



**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!**

***“Only those who will risk going too far can possibly find out how far one can go.”~ T.S. Eliot***

**Afternoon Music on the Lawn with The Cabaret Couple:** Join new entertainers to Dawson Heights, The Cabaret Couple, for an afternoon of music and fun! Refreshments will be served. The music will be held on the lawn between The Dawson and The Cedars, weather permitting.

**Afternoon Music with Charlie Burton:** Enjoy an afternoon of guitar music with new entertainer, Charlie Burton.

**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

**Baking with Trish and Katie:** Join us as we make a delicious Apple 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 with Trish:** Join Trish as we make a craft that will be sold at our Christmas Craft Fair in November.

**Documentary: Animal: Dolphins:** Dolphins use their intelligence to form complex undersea societies, come up with resourceful hunting techniques – and indulge in their dark side.

**Documentary: Come Toward the Fire:** Come Toward the Fire is an Indigenous-led celebration of creativity, brilliance, culture, and community. It showcases the voices of artists, speakers, and dance groups from Musqueam and Indigenous nations across Turtle Island.

**Documentary: The Deepest Breath:** Bonded by their love of freediving, a record-setting champion and a heroic safety diver try to make history with a remarkable feat, ready to risk it all.

**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!

**Fit Minds:** Exercise for your 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: Scrabble:** Enjoy a friendly game of Scrabble with Friend!

**Happy Hour:** Join us at our Monthly Happy Hour! Enjoy some hot appies and our feature drink, an apple cider bellini! Non-alcoholic punch will also be available.

**Happy Wanderers: Mount Doug Park:** Stretch your legs and enjoy the beauty of Mount Doug Park! **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!

**Monthly Health Talk with Heart Pharmacy:** Join Andrea Silver, a pharmacist from Heart Pharmacy, for the monthly health talk. The topic of this month's talk is Bone Health and Fall Prevention.

**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 with Entertainment by Jesse Thomas Brown:** Enjoy a delicious treat and join us as we celebrate the September birthdays. Entertainment will be provided by Jesse Thomas Brown.

**Monthly Blood Pressure Clinics:** We are happy to announce we will be hosting a Monthly Blood Pressure Clinic in The Cedars Family Dining Room the first Monday of the Month from 9:00 am—12:00 pm. The clinic will be run by Board of Directors Member and Registered Nurse, Judith Ritson. To sign up for an appointment, please call the Front Desk of The Cedars at (250)477-4850.

**Monthly Book Club Book Review “Braiding Sweetgrass” by Robin Wall Kimmerer:** Join Trish and Katie as we discuss this month's book club selection, “Braiding Sweetgrass” by Robin Wall Kimmerer. 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:** 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. Join Cedars Resident, Cliff Sexton, in the BWR as we explore faith, ask questions, and share our point of view.

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

**Residents Meeting:** Join the Management Team of Dawson Heights Housing for an update of what's happening on Campus! All residents are invited to attend.

**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': Greece's Peloponnese :** After exploring the ancient capital of Mycenae, we'll enjoy Greece's charming old port town of Nafplio, take center stage at the remarkably preserved theater at Epidavros, and time-trip through the ruins of Olympia. Then we'll wander off the beaten path along the rustic, rough-and-tumble Mani Peninsula — with a relaxing stop in the idyllic beach town of Kardamyli — and marvel at Greece's Rock of Gibraltar: the fortress town of Monemvasia.

**Word Games:** Test your vocabulary with this fun word game. Please pick up at The Front Desk of The Cedars.