

June 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p align="center"><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 (by appointment only)  Foot Care Nurse: Cindy Griffith 250-882-1721 (please call to book)  Please see Reverse for Program Details!</p>			<p><b>1</b>  <b>10:30 Spiritual Time (Hymns with Pat Williamson)</b>  1:30 The Crown - Season 4, Episode 7</p>	<p><b>2</b>  <b>10:00 Bean Bag Toss</b>  <b>11:30 Lunch outing to Thai Lemongrass Restaurant (Sign Up Required)</b></p>	<p><b>3</b>  10:30 Stretch &amp; Strength  1:30 Jeopardy  <b>2:30 Her Majesty Queen Elizabeth II Platinum Jubilee Celebration</b>  6:00 Movie Night: Elizabeth &amp; Margaret: Love and Loyalty</p>	<p><b>4</b>  1:30 Saturday Bingo</p>
<p><b>5</b>  1:30 Shuffleboard</p>	<p><b>6</b>  10:30 Wake Up and Stretch  1:30 Mental Aerobics  6:00 Bingo</p>	<p><b>7</b>  <b>10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required)</b>  10:30 Strength &amp; Stretch  <b>1:30 Tai Chi with Brenda</b>  <b>6:30 Music Explorations with Lynette</b></p>	<p><b>8</b>  <b>10:30 Spiritual Time (Knox Presbyterian Church)</b>  1:30 The Great Courses: Optimizing Brain Fitness – Lecture 9</p>	<p><b>9</b>  10:30 Horseshoes  <b>1:30 Happy Wanderers Outing to Songhees Walkway (Sign Up Required)</b></p>	<p><b>10</b>  10:30 Stretch &amp; Strength  <b>1:30 Monthly Book Club Book Review “Long Bright River” by Liz Moore</b>  6:00 Movie Night: Rescued by Ruby</p>	<p><b>11</b>  1:30 Documentary: Our Great National Parks, Episode 2 “Chilean Patagonia”</p>
<p><b>12</b>  1:30 Games Afternoon: Scrabble  6:00 Hymn Sing with Pat Williamson</p>	<p><b>13</b>  10:30 Havin’ A Ball Fitness  1:30 Masterminds  6:00 Bingo</p>	<p><b>14</b>  10:30 Stretch &amp; Strength  1:30 Fit Minds  <b>6:30 Music Explorations with Lynette</b></p>	<p><b>15</b>  <b>10:30 Spiritual Time (St. Luke’s Anglican Church)</b>  1:30 The Crown - Season 4, Episode 8</p>	<p><b>16</b>  10:30 Bean Bag Toss  1:30 Games Afternoon: Euchre</p>	<p><b>17</b>  10:30 Stretch &amp; Strength  1:30 Games Afternoon: Communal Crossword  6:00 Movie Night: The Adam Project</p>	<p><b>18</b>  1:30 Travelogue: Rick Steves’: Rome: Ancient Glory</p>
<p><b>19 Father’s Day</b>  1:30 Shuffleboard  6:00 Hymn Sing with Pat Williamson</p>	<p><b>20</b>  10:30 Wake Up and Stretch  1:30 Mental Aerobics  6:00 Bingo</p>	<p><b>21</b>  <b>10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required)</b>  10:30 Strength &amp; Stretch  <b>1:30 Tai Chi with Brenda</b>  <b>6:30 Music Explorations with Lynette</b></p>	<p><b>22</b>  <b>10:30 Spiritual Time (Maplewood Gospel Hall)</b>  1:30 The Great Courses: Optimizing Brain Fitness – Lecture 10</p>	<p><b>23</b>  <b>10:00 Horseshoes</b>  11:00 Baking with Trish and Katie – Pecan Sandies  <b>1:30 National Pecan Sandies Day Social</b></p>	<p><b>24</b>  10:30 Stretch &amp; Strength  1:30 You Be The Judge  6:00 Movie Night: Indiana Jones and the Raiders of the Lost Ark</p>	<p><b>25</b>  1:30 Virtual Performance of “Cinderella” by Ballet Victoria</p>
<p><b>26</b>  1:30 Games Afternoon: Scrabble  6:00 Hymn Sing with Pat Williamson</p>	<p><b>27</b>  10:30 Havin’ A Ball Fitness  1:30 Masterminds  6:00 Bingo</p>	<p><b>28</b>  10:30 Strength &amp; Stretch  1:30 Artful Afternoon: Flowers by Artists  <b>6:30 Music Explorations with Lynette</b></p>	<p><b>29</b>  <b>10:30 Spiritual Time (United Church)</b>  1:30 The Crown - Season 4, Episode 9</p>	<p><b>30</b>  10:30 Bean Bag Toss  <b>2:00 Canada Day Celebration and Monthly Birthday Tea with Entertainment (Entertainer TBA) (Patio – weather permitting)</b></p>		

