

January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p align="center">Dawson Heights Recreation</p> <p>Daily at the Cedars: Morning Coffee 9:00-10:30 (Library), Afternoon Tea 2:30-3:30 (BWR)</p> <p>Monday at the Dawson: Coffee Morning 9:30</p> <p>Hairdressing: Mondays (**NEW DAY**) at the Cedars (by appointment only)</p>			<p align="center">1</p> <p align="center">No Recreation Programming Today</p>	<p align="center">2</p> <p>10:00 Happy Wanderers (Willows Beach) 1:30 Bingo 3:00 Bookworms 6:00 Games Night (Bean Bag Toss)</p>	<p align="center">3</p> <p>10:30 Stretch and Strength 1:30 Communal Crossword 6:00 Movie Night (All Passion Spent – Part 1)</p>	<p align="center">4</p> <p>10:00 Cribbage 1:10 Shopping Trip (Hillside)</p>
<p align="center">5</p> <p>6:00 Hymn Sing</p>	<p align="center">6</p> <p>10:30 Tai Chi 1:00 Crafters 6:00 Travelogue</p>	<p align="center">7</p> <p>10:30 Stretch and Strength 1:30 Mental Aerobics 6:10 Music Explorations</p>	<p align="center">8</p> <p>10:30 Spiritual Time (Lutheran Church of the Cross) 1:30 Chair Yoga 6:15 We Knits</p>	<p align="center">9</p> <p>10:00 Happy Wanderers (Scenic Drive to Esquimalt Lagoon) 1:30 Bingo 6:00 Games Night</p>	<p align="center">10 Wear Purple Day</p> <p>10:30 Stretch and Strength 6:00 Movie Night (All Passion Spent – Part 2)</p>	<p align="center">11</p> <p>10:00 Cribbage 1:10 Shopping Trip (Uptown)</p>
<p align="center">12</p> <p>6:00 Hymn Sing</p>	<p align="center">13</p> <p>10:30 Tai Chi 1:00 Crafters 1:30 Hearing Clinic 6:00 Documentary</p>	<p align="center">14</p> <p>10:30 Stretch and Strength 12:00 Fire Alarm Testing (Cedars Only) 1:30 Mike Demers 6:10 Music Explorations</p>	<p align="center">15</p> <p>10:30 Spiritual Time (Central Baptist) 1:30 Chair Yoga 6:00 Shuffleboard</p>	<p align="center">16</p> <p>10:00 Happy Wanderers (Saxe Point) 1:30 Bingo 6:00 Games Night</p>	<p align="center">17</p> <p>10:30 Stretch and Strength 1:30 Storytellers Guild 6:00 Movie Night (Amelia)</p>	<p align="center">18</p> <p>10:00 Cribbage 1:10 Shopping Trip (Tillicum)</p>
<p align="center">19</p> <p>6:00 Hymn Sing</p>	<p align="center">20</p> <p>9:30 BP Clinic 10:30 Tai Chi 1:00 Crafters 6:00 Travelogue</p>	<p align="center">21</p> <p>10:30 Stretch and Strength 1:30 Mental Aerobics 6:10 Music Explorations</p>	<p align="center">22</p> <p>10:30 Spiritual Time (Maplewood Gospel) 1:30 Chair Yoga 6:15 We Knits</p>	<p align="center">23</p> <p>11:45 Lunch Bunch (Swiss Chalet) 1:30 Bingo 6:00 Games Night</p>	<p align="center">24</p> <p>10:30 Stretch and Strength 1:30 DH Crafters 4:45 Robbie Burns 6:00 Movie Night (Father Brown Mysteries)</p>	<p align="center">25</p> <p>10:00 Cribbage 1:10 Shopping Trip (Hillside)</p>
<p align="center">26</p> <p>6:00 Hymn Sing</p>	<p align="center">27</p> <p>10:30 Tai Chi 1:00 Crafters 6:00 Documentary</p>	<p align="center">28</p> <p>10:30 Stretch and Strength 1:30 Mental Aerobics 6:10 Music Explorations</p>	<p align="center">29</p> <p>10:30 Spiritual Time (United) 1:30 Chair Yoga 6:00 Shuffleboard</p>	<p align="center">30</p> <p>10:00 Happy Wanderers (Songhees Walkway) 1:30 Bingo 6:00 Games Night</p>	<p align="center">31</p> <p>10:30 Stretch and Strength 1:30 Birthday Party 6:00 Movie Night (Ladies in Lavender)</p>	

Health and Wellness

BP Clinic: Monday, January 20th, in the **Family Dining Room** of the Cedars. A sign up sheet will be posted outside the BWR. **** (Note New Location!) ****

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 at 250-882-1721.

Hairdressing: Appointments must be made directly with the hairdresser, Tara. Her number is: 250-893-1598. **Tara is new to The Cedars and will be working on Mondays only.**

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.

Hearing Clinic – Connect Hearing will be here to check hearing aids and do hearing screening. Sign up sheet by the BWR. Monday, January 13th, 1:30 – 3:00 Family Dining Room

Mental/Cognitive

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

Communal Crossword: We will work together on a crossword on a large board. Friday, January 3rd, 1:30 BWR.

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

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

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

Music Explorations: A creative program exploring different aspects of music. Facilitated by Allan 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: Join us as we celebrate the January birthdays. Our entertainers will be The Gypsy Rovers. Friday, January 31st, 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. Friday, January 24th, 1:30 BWR.

Lunch Bunch: We are off to Swiss Chalet for a lovely lunch. Thursday, January 23rd 11:45. Sign up sheet outside the BWR.

Mike Demers: Mike specializes in Roy Orbison songs and not only sings but gives us some background about this well known and well loved performer. Tuesday, January 14th, 1:30 BWR.

Robbie Burns: Come down a few minutes early to dinner on January 24th and enjoy the piping in and addressing of “The Haggis”! Friday, January 24th, 4:45 Main Lobby.

Storytellers Guild: Join Catherine and Lee from the Storytellers Guild as they captivate us with their wonderful tales. Friday, January 17th, 1:30 BWR.

Wear Purple Day: Get your purple on in support of The Alzheimer’s Society of BC. Purpose ribbons will be available at the Front Desk as well. Friday, January 10th.

Birthdays: Pat B., Anne C., Julia C., John E., Louise G., Adeline H., Beth M., May S., Sharma S., Yuk Ying T., Nancy W., Spring Y., Jack Y.

Social:

Coffee at the Dawson: Take a walk up to the Dawson on a Monday and enjoy a cup of coffee in their multi-purpose room.

Crafters: Our Monday crafters meet at 1:00 each Monday in the BWR. Bring your own crafts to work on and share ideas and chat.

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

Saturday 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: Enjoy a trip to a new place or 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.