

FOCUS ON RECREATION

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

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 Recreation calendar for class times.

Friendly message from The Recreation Department

The New Year is always a wonderful time to declutter and get rid of your unwanted items, however...

While the spot outside our door may look a tad appealing. We do not want your stuff, we say this with strong feeling! You may not want this or that, and want to give it up. Be we in Recreation, are getting quite fed up! We come in the morning, and boxes, items, have appeared. Then we must figure out, a way to get space cleared. So, if you have some stuff, you don't want anymore, donate, recycle, throw out, but don't leave it at our door!

Thank you from the Recreation Team

Please note, we will be hosting our second annual Swap and Shop afternoon later in the Spring (May or June).

Items for the Swap and Shop can be dropped off in the Recreation Office 3 days before the event.

We cannot collect and store items in advance.

More details will be given closer to the date.

[Purdys Chocolatier Easter Fundraiser](#)

Dawson Heights Housing is partnering with Purdys Chocolatier to raise funds for our Community Garden. Purchase sweet treats for family, friends or yourself! Proceeds from our fundraiser will be used to purchase vegetable starts for our Community Garden. **All orders must be placed by Friday, March 6 at 4:00 pm.** Items will be ready for pick up at The Cedars the week of March 30. **See posters around campus for more information.** **See Katie in the Recreation Office for assistance with ordering.** **To order online, please use this QR Code.**



KAREN'S KORNER



Thank you to everyone who attended the meetings with residents of The Woodlands and The Dawson. For staff it was an opportunity to learn about the "lived experience" in the respective buildings; what works well, what needs attention. For residents, an opportunity to gain clarity regarding operational policies and practices. While these meetings will be held annually residents are still encouraged to report any concerns or questions to staff at the front desk of The Cedars.

A number of items that arose through our conversations can and will be addressed by our team. However, one major issue that cannot is the shortage of parking at all three sites. Jonathan informed us that he currently has 17 people on a waitlist for parking. Please be sure to ask your visitors not to use the reserved parking spots. It may simply be that your visitors will need to use off-site parking on one of the nearby side streets.

As we enter a new financial year there will be changes to the cost of both guest meals and campus take-out. The increase of \$1.00 will apply to lunch and dinner. Please check with Barb for the new prices effective Feb. 1st.

Speaking of food services, I want to express my (and Chef's) appreciation to all residents of The Cedars who took the time and gave some thought to the completion of the Food Services Survey that was circulated in December. Again, another learning opportunity for our team. While there is always room and potential for improvement, the overwhelming responses indicated a high degree of satisfaction with meals and a real appreciation for the service by dining room staff. The results of the survey will be posted on the bulletin board by the BWR.

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February Special Events

Blood Pressure Clinic with Judith Ritson

Monday, February 2 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.

Monthly Book Club: Lessons in Chemistry by Bonnie Garmus **Friday, February 6 at 1:30 pm in the BWR**

Join Trish and Katie as we discuss this month's book club selection, "Lessons in Chemistry" by Bonnie Garmus.

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

Olympic Week

Monday, February 9-Friday, February 13

The XXV Winter Olympic Games are being held in Milan and Cortina, Italy from February 6-22. We will be broadcasting events in the BWR during this time.

Come down and cheer on Team Canada!

From Monday, February 9 to Friday, February 13, we will be hosting our own Dawson Heights Olympics. Events include Olympic Trivia, Shuffleboard, a hockey shootout, and more!

See the Recreation Calendar for more details.

Go Canada Go!



February Special Events Continued**Valentine's Day Chocolate Pairing****Friday, February 13 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 17 at 1:30 pm
in the BWR**

Join Heart Pharmacy Pharmacist, Andrea Silver, for her health talk. The topic of this month's talk is Matters of the Heart.

Chinese New Year Tea**Tuesday, February 17 at 2:30 pm in the
BWR**

Gung Hay Fat Choy! 2026 is the Year of the Horse. Join Trish for some Green Tea and see what 2026 holds for you based on your Chinese Zodiac sign.

**History Lecture with Eric Tolman "The
McCarthy Era"****Thursday, February 19 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 "The McCarthy Era". An analysis of the USA on the home front between 1945-1954 and how the emergent Cold War would impact fears of homegrown subversion and communism in the USA. McCarthy will be central to this period but we will also look at the role of the FBI and high profile cases like Alger Hiss, the Blacklist of Hollywood and the Rosenbergs.

**Baking with Trish and Katie:
Cranberry Orange Bundt Cake****Friday, February 20 at 11:15 am in the
BWR**

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

February Special Events Continued**Monthly Birthday Tea with Entertainment
by Sean McCool****Friday, February 20 at 2:00 pm in the BWR**

Join us as we celebrate the February birthdays! Enjoy a piece of homemade Cranberry Orange cake while enjoying the wonderful entertainment provided by Sean McCool.

**Mobile Hearing Clinic with Ears To You
Thursday, February 26 from 9:30 am—3:30
pm in The Cedars Family Dining Room**

Ears to You is a mobile hearing service provider. A qualified hearing specialist will be coming to The Cedars to provide complementary hearing assessments and hearing aid cleanings. If you would like to participate in this event, please see the Front Desk to sign up for an appointment.

February Outings**Hillside Mall Shopping Trips****Tuesday, February 3, 10, and 24 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. **Please note there will NOT be a shopping trip on Tuesday, February 17.**

**Lunch Outing to Thai Lemongrass
Restaurant****Thursday, February 5 at 11:30 am
(Sign up Required)**

Enjoy lunch out with friends at Thai Lemongrass Restaurant in Cadboro Bay. Sign-up required. The sign-up sheet is located outside the BWR. *Residents are responsible for the cost of their meals. Entrees start at \$17.00*

If you have any suggestions for lunch outings, Happy Wanderers Walk locations, movies, programs, etc., please see Katie or Trish in the Recreation Department.

BRAINTEASERS



In Other Words

The following phrases are colloquialisms/proverbs that are written in their literal, and rather complicated form. Can you uncover their true meanings? Example: “Don’t place the two wheeled vehicle in a position preceding the equine mammal” is the proverb “Don’t put the cart before the horse.” Good luck!!

Positive aesthetic appeal is solely the equivalent of the thickness of the epidermis.

The ground covering of slender leaved plants is always a more vibrant hue of a common secondary colour in the proximity of the opposite surface structure serving as a boundary.

The gyre that emanates shrill sounds receives the viscous lubricant.

What’s the Number?

What number should replace the question mark?
61, 68, 82, 92, 103, 107, ?

FREE BOOKS!



The Cedars library needed a clean out and there are some extra books available. They will be in the front lobby of The Cedars from February 3—5. Please help yourself!

Frazer’s Spiral

Does this look like a spiral? It’s actually a bunch of concentric circles. Use a pen or pencil to trace one circle and you will see that you come back to where you started!



Find the Word

Find the common word that completes the first word and starts the second!

STAGE_____ SOME

MAN _____ BARS

CHAIN _____ WAY

Answers to January Brainteasers

*Car Models and Presidents
Chess Pieces and Nobility Titles
Colours and Seas*

Missing O—obnoxious, odorous, onlooker, onomatopoeia, opposition, orthodox, cockatoo, portobello, voodoo

*Math Equation:
(8x3) - 2—5 = 17, (8/2) x 3 + 5 = 17*



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

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