

FOCUS ON RECREATION

"Christmas is doing a little something extra for someone."
~ Charles M. Schulz

May the warmth of the holiday season fill your hearts with joy and bring comfort to your days. Wishing everyone at Dawson Heights Housing a Christmas filled with laughter, love, and the cherished company of friends and family. May the spirit of peace and goodwill surround you, and may the coming year bring continued happiness, good health, and fulfillment. Merry Christmas to all, and warmest wishes for a Happy 2026.

We have a number of programs and events planned to celebrate the holiday season. We hope you will take the opportunity to participate in at least one of our festive events!

The Dee Budd Tree of Hope

During the holiday season, our focus turns to giving. Each year at Dawson Heights, we set up the Dee Budd Tree of Hope in the Front Lobby of The Cedars. We invite residents, families, and staff to decorate the tree with items that bring warmth to those in need during the winter (toques, mittens, scarves, socks, and blankets, etc.). We will also be collecting non-perishable food items and cash donations.

The Tree of Hope will be on display in The Cedars Lobby throughout December. In the New Year, all donated items will be delivered to a local shelter and to The Shelbourne Community Kitchen, where they will be shared with individuals and families who need extra support.

Christmas Door Decorating Contest

We invite all campus residents to participate in our annual Christmas Door Decorating contest! Help us "Deck the Halls" by decorating your door for the Holidays and you could win a jolly prize! Katie and Trish will be coming around to judge the doors the morning of Wednesday, December 24. Good luck!

Shuffleboard Tournament

Our campus-wide Shuffleboard Tournament is nearly complete! The semi-final games will take place on Monday, December 1 at 2:30 pm, and the final match will be held on Thursday, December 4 at 3:30 pm. Come cheer on the finalists!



Laundry Room Reminders

Please help keep our shared laundry facilities clean and comfortable for everyone.

We kindly ask that you:

- Use unscented laundry products whenever possible.
- Ensure you have a full load, as partial loads do not wash efficiently.
- Clean the dryer lint trap after each use.
- Use caution when handling bleach and avoid leaving any spills behind.

Thank you for your cooperation and for helping us maintain a safe, pleasant laundry space!



KAREN'S KORNER

"The way you spend Christmas is far more important than how much"

Henry David Thoreau



As we move into what can become a busy—and for some, anxious—time of year despite our best intentions, I invite you not simply to find places of peace and moments of joy, but to create them.

We are members of a global family, and there is no hiding from the reality that many within this family are suffering. In the midst of ever-growing world concerns, we cannot look away, yet we often feel powerless. While we may be able to do little of substance on a global scale, we can work to shine our own Light and Love on those around us. I believe that as we shine brightly, we enable others to do the same. In turn, they will spread their Light, and the world can become a little brighter—even on the darkest days.

How do we shine? Each of us will do this in our own unique way. For some, it may be committing each day to be a little kinder: smiling at someone in passing, or donating time or resources to help another person or organization. For others, it may be making a conscious effort to be less judgmental, more accepting, and more considerate of those who differ from us. Lao Tzu, the 6th-century philosopher, invited his students to: "Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny." Sometimes the best gift we can give is the best of ourselves. Whatever your December celebration—Hanukkah, Winter Solstice, Christmas, or Kwanzaa—may you give more than you receive, and in that giving, may you find joy.

We are fortunate to have our own "Martha Stewart" on campus! Our thanks and appreciation go to Brenda H. for the artistry and beauty she has brought to the Christmas decorations across campus.

It is my hope that you will join the Christmas Social on Wednesday, December 17th. It is the first of what I hope will become a new tradition for us at Dawson Heights. See page 3 for more details.

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December Special Events

Blood Pressure Clinic with Judith Ritson

Monday, December 1 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.

Readers Theater Performance of "Fourteen" by Langham Court Readers Theatre

Thursday, December 4 at 2:00 pm in the BWR

Join Members of Langham Court Readers Theatre as they perform the lighthearted comedy "Fourteen".

Monthly Book Club: Station Eleven by Emily St. John Mandel

Friday, December 12 at 1:30 pm in the BWR

Join Trish and Katie as we discuss this month's book club selection, "Station Eleven" by Emily St. John Mandel

If you would like to borrow a copy of our Monthly Book Club book, please see Trish or Katie in the Recreation Office.

