

March 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 9:30 Stretch & Strength 10:30 Stretch & Strength 1:30 Communal Crossword 6:00 Movie Night: The Hill
3 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	4 9:00 – 10:30 Blood Pressure Clinic with Judith Ritson (Sign Up Required) 10:30 Havin' A Ball Fitness 1:00 Art with Jenna 2:30 Mental Aerobics 6:00 Bingo	5 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	6 10:30 Spiritual Time (Luther Court) 1:30 TV Show: The Crown, Season 6, Episode 9	7 10:30 Bean Bag Toss 1:30 Cherry Blossom Drive (Sign Up Required) 3:30 – 4:15 Tuck Shop in the Lobby	8 International Women's Day 9:30 Stretch & Strength 10:30 Stretch & Strength 1:30 Book Club: Save Me the Plums: My Gourmet Memoir by Ruth Reichl 2:30 TED Talk "We Should All Be Feminists" Chimamanda Ngozi Adichie 6:00 Movie Night: Mahalia	9 1:30 Documentary: Our Universe: The Cosmic Clock 6:00 TV Show: Downton Abbey, Season 5, Episode 6 Before you go to bed tonight, don't forget to turn your clock ahead 1 hour!
10 Daylight Savings Time 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	11 10:30 Havin' A Ball Fitness 1:00 Art with Jenna 2:30 Masterminds 6:00 Bingo	12 9:30 Stretch & Strength 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Vintage Toy Presentation by Jason Jones 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette	13 10:30 Spiritual Time (Knox Presbyterian Church) 1:30 TV Show: The Crown, Season 6, Episode 10	14 10:30 Bean Bag Toss 1:30 Happy Wanderers: Victoria Breakwater 3:30 – 4:15 Tuck Shop in the Lobby 3:45 – 4:45 St. Patrick's Day Happy Hour: Feature Drink is Guinness	15 9:30 Stretch & Strength 10:30 Stretch & Strength 11:15 Baking with Trish and Katie: Bailey's Irish Cream Coffee Cake 2:00 Monthly Birthday Tea with Entertainment by Jesse Thomas Brown 6:00 Movie Night: Belfast	16 1:30 Travelogue: Rick Steves: The Best of West Ireland: Dingle, Galway, and the Aran Islands 6:00 TV Show: Downton Abbey, Season 5, Episode 7
17 St. Patrick's Day 1:30 Movie Matinee: Riverdance 6:00 Hymn Sing with Pat Williamson	18 10:30 Havin' A Ball Fitness 1:00 Art with Jenna 2:30 Mental Aerobics 6:00 Bingo	19 Spring Begins 9:30 Stretch & Strength 10:30 Stretch & Strength 1:30 Health Talk with Heart Pharmacy – Memory & Cognition 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette	20 10:30 Spiritual Time (St. Luke's Anglican Church) 1:30 TV Show: All The Light We Cannot See, Episode 1	21 10:30 Bean Bag Toss 1:30 Artful Afternoon: Art Expedition: America 3:30 – 4:15 Tuck Shop in the Lobby	22 9:30 Stretch & Strength 10:30 Stretch & Strength 1:30 Readers Theater 6:00 Movie Night: The Devil Wears Prada	23 1:30 Word Games (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Downton Abbey, Season 5, Episode 8
24 Palm Sunday 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	25 10:30 Havin' A Ball Fitness 1:00 Art with Jenna 2:30 Masterminds 6:00 Bingo	26 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	27 10:30 Spiritual Time (Maplewood Gospel Hall) 1:30 TV Show: All The Light We Cannot See, Episode 2 3:30 Gardening Committee Meeting	28 10:30 Bean Bag Toss 2:00 Afternoon Music with Charlie Burton 3:30 – 4:15 Tuck Shop in the Lobby	29 Good Friday 1:30 Games Afternoon: Scrabble 6:00 Movie Night: Military Wives	30 1:30 Movie Matinee: The Art of Racing in the Rain 6:00 TV Show: Downton Abbey, Season 5, Episode 9
31 Easter Sunday 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	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!					

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 Charlie Burton: Enjoy an afternoon performance by Charlie Burton on guitar. 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 – Art Expedition - America: 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 Art Expedition – America.

Baking with Trish and Katie: Join us as we make a delicious Bailey's Irish Cream Coffee 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!

Cherry Blossom Drive: Join us as we take a drive around town to enjoy the beautiful blossoms. Fingers crossed the Cherry Blossoms are still in bloom. **Sign-up Required.**

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

Documentary: Our Universe: The Cosmic Clock: From the womb to a final moment of peace, witness the steady ticking of the universe's clock through the eyes of the chimpanzee.

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!

Gardening Committee Meeting: We are excited to start work on the Dawson Heights Community Garden project! If you are interested in being on the Gardening Committee, please join us at our first meeting where we will discuss the plans for the project.

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

Happy Wanderers: Victoria Breakwater: Stretch your legs and enjoy a walk on the beautiful Victoria Breakwater. **Sign-up Required.**

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 Memory and Cognition.

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

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 Jesse Thomas Brown: Enjoy a piece of homemade cake and join us as we celebrate the March birthdays. Entertainment will be provided by Jesse Thomas Brown.

Monthly Book Club Book Review "Save Me the Plums: My Gourmet Memoir" by Ruth Reichl: Join Trish and Katie as we discuss this month's book club selection, "Save Me the Plums: My Gourmet Memoir" by Ruth Reichl. 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.

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.

TED Talk "We Should All Be Feminists" Chimamanda Ngozi Adichie: We teach girls that they can have ambition, but not too much ... to be successful, but not too successful, or they'll threaten men, says author Chimamanda Ngozi Adichie. In this classic talk that started a worldwide conversation about feminism, Adichie asks that we begin to dream about and plan for a different, fairer world -- of happier men and women who are truer to themselves.

TV Show: All the Light We Cannot See: In the final days of WWII, the paths of a blind French girl and a German soldier collide. Based on Anthony Doerr's Pulitzer Prize-winning bestseller.

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': The Best of West Ireland: Dingle, Galway and the Aran Islands: Deepest Ireland is best experienced on its Gaelic-speaking west coast, where the rugged villages have changed little over the generations. After exploring the remote Aran Islands, we visit Galway, chase a friendly dolphin, and delve into the scenic Dingle Peninsula. Ringing with music from its rustic pubs and dotted with prehistoric forts, this region is something special. If you're to fall in love with Ireland, chances are it'll be right here.

Vintage Toy Presentation by Jason Jones: Join Jason as he shares his knowledge of vintage toys!