

**July 2023**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<p><b>1 Happy Canada Day!</b>                      1:30 Canada Day Trivia (Please pick up at the Front Desk of The Cedars)                      6:00 TV Show: Downton Abbey, Season 1, Episode 4</p>
<p><b>2</b>                      1:30 Games Afternoon                      6:00 Hymn Sing with Pat Williamson</p>	<p><b>3</b>                      9:30 Meditation with Rosaline                      1:30 Games Afternoon: Scrabble                      6:00 Bingo</p>	<p><b>4</b>  <b>10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required)</b>                      10:30 Stretch &amp; Strength                      1:30 Fit Minds  <b>3:30 – 4:30 Tuck Shop</b>  <b>6:30 Music Explorations with Lynette</b></p>	<p><b>5</b>  <b>10:30 Spiritual Time (Luther Court)</b>                      1:30 The Great Courses: The Apocryphal Jesus – Lecture 2  <b>6:00 Check-in and Prayer Group with Cliff</b></p>	<p><b>6</b>                      10:30 Horseshoes  <b>2:00 – 4:00 Memorial Service for Francis Bennett</b>  <b>3:30 – 4:30 Tuck Shop</b></p>	<p><b>7</b>                      10:30 Stretch &amp; Strength  <b>1:30 Monthly Book Club Book Review “The Midnight Library” by Matt Haig</b>                      6:00 Movie Night: Here Today</p>	<p><b>8</b>                      1:30 Documentary: Animal, Season 2, Episode 2: Birds of Prey                      6:00 TV Show: Downton Abbey, Season 1, Episode 5</p>
<p><b>9</b>                      1:30 Games Afternoon                      6:00 Hymn Sing with Pat Williamson</p>	<p><b>10</b>                      9:30 Meditation with Rosaline                      10:30 Havin’ A Ball Fitness  <b>2:00 Afternoon Music on the Lawn with Jesse Thomas Brown</b>                      6:00 Bingo</p>	<p><b>11</b>  <b>10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required)</b>                      10:30 Stretch &amp; Strength                      1:30 Jeopardy  <b>3:30 – 4:30 Tuck Shop</b>  <b>6:30 Music Explorations with Lynette</b></p>	<p><b>12</b>  <b>10:30 Spiritual Time (Knox Presbyterian Church)</b>                      1:30 The Great Courses: The Apocryphal Jesus – Lecture 3  <b>6:00 Check-in and Prayer Group with Cliff</b></p>	<p><b>13</b>                      10:30 Horseshoes  <b>1:30 Scenic Drive: Esquimalt Lagoon (Sign Up Required)</b>  <b>3:30 – 4:30 Tuck Shop</b></p>	<p><b>14</b>                      10:30 Stretch &amp; Strength  <b>2:00 Afternoon Music on the Lawn with the VIP Singers</b>                      6:00 Movie Night: Nanny McPhee</p>	<p><b>15</b>                      1:30 Travelogue: Rick Steves: Bulgaria                      6:00 TV Show: Downton Abbey, Season 1, Episode 6</p>
<p><b>16</b>                      1:30 Games Afternoon                      6:00 Hymn Sing with Pat Williamson</p>	<p><b>17</b>                      9:30 Meditation with Rosaline                      10:30 Havin’ A Ball Fitness                      1:30 Mental Aerobics                      6:00 Bingo</p>	<p><b>18</b>  <b>10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required)</b>                      10:30 Stretch &amp; Strength  <b>1:30 Health Talk with Heart Pharmacy: Pain Management</b>  <b>3:30 – 4:30 Tuck Shop</b>  <b>6:30 Music Explorations with Lynette</b></p>	<p><b>19</b>  <b>10:30 Spiritual Time (St. Luke’s Anglican Church)</b>                      1:30 The Great Courses: The Apocryphal Jesus – Lecture 4  <b>6:00 Check-in and Prayer Group with Cliff</b></p>	<p><b>20</b>                      10:00 Horseshoes  <b>11:30 Picnic Lunch at Francis King Park (Sign Up Required)</b>                      3:00 Craft Afternoon  <b>3:30 – 4:30 Tuck Shop</b></p>	<p><b>21</b>  <b>2:00 – 4:00 Summer Social with Entertainment by SueMack</b>                      6:00 Movie Night: You’ve Got Mail</p>	<p><b>22</b>                      1:30 Virtual Concert – Beethoven’s 5<sup>th</sup> Symphony by the Vancouver Symphony Orchestra                      6:00 TV Show: Downton Abbey, Season 1, Episode 7</p>
<p><b>23</b>                      1:30 Games Afternoon                      6:00 Hymn Sing with Pat Williamson</p>	<p><b>24</b>                      9:30 Meditation with Rosaline                      10:30 Havin’ A Ball Fitness                      1:30 Masterminds                      6:00 Bingo</p>	<p><b>25</b>  <b>10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required)</b>                      10:30 Stretch &amp; Strength                      1:30 Artful Afternoon: Most Expensive Art  <b>3:30 – 4:30 Tuck Shop</b>  <b>6:30 Music Bingo</b></p>	<p><b>26</b>  <b>10:30 Spiritual Time (Maplewood Gospel Hall)</b>                      1:30 The Great Courses: The Apocryphal Jesus – Lecture 5  <b>6:00 Check-in and Prayer Group with Cliff</b></p>	<p><b>27</b>                      10:00 Horseshoes  <b>1:30 Happy Wanderers: Island View Beach (Sign Up Required)</b>  <b>3:30 – 4:30 Tuck Shop</b></p>	<p><b>28</b>                      10:30 Stretch &amp; Strength  <b>2:00 Monthly Birthday Tea – Entertainment to be announced</b>                      6:00 Movie Night: Elvis</p>	<p><b>29</b>                      1:30 Saturday Trivia (Please pick up at the Front Desk of The Cedars)                      6:00 TV Show: Downton Abbey, Season 1, Episode 8</p>
<p><b>30</b>                      1:30 Games Afternoon                      6:00 Hymn Sing with Pat Williamson</p>	<p><b>31</b>                      9:30 Meditation with Rosaline                      10:30 Havin’ A Ball Fitness                      1:30 Mental Aerobics                      6:00 Bingo</p>		<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 with Janice 250-592-0551 (by appointment only)                      Footcare Nurse: Cindy Griffith 250-882-1721 (please call to book an appointment)  <b>Please see reverse for program details!</b></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!

