

March 2023						
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 (by appointment only) Footcare Nurse: Cindy Griffith 250-882-1721 (please call to book) <b>Please see reverse for program details!</b>			<b>1</b> <b>10:30 Virtual Spiritual Time (Central Baptist Church)</b> 1:30 The Great Courses: The History and Archaeology of the Bible – Lecture 16	<b>2</b> 10:30 Bean Bag Toss 1:30 Games Afternoon: Communal Crossword <b>3:30 – 4:30 Tuck Shop</b> <b>6:00 New Alpha Film Series lead by Cliff Sexton, Session 5: How do I pray?</b>	<b>3</b> 10:30 Stretch & Strength <b>1:30 Monthly Book Club Book Review: The Vanishing Half by Brit Bennett</b> 6:00 Movie Night: Good Sam	<b>4</b> 1:30 Saturday Trivia (Please pick up at the Front Desk of The Cedars) 6:00 Documentary: Harry & Meghan, Episode 6
<b>5</b> 1:30 Games Afternoon: Scrabble 6:00 Hymn Sing with Pat Williamson	<b>6</b> 10:30 Havin' A Ball Fitness 1:30 Masterminds <b>6:00 Bingo</b>	<b>7</b> <b>10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required)</b> 10:30 Stretch & Strength 1:30 Fit Minds <b>3:30 – 4:30 Tuck Shop</b> <b>6:30 Music Explorations with Lynette</b>	<b>8 International Women's Day</b> <b>10:30 Spiritual Time (Hymn Sing with Pat and Phil Williamson and Ken Smith)</b> 1:30 TV Show: The Crown: Season 5, Episode 6 <b>2:30 Documentary: Live to Lead: Ruth Bader Ginsburg</b>	<b>9</b> 10:30 Bean Bag Toss <b>1:00 Outing to Tea for Tutu "Amadeus!" (Sign Up Required)</b> <b>3:30 – 4:30 Tuck Shop</b> <b>6:00 New Alpha Film Series lead by Cliff Sexton, Session 6: What is the Bible?</b>	<b>10</b> 10:30 Stretch & Strength <b>1:30 Presentation by CNIB Victoria</b> 6:00 Movie Night: True Spirit	<b>11</b> 1:30 Documentary: Animal, Season 1, Episode 2: Dogs  <b>Remember to turn your clock AHEAD 1 hour before bed!</b>
<b>12 Daylight Savings Time</b> 1:30 Games Afternoon: Uno 6:00 Hymn Sing with Pat Williamson	<b>13</b> <b>10:00 – 3:30 Mobile Hearing Clinic with Ears To You (Please see Recreation to sign up for an appointment)</b> 10:30 Havin' A Ball Fitness 1:30 Mental Aerobics <b>6:00 Bingo</b>	<b>14</b> 10:30 Stretch & Strength 1:30 Artful Afternoon: Love in Landscapes <b>3:30 – 4:30 Tuck Shop</b> <b>6:30 Music Explorations with Lynette</b>	<b>15</b> <b>10:30 Spiritual Time (St. Luke's Anglican Church)</b> 1:30 The Great Courses: The History and Archaeology of the Bible – Lecture 17	<b>16</b> 10:30 Bean Bag Toss 1:30 Jeopardy <b>3:30 – 4:30 Tuck Shop</b> <b>6:00 New Alpha Film Series lead by Cliff Sexton, Session 7: How does God lead?</b>	<b>17 St. Patrick's Day</b> 10:30 Stretch & Strength <b>1:15 – 1:45 St. Patrick's Day Celebration with The Victoria School of Irish Dance</b> <b>3:45 – 4:45 St. Patrick's Day Happy Hour – The feature Drink is Strongbow Cider</b> 6:00 Movie Night: Brooklyn	<b>18</b> 1:30 Travelogue: Rick Steves' Ireland: Belfast and the Best of Northern Ireland
<b>19</b> 1:30 Games Afternoon: Word Games 6:00 Hymn Sing with Pat Williamson	<b>20 First Day of Spring!</b> 10:30 Havin' A Ball Fitness 1:30 Masterminds <b>6:00 Bingo</b>  <b>All orders for the Purdy's Chocolatier Fundraiser <u>must</u> be in by 4:00 pm!</b>	<b>21</b> <b>10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required)</b> 10:30 Stretch & Strength <b>1:30 Health Talk with Heart Pharmacy: Memory and Cognition</b> <b>3:30 – 4:30 Tuck Shop</b> <b>6:30 Music Explorations with Lynette</b>	<b>22</b> <b>10:30 Spiritual Time (Maplewood Gospel Hall)</b> 1:30 TV Show: The Crown: Season 5, Episode 7	<b>23</b> 10:30 Bean Bag Toss <b>2:00 Monthly Birthday Tea with Entertainment by Jesse Thomas Brown</b> <b>3:30 – 4:30 Tuck Shop</b> <b>6:00 New Alpha Film Series lead by Cliff Sexton, Session 8: Who is the Holy Spirit?</b>	<b>24</b> 10:30 Stretch & Strength <b>11:00 Lunch Outing to the Four Mile Pub (Sign Up Required)</b> 6:00 Movie Night: The Dressmaker	<b>25</b> 1:30 Virtual Concert: Victoria Symphony: Pianist Angela Hewett Plays Bach
<b>26</b> 1:30 Games Afternoon: Cribbage 6:00 Hymn Sing with Pat Williamson	<b>27</b> 10:30 Havin' A Ball Fitness 1:30 Mental Aerobics <b>6:00 Bingo</b>	<b>28</b> 10:30 Stretch & Strength 1:30 Penny Ante <b>3:30 – 4:30 Tuck Shop</b> <b>6:30 Music Explorations with Lynette</b>	<b>29</b> <b>10:30 Spiritual Time (United Church)</b> 1:30 The Great Courses: The History and Archaeology of the Bible – Lecture 18	<b>30</b> 10:30 Bean Bag Toss 1:30 Games Afternoon: Euchre <b>3:30 – 4:30 Tuck Shop</b> <b>6:00 New Alpha Film Series lead by Cliff Sexton, Session 9: What do I do about other people?</b>	<b>31</b> 10:30 Stretch & Strength 1:30 Games Afternoon: Bananagrams 6:00 Movie Night: The Elephant Whisperers	

