



## FOCUS ON RECREATION

*"In February there is everything to hope for  
and nothing to regret."  
~ Patience Strong*

### 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 (1 in 12) 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 Friday, 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.

### February Special Events

#### **Blood Pressure Clinic with Judith Ritson**

**Monday, February 3 from 9:30 am—10:30 am in the Family Dining Room**

We will be hosting a Blood Pressure Clinic in The Cedars Family Dining Room from 9:30 am - 10:30 am.

The clinic will be run by Board of Directors Member and Registered Nurse, Judith Ritson.

To sign up for an appointment, please call the Front Desk of The Cedars at (250) 477-4850.

#### **Valentine's Day Chocolate Pairing Friday, 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 18 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.



## **KAREN'S KORNER**

We are nearing the end of construction of The Woodlands; somewhat delayed from the November date proposed but understandable on such a big project as this. There are still some hurdles to be cleared, the most important one is the inspection by Saanich Municipality to determine an occupancy permit. Once this is done we get the keys to the building.



There are a number of people excited to move into this new building and Jonathan will be notifying them when The Woodlands is ready for occupancy. This will take a little time as our staff team need to familiarize themselves with many aspects of the building before anyone moves in.



We have watched the progress of construction for over a year and I know that people are



interested in touring the building. Our first priority will be to the people who have been waiting to return to our communi-

ty, and then to our neighbours from Luther Court who are having to move because of a redevelopment project on that site. When the time is right and occupancy is well underway, we will provide some scheduled opportunities to tour the building. Please be patient.

## **FOCUS ON RECREATION**

### **February Special Events Continued**

#### **Baking with Trish and Katie: Red Velvet Cake, Thursday, February 20 at 1:30 pm in the BWR**



Join Trish and Katie as we bake a delicious Red Velvet Cake that will be served at our Monthly Birthday Tea. No baking experience required!

#### **History Lecture with Eric Tolman "Stalin's Russia 1929 to 1939 Thursday, February 20 at 6:30 pm in the BWR**

Join Eric Tolman, a history teacher at Belmont High School, for an interesting and informative history lecture. The topic of this month's lecture is "Stalin's Russia 1928 to 1939".

This lecture will deal with the rise of Stalin in Soviet Russia with his eventual consolidation of power in 1928 and the introduction of the first Five Year Plan. Analyzed will be the effects on Russia of Collectivization, the Ukraine famine of 1932-33, the Great Purges and the Nazi-Soviet Pact of 1939.

#### **Monthly Birthday Tea with Entertainment by Jesse Thomas Brown, Friday, February 21 at 2:00 pm in the BWR**

Join us as we celebrate the February birthdays! Enjoy a slice of homemade Red Velvet Cake while enjoying the wonderful entertainment provided by Dawson Heights favourite, Jesse Thomas Brown.



## **February Special Events Continued**

### **Monthly Book Club: Horse by Geraldine Brooks Friday, February 28 at 1:30 pm in the BWR**

Join Trish and Katie as we discuss this month's book club selection, "Horse" by Geraldine Brooks. If you would like to borrow a copy of our Monthly Book Club book, please see Trish or Katie in the Recreation Office.

## **New Program**

### **Sing Along With Deanna Monday Evenings at 6:00 pm in the BWR**

We regret to announce that our Music Therapist, Xiaotian, has resigned from her position at the Victoria Conservatory of Music. While the Conservatory works to hire a new Music Therapist, we are pleased to share that Cedars resident Deanna has kindly offered to host a weekly sing-along on Monday evenings in the BWR. Join Deanna for an evening of singing and fun!



## **February Outings**

### **Hillside Mall Shopping Trips Tuesday, February 4, 11, 18, and 25 from 10:00 am—11:30 am (Sign Up Required)**

We will be offering a 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

## **February Outings Continued**

### **Lunch Outing to Bin 4 Burger Lounge Thursday, February 13 at 11:30 am (Sign Up Required)**

Enjoy lunch out with friends at Bin 4 Burger Lounge. The sign-up sheet is located outside the BWR. \*Residents are responsible for the cost of their meals. Entrees start at \$18.95\*

### **Happy Wanderers: Willows Beach Thursday, February 27 at 1:30 pm**

Stretch your legs as you enjoy the beautiful views at Willows Beach. Sign-up Required. The sign-up sheet is located outside the BWR.

