

August 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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!		1 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	2 10:30 Spiritual Time (Luther Court) 1:30 The Great Courses: The Apocryphal Jesus – Lecture 6 6:00 Check-in and Prayer Group with Cliff	3 10:00 Horseshoes 2:00 Ice Cream Tasting on the Patio 3:30 – 4:30 Tuck Shop	4 10:30 Stretch & Strength 2:00 Afternoon Music on the Lawn with Stan Davis 6:00 Movie Night: Rocketman (Rated R for language, some drug use and sexual content)	5 1:30 Saturday Trivia (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Downton Abbey, Season 2, Episode 2
6 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	7 BC DAY 9:30 Meditation with Rosaline 1:30 Games Afternoon: Yahtzee 6:00 Bingo	8 10:30 Stretch & Strength 1:30 Communal Crossword 3:30 – 4:30 Tuck Shop 6:30 Music Explorations with Lynette	9 10:30 Spiritual Time (Knox Presbyterian Church) 1:30 The Great Courses: The Apocryphal Jesus – Lecture 7 6:00 Check-in and Prayer Group with Cliff	10 10:00 Bean Bag Toss 1:30 Craft Afternoon 3:30 – 4:30 Tuck Shop	11 10:30 Stretch & Strength 1:30 Monthly Book Club Book Review “The Dictionary of Lost Words” by Pip Williams 6:00 Movie Night: King Richard	12 1:30 Documentary: Animal, Season 2, Episode 3: Bears 6:00 TV Show: Downton Abbey, Season 2, Episode 3
13 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	14 9:30 Meditation with Rosaline 10:30 Havin’ A Ball Fitness 1:30 Mental Aerobics 6:00 Bingo	15 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Jeopardy 3:30 – 4:30 Tuck Shop 6:30 Music Explorations with Lynette	16 10:30 Spiritual Time (St. Luke’s Anglican Church) 1:30 The Great Courses: The Apocryphal Jesus – Lecture 8 6:00 Check-in and Prayer Group with Cliff	17 10:00 Horseshoes 11:30 Picnic Lunch at Tulista Park in Sidney (Sign Up Required) 3:30 – 4:30 Tuck Shop	18 10:30 Stretch & Strength 11:15 Baking with Trish and Katie 2:00 Monthly Birthday Tea with Entertainment by Brandy Moore 6:00 Movie Night: Dream Girls	19 1:30 Travelogue: Rick Steves: Germany’s Hamburg and the Luther Trail 6:00 TV Show: Downton Abbey, Season 2, Episode 4
20 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	21 9:30 Meditation with Rosaline 10:30 Havin’ A Ball Fitness 1:30 Masterminds 3:30 Bingo	22 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Artful Afternoon: Abstract and Surreal 3:30 – 4:30 Tuck Shop 6:30 Music Explorations with Lynette	23 10:30 Spiritual Time (Maplewood Gospel Hall) 1:30 The Great Courses: The Apocryphal Jesus – Lecture 9 6:00 Check-in and Prayer Group with Cliff	24 10:00 Horseshoes 1:30 Happy Wanderers: Government House Gardens (Sign Up Required) 3:30 – 4:30 Tuck Shop	25 10:30 Stretch & Strength 1:30 – 2:30 Walker Tune-Up Clinic with Motion Cares (First Come, First Served) 2:00 Afternoon Music on the Lawn with Trish Lily 3:45 – 4:45 Happy Hour – The feature drink is a Gin and Tonic 6:00 Movie Night: The Lake House	26 1:30 Documentary: Unknown: The Lost Pyramid 6:00 TV Show: Downton Abbey, Season 2, Episode 5
27 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	28 9:30 Meditation with Rosaline 10:30 Havin’ A Ball Fitness 1:30 Mental Aerobics 3:30 Bingo	29 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Recreation Planning Meeting 3:30 – 4:30 Tuck Shop 6:30 Music Explorations with Lynette	30 10:30 Spiritual Time (United Church) 1:30 The Great Courses: The Apocryphal Jesus – Lecture 10 6:00 Check-in and Prayer Group with Cliff	31 10:00 Horseshoes 1:30 Happy Wanderers: Sohgneese Walkway (Sign Up Required) 3:30 – 4:30 Tuck Shop		

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!