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!

***“Life is like a cup of tea, it’s all in how you make it!” ~ Irish Saying***

**Artful Afternoon – Love in Landscapes:** 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 Love in Landscapes.

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

**Bingo:** Come and enjoy bingo in the BWR. 25¢ per card. Lots of fun! \*\*\*Please note the new time of this program\*\*\*

**Documentary: Animal: Dogs:** Be it foxes on city streets or wolves on the tundra, canines rely on sharp senses, athleticism and fierce determination to punch above their weight.

**Documentary: Harry & Meghan:** From their courtship to their exit from royal life, Harry and Meghan share their complex journey in their own words in this docuseries.

**Documentary: Live to Lead: Ruth Bader Ginsburg:** In one of her final interviews, the late Supreme Court Justice Ruth Bader Ginsburg reflects on her tireless pursuit of equality for women – and for all.

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

**Games Afternoon: Bananagrams:** Come and play this fun word game! It is easy to learn if you haven’t played it before!

**Games Afternoon: Cribbage:** Enjoy a fun game of Cribbage with friends.

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

**Games Afternoon: Euchre:** Euchre is a trick-taking card game for four players, two on each team. Join Trish as we learn to play this fun game!

**Games Afternoon: Scrabble:** Enjoy an afternoon of Scrabble in the BWR.

**Games Afternoon: Uno:** Enjoy a friendly game of Uno in the BWR.

**Games Afternoon: Word Games:** Let’s put our heads together and play a 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!