\*Weather permitting\*.

If you have any requests or suggestions for lunch outings, Happy Wanderers strolls, or outing locations, please speak to Katie or Trish in the Recreation Department



## **2024 Income Tax Assistance**

Do you require assistance to complete your 2024 Income Taxes? If so, a trained volunteer from Saanich Volunteers will be providing this **free, virtual** service for Dawson Heights Residents who have simple, uncomplicated returns. Volunteers who provide this service are trained, registered, and screened by the Canada Revenue Agency.

To qualify:

- You must be a Saanich resident
- Single person income limit is \$35,000
- Couples income limit is \$45,000
- The tax situation must be simple
- A completed consent form must be returned to Katie. **Consent Forms will be delivered to each suite in late February.**



**BRAINTEASER**

The 8 x 7 rectangle below represents a set of dominoes (double zero through double six) in which the outlines have been removed. Can you recover the outlines? Two of the dominoes have been outlined for you.

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| 0 | 0 | 1 | 0 | 5 | 0 | 3 | 4 |
| 3 | 3 | 6 | 4 | 3 | 0 | 0 | 3 |
| 6 | 6 | 5 | 4 | 2 | 4 | 6 | 1 |
| 6 | 6 | 6 | 4 | 2 | 2 | 1 | 3 |
| 3 | 3 | 4 | 2 | 1 | 0 | 5 | 5 |
| 2 | 1 | 1 | 5 | 6 | 1 | 0 | 5 |
| 2 | 2 | 1 | 4 | 2 | 5 | 4 | 5 |

Answers to January brainteasers:

Eight Days a Week  
The One That You Love  
You're Still the One  
I'm Henry the Eighth I Am  
Land of a Thousand Dances  
Another One Bites the Dust  
Love Potion #9  
When I'm Sixty-Four

Charlie is the opposite gender. If Jordan is Sam's only daughter, then Jordan cannot have a sister. Therefore Jordan must be Sam's brother and a male. If Jordan's sister is Alex, then fact 1 tells us that Sam is Charlie's only son. But since Jordan is Sam's brother, Sam cannot be Charlie's only son. Therefore, Charlie must be Jordan's sister. Since Sam is Jordan's and Charlie's sibling, Alex must be Charlie's son. Now we know that Alex and Jordan are male, while Charlie is female.

**The Importance of Winter Hydration**

It's not uncommon to feel less thirsty in cold weather but staying hydrated is important all year round! Water makes up 60-70% of our bodies and is essential to how well our bodily systems are regulating everyday functions. Water is necessary for transporting nutrients, removing waste from the body, hydrating tissues and organs and maintaining blood pressure.

Here are some tips for staying hydrated in the winter:

1. Drink warm fluids if it's difficult to drink cold water.
2. Add a wedge of lemon or piece of fruit to plain water to make it more flavourful.
3. Avoid too much caffeine.
4. Drink your food! Homemade soups can increase fluid intake as can consumption of water-rich fruits and vegetables such as leafy vegetables, melon, citrus fruits, cucumbers and tomatoes.

**Purdys Chocolatier Easter Fundraiser**

Dawson Heights Housing is fundraising with Purdys Chocolatier just in time for Easter! Help us support our Residents Fund by purchasing some very sweet Easter treats for family, friends, or yourself!

There are two ways you can order:

- ♦ Online using the following link: Purdys Chocolatier Group Savings and Fundraising (<https://fundraising.purdys.com/1382924-126418>). Our Customer Number is 60037
- ♦ In-person with Katie or Trish in the Recreation Department

All orders must be placed by Thursday, March 20 at 4:00 pm. Items will be ready for pick up at The Cedars the week of April 7.



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

**DAWSON HEIGHTS HOUSING LTD.**

3710 Cedar Hill Road, Victoria, BC V8P 5V5

Tel: 250-477-4850

After Hours Tel: 250-883-2773

Website: [www.dawsonheights.ca](http://www.dawsonheights.ca)

