

January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p align="center">***Please note Art with Jenna will be held on Mondays in January. Exact dates and times to be announced***</p>	<p>1 NEW YEAR'S DAY 1:30 New Year's Trivia (Please pick up at the Front Desk of The Cedars) 6:00 Movie Night: The Miracle Club</p>	<p>2 9:30 Stretch & Strength 10:30 Stretch & Strength 1:30 Scrabble 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette</p>	<p>3 10:30 Spiritual Time (Luther Court) 1:30 TV Show: The Crown, Season 6, Episode 1 6:00 Check-in and Prayer Group with Cliff</p>	<p>4 10:30 Bean Bag Toss 1:30 Readers Theater 3:30 – 4:15 Tuck Shop in the Lobby 6:00 New Alpha Film Series with Cliff – Session 11: Does healing exist today?</p>	<p>5 9:30 Stretch & Strength 10:30 Stretch & Strength 1:30 Monthly Book Club Book Review "Greenwood" by Michael Christie 6:00 Movie Night: American Underdog – The Kurt Warner Story</p>	<p>6 1:30 Saturday Trivia (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Downton Abbey, Season 4, Episode 6</p>	
<p>7 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p>8 10:30 Havin' A Ball Fitness 1:30 Mental Aerobics 6:00 Bingo</p>	<p>9 9:30 Stretch & Strength 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Men's Shed Presentation by Brendan Haws 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette</p>	<p>10 10:30 Spiritual Time (Knox Presbyterian Church) 1:30 TV Show: The Crown, Season 6, Episode 2 6:00 Check-in and Prayer Group with Cliff</p>	<p>11 Hawaiian Day 10:30 Bean Bag Toss 2:00 Hawaiian Day – Seated Hula Dancing with Concetta Peluso 3:30 – 4:15 Tuck Shop in the Lobby 3:45 – 4:45 Hawaiian Day Happy Hour – Feature Drink is a Pina Colada Hawaiian Dinner 6:00 New Alpha Film Series with Cliff – Session 12: What is the function of the Church?</p>	<p>12 9:30 Stretch & Strength 10:30 Stretch & Strength 11: 45 Lunch Outing to Romeo's Broadmead 6:00 Movie Night: Leo</p>	<p>13 1:30 Documentary: Live to 100: Secrets of the Blue Zones – Episode 4: The Future of Longevity 6:00 TV Show: Downton Abbey, Season 4, Episode 7</p>	
<p>14 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p>15 10:30 Havin' A Ball Fitness 1:30 Masterminds 6:00 Bingo</p>	<p>16 9:30 Stretch & Strength 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Health Talk with Heart Pharmacy - Sleep 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette</p>	<p>17 10:30 Spiritual Time (St. Luke's Anglican Church) 1:30 TV Show: The Crown, Season 6, Episode 3 6:00 Check-in and Prayer Group with Cliff</p>	<p>18 10:30 Bean Bag Toss 1:30 Chef Demonstration with Henry: Focaccia Bread 3:30 – 4:15 Tuck Shop in the Lobby 6:00 New Alpha Film Series with Cliff – Wrap-up Celebration</p>	<p>19 9:30 Stretch & Strength 10:30 Stretch & Strength 11:15 Baking with Trish and Katie: Coconut Bundt Cake 2:00 Monthly Birthday Tea with Entertainment by Jesse Thomas Brown 6:00 Movie Night: The Mirror Has Two Faces</p>	<p>20 1:30 Travelogue: Rick Steves: Istanbul 6:00 TV Show: Downton Abbey, Season 4, Episode 8</p>	
<p>21 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p>22 10:30 Havin' A Ball Fitness 1:30 Mental Aerobics 6:00 Bingo</p>	<p>23 9:30 Stretch & Strength 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Artful Afternoon: Global Sculptors 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette</p>	<p>24 10:30 Spiritual Time (Maplewood Gospel Hall) 1:30 TV Show: The Crown, Season 6, Episode 4 6:00 Check-in and Prayer Group with Cliff</p>	<p>25 10:30 Bean Bag Toss 2:00 Robbie Burns Day Celebration with Vic Gnadinger 3:30 – 4:15 Tuck Shop in the Lobby Burns Dinner</p>	<p>26 9:30 Stretch & Strength 10:30 Stretch & Strength 1: 30 Jeopardy 6:00 Movie Night: The Secret: Dare to Dream</p>	<p>27 1:30 Virtual Concert (artist to be announced) 6:00 TV Show: Downton Abbey, Season 4, Episode 9</p>	
<p>28 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p>29 10:30 Havin' A Ball Fitness 1:30 Masterminds 6:00 Bingo</p>	<p>30 9:30 Stretch & Strength 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Fit Minds 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette</p>	<p>31 10:30 Spiritual Time (United Church) 1:30 TV Show: The Crown, Season 6, Episode 5 6:00 Check-in and Prayer Group with Cliff</p>	<p align="center">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 with Janice 250-592-0551 (by appointment only) Footcare Nurse: Cindy Griffith 250-882-1721 (please call to book an appointment) Please see reverse for program details!</p>			

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!

