

April 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Dawson Heights Recreation</b> Daily at the Cedars: Morning Coffee 9:00-10:30 (Library) Afternoon Tea 2:30-3:30 (BWR) Hairdressing: Mondays at the Cedars with Janice 250-592-0551 (please call to book an appointment) Footcare Nurse: Cindy Griffith 250-882-1721 (please call to book an appointment) <b>Please see reverse for program details!</b>					<b>1 Happy Birthday to The Dawson &amp; The Cedars!</b> 10:30 Stretch & Strength 1:30 Jeopardy <b>2:30 Birthday Tea for The Dawson &amp; The Cedars</b> 6:00 Movie Night: The Girl With A Pearl Earring	<b>2</b> 1:30 Saturday Bingo
<b>3</b> 1:45 Spiritual Time (St. Luke's Anglican Church) 6:00 Hymn Sing with Pat	<b>4</b> 10:30 Havin' A Ball Fitness <b>1:30 Information Session with Luther Court Community Health Centre</b> 6:00 Bingo	<b>5</b> 10:30 Stretch & Strength <b>1:30 Tai Chi with Brenda</b> <b>6:30 Music Explorations with Lynette</b>	<b>6</b> <b>10:30 Spiritual Time (Central Baptist Church)</b> 1:30 The Great Courses: Optimizing Brain Fitness – Lecture 5	<b>7</b> 10:30 Bean Bag Toss <b>1:30 Residents Meeting</b>	<b>8</b> 10:30 Stretch & Strength <b>1:30 Monthly Book Club Book Review: Warlight by Michael Ondaatje</b> 6:00 Movie Night: Hidden Figures	<b>9</b> 1:30 Documentary: Surviving Paradise: A Family Tale
<b>10</b> 1:45 Spiritual Time (Knox Presbyterian Church) 6:00 Hymn Sing with Pat	<b>11</b> 10:30 Wake Up & Stretch 1:30 Mental Aerobics <b>3:00 Recreation Planning Meeting</b> 6:00 Bingo	<b>12</b> 10:30 Stretch & Strength 1:30 Fit Minds <b>6:30 Music Explorations with Lynette</b>	<b>13</b> <b>10:30 Spiritual Time (Knox Presbyterian Church)</b> 1:30 The Crown – Season 4, Episode 2	<b>14</b> 10:30 Bean Bag Toss 1:30 Craft <b>4:00 Easter Raffle Draw</b>	<b>15 Good Friday</b> 9-10:30 Coffee and Hot Cross Buns in the Library 1:30 Penny Ante <b>No Afternoon Tea Today</b> 6:00 Movie Night: Peter Rabbit	<b>16</b> 1:30 Travelogue: Rick Steves' European Easter
<b>17 Easter Sunday</b> 1:00 Spiritual Time (Lutheran Church of the Cross)	<b>18 Easter Monday</b> 1:30 Games Afternoon: Scrabble <b>No Afternoon Tea Today</b> 6:00 Movie Night: Easter Parade	<b>19</b> 10:30 Stretch & Strength <b>1:30 Tai Chi with Brenda</b> <b>6:30 Music Explorations with Lynette</b>	<b>20</b> <b>10:30 Spiritual Time (St. Luke's Anglican Church)</b> 1:30 The Great Courses: Optimizing Brain Fitness – Lecture 6	<b>21</b> <b>10:00</b> Bean Bag Toss 11:00 Baking with Trish and Katie – Chai Tea Cake 1:30 Games Afternoon: Communal Crossword <b>2:30 National Tea Day – Herbal Tea Tasting</b>	<b>22 Earth Day</b> 10:30 Stretch & Strength <b>1:30 Monthly Birthday Tea with Entertainment by Vic Gnaedinger</b> 6:00 Movie Night: Forrest Gump	<b>23</b> 1:30 Games Afternoon: Word Games
<b>24</b> 1:00 Spiritual Time (Central Baptist Church) 6:00 Hymn Sing with Pat	<b>25</b> 10:30 Wake Up & Stretch 1:30 Masterminds 6:00 Bingo	<b>26</b> 10:30 Stretch & Strength 1:30 Artful Afternoon: Animals in Art <b>6:30 Music Explorations with Lynette</b>	<b>27</b> <b>10:30 Spiritual Time (Maplewood Gospel Hall)</b> 1:30 The Crown – Season 4, Episode 3	<b>28</b> 10:30 Bean Bag Toss <b>2:00 Volunteer Appreciation Tea with Entertainment by Debra and Daniel (Dining Room)</b>	<b>29</b> 10:30 Stretch & Strength 1:30 You Be The Judge 6:00 Movie Night: Funny Girl	<b>30</b> 1:30 Games Afternoon: Card Game - Uno

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!