“You are never too old to set another goal or to dream a new dream.” ~ C.S. Lewis

Afternoon Music on the Lawn with Stan Davis: Enjoy an afternoon of music with Stan Davis. The music will be held on the lawn between The Dawson and The Cedars, weather permitting. Refreshments will be served.

Afternoon Music on the Lawn with Trish Lily: Enjoy an afternoon of music with Trish Lily. The music will be held on the lawn between The Dawson and The Cedars, weather permitting. Refreshments will be served. This concert is sponsored by Saanich Parks and Recreation.

Artful Afternoon – Abstract and Surreal: 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 Abstract and Surreal.

Baking with Trish and Katie: Join us as we make a delicious spiced chai cake that we will serve at our Monthly Birthday tea!

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!

Check-in and Prayer Group with Cliff: Join Cliff for a weekly check-in and prayer group.

Communal Crossword: Let's put our heads together to complete a crossword puzzle.

Craft Afternoon: Join Trish as we make gnomes that will be sold at our Christmas Craft Fair in November.

Documentary: Animal: Bears: To rule some of the planet's most hostile lands, bears can't lean solely on brute force: it takes both brains and brawn to reach the top.

Documentary: Unknown: The Lost Pyramid: Egyptian archeologists dig into history, discovering tombs and artifacts over 4,000 years old as they search for a buried pyramid.

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!

Games Afternoon: Yahtzee: Enjoy a friendly game of Yahtzee!

Happy Hour: Join us at our Monthly Happy Hour! Enjoy some hot appies and our feature drink, a gin and tonic! Non-alcoholic punch will also be available.

Happy Wanderers: Government House: Stretch your legs and enjoy the beautiful gardens of Government House! **Sign-up required.**

Happy Wanderers: Songhees Walkway: Stretch your legs and enjoy the beauty of 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 is 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.

Ice Cream Tasting on the Patio: I scream, you scream, we all scream for ice cream! Join Katie and Trish as we sample 5 delicious flavours of ice cream!

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

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

Meditation with Rosaline: Start your week with a relaxing meditation session with fellow Cedars resident, Rosaline Christensen. No experience is required.

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

Monthly Birthday Tea: Enjoy a delicious treat and join us as we celebrate the August birthdays. Entertainment will be provided by Brandy Moore on guitar.

Monthly Book Club Book Review “The Dictionary of Lost Words” by Pip Williams: Join Trish and Katie as we discuss this month's book club selection, “The Dictionary of Lost Words” by Pip Williams. 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!

Picnic Lunch at Tulista Park: Enjoy a delicious picnic lunch at the picturesque Tulista Park. There will be time after lunch to explore the beautiful park. **Sign-up required.**

Recreation Planning Meeting: Join Katie as we discuss Fall Recreation Programs.

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: Downton Abbey: Enjoy the award-winning series from Julian Fellowes that spans 12 years of gripping drama centered on a great English estate on the cusp of a vanishing way of life. The series follows the Granthams and their family of servants through sweeping change, scandals, love, ambition, heartbreak, and hope.

The Great Courses: The Apocryphal Jesus: Much of what we know about Jesus today comes from apocryphal sources rather than the Bible. The Apocryphal Jesus is your chance to learn about the early Christian world from a variety of sources-many of which have been considered heretical. Over 24 revealing lectures, Professor Brakke explores the stories and ideas that shaped the foundations of early Christian thought and influence us even today.

Travelogue: Rick Steves': Hamburg and the Luther Trail: Hamburg, Germany's mighty port city, has risen from the ashes of World War II with a gleaming new skyline and a brisk creative energy. From there, we visit the great historic sights of Martin Luther and the Reformation (Erfurt, Wittenberg, and Wartburg Castle) before finishing in the capital of Franconia: wine-loving Würzburg.

Walker Tune-Up Clinic with Motion Cares: A technician from Motion Specialties will be offering walker tune-ups! Appointments are offered on a “first come first served” basis.