

April 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p style="text-align: center;">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 reverse for program details!</p>						<p>1 1:30 Saturday Trivia (Please pick up at the Front Desk of The Cedars) 6:00 Documentary: Live to Lead: Greta Thunberg</p>
<p>2 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p>3 10:30 Havin' A Ball Fitness 1:30 Masterminds 6:00 Bingo</p>	<p>4 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Fit Minds 3:30 – 4:30 Tuck Shop 6:30 Music Explorations with Lynette</p>	<p>5 10:30 Virtual Spiritual Time (Central Baptist Church) 1:30 TV Show: The Crown: Season 5, Episode 9</p>	<p>6 10:30 Bean Bag Toss 1:00 Men's Cardiac Support Group (Library) 1:30 Monthly Book Club Book Review: "The Phone Booth at the Edge of the World" by Laura Imai Messina 3:30 – 4:30 Tuck Shop 6:00 New Alpha Film Series with Cliff, Session 10: What do I do about other people?</p>	<p>7 Good Friday 1:30 Movie Matinee: The Passion Live from New Orleans 2016 6:00 Movie Night: The DaVinci Code</p>	<p>8 1:30 Documentary: Animal, Season 1, Episode 3: Marsupials 6:00 Documentary: Live to Lead: Bryan Stevenson</p>
<p>9 Easter Sunday 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p>10 Easter Monday 1:30 Games Afternoon: Word Games 6:00 Movie Night: Easter Parade</p>	<p>11 10:30 Stretch & Strength 1:30 Artful Afternoon: Folk & Naïve Art 3:30 – 4:30 Tuck Shop 6:30 Music Explorations with Lynette</p>	<p>12 10:30 Spiritual Time (Hymn Sing with Pat and Phil Williamson and Ken Smith) 1:30 The Cedars 20th Anniversary Celebration (Cedars Parking Lot & Dining Room) 3:00 – 4:00 Entertainment by Seabreeze (Dining Room)</p>	<p>13 10:30 Bean Bag Toss 1:00 Men's Cardiac Support Group (Library) 1:30 Jeopardy 3:30 – 4:30 Tuck Shop 6:00 New Alpha Film Series with Cliff, Session 11: Does healing exist today?</p>	<p>14 10:30 Stretch & Strength 1:30 Games Afternoon: Bananagrams 6:00 Movie Night: The Intern</p>	<p>15 1:30 Travelogue: Rick Steves: The Best of Israel 6:00 Documentary: Live to Lead: Jacinda Ardern</p>
<p>16 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p>17 10:30 Havin' A Ball Fitness 1:30 Mental Aerobics 6:00 Bingo</p>	<p>18 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Health Talk with Heart Pharmacy: Medication Safety 3:30 – 4:30 Tuck Shop 6:30 Music Explorations with Lynette</p>	<p>19 10:30 Spiritual Time (St. Luke's Anglican Church) 1:30 TV Show: The Crown: Season 5, Episode 10</p>	<p>20 10:30 Bean Bag Toss 11:00 Lunch Outing to the Four Mile Pub (Sign Up required) 1:00 Men's Cardiac Support Group (Library) 1:30 Games Afternoon: Communal Crossword 3:30 – 4:30 Tuck Shop 6:00 New Alpha Film Series with Cliff, Session 12: What is the function of a church?</p>	<p>21 10:30 Stretch & Strength 2:00 Monthly Birthday Tea with Entertainment by Brandy Moore 6:00 Movie Night: The Water Horse: Legend of the Deep</p>	<p>22 1:30 Virtual Concert: Artist to be Announced 6:00 Documentary: Live to Lead: Siya Kolisi</p>
<p>23 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p>24 St. George's Day 10:00 – 2:00 Covid Booster Shot Clinic for Residents of The Cedars (Please sign up at The Front Desk)</p>	<p>25 10:30 Stretch & Strength 2:00 Afternoon Entertainment with Two Among Friends 3:30 – 4:30 Tuck Shop 6:00 – Movie Night: In The Heights</p>	<p>26 10:30 Spiritual Time (Maplewood Gospel Hall) 1:30 The Great Courses: The History and Archaeology of the Bible – Lecture 21</p>	<p>27 10:30 Bean Bag Toss 1:00 Men's Cardiac Support Group (Library) 1:30 Baking with Trish and Katie 3:30 – 4:30 Tuck Shop</p>	<p>28 10:30 Stretch & Strength 1:00 Happy Wanderers: Finnerty Gardens (Sign Up Required) 3:45 – 4:45 Happy Hour – This month's feature drink is a Caesar 6:00 Movie Night: The War with Grandpa</p>	<p>29 1:30 Games Afternoon: Scrabble 6:00 Documentary: Live to Lead: Gloria Steinem</p>
<p>30 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p>1:30 Cribbage in the Library 6:00 Bingo</p>					

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!