*"In youth we learn; in age we understand."* ~ Marie Von Ebner Eschenbach

**Artful Afternoon – Animals in Art:** 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 Animals in Art.

**Baking with Trish and Katie:** Join us as we make Chai Tea Cake that will be served at our National Tea Tasting Day social!

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

**Birthday Tea for The Dawson & The Cedars:** We would like to wish The Dawson and The Cedars buildings a very happy birthday on April 1st! They will be turning 23 years old and 19 years old, respectively. Join Trish in the BWR as we celebrate with cupcakes and tea! Cupcakes will also be available in The Dawson Lounge on April 1 between 3:00 pm and 4:00 pm.

**Birthday Tea with Entertainment by Vic Gnaedinger –** Join us as we celebrate the April birthdays! Enjoy a delicious cupcake while Vic entertains us with his guitar!

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

**Craft:** Join Katie and Trish as we make decorations for the annual Volunteer Appreciation Tea.

**Documentary: Surviving Paradise: A Family Tale:** In this wildlife drama, a worsening dry season in the Kalahari Desert leaves prides, packs, and herds to rely on the power of family to survive.

**Fit Minds:** Exercise for the mind!

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

**Games Afternoon: Word Games:** Come and enjoy this fun word game.

**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 Sing with Pat:** Join Pat Williamson in the BWR and sing along as she plays some beautiful hymns for you to enjoy.

**Information Session with Luther Court Community Health Centre:** As you may have read in the paper or heard on the news, people in Victoria will soon have more access to everyday primary health-care services with the opening of the new Luther Court Community Health Centre! Join representatives from Luther Court Community Health Centre for information about the new facility. The Dawson Heights campus has been identified by the Health Centre as a priority site and there will be some spots reserved for Dawson Heights residents who do not have a physician.

**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 "Warlight" by Michael Ondaatje –** Join Katie and Trish as we discuss this month's book club selection "Warlight" by Michael Ondaatje. Please pick up a copy of the book from the Recreation Office.

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

**Music Explorations with Lynette:** Join Lynette from the Victoria Conservatory of Music in the BWR and sing along as she performs some of your favourite songs on her guitar!

**National Tea Tasting Day – Herbal Tea Tasting:** In honour of National Tea Tasting Day, come and enjoy some delicious herbal teas and a slice of freshly baked Chair Tea Cake!

**Penny Ante:** Join us for a fun game where we take turns answering questions or following instructions on a deck of cards as we try and collect the most pennies. The person with the most pennies at the end of the game wins a prize!

**Recreation Planning Meeting:** Join Katie and Trish as we look towards planning for the summer months at Dawson Heights!

**Residents Meeting:** Join the Dawson Heights Leadership Team as they provide an update of what's happening at Dawson Heights. All Campus residents are invited to attend.

**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 4 of this popular Netflix drama about the royal family.

**The Great Courses: Optimizing Brain Fitness:** Join Katie and discover the secrets to increasing and expanding your brain's power to meet everyday challenges and enhance the quality of your life with Optimizing Brain Fitness, an engaging 12-lecture course that shows you how to take advantage of the basic principles of brain operation and build the brain you want to live with for the rest of your life.

**Travelogue: Rick Steves' European Easter:** Taking you on a spring journey through Spain, Slovenia, Switzerland, Italy, and Greece, "Rick Steves' European Easter" celebrates this 2,000-year-old story in a variety of cultures.

**Volunteer Appreciation Tea with Entertainment by Debra and Daniel:** Come and thank our hardworking Dawson Heights volunteers at our annual Volunteer Appreciation Tea. Enjoy a delicious high tea, prepared by Chef Ray, while Debra Dunsby and Daniel Stann entertain us on fiddle and guitar.

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

**Word Games:** Join Mark 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!