

December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 6:00 Hymn Sing	2 10:30 Tai Chi 1:00 Crafters 6:00 Travelogue	3 10:30 Stretch and Strength 1:30 Mental Aerobics 6:10 Music Explorations	4 10:00 Spiritual Time (Emmanuel Baptist) No Yoga Today 6:00 Shuffleboard	5 10:00 Happy Wanderers (Gingerbread Showcase) 1:30 Bingo 2:30 Bookworms 6:00 Games Night (Bean Bag Toss)	6 10:30 Stretch and Strength 1:30 Craft Fair Debrief 2:00 Communal Crossword 6:00 Movie Night (Christmas Chronicles)	7 10:00 Cribbage 1:10 Shopping Trip (Tillicum)
8 6:00 Hymn Sing	9 10:30 Tai Chi 1:00 Crafters 6:00 Documentary	10 10:30 Stretch and Strength 12:00 Fire Alarm Test (Cedars Only) 1:30 Mental Aerobics 6:10 Music Explorations	11 10:00 Spiritual Time (Knox Presbyterian) No Yoga Today 1:30 Conversations that Matter 6:15 We Knits	12 10:00 Happy Wanderers (Festival of Trees at the Bay Centre) 1:30 Heart Pharmacy 6:00 Games Night	13 Sherry Party and Candlelight Dinner No other Recreation Programming Today	14 10:00 Cribbage 1:10 Shopping Trip (Hillside)
15 6:00 Hymn Sing	16 9:30 BP Clinic 10:30 Tai Chi 1:00 Crafters 6:00 Travelogue	17 10:30 Stretch and Strength 1:30 Mental Aerobics 5:30 Carolling with Allan Slade (after dinner)	18 10:00 Spiritual Time (St. Luke's Anglican) 1:30 Chair Yoga 6:00 Shuffleboard	19 11:45 Lunch at Sharon's 1:30 Bingo 6:00 Games Night	20 10:30 Stretch and Strength 1:30 Harp Concert 6:00 Movie Night (The Holiday Calendar)	21 10:00 Cribbage 1:10 Shopping Trip (Uptown)
22 6:00 Hymn Sing	23 10:30 Tai Chi 1:00 Crafters 6:00 Christmas Light Tour	24 10:30 Stretch and Strength 1:30 Mental Aerobics 6:30 Carols with Pat and Pat	25 No Recreation Programming Today	26 No Recreation Programming Today	27 No Recreation Programming Today	28 10:00 Cribbage 1:10 Shopping Trip (Tillicum)
29 6:00 Hymn Sing	30 10:30 Tai Chi No Other Recreation Programming Today	31 No Other Recreation Programming Today 7:00 New Year's Eve Party with Guy Marchi	Dawson Heights Recreation 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)			

Health and Wellness

BP Clinic: Monday, December 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. **Only one Yoga this month on December 18th.**

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 here on Saturdays. You can book an appointment at 250-882-1721.

Hairdressing: Appointments must be made directly with the hairdresser, Maureen Cook, 250-812-3443. The hairdressing salon is open on Thursdays. Pedicures – call Maureen for an appointment at 250-812-3443. **Note: Maureen is retiring and December 19th will be her last day! Our new hairdresser Tara will start in January on Mondays.**

Heart Pharmacy: Join Andrea from Heart Pharmacy for a talk on some common infections – how to recognize them and how to treat them. Thursday, December 12th, 1:30 BWR.

Happy Wanderers: Two opportunities to enjoy an indoor walk 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, December 5th, 2:30 Library

Games Night: Tables will be up and board games ready for some after dinner fun with friends. We will have bean bag toss on Dec. 5th! 6:00 p.m. Thursday evenings in the BWR

Communal Crossword: Sharpen your pencils and come help us with a group crossword. Friday December 6th, 2:00 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. **Allan and family will lead some carolling on December 17th after dinner. Everyone welcome!**

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

Carols with Pat and Pat: An opportunity to sing some Christmas favourites with Pat Young and Pat Williamson! Tuesday, December 24th 6:30 BWR.

Christmas Light Tour: We have rented a bus to enjoy some outdoor light displays. Monday, December 23rd 6:00. Sign up sheet outside the BWR.

Conversations that Matter: Join Annie and Nancy for a lively conversation about Celebrations! Wednesday, December 11th 1:30 BWR.

Craft Fair Debrief: If you were involved in the craft fair this year and have any input about the day, please come to the meeting. Friday, December 6th 1:30 BWR.

Harp Concert: McKenna Jennings will play her harp for us. Friday, December 20th 1:30 BWR.

Lunch Bunch: Sharon, a resident's daughter, has kindly invited us to lunch at her home. Space is limited. Sign up sheet outside the BWR. Thursday, December 19th, 11:45.

New Year's Eve: Join Guy Marchi as he helps us ring in the New Year! Tuesday, December 31st, 7:00 BWR.

Sherry Party and Candlelight Dinner: A highlight of the season! You will have received notices regarding purchasing extra tickets. See the front desk if you have any questions. Friday, December 13th, 4:30 Sherry Party, 5:30 Dinner.

Birthdays:

Please join us in wishing a happy birthday to: Anita A., Eleanor B., Frances B., Norma C., Debra D., Terry F., Louise J., Beth K., Brenda K., Lorraine K., Gladys M., Lynette O., Ross P.,

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.