

## October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Dawson Heights Recreation</b>  Daily at the Cedars: Coffee 9:00-10:30 (Library), Afternoon Tea 2:30 BWR Monday at the Dawson: Coffee Morning 9:30 Hairdressing: Thursdays at the Cedars (by appointment only)		<b>1</b> 10:30 Stretch and Strength  1:30 Mental Aerobics  6:10 Music Explorations	<b>2</b> 10:30 Spiritual Time (Emmanuel Baptist)  1:30 Chair Yoga  6:00 Shuffleboard	<b>3</b> 10:00 Happy Wanderers (West Bay Marina) 1:30 Bingo 2:30 Bookworms 6:00 Games Night	<b>4</b> 10:30 Stretch and Strength <b>1:30 Communal Crossword</b> 6:00 Movie Night (All Saints)	<b>5</b> 10:00 Cribbage  1:10 Shopping Trip (Tillicum)
<b>6</b>  6:00 Hymn Sing	<b>7</b> 10:30 Tai Chi  1:00 Crafters  6:00 Travelogue	<b>8</b> 10:30 Stretch and Strength  <b>12:00 Fire Alarm Testing (Cedars Only)</b> 1:30 Mental Aerobics 6:10 Music Explorations	<b>9</b> 10:30 Spiritual Time (Knox Presbyterian)  1:30 Chair Yoga  6:15 We Knits	<b>10</b> 10:00 Happy Wanderers (Gordon Point) <b>1:30 Heart Pharmacy: Staying Healthy Through the Holidays</b> 6:00 Games Night	<b>11 Wear Blue Day!</b> 10:30 Stretch & Strength <b>1:30 Craft Fair Volunteer Meeting</b> <b>2:00 Recreation Planning Meeting</b> 6:00 Movie Night (Patrick)	<b>12</b> 10:00 Cribbage  1:10 Shopping Trip (Hillside)
<b>13</b>  6:00 Hymn Sing	<b>14 HAPPY THANKSGIVING!</b>  10:30 Tai Chi <b>No Other Recreation Programming Today</b>	<b>15</b> 10:30 Stretch and Strength  1:30 Mental Aerobics 6:10 Music Explorations	<b>16</b> 10:30 Spiritual Time (St. Luke's Anglican)  1:30 Chair Yoga 6:00 Shuffleboard	<b>17</b> <b>11:30 Lunch Bunch (Six Mile Pub)</b>  1:30 Bingo 6:00 Games Night	<b>18</b> 10:30 Stretch and Strength  6:00 Movie Night (October Kiss)	<b>19</b> 10:00 Cribbage  1:10 Shopping Trip (Uptown)
<b>20</b>  6:00 Hymn Sing	<b>21</b> <b>9:30 BP Clinic</b> <b>9:00 – 11:00 Polling Station – Cedars Residents Only</b> 1:00 Crafters 6:00 Travelogue	<b>22</b> 10:30 Stretch and Strength  1:30 Mental Aerobics 6:10 Music Explorations	<b>23</b> 10:30 Spiritual Time (Holy Cross Catholic)  <b>2:00 Ted Talk – Greta Thunberg</b> 6:15 We Knits	<b>24</b> 10:00 Happy Wanderers (Willows Beach) <b>12:30 – 4:00 Flu Shots</b> 6:00 Games Night	<b>25</b> 10:30 Stretch and Strength <b>1:30 DH Crafters</b> 6:00 Movie Night (Father Brown Mysteries)	<b>26</b> 10:00 Cribbage  1:10 Shopping Trip (Tillicum)
<b>27</b>  <b>No Hymn Sing This Evening</b>	<b>28</b> 10:30 Tai Chi  1:00 Crafters  6:00 Documentary	<b>29</b> 10:30 Stretch and Strength  1:30 Mental Aerobics 6:10 Music Explorations	<b>30</b> 10:30 Spiritual Time (United)  1:30 Chair Yoga 6:00 Shuffleboard	<b>31</b> 10:00 Happy Wanderers (Scenic Drive Cordova Bay) <b>1:30 Birthday Party &amp; Halloween Party</b> 6:00 Games Night		

## Health and Wellness

**BP Clinic:** Monday October 21<sup>st</sup> 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. There will be no Tai Chi on Monday, October 21<sup>st</sup> due to the polling station.

**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, October 4<sup>th</sup> 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.

**Ted Talk:** Short informative talk by a variety of people to spark discussion and thought. This month's Ted Talk is from Greta Thunberg – teenage climate change activist.

## Spiritual

**Hymn Sing:** Join Pat and Phil Williamson for a half-hour singing songs of faith.

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

## Program Highlights

**Birthday Party:** Join us as we celebrate the October birthdays and Halloween! Our entertainer will be Bob Meikle. Halloween costumes encouraged (we have some you can choose from)!! Thursday, October 31<sup>st</sup>, 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! October 25<sup>th</sup>, 1:30 BWR. **(Please note we will also have a baking day for the craft fair on Friday, November 1<sup>st</sup> at 1:00 in the BWR)**

**Flu Shots:** Heart Pharmacy will be providing flu shots for all residents, staff and volunteers who wish to participate. Thursday, October 24<sup>th</sup> 12:30 – 4:00 BWR.

**Heart Pharmacy:** Join Andrea from Heart Pharmacy for a talk about how to stay healthy during the holiday season. Thursday, October 10<sup>th</sup>, 1:30 BWR.

**Polling Station:** This is for Cedars residents only. Despite our request to extend this to the whole campus, we have been told by Elections Canada that it is only for residents of The Cedars building. Monday, October 21<sup>st</sup>, 9:00 – 11:00.

**Wear Blue Day:** Wear blue on Friday, October 11<sup>th</sup> as we support the Arthritis Society.

## Birthdays

Please join us in wishing happy birthday to: Eileen B., Myrtle B., John C., Pat H., Ron H., Mabel J., Nina K., Suzanne L., Sandra M., Sheila O., Debbie P., Ron P., Tom R., Nicolaus U., Adrienne W.,

## Social

**Bookworms:** An opportunity to talk about books you have read or hear about a new one to put on your list! Thursday, October 3<sup>rd</sup>, 2:30 Library.

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

**Crafters:** Join friends to share ideas and crafts. Mondays at 1:00 p.m. in the BWR.

**Lunch Bunch:** We will be going to the Six Mile Pub in Colwood for lunch bunch this month. A sign up sheet will be posted outside the BWR. Thursday, October 17<sup>th</sup> 11:30.

**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.