


March 2020

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 Art Gallery Tour 6:10 Music Explorations	4 10:30 Spiritual Time (Lutheran) 1:30 Chair Yoga 6:00 Shuffleboard	5 10:30 Walker Tune-Up 1:30 Bingo 3:00 Bookworms 6:00 Games Night (Bean Bag Toss)	6 10:30 Stretch and Strength 1:30 Communal Crossword 6:00 Movie Night (Forever My Girl)	7 10:00 Cribbage 1:10 Shopping Trip (Hillside)
8 Spring Forward Today!  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 10:30 Spiritual Time (Church of the Cross) 1:30 Chair Yoga 6:15 We Knits	12 Staff Training – no recreation program this morning. 2:00 Recreation Planning Meeting 6:00 Games Night	13 Wear Purple Day! 10:30 Stretch and Strength 1:30 Seminar: Protect Yourself from Fraud 6:00 Movie Night (Gone with the Wind Part 1)	14 10:00 Cribbage 1:10 Shopping Trip (Uptown)
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 Irish Dancers 6:10 Music Explorations	18 10:30 Spiritual Time (Maplewood Gospel) 1:30 Chair Yoga 6:00 Shuffleboard	19 11:40 Lunch Bunch (The Oaks) 1:30 Bingo 6:00 Games Night (Wii Games)	20 10:30 Stretch and Strength 1:30 DH Crafters 6:00 Movie Night (Gone with the Wind Part 2)	21 10:00 Cribbage 1:10 Shopping Trip (Tillicum)
22 6:00 Hymn Sing	23 10:30 Tai Chi 1:00 Crafters 6:00 Documentary	24 10:30 Stretch and Strength 1:30 Mental Aerobics 6:10 Music Explorations	25 10:30 Spiritual Time (Central Baptist) 1:30 Chair Yoga 6:15 We Knits	26 10:00 Happy Wanderers (Gorge Waterway) 1:30 Bingo 6:00 Games Night	27 10:30 Stretch and Strength 1:30 Birthday Party 6:00 Movie Night (The Young Victoria)	28 10:00 Cribbage 1:10 Shopping Trip (Hillside)
29 6:00 Hymn Sing	30 10:30 Tai Chi 1:00 Crafters 3:30 Tech Help (Sign Up Required) 6:00 Travelogue	31 10:30 Stretch and Strength 1:30 Mental Aerobics 6:10 Music Explorations	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: Mondays at the Cedars (by appointment only)			

Health and Wellness

BP Clinic: Monday, March 16th in the Family Dining Room. 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 here 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. Not sure? Come and chat with Anita or Trish about the walks!

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

Walker Tune Up: Motion Specialties will be here to give your walker a tune up. Thursday, March 5th 10:30 – 12:00.

Mental/Cognitive

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

Bookworms: A time to share recommendations on books we have read. Thursday, March 5th, 3:00 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 the 5th and Wii bowling on the 19th. Thursday evenings in the BWR

Communal Crossword: Sharpen your pencils and come help us with a group crossword. Friday March 6th, 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 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

Art Gallery Tour: The Art Gallery of Greater Victoria has admission by donation on the first Tuesday of every month. Tuesday, March 3rd, 1:30. Sign up sheet by the BWR.

Birthday Party: Join us as we celebrate the March birthdays. Our entertainer will be Eric McQuillan. Friday, March 27th, 1:30 BWR.

DH Crafters: The crafters will be getting together to work on items for the Easter Craft sale. Friday, March 20th, 1:30 BWR.

Fraud Protection: The University of Victoria Law students in conjunction with Saanich Volunteer Services will hold a seminar about how to protect yourself from fraud. Friday, March 13th, 1:30 BWR.

Irish Dancers: An annual favourite. The Victoria Irish Dancers will be here to perform. Tuesday, March 17th, 1:30 BWR.

Lunch Bunch: We will be heading to The Oaks in Oak Bay. Thursday, March 19th 11:45. Sign up sheet will be on the bulletin board by the BWR.

Recreation Planning Meeting: Come and hear from Trish and Anita about current events in the Recreation Department. Thursday, March 12th, 2:00 BWR.

Tech Help: Once again, Jade, a student from Oak Bay High School will be here to help you with questions about your smart phones or tablets. Sign up sheet outside the BWR. Monday, March 30th, 3:30 BWR.

Wear Purple Day: Wear purple and help us support The Alzheimers' Society. Friday, March 13th.

Birthdays:

Please join us in wishing a happy birthday to: Allan M., Trish N., Lance P., Bev R., Connie S., Ann S., Jack S., Hope W., Clodagh W., Doreen W.,

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.