

July 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CANADA DAY 1:30 Canadian Trivia with Daphne 6:00 Movie Night: Canada by Rail: Canadian Pacific's Mountain Sub and Rogers Pass	2 1:30 Saturday Bingo
3 1:30 Shuffleboard 6:00 Hymn Sing with Pat Williamson	4 10:30 Tai Chi with Brenda 1:30 Mental Aerobics 6:00 Bingo	5 10:30 Stretch & Strength 1:30 Games Afternoon: Communal Crossword 6:30 Music Explorations with Lynette	6 10:30 Spiritual Time (Knox Presbyterian Church) 1:30 The Great Courses: Optimizing Brain Fitness – Lecture 11	7 10:30 Bean Bag Toss 1:30 Games Afternoon: Euchre	8 10:30 Stretch & Strength 1:30 You Be The Judge 6:00 Movie Night: Labor Day	9 1:30 Documentary: Our Great National Parks, Episode 3 "Tsavo, Kenya"
10 1:30 Games Afternoon: Scrabble 6:00 Hymn Sing with Pat Williamson	11 10:30 Havin' A Ball Fitness 1:30 Masterminds 6:00 Bingo	12 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Fit Minds 6:30 Music Explorations with Lynette	13 10:30 Virtual Spiritual Time (Central Baptist Church) 1:30 The Crown – Season 4, Episode 10	14 10:00 Horseshoes 11:30 Lunch Outing to The Oaks (Sign Up Required)	15 10:30 Stretch & Strength 1:30 Monthly Book Club Book Review: Educated by Tara Westover 6:00 Movie Night: Stan and Ollie	16 1:30 Travelogue: Rick Steves': Rome: Baroque Brilliance
17 1:30 Shuffleboard 6:00 Hymn Sing with Pat Williamson	18 10:30 Tai Chi with Brenda 1:30 Mental Aerobics 6:00 Bingo	19 10:30 Stretch & Strength 1:30 Jeopardy 6:30 Virtual Concert	20 10:30 Spiritual Time (St. Luke's Anglican Church) 1:30 The Great Courses: Optimizing Brain Fitness – Lecture 12	21 10:30 Bean Bag Toss 2:00 Music on the Lawn with Chick Wagon	22 10:30 Stretch & Strength 2:30 Canadian Food Tasting 6:00 Movie Night: Jane Eyre	23 1:30 Games Afternoon: Word Games
24 1:30 Games Afternoon: Uno 6:00 Hymn Sing with Pat Williamson	25 10:30 Havin' A Ball Fitness 1:30 Masterminds 6:00 Bingo	26 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Artful Afternoon: Delicious Art 6:30 Music Explorations with Lynette	27 10:30 Spiritual Time (Maplewood Gospel Hall) 1:30 Movie Matinee and Popcorn: Downton Abbey: A New Era	28 10:30 Horseshoes 1:30 Ice Cream Tasting on the Patio	29 2:00 Summer Social with Entertainment by Seabreeze (Patio) 6:00 Movie Night: Don't Look Up	30 1:30 Penny Ante
31 1:30 Shuffleboard 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 (please call to book an appointment) Footcare Nurse: Cindy Griffith 250-882-1721 (please call to book an appointment) Please see 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!

“To plant a garden is to believe in tomorrow.” ~ Audrey Hepburn

Artful Afternoon – Delicious 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 Delicious Art.

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!

Canadian Food Tasting: In honour of Canada’s 155th birthday, join Trish and Katie as we sample some uniquely Canadian treats!

Canadian Trivia with Daphne: Join Cedars Resident, Daphne, and test your knowledge of Canadian Trivia!

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 3 “Tsavo, Kenya” In Kenya’s Tsavo National Park, thousands of elephants roam the breathtaking, vast landscape, along with hippos, rhinos, hornbills and more.

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 Trish as we learn to play this fun game!

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

Games Afternoon: Uno: Enjoy an afternoon of the card game Uno in the BWR.

Games Afternoon: Word Games: Let’s put our heads together and play a fun word game!

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!

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.

Ice Cream Tasting on the Patio: July is national ice cream month! Join us for an ice cream tasting where we will be sampling 5 delicious flavours of ice cream!

Jeopardy: Come and play a round of the popular game show, Jeopardy!

Lunch Outing to The Oaks Restaurant: Enjoy lunch out at The Oaks Restaurant on beautiful Oak Bay Avenue! Residents are responsible for covering the cost of their meals. Meals start at \$15.00. **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 “Educated” by Tara Westover – Join us as we discuss this month’s book club selection, “Educated” by Tara Westover. Please pick up a copy of the book from the Recreation Office.

Movie Matinee and Popcorn “Downton Abbey: A New Era”: Enjoy some freshly popped popcorn while we watch Downton Abbey: A New Era.

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!

Music on the Lawn with Chick Wagon: Enjoy a delightful Country music performance with Chick Wagon! Refreshments will be served.

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.

Penny Ante: Join us for a fun game where we take turns answering questions or following instructions on a deck of cards as we try and collect the most pennies. The person with the most pennies at the end of the game wins a prize!

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.

Summer Social with Entertainment by Seabreeze: In celebration of summer, we invite you to join us at our annual Summer Social! Invite your family and friends, dress in your favourite summer ensemble and enjoy some delicious lemonade and a sweet treat while enjoying the lively music of Seabreeze.

Tai Chi with Brenda: Join Brenda Davie for a seated Tai Chi class. No experience required! *****Please note the new date and time of this program*****

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: Baroque Brilliance: Ramble through the venerable heart of Rome, admire the breathtaking Bernini statues, ponder sunbeams inside St. Peter’s Basilica at the Vatican, and mix and mingle with the Romans during an early-evening stroll. Following an exquisite Roman dinner, we’ll join locals after dark, lacing together the Eternal City’s most romantic nightspots.

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!