“Sweet April showers do bring May flowers.” ~ Thomas Tusser

Afternoon Entertainment with Two Among Friends: Join Lorraine and Rowan from Two Among Friends for an afternoon of music and fun. Refreshments will be served.

Artful Afternoon – Folk & Naïve 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 Folk & Naïve Art.

Baking with Trish and Katie: Join Trish and Katie as we bake a delicious sweet treat for afternoon tea!

Bean Bag Toss: The competition is intense! Join Team Red and Team Blue for some bean bag fun.

Bingo: Come and enjoy bingo in the BWR. 25¢ per card. Lots of fun!

Covid Booster Shot Clinic for Residents of The Cedars: Residents of The Cedars are invited to sign up to receive the Covid Booster Shot. Please sign up at The Front Desk of The Cedars starting April 3. *****Please note, if you have had Covid in the last 6 months, it is recommended that you wait to receive your booster shot.*****

Documentary: Animal: Marsupials: It’s not all about the pouches. These mammalian misfits are full of surprises, from flamboyant kangaroo showdowns to rattling koala mating calls.

Documentary: Live to Lead: Leaders committed to making a difference in the world share their inspiring life stories in this series executive produced by Prince Harry and Meghan.

Fit Minds: Exercise for the 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!

Happy Hour: Join us at our Monthly Happy Hour! Enjoy some hot appies and our feature drink is the Canadian classic, a Caesar! Non-alcoholic punch will also be available.

Happy Wanderers: Finnerty Gardens: Stretch your legs as you enjoy the beauty of Finnerty Gardens at UVic. The 6.5-acre garden contains over 4,000 different trees and shrubs with more than 1,500 rhododendron and azalea plants, including 200 collected rhododendron species which should be in full bloom! 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: Medication Safety: Join Andrea Silver, a pharmacist from Heart Pharmacy, for the monthly Health Talk. The topic of this month’s talk is Medication Safety.

Hymn Sing with Pat: 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!

Lunch Outing to The Four Mile Pub: Enjoy lunch at the Four Mile Pub! Residents are responsible for covering the cost of their meals. Meals start at \$15. **Sign-up required.**

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

Men’s Cardiac Support Group: See the insert in the ECHO for more information on the Men’s Cardiac Support Group.

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

Monthly Birthday Tea with Entertainment by Brandy Moore – Join us as we celebrate the April birthdays! Enjoy a delicious cupcake while Brandy Moore entertains us on the guitar.

Monthly Book Club Book Review “The Phone Booth at the Edge of the World” by Laura Imai Messina – Join Trish and Katie as we discuss this month’s book club selection, “The Phone Booth at the Edge of the World” by Laura Imai Messina. 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!

New Alpha Film Series lead by Cliff Sexton: Do you have questions about life and faith? The Alpha Film Series is a series of sessions exploring the Christian faith. Each talk looks at a different question around faith and is designed to create conversation.

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.

TV Show: The Crown: Season 5 of this popular Netflix drama about the royal family.

The Cedars 20th Anniversary Celebration: Join us as we celebrate The Cedars and look forward to the development of The Oaks. At 1:30 pm in The Cedars parking lot, there will be a blessing of the land, thanksgiving for the 70 years of hopefulness the Cottages have provided, and prayers for the safety and successful working of all the contractors, sub-contractors, and labourers who will be creating the new residence. Following this ceremony, there will be refreshments in The Cedars Dining Room and entertainment by the lively Seabreeze Band from 3:00 pm—4:00 pm. If you would like to attend this event, please RSVP to The Front Desk of The Cedars at (250) 477-4850.

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’: The Best of Israel: We start in Jerusalem, alive with religious tradition and passion — Christian, Muslim, and Jewish. We then visit cosmopolitan Tel Aviv, with its in-love-with-life beaches; ponder the sad fortress of Masada; and join pilgrims at biblical sights around the Sea of Galilee. We’ll also pay our respects at the Yad Vashem Holocaust memorial, drop into an Orthodox Jewish neighborhood, and savor the local cuisine.

Virtual Concert: Enjoy an afternoon of music and fun at our monthly virtual concert. Artist to be announced.