We hope you will find something of interest to you on the calendar this month! Please take a read through the descriptions for more information. We encourage you to try something new this month!

*"Never be afraid to try something new because life gets boring when you stay within the limits of what you already know." ~ Anonymous*

**Artful Afternoon – Flowers by Artists:** 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 Flowers by Artists.

**Baking with Trish and Katie – Pecan Sandies:** Join Katie and Trish as we bake some delicious Pecan Sandies cookies. The cookies will be served at afternoon tea at our National Pecan Sandies Day social!

**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!

**Canada Day Celebration and Monthly Birthday Tea:** Wear your red and white and join us as we celebrate Canada's 155th birthday (and our June birthdays!) in style.

Entertainer to be announced. The entertainment will be held on the lawn between The Cedars and The Dawson.

**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 2 "Chilean Patagonia" Encompassing 24 unique national parks, the magnificent Chilean Patagonia is rapidly becoming one of the most protected places on the planet.

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

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

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

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

**Happy Wanderers Outing to Songhees Walkway:** Stretch your legs as you enjoy the beautiful views from the Songhees Walkway. **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!

**Her Majesty Queen Elizabeth II Platinum Jubilee Celebration:** On February 6, 2022, Her Majesty The Queen became the first British Monarch to celebrate a Platinum Jubilee, marking 70 years of service to the people of the United Kingdom, the Realms and the Commonwealth! To celebrate this unprecedented anniversary, join us as we toast Her Majesty and watch a recording of the Trooping of The Colour.

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

**Hymn Sing with Pat Williamson:** Join Pat in the BWR 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 Thai Lemongrass Restaurant:** Enjoy lunch out at Thai Lemongrass! Residents are responsible for covering the cost of their meal. Meals start at \$12.50. **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 "Long Bright River" by Liz Moore –** Join Katie and Trish as we discuss this month's book club selection, "Long Bright River" by Liz Moore. 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!

**National Pecan Sandies Day Social:** Enjoy a delicious, freshly baked, Pecan Sandie while we watch a virtual concert!

**Outing to Hillside Mall:** We will be offering a shuttle to Hillside Mall twice a month! 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 (250) 477-4850. Space is limited.

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

**Spiritual Time:** Our Spiritual Time leaders will be joining us at the Cedars 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.

**Tai Chi with Brenda:** Join Brenda Davie for a seated 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' Rome: Ancient Glory:** Focusing on the grandeur of classical Rome, we'll admire the groundbreaking architecture at the Colosseum and Pantheon, and the empire's exquisite art at the Capitoline Museum. Then we'll head out on a bike ride along the ancient Appian Way and take in nearby marvels of Roman engineering.

**You Be the Judge:** Join Katie and Trish for a lively discussion as we discuss real-life events that have landed in a court of law! We will present the facts of the case and as a group, become the judge and the jury in deciding each case. There are no right or wrong answers and a law degree is not required!

**Virtual Performance of "Cinderella" by Ballet Victoria:** Experience the passion of fairy-tale romance accompanied by Prokofiev's enchanting classical score. Ballet Victoria's 21<sup>st</sup>-century ballet follows the story of the classical Cinderella but with a little twist, adding some humour and new characters. Embark on Cinderella's journey to find her prince, and don't forget your glass slippers!

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