

March 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Shrove Tuesday 10:30 Stretch & Strength Pancake Lunch 1:30 Tai Chi with Brenda 2:45 Mardi Gras Social 6:00 Bingo	2 Ash Wednesday 10:30 Spiritual Time (Central Baptist Church) 1:30 The Crown – Season 4, Episode 1	3 10:30 Bean Bag Toss 1:30 Outing to the Nellie McClung Branch of the Greater Victoria Public Library	4 10:30 Stretch & Strength 1:30 Jeopardy	5 1:30 Saturday Bingo
6 1:45 Spiritual Time (St. Luke's Anglican Church) 6:00 Hymn Sing with Pat	7 10:30 Havin' A Ball Fitness 1:30 Mental Aerobics 6:00 Movie Night: Little Women	8 International Women's Day 10:30 Stretch & Strength 1:30 Artful Afternoon: Female Renaissance and Baroque Artists 2:30 TED Talk: "To solve the world's biggest problems, invest in women and girls" 6:00 Bingo	9 10:30 Spiritual Time (Knox Presbyterian Church) 1:30 The Great Courses: Optimizing Brain Fitness – Lecture 1 & 2	10 10:30 Bean Bag Toss 1:30 Penny Ante	11 10:30 Stretch & Strength 1:30 Spring Craft	12 1:30 Documentary: Secrets of Great British Castles - Carrickfergus Castle
13 Daylight Saving Time 1:45 Spiritual Time (Knox Presbyterian Church) 6:00 Hymn Sing with Pat	14 10:30 Wake Up & Stretch 1:30 Masterminds 6:00 Movie Night: Enola Holmes	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 4, Episode 2	17 St. Patrick's Day 10:30 Bean Bag Toss 2:00 St. Patrick's Day Social - Riverdance St. Patrick's Day Dinner	18 10:30 Stretch & Strength 1:30 Monthly Book Club Book Review "A Man Called Ove" by Fredrik Backman	19 1:30 Travelogue: Visions of Ireland
20 First Day of Spring 1:00 Spiritual Time (Lutheran Church of the Cross) 6:00 Hymn Sing with Pat	21 10:30 Havin' A Ball Fitness 1:30 Mental Aerobics 6:00 Movie Night: Home Team	22 10:30 Stretch & Strength 1:30 Fit Minds 6:00 Bingo	23 10:30 Spiritual Time (Maplewood Gospel Hall) 2:00 Monthly Birthday Tea with Entertainment by Jesse Thomas Brown	24 10:30 Bean Bag Toss 1:30 The Great Courses: Optimizing Brain Fitness – Lecture 3 & 4	25 10:30 Stretch & Strength 1:30 You Be The Judge	26 1:30 Games Afternoon: Communal Crossword
27 1:00 Spiritual Time (Central Baptist Church) 6:00 Hymn Sing with Pat	28 10:30 Wake Up & Stretch 1:30 Masterminds 6:00 Movie Night: The Other Boleyn Girl	29 10:30 Stretch & Strength 1:30 National "Smoke and Mirrors" Day Social! 6:00 Bingo	30 10:30 Spiritual Time (United Church) 1:30 The Crown – Season 4, Episode 3	31 10:30 Bean Bag Toss 1:30 Scenic Drive – Mount Douglas	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!

“The beautiful thing about learning is that nobody can take it away from you.” — B.B. King

Artful Afternoon – Female Renaissance and Baroque Artists: 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 Female Renaissance and Baroque Artists.

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

Birthday Tea with Entertainment by Jesse Thomas Brown: Join us as we celebrate the March birthdays! Enjoy a delicious cupcake while Jesse entertains us on the piano!

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

Documentary: Secrets of Great British Castles – Carrickfergus Castle: Host, Dan Jones, visits Carrickfergus, one of Northern Ireland’s oldest castles, and reveals its importance in the nation’s tensions with England.

Fit Minds: Exercise for the mind!

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

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 as she plays some beautiful hymns for you to enjoy.

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

Mardi Gras Social: Join Katie as we celebrate Mardi Gras, Dawson Heights style!

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

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

Monthly Book Club Book Review “A Man Called Ove” by Fredrik Backman: Join Katie and Trish as we discuss this month’s book club selection “A Man Called Ove” by Fredrik Backman. Please pick up a copy of the book from the Recreation Office.

Movie Night: Check the whiteboard for each week’s movie. Please note that Movie Night will now be held on Fridays!

National “Smoke and Mirrors” Day Social: Though the origin of National Smoke and Mirrors Day, March 29, is unknown, it most likely is intended both to promote appreciation of the art and skill of magicians who specialize in illusions and to remind us all to be wary of deceptive practices in daily life. Join Trish as we learn about the history of the day and learn the secret of one of the most famous illusions of all time—how David Copperfield make the Statue of Liberty disappear before a live audience!

Outing to the Nellie McClung Branch of the Greater Victoria Public Library: Would you like to browse the shelves at the Nellie McClung library? **Sign-up required.**

Penny Ante: Join Trish and Katie for this fun, new 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!

Scenic Drive – Mount Douglas: Join us for a scenic afternoon drive up to the top of Mount Douglas. **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.

Spring Craft: Join Katie and Trish as we make a beautiful Spring-themed craft!

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!

TED Talk: “To solve the world’s biggest problems, invest in women and girls”: This virtual talk, given by Musimbi Kanyoro, CEO of the Global Fund for Women, introduces us to the Maragoli concept of "isirika" -- a pragmatic way of life that embraces the mutual responsibility to care for one another -- something Musimbi sees women practicing all over the world

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: Visions of Ireland: Whether you’ve kissed the Blarney Stone or not, this stunning tour will help you reconnect with your heritage or simply revel in Ireland’s awe-inspiring beauty. A high-definition, helicopter-mounted camera provides views of the Emerald Isle from the soaring perspective of the faeries. Immerse yourself in legend and lore as you admire the natural wonders of Giant’s Causeway, the stark megalithic landscape of the Burren, and the windswept Cliffs of Moher.

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

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!