

August 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 BC DAY 1:30 Games Afternoon: Cribbage 6:00 Movie Night: Persuasion	2 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	3 10:30 Virtual Spiritual Time (Central Baptist Church) 1:30 The Great Courses: The History and Archaeology of the Bible – Lecture 1 6:00 Movie Night: Operation Mincemeat	4 10:30 Horseshoes 1:30 Games Afternoon: Euchre	5 10:30 Stretch & Strength 11:30 Picnic at Esquimalt Gorge Park (Sign Up Required)	6 1:30 Trivia (Please pick up at the Front Desk of The Cedars)
7 1:30 Games Afternoon: Cribbage 6:00 Hymn Sing with Pat Williamson	8 10:30 Tai Chi with Brenda 1:30 Mental Aerobics 6:00 Bingo	9 10:30 Stretch & Strength 1:30 Jeopardy 6:30 Music Explorations with Lynette	10 10:30 Spiritual Time (Knox Presbyterian Church) 1:30 The Great Courses: The History and Archaeology of the Bible – Lecture 2 6:00 Movie Night: The Dig	11 10:30 Bean Bag Toss 1:30 Scenic Drive to 10 Mile Point and Afternoon Coffee at Olive Olio's (Sign Up Required)	12 10:30 Stretch & Strength 1:30 Craft – Handmade Lanterns for the Salish Sea Lantern Festival 2:30 Fancy Drink Friday on the Patio – Ice Cream Floats	13 1:30 Documentary: Our Great National Parks, Episode 4 “Monterey Bay National Marine Sanctuary, USA”
14 1:30 Games Afternoon: Scrabble 6:00 Hymn Sing with Pat Williamson	15 10:30 Havin’ A Ball Fitness 1:30 Masterminds 6:00 Bingo	16 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Bananagrams 6:30 Music Explorations with Lynette	17 10:30 Spiritual Time (St. Luke’s Anglican Church) 1:30 The Great Courses: The History and Archaeology of the Bible – Lecture 3 6:00 Movie Night: Military Wives	18 10:30 Horseshoes 1:30 Happy Wanderers Outing: Songhees Walkway (Sign Up Required)	19 10:30 Stretch & Strength 1:30 Monthly Book Club Book Review: Gilead by Marilynne Robinson 2:30 Fancy Drink Friday on the Patio – Pina Colada	20 1:30 Travelogue: Rick Steves’: Rome: Back-Street Riches
21 1:30 Games Afternoon: Cribbage 6:00 Hymn Sing with Pat Williamson	22 10:30 Tai Chi with Brenda 1:30 Mental Aerobics 6:00 Bingo	23 10:30 Stretch & Strength 2:00 Piano Concert by Alexander Moldoveanu 6:30 Music Explorations with Lynette	24 10:30 Spiritual Time (Maplewood Gospel Hall) 2:00 Monthly Birthday Tea with Entertainment by Jesse Thomas Brown (on the Patio) 6:00 Movie Night: Falling for Figaro	25 10:30 Bean Bag Toss 2:00 Music on the Lawn with Twowheeler	26 10:30 Stretch & Strength 1:30 Games Afternoon: Communal Crossword 2:30 Fancy Drink Friday on the Patio – Summer Punch	27 1:30 Games Afternoon: Word Games
28 1:30 Games Afternoon: Uno 6:00 Hymn Sing with Pat Williamson	29 10:30 Havin’ A Ball Fitness 1:30 Masterminds 6:00 Bingo	30 10:30 Stretch & Strength 1:30 Artful Afternoon: Canadian Art 6:30 Music Explorations with Lynette	31 10:30 Spiritual Time (United Church) 1:30 The Great Courses: The History and Archaeology of the Bible – Lecture 4 6:00 Movie Night: Love & Gelato	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!

“Aging is an extraordinary process where you become the person you always should have been.” ~ David Bowie

Artful Afternoon – Canadian 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 Canadian 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!

Craft: Handmade Lanterns for The Salish Sea Lantern Festival: The Salish Sea Lantern Festival is an annual celebration of art, culture, light and community. This year's event will be held from August 14 to 20th. During this week (the Week of Lanterns), display your lanterns in your window or on your patio. Join Trish and Katie and create your own beautiful and unique lantern for this event!

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 4 “Monterey Bay National Marine Sanctuary, USA” California's vibrant coastline gets its close-up, with an emphasis on the delicate balance struck between wildlife and humanity.

Fancy Drink Friday on the Patio: Join Trish and Katie on the patio for a delicious, non-alcoholic, summer-themed drink!

Fit Minds: Exercise for the mind!

Games Afternoon: Cribbage: Enjoy a fun game of Cribbage with friends.

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 and 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!

Happy Wanderers Outing: Songheese Walkway: Stretch your legs as you enjoy the beautiful views of Downtown and the Inner Harbour 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!

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!

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

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

Monthly Birthday Tea with Entertainment by Jesse Thomas Brown: Dawson Heights favourite, Jesse Thomas Brown, will be returning to Dawson Heights for our monthly birthday tea. Enjoy a delicious cupcake as we celebrate the July and August birthdays!

Monthly Book Club Book Review “Gilead” by Marilynne Robinson – Join us as we discuss this month's book club selection, “Gilead” by Marilynne Robinson. Please pick up a copy of the book from the Recreation Office.

Movie Night: Check the whiteboard for each week's movie. *****Please note that Movie Night is now on Wednesday*****

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 Twowheeler: Enjoy an afternoon performance with Twowheeler! 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.

Piano Concert by Alexander Moldoveanu: Join 13-year-old Alexander Moldoveanu as he dazzles us on the piano. This concert will be held from 2:00 pm – 2:30 pm.

Picnic at Esquimalt Gorge Park: We will head to Esquimalt Gorge Park where we will enjoy a delicious picnic lunch. **Sign-up required.**

Scenic Drive to 10 Mile Point and Afternoon Coffee at Olive Olio's: Enjoy a scenic drive through beautiful 10 Mile Point before stopping for coffee at Olive Olio's. Residents are responsible for the cost of coffee. **Sign-up required.**

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! *****Please note the new date and time of this program*****

The Great Courses: The History and Archaeology of the Bible: Join Katie as we take a multidimensional journey through the Bible from Genesis to the Crucifixion, seen through the lens of the latest historical and archaeological findings, and accompanied by vivid video footage of many of the sites where the stories of the Bible unfolded.

Travelogue: Rick Steves' Rome: Back-Street Riches: In this third of three shows on the Eternal City, we'll explore this grand metropolis — so rich in art and culture — on a more intimate scale, delving into its back lanes and unheralded corners. Venturing through the crusty Trastevere district, visiting the historic Jewish Ghetto, and enjoying art treasures in a string of rarely visited churches, we uncover charms of hidden Rome that compete with its marquee sights.