers to January Brainteasers:
 Better late than never. No news is good news. Make hay while the sun shines. Don't judge a book by its cover. At stitch in time saves nine. A fool and his money are soon parted. Waste not want not. To thine own heart be true. It is not over till the fat lady sine. Don't cry over spilled milk. In for a penny, in for a pound.*



**WELCOME TO
 DAWSON HEIGHTS**

The Cedars

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

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