Art with Jenna: Join Art Therapy student, Jenna Tucker, for a student-led weekly art therapy session where residents are encouraged to drop in and make art! Each week will be a different material including terracotta pot painting, collage, fabric dying, and more! No previous art experience is required!

Artful Afternoon – Global Sculptors: 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 Global Sculptors.

Baking with Trish and Katie: Join us as we make a delicious Coconut Bundt Cake that we will serve at our Monthly Birthday tea!

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

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

Check-in and Prayer Group with Cliff: Join Cliff for a weekly check-in and prayer group.

Chef Demonstration with Henry: Join Cedars Sous Chef, Henry, as he shows us how he makes his delicious focaccia bread. The finished product will be served at dinner on January 18!

Documentary: Live to 100: Secrets of the Blue Zones: Episode 4: The Future of Longevity: Buettner visits Singapore, then shares his discoveries in the United States to find out if we can create new Blue Zones in a rapidly changing world.

Fit Minds: Exercise for your mind!

Games Afternoon: We have a variety of games available for you in our games cupboard. Take a look and pick a game that interests you! Have fun!

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!

Hawaiian Day—Seated Hula Dancing with Concetta Peluso - Beat the winter blues at our Hawaiian Day festivities. Concetta will be coming to Dawson Heights to teach us some traditional hula dances!

Hawaiian Day Happy Hour - The Hawaiian celebration continues at our monthly Happy Hour! Enjoy a delicious Pina Colada and Hawaiian-themed treats.

Health Talk with Heart Pharmacy: Join Heart Pharmacy Pharmacist, Andrea Silver, for the monthly Health Talk. The topic of this month's talk is sleep.

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 Romeo's Broadmead: Enjoy lunch out with friends at Romeo's Broadmead. Entrees start at \$16.50. **Sign up required.**

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

Men's Shed Presentation by Brendan Haws: Gentlemen of Dawson Heights are invited to join Brendan Haws, the founder of the Greater Victoria Chapter of Men's Shed, (an organization committed to fostering a community of men who wish to support one another as men and engage in projects to benefit each other and the community at large) to find out more about this wonderful organization.

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

Monthly Birthday Tea with Entertainment by Jesse Thomas Brown: Enjoy a delicious treat and join us as we celebrate the January birthdays. Entertainment will be provided by Jesse Thomas Brown.

Monthly Book Club Book Review "Greenwood" by Michael Christie: Join Trish and Katie as we discuss this month's book club selection, "Greenwood" by Michael Christie. 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: 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. Join Cedars Resident, Cliff Sexton, in the BWR as we explore faith, ask questions, and share our point of view.

Readers Theater: Readers theater is a style of theater in which the actors present dramatic readings of narrative material without costumes, props, scenery, or special lighting. Actors use only scripts and vocal expression to help the audience understand the story. Join Trish and Katie and read through a script.

Robbie Burns Day Celebration with Vic Gnadinger: Wear your tartan and celebrate Robbie Burns Day with Vic Gnadinger! Scottish-themed refreshments will be served.

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.

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

TV Show: Downton Abbey: Enjoy the award-winning series from Julian Fellowes that spans 12 years of gripping drama centered on a great English estate on the cusp of a vanishing way of life. The series follows the Grantham's and their family of servants through sweeping change, scandals, love, ambition, heartbreak, and hope.

TV Show: The Crown: Enjoy the final season of this popular Netflix drama about the royal family.

Travelogue: Rick Steves': Istanbul: In Istanbul, we'll lose our way in the Grand Bazaar and munch our way through the famously fragrant Spice Market. We'll follow the fall of the ancient capital of Byzantium and the rise of Islam at the city's ancient wall, and wander among the treasures of Hagia Sophia, the Blue Mosque, and Topkapı Palace. To escape the city bustle, we'll cruise the churning waters of the Bosphorus, make friends over backgammon, and try a traditional Turkish bath.

Virtual Concert: Enjoy a lovely afternoon concert. Artist to be announced.