

May 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 1:30 Shuffleboard 6:00 Hymn Sing with Pat	<b>2</b> 10:30 Havin' A Ball Fitness 1:30 Mental Aerobics 6:00 Bingo	<b>3</b> 10:30 Stretch & Strength <b>1:30 Tai Chi with Brenda</b> <b>6:30 Music Explorations with Lynette</b>	<b>4</b> <b>10:30 Spiritual Time (Central Baptist Church)</b> 1:30 The Great Courses: Optimizing Brain Fitness – Lecture 7	<b>5</b> <b>10:00</b> Bean Bag Toss <b>11:30 Lunch Outing to Romeos (Sign Up Required)</b>	<b>6</b> 10:30 Stretch & Strength <b>1:30 Kentucky Derby Social Horseraces</b> 6:00 Movie Night: Seabiscuit	<b>7</b> 1:30 Saturday Bingo
<b>8 Mother's Day</b> 1:30 Games Afternoon: Scrabble	<b>9</b> 10:30 Wake Up & Stretch 1:30 Masterminds 6:00 Bingo	<b>10 Move for Health Day</b> <b>10:30 Walk for Alzheimer's</b> <b>1:15 Outing to Tea for Tutu: Cinderella (Sign Up Required)</b> <b>6:30 Music Explorations with Lynette</b>	<b>11</b> <b>10:30 Spiritual Time (Knox Presbyterian Church)</b> 1:30 The Crown – Season 4, Episode 6	<b>12</b> 10:30 Horseshoes <b>1:30 Happy Wanders Outing to Finnerty Gardens (Sign Up Required)</b>	<b>13</b> 10:30 Stretch & Strength <b>1:30 Monthly Book Club Book Review: "A Gentleman in Moscow" by Amor Towles</b> 6:00 Movie Night: Brooklyn	<b>14</b> 1:30 Documentary: Our Great National Parks, Episode 1 "A World of Wonder"
<b>15</b> 1:30 Shuffleboard 6:00 Hymn Sing with Pat	<b>16</b> 10:30 Havin' A Ball Fitness 1:30 Mental Aerobics 6:00 Bingo	<b>17</b> 10:30 Stretch & Strength <b>1:30 Tai Chi with Brenda</b> <b>6:30 Music Explorations with Lynette</b>	<b>18</b> <b>10:30 Spiritual Time (St. Luke's Anglican Church)</b> 1:30 The Great Courses: Optimizing Brain Fitness – Lecture 8	<b>19</b> 10:30 Bean Bag Toss <b>2:00 Spring Fashion Show with Vintage Fashion Showcase</b>	<b>20</b> 10:30 Stretch & Strength 1:30 Craft – Hanging Baskets 6:00 Movie Night: Remains of the Day	<b>21</b> 1:30 Travelogue: Rick Steves' Egypt's Nile, Alexandria, and Luxor
<b>22</b> 1:30 Bingo 6:00 Hymn Sing with Pat	<b>23 Victoria Day</b> 1:30 Games Afternoon: Scrabble <b>No Afternoon Tea Today</b> 6:00 Movie Night: Victoria & Abdul	<b>24</b> 10:30 Stretch & Strength 1:30 Artful Afternoon: Great Art Heists <b>6:30 Music Explorations with Lynette</b>	<b>25</b> <b>10:30 Spiritual Time (Maplewood Gospel Hall)</b> <b>1:30 Annual General Meeting</b>	<b>26</b> 10:30 Horseshoes 1:30 Games Afternoon: Communal Crossword	<b>27</b> 10:30 Stretch & Strength <b>2:00 Monthly Birthday Tea with Entertainment by Jesse Thomas Brown</b> 6:00 Movie Night: My Father's Violin	<b>28</b> 1:30 Virtual Performace of "Heart Strings" by Ballet Victoria
<b>29</b> 1:30 Shuffleboard 6:00 Hymn Sing with Pat	<b>30</b> 10:30 Havin' A Ball Fitness 1:30 Masterminds 6:00 Bingo	<b>31</b> 10:30 Stretch & Strength 1:30 Fit Minds <b>6:30 Music Explorations with Lynette</b>	<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 (please call to book an appointment) Footcare Nurse: Cindy Griffith 250-882-1721 (please call to book an appointment)  <b>Please see reverse for program details!</b>			

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!

*"Nothing is impossible. The word itself says "I'm possible!" ~ Audrey Hepburn*

**Artful Afternoon – Great Art Heists:** 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 Great Art Heists.

**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 May 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!

**Craft – Hanging Baskets:** Join Katie and Trish as we create hanging baskets for the patio.

**Documentary: Our Great National Parks:** Narrated by former President Barack Obama, this stunning docuseries shines the spotlight on some of the planet's most spectacular national parks. Episode 1 "A World of Wonder" From Africa's beaches to Japan's islands to Australia's Great Barrier Reef – the natural world's untamed beauty comes into gorgeous focus.

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

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

**Games Afternoon: Scrabble:** Enjoy a fun afternoon of Scrabble.

**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!

**Happy Wanders Outing to Finnerty Gardens:** Stretch your legs as you enjoy UVic's beautiful Finnerty Gardens. **Sign up required.**

**Horseshoes:** Come and try your luck on our new horseshoe pit! No experience required! **\*\*Weather Permitting\*\***

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

**Lunch Outing to Romeos:** Enjoy lunch out at Romeos! Residents are responsible for covering the cost of their meal. Meals start at \$15.95. **Sign up required.**

**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 Gentleman in Moscow" by Amor Towles –** Join Katie and Trish as we discuss this month's book club selection, "A Gentleman in Moscow" by Amor Towles. Please pick up a copy of the book from the Recreation Office.

**Movie Night:** Check the whiteboard 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!

**Outing to Tea for Tutu: Cinderella:** Enjoy a preview of Ballet Victoria's upcoming performance "Cinderella". Space is limited. **Sign up required.**

**Shuffleboard:** Join Mark for an afternoon of friendly competition playing shuffleboard!

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

**Spring Fashion Show with Vintage Fashion Showcase:** Enjoy a journey through time with Vintage Fashion Showcase! Models in vintage, Spring Themed, attire from the 1860s to 1980s will be coming to The Cedars to showcase their vintage garments in the context of social history.

**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!

**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: Rick Steves' Egypt's Nile, Alexandria, and Luxor:** Exploring the Nile Valley from north to south, we see the highlights of Egypt. In the fabled city of Alexandria, we venture through a market wonderland, smoke a *shisha*, and stroll a Mediterranean promenade. In Luxor, we explore the pharaohs' tombs and temples before sailing on a timeless felucca. Then we kick back on a riverboat cruise, enjoying iconic views of palm trees, minarets, and rustic villages. Our finale: Ramses II's magnificent temple at Abu Simbel.

**Virtual Performance of "Heart Strings" by Ballet Victoria:** Enjoy a virtual performance of Ballet Victoria's "Heart Strings" featuring the music of Vivaldi's 4 Seasons and Tchaikovsky's Serenade.

**Walk for Alzheimer's:** Join us as we walk to raise funds for the Alzheimer's Society of BC. We invite all campus residents to join us any time between 10:30 am and 12:00 pm as we walk our beautiful Rotary Trail. Our goal is to collectively walk 20 km (3 laps of the trail is 1 km)! The "start line" will be at the picnic table by the parking lot.

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