

February 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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 the reverse for program details!</p>				<p>1 10:30 Bean Bag Toss 1:30 Bananagrams 3:30 – 4:15 Tuck Shop in the Lobby</p>	<p>2 9:30 Stretch & Strength 10:30 Stretch & Strength 1:30 Monthly Book Club Book Review “Glass Beads” by Dawn Dumont 6:00 Movie Night: Awakenings</p>	<p>3 1:30 Saturday Trivia (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Downton Abbey, Season 5, Episode 1</p>
<p>4 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p>5 10:30 Havin’ A Ball Fitness 1:00 Art with Jenna 2:30 Mental Aerobics 6:00 Bingo</p>	<p>6 9:30 Stretch & Strength 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Jeopardy 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette</p>	<p>7 10:30 Spiritual Time (Luther Court) 1:30 TV Show: The Crown, Season 6, Episode 6</p>	<p>8 10:30 Bean Bag Toss 1:30 Valentine’s Craft 3:30 – 4:15 Tuck Shop in the Lobby</p>	<p>9 9:30 Stretch & Strength 10:30 Stretch & Strength 1:30 Communal Crossword 6:00 Movie Night: Bank of Dave</p>	<p>10 Chinese New Year 1:30 Documentary: Our Universe: Chasing Starlight 6:00 TV Show: Downton Abbey, Season 1, Episode 2 Chinese New Year Dinner</p>
<p>11 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p>12 10:30 Havin’ A Ball Fitness 1:00 Art with Jenna 2:30 Masterminds 6:00 Bingo</p>	<p>13 9:30 Stretch & Strength 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Artful Afternoon: Animals in Art 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette</p>	<p>14 Valentine’s Day 10:30 Spiritual Time (Virtual Service) 2:00 Valentine’s Day Chocolate Pairing</p>	<p>15 10:30 Bean Bag Toss 11:45 Lunch Outing to Ho Tong Restaurant 3:30 – 4:15 Tuck Shop in the Lobby</p>	<p>16 9:30 Stretch & Strength 10:30 Stretch & Strength 1:30 Readers Theater 6:00 Movie Night: Queen Bees</p>	<p>17 1:30 Travelogue: Rick Steves: Poland Rediscovered: Kraków, Auschwitz, and Warsaw 6:00 TV Show: Downton Abbey, Season 5, Episode 3</p>
<p>18 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p>19 Family Day 1:30 Games Afternoon: Scrabble 6:00 Bingo</p>	<p>20 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 – Matters of the Heart 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette</p>	<p>21 10:30 Spiritual Time (St. Luke’s Anglican Church) 1:30 TV Show: The Crown, Season 6, Episode 7</p>	<p>22 10:30 Bean Bag Toss 2:00 Afternoon Music with the K-Tones 3:30 – 4:15 Tuck Shop in the Lobby</p>	<p>23 9:30 Stretch & Strength 10:30 Stretch & Strength 11:15 Baking with Trish and Katie: Chocolate Cake 2:00 Monthly Birthday Tea with Entertainment by Brandy Moore 6:00 Movie Night: Maestro</p>	<p>24 1:30 Virtual Concert (Artist to be announced) 6:00 TV Show: Downton Abbey, Season 5, Episode 4</p>
<p>25 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p>26 10:30 Havin’ A Ball Fitness 1:00 Art with Jenna 2:30 Mental Aerobics 6:00 Bingo</p>	<p>27 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>28 10:30 Spiritual Time (Maplewood Gospel Hall) 1:30 TV Show: The Crown, Season 6, Episode 8</p>	<p>29 10:30 Bean Bag Toss 1:30 Resident Meeting (All Residents are invited to attend) 3:30 – 4:15 Tuck Shop in the Lobby 3:45 – 4:45 Happy Hour: Feature Drink is a Cosmopolitan</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!

Afternoon Music with the K-Tones - Enjoy an afternoon of music with new entertainers to The Cedars, the K-Tones. Join Kate and Tony as they entertain us on the keyboard and flute. Refreshments will be served.

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 – 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 a delicious Chocolate Cake that we will serve at our Monthly Birthday tea!

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

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!

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

Documentary: Our Universe: Chasing Starlight: A penetrating look at the sun as a vital source of energy and its impact on one cheetah's search for food in the sprawling plains of the Serengeti.

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!

Happy Hour: Join us at our monthly Happy Hour! Enjoy some delicious hot appetizers with friends while sipping on this month's feature drink, a Cosmopolitan. Non-alcoholic punch will also be available.

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

Hymn Sing with Pat Williamson: 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 Ho Tong Restaurant: Enjoy lunch out with friends at Ho Tong Restaurant. Entrees start at \$12.95. **Sign-up required.**

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

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

Monthly Birthday Tea with Entertainment by Brandy Moore: Enjoy a delicious treat and join us as we celebrate the February birthdays. Entertainment will be provided by Brandy Moore.

Monthly Book Club Book Review "Glass Beads" by Dawn Dumont: Join Trish and Katie as we discuss this month's book club selection, "Glass Beads" by Dawn Dumont. 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!

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.

Resident Meeting: All residents are invited to join the Dawson Heights Housing Leadership Team for an update on what is happening around Campus.

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': Poland Rediscovered: Krakow, Auschwitz, and Warsaw: With its bubbly Baroque and cobbled charm, exciting Kraków is emerging as the "next Prague" — a vibrant city that's a surprise hit with many first-time visitors. Nearby, a visit to Auschwitz teaches a timeless, soul-searching lesson. And Warsaw, decades after it was systematically destroyed during World War II, is a lively, thriving capital once again.

Valentine's Day Chocolate Pairing: What pairs well with chocolate? Come and find out! Join Trish and Katie as we pair white, milk, and dark chocolate with some delicious (and interesting!) foods.

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