

February 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Chinese New Year 10:30 Stretch & Strength 11:00 Baking with Katie and Trish 1:30 Tai Chi with Brenda 2:30 Chinese New Year Social Chinese New Year Dinner 6:00 Bingo	2 Groundhog Day 10:30 Spiritual Time (Central Baptist Church) 1:30 The Crown – Season 3, Episode 8	3 10:30 Bean Bag Toss 1:30 Scenic Drive – Dallas Road (Sign up Required)	4 10:30 Stretch & Strength 1:30 Jeopardy 2:30 Beijing Winter Olympics Opening Ceremony	5 1:30 Saturday Bingo
6 1:45 Spiritual Time (St. Luke's Anglican Church) 6:00 Hymn Time with Pat	7 10:30 Havin' A Ball Fitness 1:30 Mental Aerobics 6:00 Movie Night: Notting Hill	8 10:30 Stretch & Strength 1:30 Artful Afternoon: Artistic Kisses 6:00 Bingo	9 10:30 Spiritual Time (Knox Presbyterian Church) 2:00 Valentine's Day Social with Edie and Joey	10 10:30 Bean Bag Toss 1:30 You Be The Judge	11 10:30 Stretch & Strength 1:30 Valentine's Day Craft	12 1:30 Documentary: Fantastic Fungi
13 1:45 Spiritual Time (Knox Presbyterian Church) 6:00 Hymn Time with Pat	14 Valentine's Day 10:30 Wake Up & Stretch 1:30 Masterminds 2:30 Valentine's Day Tea 6:00 Movie Night: Sleepless in Seattle	15 10:30 Stretch & Strength 1:30 Tai Chi with Brenda 6:00 Bingo	16 10:30 Spiritual Time (St. Luke's Anglican Church) 1:30 The Crown – Season 3, Episode 9	17 10:30 Bean Bag Toss 1:30 Mental Aerobics	18 10:30 Stretch & Strength 1:30 Monthly Book Club Book Review "Before We Were Yours" by Lisa Wingate	19 1:30 Travelogue: Beyond Beijing: Exploring China's Cities
20 1:00 Spiritual Time (Lutheran Church of the Cross) 2:30 Beijing Winter Olympics Closing Ceremony 6:00 Hymn Time with Pat	21 Family Day 1:30 Games Afternoon: Scrabble 6:00 Movie Night: Harriet	22 10:30 Stretch & Strength 1:30 Fit Minds 6:00 Bingo	23 10:30 Spiritual Time (Maplewood Gospel Hall) 1:30 Indigenous Canada Session 12	24 10:30 Bean Bag Toss 1:30 Word Games 2:30 National Tortilla Chip Day Social	25 10:30 Stretch & Strength 2:30 Monthly Birthday Tea and a Virtual Concert: Evening At Pops, Broadway Originals	26 1:30 Games Afternoon: Communal Crossword
27 1:00 Spiritual Time (Central Baptist Church) 6:00 Hymn Time with Pat	28 10:30 Wake Up & Stretch 1:30 Masterminds 6:00 Movie Night: Tick, Tick...Boom!	Dawson Heights Recreation Daily at the Cedars: Morning Coffee 9:00-10:30 (Library) Afternoon Tea 2:30-3:30 (BWR) Hairdressing: Mondays at the Cedars (by appointment only) Footcare Nurse: Cindy Griffith 250-882-1721 (please call to book) Please see reverse for program details!				

Please take a read through the descriptions of our monthly programs and see what sparks your interest. We encourage you to try something new this month!
"All life is an experiment. The more experiments you make the better." Ralph Waldo Emerson

Artful Afternoon – Artistic Kisses: Join Katie on a virtual gallery tour where you will get to learn about famous works of art. The theme of this gallery tour is Artistic Kisses.

Baking with Katie and Trish: Join Katie and Trish as we make Almond Cookies that we will serve at our Chinese New Year Social. Almond cookies are said to bring good fortune in the New Year.

Bean Bag Toss: The competition is intense! Join Team Red and Team Blue for some bean bag fun.

Beijing Olympics Opening Ceremony: Wear your red and white and cheer on Team Canada at the Opening Ceremony of the Beijing 2022 Winter Olympics.

Birthday Tea with Entertainment and a Virtual Concert – Join us as we celebrate the February birthdays! Enjoy a delicious cupcake while we enjoy a Virtual Concert: Evening At Pops, Broadway Originals, performed by The Boston Pops Orchestra.

Bingo: Come and enjoy bingo in the BWR. 25¢ per card. Lots of fun!

Chinese New Year Social: Join Katie as we ring in the Chinese New Year!

Documentary: Fantastic Fungi: Delve into the magical world of fungi, from mushrooms that clear oil spills to underground fungal networks that help trees communicate.

Fit Minds: Exercise for the mind!

Games Afternoon: Communal Crossword: Let's put our heads together and complete the crossword puzzle.

Games Afternoon: Scrabble: Enjoy a friendly game of Scrabble.

Havin' a Ball Fitness: Join Katie and Trish for a fun fitness class with lots of laughs! We will be working our brains as well as our bodies!

Hymn Time with Pat: Join Pat Williamson in the BWR as she plays some beautiful hymns for you to enjoy.

Indigenous Canada: Indigenous Canada is a 12-lesson online course offered through the Faculty of Native Studies at the University of Alberta. This course explores Indigenous histories and contemporary issues in Canada. From an Indigenous perspective, this course explores key issues facing Indigenous peoples today from a historical and critical perspective highlighting national and local Indigenous-settler relations.

Jeopardy: Come and play a round of the popular game show, Jeopardy!

Masterminds: Masterminds is a combination of Wheel of Fortune and Hangman!

Mental Aerobics: Brain teasers, trivia, lots of laughter!

Monthly Book Club Book Review "Before We Were Yours" by Lisa Wingate – Join Katie and Trish as we discuss this month's book club selection "Before We Were Yours" by Lisa Wingate. Please pick up a copy of the book from the Recreation Office.

Movie Night: Check the whiteboard for each week's movie.

Scenic Drive – Dallas Road: Join us for a scenic afternoon drive along beautiful Dallas Road. **Sign-up required.**

Spiritual Time: Join our Spiritual Time leaders for Wednesday morning Spiritual Time. We will continue to offer virtual Spiritual Time on Sunday afternoons.

Stretch and Strength: Join Katie or Trish for some fun exercises to get your body moving. All exercises can be done seated.

Tai Chi with Brenda: Join Brenda Davie for a gentle Tai Chi class. No experience required!

The Crown: Season 3 of this popular Netflix drama about the royal family.

Travelogue: Beyond Beijing: Exploring China's Cities: With Beijing the focus of the 2008 Summer Olympics, one must not forget the other sites hosting events during the games and what they have to offer visitors. Cities include Shanghai; Qingdao; Qinhuangdao; Tianjin; Shenyang; and Hong Kong.

Valentine's Day Craft: Come and create a beautiful Valentine-themed decoration.

Valentine's Day Social with Edie and Joey: The fabulous Edie Daponte and Joey Smith will be returning to The Cedars to perform a variety of love songs and old favourites.

Valentine's Day Tea: Dress in red and join us for tea and sweet treats!

Wake Up and Stretch: Start your week with a gentle and relaxing stretch class.

Word Games: Join Katie and Trish for a fun word game!

You Be The Judge: Join Katie and Trish for a lively discussion as we discuss real-life events that have landed in a court of law! We will present the facts of the case and as a group, become the judge and the jury in deciding each case. There are no right or wrong answers and a law degree is not required!