

November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Dawson Heights Recreation Daily at the Cedars: Morning Coffee 9:00-10:30 Library, Afternoon Tea 2:30 MPR Monday at the Dawson: Coffee Morning 9:30 Hairdressing: Thursdays at the Cedars (by appointment only)					1 10:30 Stretch and Strength 1:30 DH Crafters-Baking 6:00 Movie Night (Letters to Juliet)	2 10:00 Cribbage 1:10 Shopping Trip (Hillside)
3 TIME TO TURN YOUR CLOCKS BACK!  6:00 Hymn Sing	4 10:30 Tai Chi 1:00 Crafters 6:00 Travelogue	5 10:30 Stretch and Strength 1:30 Tech Tutorial 6:10 Music Explorations	6 10:30 Spiritual Time (Lutheran) 1:30 Chair Yoga 6:00 Shuffleboard	7 10:00 Happy Wanderers (Outerbridge Park) 1:30 Residents' Meeting 2:30 Bookworms 6:00 Games Night	8 Wear Blue Day 10:30 Stretch and Strength 1:30 Communal Crossword 6:00 Movie Night (Morning Glory)	9 10:00 Cribbage 1:10 Shopping Trip (Uptown)
10 6:00 Hymn Sing	11 10:40 Remembrance Day Service (Maplewood Gospel)  No Other Recreation Programming Today	12 10:30 Stretch and Strength 12:00 Fire Alarm Testing (Cedars Only) 1:30 Mental Aerobics 6:10 Music Explorations	13 10:30 Spiritual Time (Lutheran Church of the Cross) 1:30 Chair Yoga 6:15 We Knits	14 10:00 Happy Wanderers (Ogden Point) 2:00 Mini Health Fair 6:00 Games Night	15 10:30 Stretch and Strength 6:00 Movie Night (It Takes Two)	16 10:00 Cribbage 1:10 Shopping Trip (Tillicum)
17 6:00 Hymn Sing	18 9:30 BP Clinic 10:30 Tai Chi 1:00 Crafters 6:00 Travelogue	19 10:30 Stretch and Strength 1:30 Mental Aerobics 6:10 Music Explorations	20 10:30 Spiritual Time (Central Baptist) 1:30 Chair Yoga 6:00 Shuffleboard	21 Lunch Bunch - Romeos 1:30 Bingo 6:00 Games Night	22 No Recreation Programs Today – Craft Fair Preparation	23 DAWSON HEIGHTS CRAFT FAIR 10:00 – 2:00 1:10 Shopping Trip (Hillside)
24 6:00 Hymn Sing	25 10:30 Tai Chi 1:00 Crafters 6:00 Documentary	26 10:30 Stretch and Strength 1:30 Mental Aerobics 6:10 Music Explorations	27 10:30 Spiritual Time (Central Baptist) 1:30 Chair Yoga 6:15 We Knits	28 10:00 Scenic Drive (Uplands, 10 Mile Point) 1:30 Bingo 6:00 Games Night	29 10:30 Stretch and Strength 2:00 Nov.-Dec. Birthday Party 6:00 Movie Night (When Calls the Heart)	30 10:00 Cribbage 1:10 Shopping Trip (Uptown)

Health and Wellness

BP Clinic: Monday November 18th 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.

Connect Hearing: Hearing Screening is available – please sign up on the sheet outside the BWR. Monday, November 25th 1:30 – 3:00

Foot Care: Cindy Griffith, RN will be here on Saturdays. You can book an appointment 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: Three opportunities to enjoy a walk or scenic drive this month. Our walks are suitable for a wide range of abilities. Not sure? Come and chat with Anita or Trish about the walks!

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

Mental/Cognitive

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

Bookworms: A time to share recommendations on books we have read. Thursday, November 7th, 2:30 Library

Games Night: 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: Sharpen your pencils and come help us with a group crossword. Friday November 8th, 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.

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

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: Come celebrate November and December birthdays. We have a jazz choir from Oak Bay High School performing. Friday, November 29th **2:00 BWR.**

DH Crafters Baking: We will be baking some items to be sold at the Craft Fair baked goods table. Friday, November 1, 1:30 BWR.

DH Crafters: We will be having a pricing meeting on November 15th at 1:30 in the BWR.

Health Fair: Join our Camosun student nurses, Connect Hearing for a health fair. Thursday, November 14th 2:00 BWR.

Lunch Bunch: Join the lunch bunch as we head to Romeos. Thursday, November 21, 11:45. Sign up sheet outside the BWR.

Mini Health Fair: The Camosun nursing students will be running a mini health fair on their last day with us. Thursday, Nov. 14th 2:00 BWR.

Remembrance Day Service: Join Maplewood Gospel for a service in the BWR. Monday, November 11th 10:40 BWR.

Residents' Meeting: Come and hear from each of our department heads about happenings at Dawson Heights. Thursday, November 7th, 1:30 BWR.

Tech Tutorial: A group of students from Oak Bay High School will be here to help you out with your cell phones, computers, tablets. Bring your device and your questions! Tuesday, November 5, 1:30 BWR.

Wear Blue Day: Wear blue on Friday, November 8th and help us support the Arthritis Society of BC.

Birthdays:

Please join us in wishing a happy birthday to: Cindi A., Barb B., Barb C., Maurice B., Tom F., Barbara G., Lynda H., Liz J., Kathy S., Steve S., Marg S., Lynda S., Bobbie W., Martha Z.,

Social:

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, 1:00 p.m., BWR.

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

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 about something.

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.