**Health Talk with Heart Pharmacy: Memory and Cognition:** Join Andrea Silver, a pharmacist from Heart Pharmacy, for the monthly Health Talk. The topic of this month’s talk is Memory and Cognition.

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

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

**Lunch Outing to The Four Mile Pub:** Enjoy lunch at the Four Mile Pub! Residents are responsible for covering the cost of their meals. Meals start at \$15. **Sign-up required.**

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

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

**Mobile Hearing Clinic with Ears to You:** Ears to You is a mobile hearing service provider. A qualified hearing specialist will be coming to The Cedars to provide complementary hearing assessments and hearing aid cleanings.

If you would like to participate in this event, please see Katie in the Recreation Office to sign up for an appointment

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

**Monthly Book Club Book Review “The Vanishing Half” by Britt Bennett –** Join Trish as we discuss this month’s book club selection, “The Vanishing Half” by Britt Bennett. Please pick up a copy of the book from the Recreation Office.

**Movie Night:** See the calendar 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!

**New Alpha Film Series lead by Cliff Sexton:** Do you have questions about life and faith? The Alpha Film Series is a series of sessions exploring the Christian faith. Each talk looks at a different question around faith and is designed to create conversation.

**Outing to Tea for Tutu “Amadeus!”:** Enjoy a free preview of Ballet Victoria’s upcoming ballet “Amadeus!”. **Sign-up required.**

**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!

**Presentation by CNIB Victoria:** Join Leni White from the Victoria Canadian National Institute for the Blind (CNIB) as she discusses the CNIB program and services available for people with vision loss. She will also be bringing SmartLife products that are specially designed for people with vision impairments. These products will be available for purchase. Payment for products can be made by credit card only.

**Saturday Trivia:** Test your general knowledge with our monthly trivia quiz! Please pick up at the front desk of The Cedars.

**Shopping Outing to Hillside Mall:** We will be offering a shuttle to Hillside Mall. We will be departing The Cedars at 10:00 am and leaving Hillside Mall at 11:30 am. Please note this is a drop-off/pick-up service only. Please sign up by calling the Front Desk of The Cedars at (250) 477-4850. Space is limited.

**Spiritual Time:** Join our Spiritual Time leaders for Wednesday morning Spiritual Time.

**St. Patrick’s Day Celebration with the Victoria School of Irish Dance:** Wherever you go and whatever you do, may the Luck of the Irish be there with you! Join us as we celebrate St. Patrick’s Day. Enjoy a lively performance by dancers from The Victoria School of Irish Dance. Don’t forget to wear green!

**St. Patrick’s Day Happy Hour:** Join us at our monthly Happy Hour! Enjoy good conversation and hot appetizers while sipping this month’s feature drink (in honour of St. Patrick’s Day!), Strongbow Cider. Non-alcoholic punch will also be served.

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

**The Crown:** Season 5 of this popular Netflix drama about the royal family.

**The Great Courses: The History and Archaeology of the Bible:** Join Katie as we take a multidimensional journey through the Bible from Genesis to the Crucifixion, seen through the lens of the latest historical and archaeological findings, and accompanied by vivid video footage of many of the sites where the stories of the Bible unfolded.

**Travelogue: Rick Steves’ Ireland: Belfast and the Best of Northern Ireland:** In this program we tour Belfast’s City Hall and Ulster Museum, then head out to Northern Ireland’s favourite resort: Portrush, along the Antrim Coast, where we taste-test Irish whiskey, scramble over some six-sided geology in the Giant’s Causeway, drop in on a world-class golf course, and stop our feet to some traditional music.

**Virtual Concert: Victoria Symphony: Pianist Angela Hewett Plays Bach:** Canadian piano superstar Angela Hewett returns to Victoria to perform Bach’s bold and dynamic Keyboard Concerto in D minor along with the ever-popular Jesu Joy of Man’s Desiring. Grieg’s playful and meditative Holberg Suite rounds off this delightful program.