Christmas Music with Barb Penty and Joe Hatherill

Monday, December 15 at 2:00 pm in the BWR

Enjoy an afternoon of Christmas music with Barb and Joe. Audience participation is en-



December Special Events Continued**Dawson Heights Christmas Social in the Cedars Dining Room****Wednesday, December 17 from 3:00 pm—4:30 pm**

Please join us for an afternoon gathering with friends and neighbours from across campus as we celebrate the holiday season. Enjoy a delightful assortment of Christmas treats, hot apple cider, eggnog, and festive cheer. All Campus residents are invited to attend.

**History Lecture with Eric Tolman “World War 2, Part 2 1943-1949”****Thursday, December 18 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 “Cold War in Europe 1945-1949”. This lecture will focus on the early Cold War with a focus on events in Europe from 1945-1949. Assessed will be the Truman Doctrine and containment, the Marshall Plan, the Berlin Blockade and the formation of NATO.

Baking with Katie and Trish: Black Forest Cake**Friday, December 19 at 11:15 am in the BWR**

Join Katie and Trish as we make a delicious Black Forest Cake that we will serve at our Monthly Birthday tea! No baking experience is required!

**Monthly Birthday Tea with Entertainment by Sean McCool****Friday, December 19 at 2:00 pm in the BWR**

Join us as we celebrate the December birthdays! Enjoy a piece of freshly baked Black Forest Cake while enjoying the wonderful entertainment provided by new Dawson Heights Entertainer, Sean McCool.

December Special Events Continued**Christmas Carol Bingo****Wednesday, December 24 at 1:30 pm in the BWR**

Celebrate the season with a fun and festive twist on everyone's favourite game!

**Christmas Sing Along with Beth****Thursday, December 25 at 1:30 pm in the BWR**

Cedars Resident, Beth, will be leading a Christmas Sing Along on Christmas Day. Come celebrate the season with fellow residents.

New Year's Eve Minute to Win It Games with Katie and Trish**Wednesday, December 31 at 1:30 pm in the BWR**

Join Katie and Trish for an afternoon of fun and games as we celebrate the start of the New Year together!!

**December Outings****Hillside Mall Shopping Trips****Tuesday, December 2 and 9 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 (250) 477-4850.

Outing to the Gingerbread Showcase at the Hotel Grand Pacific**Thursday, December 18 at 1:30 pm (Sign Up Required)**

Join us as we take in the sights of the 16th annual Gingerbread Showcase in support of Habitat for Humanity. The theme of this year's showcase is “Homes for All.” Entrance is by donation.

BRAIN TEASERS

A New Type of Word Pyramid

In this word pyramid, you have to take the letters from the previous word and add them to the next line to create a new word. The letters can be in any order. Starting with the word “pea”, see if you can complete this pyramid. Good luck!

PEA
 H _ _ _
 S _ _ _ _
 _ _ R _ _ _
 _ _ _ _ _ N
 _ _ _ _ _ L

Anagram Christmas

In paragraph 1 the three blank spaces must be filled with anagrams of **ENLIST**. Good luck!

Time to decorate the Christmas tree! Putting up the lights was my job, but after that it was time to **ENLIST** some help. While the kids were busy adding _ _ _ _ _ , I put on some music to _ _ _ _ _ to; my favourite song is _ _ _ _ _ Night.

Now try paragraph 2 with no hint!

After we finished decorating the Christmas tree, I hung the stockings on the _ _ _ _ _ . Feeling a chill I looked down and had to _ _ _ _ _ my _ _ _ _ _

lapse, the fire was out. I threw on my _ _ _ _ _ and stepped out into the cold night to gather some firewood. Upon my return we roasted chestnuts and sipped eggnog.

Guess the Animal

Can you identify which animals are referred to in these clues? (Example: If the clue is “hair control foam”, the answer is “mousse” and the animal is “moose”.

- Very Exposed _____
- Tellin’ Falsities _____
- A lamenting cry _____
- A dull person _____
- A precious or loved one _____
- These make up a chain _____

Walk the Walk!

Indoor walking is still walking so if the weather is bad, walk from one end of the hall to the other. We have calculated how many times you need to walk that length to do one km in each of the buildings!

- Cedars: 13 times
- Dawson: 25 times
- Woodlands: 12 times

Answers to November Brainteasers:

PARA words: Parachute, paradigm, parable, paraffin, paralyze, parapets.

The red cube: the probability is zero. The internal cubes will not have any paint on them, only the surface ones will.

The riddle: A river



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