

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 6:00 Hymn Sing	2 Happy Labour Day! 10:30 Tai Chi	3 10:30 Stretch and Strength 1:30 Mental Aerobics 6:10 Music Explorations	4 10:30 Spiritual Time (Lutheran) 1:30 Chair Yoga 6:00 Missonary Movies 6:00 Shuffleboard	5 10:00 Happy Wanderers (Dallas Road) 1:30 Bingo 2:30 Bookworms 6:00 Games Night	6 10:30 Putting at Cedar Hill Golf Club 1:30 Communal Crossword 6:00 Movie Night (Babe)	7 10:00 Cribbage 1:10 Shopping (Uptown)
8 6:00 Hymn Sing	9 10:30 Tai Chi 1:00 Crafters 1:30-4:00 Connect Hearing 6:00 Travelogue	10 10:30 Bocce! 1:30 Mental Aerobics 6:10 Music Explorations	11 10:30 Spiritual Time (Lutheran Church of the Cross) 1:30 Chair Yoga 6:15 We Knits	12 11:30 BBQ Lunch 6:00 Games Night	13 Wear Blue Day! 10:30 Stretch and Strength 1:30 Conversations that Matter 6:00 Movie Night (Vertigo)	14 10:00 Cribbage 1:10 Shopping (Tillicum)
15 No Hymn Sing this evening.	16 9:30 BP Clinic 10:30 Tai Chi 1:00 Crafters 6:00 Documentary	17 10:30 Stretch and Strength 1:30 Mental Aerobics 6:10 Music Explorations	18 10:30 Spiritual Time (Maplewood Gospel) 1:30 Chair Yoga 6:00 Missionary Movies 6:00 Shuffleboard	19 No Happy Wanderers today. Take a walk around the Rotary Trail and look for rocks!! (See the September Echo) 1:30 Bingo 6:00 Games Night	20 10:30 Stretch and Strength 1:30 DH Crafters 6:00 Movie Night (Alexander the Terrible)	21 10:00 Cribbage 1:10 Shopping (Hillside)
22 6:00 Hymn Sing	23 10:30 Tai Chi 1:00 Crafters 6:00 Travelogue	24 10:30 Stretch and Strength 1:30 Mental Aerobics 6:10 Music Explorations	25 10:30 Spiritual Time (Central Baptist) 1:30 Chair Yoga 6:15 We Knits	26 10:00 Happy Wanderers Beacon Hill Park) 1:30 Bingo 6:00 Games Night	27 10:30 Stretch and Strength 1:30 Birthday Party 6:00 Movie Night (Goodnight Mr. Tom)	28 10:00 Cribbage 1:10 Shopping (Uptown)
29 6:00 Hymn Sing	30 10:30 Tai Chi 1:00 Crafters 6:00 Documentary	Dawson Heights Recreation Daily at the Cedars: Morning Coffee (9:00-10:00 Library), Afternoon Tea (2:30-3:30 BWR). Monday at the Dawson: Coffee Morning 9:30 Hairdressing: Thursdays at the Cedars (by appointment only)				

Health and Wellness

BP Clinic: Monday September 16th in the Hairdressing Studio on the third floor of the Cedars. A sign up sheet will be posted outside the BWR.

Chair Massage (In suite): Call Bonnie Dobell, Massage Practitioner, (250-216-0551) to set up an appointment in your home.

Chair Yoga: Join Kathy Fournier for gentle seated yoga.

Chi Gong (Tai Chi): Join certified Tai Chi instructor, Brenda Davie, for gentle seated movements which help to improve coordination, strength and breathing.

Foot Care: Cindy Griffith RN will be available on Saturdays. You can book an appointment with her at 250-882-1721.

Hairdressing: Appointments must be made directly with the hairdressers, Maureen Cook 250-812-3443 and Sue Owen 250-721-4761. The hairdressing salon is open on Thursdays and the first appointment is 8:30. Pedicures – please call Maureen for an appointment at 250-812-3443.

Happy Wanderers: Our walks are suitable for a wide range of abilities. We choose places that are flat, walker friendly and plenty of benches if you wish to sit and enjoy the scenery. Not sure? Come and chat with Anita or Trish about the walks. See the front of the calendar for locations.

Stretch and Strength: Chair exercises to help you stretch and strengthen

Mental/Cognitive

Bingo: (25 cents per card lets you play all afternoon)

Board Games: Tables will be up and board games ready for an after dinner game with friends. (6:00 p.m. Thursday evenings in the BWR)

Communal Crossword: Join Trish in the BWR for a group crossword puzzle. Friday, September 6th 1:30 BWR.

Cribbage: Join friends for a game of Crib, Saturday mornings 10:00 in the BWR.

Mental Aerobics: A variety of fun word games, quizzes and discussion.

Spiritual

Hymn Sing: Join Pat and Phil Williamson for a half-hour singing songs of faith. **Note:** There will be no Hymn Sing on Sunday, September 15th.

Missionary Movies: Ken will be showing some movies profiling missionaries. Titles will be posted on the day, on the white board in the front lobby

Spiritual Time: A time of fellowship, with different clergy members each week.

Program Highlights

BBQ Lunch: Sharon, the daughter of one of our Cedar’s residents, has kindly invited us to an outdoor lunch at her house. We will be outdoors unless the weather is cool or rainy. Thursday, September 12th, 11:30. Sign up sheet outside the BWR.

Birthday Party: Join us as we celebrate the September birthdays. Our entertainer will be Vic Gnaedinger. Friday, September 27th, 1:30 BWR.

Bocce: We will be playing bocce ball on the east lawn. Spectators welcome. Friday, September 10th, 10:30.

Conversations that Matter: Join Annie and Nancy for tea and conversation. This month’s subject is: Embracing Your Wisdom. Friday, Sept. 13th, 1:30 BWR.

DH Crafters: Come join the craft group that is working on items to sell at the Craft Fair in November. No special skills required! September 20th, 1:30 BWR.

Hearing Clinic: Connect Hearing will be doing a hearing clinic on Monday September 9th starting at 1:30 in the Family Dining Room. A sign up sheet will be posted outside the BWR.

Putting: Join us at Cedar Hill Golf Course. Friday, Sept. 6th 10:15. No cost. Sign up sheet outside the BWR.

Wear Blue Day: Wear blue on Friday, September 13th as we support the Arthritis Society.

Birthdays

Please join us in wishing happy birthday to: Carole B., Kathleen C., Mary D., Lorna G., Karen H., Merle H., Myrna L., Doug M., Helen P., Victoria R., Gina R., Ted V., Pat Y., Shirley Z.,

Social:

Coffee at the Dawson: Join your neighbours for coffee in the Dawson Lounge. 9:30 Mondays.

Crafters: Crafters is back on the calendar! Join friends to share ideas and crafts. Mondays at 1:00 p.m. in the BWR.

Movie Night: Join us in the BWR for a movie. Titles are on the front of the calendar.

Music Explorations: A creative program exploring different aspects of music. Facilitated by Marie Slade from the Victoria Conservatory of Music.

Shopping Trips: These are for all residents of Dawson Heights; you do not have to be registered with HandyDart. Sign up outside the BWR by noon on Friday.

Travelogue/Documentary: A pleasant evening of ‘Armchair Travel’ or an opportunity to learn something new.

We Knits: An opportunity to gather, learn from each other, and knit together.

Shuffleboard: Come and join others in a friendly game of table shuffleboard.