

FOCUS ON RECREATION

"Life is an opportunity, benefit from it. Life is beauty, admire it. Life is a dream, realize it." ~ Mother Teresa

As we welcome the New Year, we extend our warmest wishes to all our residents, families, and staff. May 2026 bring good health, happiness, and many moments of joy. We look forward to an exciting year ahead, filled with meaningful activities, shared celebrations, and continued community connection. Happy New Year to everyone—we are so glad to begin 2026 together!

Fundraising Updates

**THANK
YOU!**

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 will be donating warm clothing and personal hygiene items to a local shelter, and 2 boxes of food and cash donations to the Shelbourne Community Kitchen.

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

Christmas Craft Fair

We would like to thank everyone who helped make the 2025 Christmas Craft Fair a success! Thanks to your support, we raised over \$1800 for the Residents Fund!

Our Purdys Chocolatier Fundraiser was also a success. We surpassed our fundraising goal and raised \$392.24 for the Dawson Heights Residents Fund.

Shuffleboard Tournament Winners

Thank you to everyone who participated in our 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, Peggy and Myrtle! It was a very exciting tournament.

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



Program Reminder

Bingo will now be held on Monday evenings at 6:00 pm in the BWR at The Cedars. Join Gazelle for an hour of everyone's favourite game! Cards are .25¢ each

January Special Events

**Sing Along with Beth and Allan
Monday, January 1 at 1:30 pm in the
BWR**

Celebrate the beginning of 2026 with Cedars Residents, Beth and Allan, as they lead a joyful New Year's Day Sing Along.

Resident Meetings

Throughout the month of January, the Dawson Heights Leadership team will be providing an update on life at Dawson Heights.

Meetings are building specific. All residents are encouraged to attend.

**The Woodlands: Thursday, January 8 at
1:30 pm**

**The Dawson: Thursday, January 22 at
1:30 pm**

**The Cedars: Thursday, January 29 at
1:30 pm**

KAREN'S KORNER

Thank you all for a wonderful 2025. We look forward to welcoming an exciting and meaningful 2026 together.



By popular request from across campus, homemade soup from The Cedars kitchen is now available for take-out. Soup is \$3.00 per 750 ml (approximately the size of a large yogurt container). Please contact the Front Desk at The Cedars to place your order. Quantities are limited.

As we step into the new year, we share an Irish blessing for the year ahead:

May you have enough happiness to keep you sweet,

Enough trials to keep you strong,

Enough sorrow to keep you human,

Enough hope to keep you happy,

Enough failure to keep you humble,

Enough success to keep you eager,

Enough friends to give you comfort,

Enough wealth to meet your daily needs,

Enough enthusiasm to look forward,

Enough faith to banish depression,

Enough determination to make each day a better day than yesterday.

Happy New Year!



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January Special Events Continued

Monthly Book Club: The Paris Secret by Karen Swan

Friday, January 9 at 1:30 pm in the BWR

Join Trish and Katie as we discuss this month's book club selection, "The Paris Secret" by Karen Swan

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

History Lecture with Eric Tolman "Cold War in Europe 1945-1949"

Thursday, January 15 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 Trish and Katie: Hummingbird Bundt Cake

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

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

Monthly Birthday Tea with Entertainment by Jesse Thomas Brown

Friday, January 23 at 2:00 pm in the BWR

Join us as we celebrate the January birthdays! Enjoy a piece of homemade Hummingbird cake while enjoying the wonderful entertainment provided by Dawson Heights favourite, Jesse Thomas Brown.



January Special Events Continued

Hawaiian Day Celebration Friday, January 30 at 2:00 pm in the BWR

Beat the winter blues at our Hawaiian Day festivities. Join Katie and Trish for an afternoon of Hawaiian-themed activities.



Hawaiian Day Happy Hour Friday, January 30 from 3:30 pm— 4:30 pm in the BWR

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

January Outings

Hillside Mall Shopping Trips Tuesday, January 6, 13, 20, and 27 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.

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.

Dawson Heights First Annual Christmas Social

Thank you to everyone who attended our first annual Dawson Heights Christmas Social. It was truly wonderful to see so many residents come together to celebrate the season.

A very special thank you to our Board of Directors for joining us at this special event. We also extend our sincere thanks to Chef Henry and his team for preparing a delicious assortment of treats—no one left hungry!

We look forward to making this celebration a cherished annual tradition.



BRAINTEASERS**Odd Two Out**

Can you find the odd ones out in the following groups of words? But—there is a catch! Each group of words has TWO words which don't belong. Can you find them both?

Example: Lily—Jane—Tulip—Rose.

Answer: Jane does not belong because it is the only one that is not a flower BUT Tulip also doesn't belong because it's the only one that is not a girls' name. Good luck:

Dodge—Ford—Lincoln—Hoover

King—Earl—Knight—Bishop

Yellow—Green—Dead—Black

Missing "O"

The letter "O" has been removed from the following words. Can you guess them all? The first one is done for you.

1. utdr outdoor
2. bnxius
3. drus
4. nlker
5. nmatpeia
6. ppsitin
7. rthdx
8. cckat
9. prtbell
10. vd

Math Equation

Replace the question marks with mathematical symbols to produce the correct solution. Only +, -, x, / can be used.

$$8 ? 3 ? 2 ? 5 = 17$$

There are two solutions!

Answers to December Brainteasers:

Word Pyramid: PEA, HEAP, SHAPE, PHRASE, SHARPEN, SHRAPNEL

Anagrams: ENLIST, TINSEL, LISTEN, SILENT.

MANTLE, LAMENT, MENTAL, MANTEL

CAN YOU HELP?

- Do you have any extra plant pots (any size), potting soil (any type), plant saucers, decorative plant items (shells, pretty stones, etc.), grow light bulbs, or ANYTHING else to do with potted house plants that you'd like to pass on?
- Also any *plant slips or leaves for propagation purposes*. (Including for African violets.)
- All plants propagated will be sold at the Cedars, with ALL proceeds going to the Residents' Fund.
- If yes to any of the above, please contact Katie or Trish. Thank you!



**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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