*“We don’t stop playing because we grow old; we grow old because we stop playing.” – George Bernard Shaw*

**Afternoon Music on the Lawn with Jesse Thomas Brown:** Enjoy an afternoon of music with Dawson Height favourite, Jesse Thomas Brown. The music will be held on the lawn between The Dawson and The Cedars, weather permitting. Refreshments will be served.

**Afternoon Music of the Lawn with the VIP Singers:** Enjoy an afternoon of music with the VIP Singers! 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 – Most Expensive 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 Most Expensive Art.

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

**Canada Day Trivia:** Test your knowledge of Canadian Trivia!

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

**Craft Afternoon:** Join Katie and Trish as we make pressed flower bookmarks that will be sold at our Christmas Craft Fair in November.

**Documentary: Animal: Birds of Prey:** Curved talons, hooked beaks, killer eyesight: these aerial assassins have the most sophisticated tools for hunting prey at their disposal.

**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 Wanderers: Island View Beach:** Stretch your legs and enjoy views of Haro Strait, James Island, and Mount Baker! **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: Pain Management:** Join Andrea Silver, a pharmacist from Heart Pharmacy, for the monthly Health Talk. The topic of this month’s talk is Pain Management.

**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.

**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 cupcake and join us as we celebrate the July birthdays. Entertainment to be announced.

**Monthly Book Club Book Review “The Midnight Library” by Matt Haig:** Join Trish and Katie as we discuss this month’s book club selection, “The Midnight Library” by Matt Haig. Please pick up a copy of the book from the Recreation Office.

**Movie Night:** See the calendar for each week’s movie.

**Music Bingo** – Join Gazelle for bingo with a musical twist!

**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 Frances King Park:** Enjoy a delicious picnic lunch at the beautiful Francis King Park. There will be time after lunch to explore the beautiful park. **Sign-up required.**

**Saturday Trivia:** Test your general knowledge with our monthly trivia quiz! Please pick up at the front desk of The Cedars.

**Scenic Drive – Esquimalt Lagoon:** Enjoy a change of scenery as we explore the beautiful Esquimalt Lagoon. **Sign-up required.**

**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.

**Summer Social with Entertainment by SueMack:** You are invited to join us at the social event of the summer! Invite your family and friends, dress in your favourite summer ensemble and enjoy sangria and treats while enjoying the lively music of SueMack. More details to follow.

**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’: Bulgaria:** Bulgaria, so mysterious to most Americans, has a vivid identity as a crossroads of the Balkans. We’ll trace the country’s complex history, from ancient Thracian tombs to medieval Orthodox Christian monasteries to Soviet monuments. And we’ll enjoy an intimate taste of contemporary culture: the yellow brick road of Sofia; the gregarious craftspeople of the medieval capital, Veliko Tarnovo; and the thriving pedestrian zones of cosmopolitan Plovdiv.

**Virtual Concert – Beethoven’s 5<sup>th</sup> Symphony by the Vancouver Symphony Orchestra:** Maestro Otto Tausk and the VSO got together in an empty Orpheum Theatre to play Beethoven’s 5th Symphony as a celebration of the 250th anniversary of the genius’ birth.