

February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Dawson Heights Recreation Daily at the Cedars: Morning Coffee 9:00-10:30 (Library), Afternoon Tea 2:30-3:30 (BWR) Monday at the Dawson: Coffee Morning 9:30 Hairdressing: Mondays (**NEW DAY**) at the Cedars (by appointment only)						1 10:00 Cribbage 1:10 Shopping Trip (Uptown)
2 6:00 Hymn Sing	3 10:30 Tai Chi 1:00 Crafters 6:00 Travelogue	4 10:30 Stretch & Strength 1:30 Mental Aerobics 6:10 Music Explorations	5 10:30 Spiritual Time (Emmanuel Baptist) 1:30 Chair Yoga 6:00 Shuffleboard	6 10:00 Happy Wanderers (Gorge Waterway) 1:30 Bingo (in library) 2:30 Hearing Loop Info Session 6:00 Games Night (Bean Bag Toss)	7 10:30 Stretch & Strength 1:30 Communal Crossword 6:00 Movie Night (The Post)	8 10:00 Cribbage 1:10 Shopping Trip (Tillicum)
9 6:00 Hymn Sing	10 9:30 BP Clinic 10:30 Tai Chi 1:00 Crafters 6:00 Documentary	11 10:30 Stretch & Strength 12:00 Fire Alarm Testing (Cedars Only) 1:30 Mental Aerobics 6:10 Music Explorations	12 10:30 Spiritual Time (Knox Presbyterian) 1:30 Chair Yoga 6:15 We Knits	13 10:00 Happy Wanderers (Clover Point) 1:30 Heart Pharmacy (Matters of the Heart) 6:00 Games Night	14 Wear Purple Day 10:30 Stretch and Strength 3:00 Bookworms 6:00 Movie Night (Victoria and Abdul)	15 10:00 Cribbage 1:10 Shopping Trip (Hillside)
16 6:00 Hymn Sing	17 BC FAMILY DAY 10:30 Tai Chi No Other Recreation Programming Today	18 10:30 Stretch & Strength 1:30 Mental Aerobics 6:10 Music Explorations	19 10:30 Spiritual Time (St. Luke's Anglican) 1:30 Chair Yoga 6:00 Shuffleboard	20 11:45 Lunch Bunch (Apple Tree Restaurant) 1:30 Bingo 6:00 Games Night (Wii Bowling)	21 10:30 Stretch & Strength 1:30 DH Crafters 6:00 Movie Night (Wonder)	22 10:00 Cribbage 1:10 Shopping Trip (Uptown)
23 6:00 Hymn Sing	24 10:30 Tai Chi 1:00 Crafters 3:30 Tech Help with your Devices *NEW* 6:00 Documentary	25 10:30 Stretch & Strength 1:30 Mental Aerobics 6:10 Music Explorations	26 10:30 Spiritual Time (Central Baptist) 1:30 Chair Yoga 6:15 We Knits	27 10:00 Happy Wanderers (Oak Bay Marina) 1:30 Residents' Meeting 6:00 Games Night	28 10:30 Stretch & Strength 1:30 Birthday Party 6:00 Movie Night (The Pursuit of Happiness)	29 10:00 Cribbage 1:10 Shopping Trip (Tillicum)

Health and Wellness

BP Clinic: Monday, February 10th. 9:30 – 12:00 in the Family Dining Room at 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 at 250-882-1721.

Hairdressing: Appointments must be made directly with the hairdresser, Tara 250-893-1598. The hairdressing salon is open on Mondays and the first appointment is 8:30.

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)

Bookworms: Share a book you've read or hear about one to read. Friday, February 14th 3:00 Library.

Communal Crossword: Join us in the BWR to work on a crossword together. Friday, February 7th, 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: Help us celebrate February birthdays. Our entertainers will be Debra Dunsby and John Taylor. Friday, February 28th, 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, February 21st, 1:30 BWR.

Hearing Loop Information Session: Come and check out our new hearing loop system in the BWR with Tim from Advanced Hearing Solutions and Christine from Connect Hearing. We invite residents with or without hearing aids to attend. Thursday, February 6th, 2:30 BWR.

Heart Pharmacy: Join Shirin for a talk on "Matters of the Heart"! Thursday, February 13th, 1:30 BWR.

Residents' Meeting: Come and hear from the department heads with updates and news. Thursday, February 27th, 1:30 BWR.

Tech Help (*NEW*): We have an Oak Bay student who will help with questions you may have on your cell phones or tablets/iPads. This will be by sign up only and appointment times will be 15 minutes maximum. This will take place in the computer room at the Cedars. We are hoping to do this on a monthly basis. Monday, February 24th 3:30 Computer Room. Sign up sheet will be posted outside the BWR.

Wear Purple Day: Wear purple and join us in support of the Alzheimers Society of B.C. Friday, February 14th.

Birthdays: Margaret B., Frances D., Gary D., Betty F., Rita F., Lynne F., Marie G., Herta G., Marion H., Carolyn J., Arnold K., Denise K., Christina M., Paul M., Ruth R., Yvonne S., Eugene V., Susan W., Anton Z.,

Social:

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

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 BWR 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 MPR by noon on Friday.

Travelogue/Documentary: Enjoy an armchair 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.