

October 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	2 9:00 – 12:00 Blood Pressure Clinic with Judith Ritson in the Family Dining Room (Please sign up at The Front Desk of The Cedars) 1:30 Games Afternoon: Scrabble 6:00 Bingo	3 9:30 Stretch & Strength 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Presentation by the Island Deaf and Hard of Hearing Centre 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette	4 10:30 Spiritual Time (Luther Court) 1:30 The Great Courses: The Apocryphal Jesus – Lecture 14 6:00 Check-in and Prayer Group with Cliff	5 10:30 Bean Bag Toss 1:30 Happy Wanderers Beckwith Park (Sign Up Required) 3:30 – 4:15 Tuck Shop 6:00 New Alpha Film Series with Cliff – Session 3: Why did Jesus die?	6 9:30 Stretch & Strength 10:30 Stretch & Strength 1:30 Monthly Book Club Book Review “Camino Island” by John Grisham 6:00 Movie Night: Can You See Us?	7 1:30 Saturday Trivia (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Downton Abbey, Season 3, Episode 2
8 1:30 Games Afternoon 6:00 Movie Night: Planes, Trains, and Automobiles	9 Thanksgiving Day 1:30 Word Games (Please pick up at the Front Desk of The Cedars) 6:00 Bingo	10 9:30 Stretch & Strength 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Artful Afternoon: Autumn & Fall 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette	11 10:30 Spiritual Time (Knox Presbyterian Church) 1:30 The Great Courses: The Apocryphal Jesus – Lecture 15 6:00 Check-in and Prayer Group with Cliff	12 10:30 Bean Bag Toss 1:30 Outing to the Art Gallery of Greater Victoria 3:30 – 4:15 Tuck Shop 6:00 New Alpha Film Series with Cliff – Session 4: What is faith?	13 9:30 Stretch & Strength 10:30 Stretch & Strength 2:00 Fall Festival: Apple Tasting 6:00 Movie Night: Love at First Sight	14 1:30 Documentary: Live to 100: Secrets of the Blue Zones – Episode 1: The Journey Begins 6:00 TV Show: Downton Abbey, Season 3, Episode 3
15 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	16 10:30 Havin’ A Ball Fitness 1:30 Mental Aerobics 3:30 Bingo	17 9:30 Stretch & Strength 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Health Talk with Heart Pharmacy: Healthy for the Holidays 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette	18 10:30 Spiritual Time (St. Luke’s Anglican Church) 1:00 Outing to Ballet Victoria’s Tea for Tutu “Ballet Rocks” (Sign up Required) 1:30 The Great Courses: The Apocryphal Jesus – Lecture 16 6:00 Check-in and Prayer Group with Cliff	19 Great BC Shakeout 10:30 Bean Bag Toss 1:30 Craft Afternoon: Christmas Trees 3:00 Great BC Shakeout Earthquake Drill 3:30 – 4:15 Tuck Shop 6:00 New Alpha Film Series with Cliff – Session 5: How do I pray?	20 9:30 Stretch & Strength 10:30 Stretch & Strength 11:15 Baking with Trish and Katie – Pumpkin Cake 2:00 Monthly Birthday Tea with Entertainment by Brandy Moore 6:00 Movie Night: The Snow Walker	21 1:30 Travelogue: Rick Steves: Spain: Andalusia, Gibraltar, and Tangier 6:00 TV Show: Downton Abbey, Season 3, Episode 4
22 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	23 10:30 Havin’ A Ball Fitness 1:30 Masterminds 6:00 Bingo	24 9:30 Stretch & Strength 10:30 Stretch & Strength 1:30 Fit Minds 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette	25 10:30 Spiritual Time (Maplewood Gospel Hall) 1:30 The Great Courses: The Apocryphal Jesus – Lecture 17 6:00 Check-in and Prayer Group with Cliff	26 10:30 Bean Bag Toss 1:30 Craft Afternoon: Halloween Masks 3:30 – 4:15 Tuck Shop 6:00 New Alpha Film Series with Cliff – Session 6: What is the bible?	27 9:30 Stretch & Strength 10:30 Stretch & Strength 2:00 Oktoberfest Celebration with entertainment by Ron Sera 6:00 Movie Night: The Wonderful Story of Henry Sugar	28 1:30 Documentary: Life on our Planet 6:00 TV Show: Downton Abbey, Season 3, Episode 5
29 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	30 10:30 Havin’ A Ball Fitness 1:30 “Murder She Wrote” Murder Mystery Party 6:00 Bingo	31 Halloween 9:30 Stretch & Strength 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 11:00 – 2:00 Staff Pumpkin Carving Contest Judging 2:00 Halloween Happy Hour with Entertainment by Jonathan Young 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette		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!		

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!

“The wiser mind mourns less for what age takes away than what it leaves behind.”~ William Wordsworth

Artful Afternoon – Autumn & Fall 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 Autumn and Fall Art.

Baking with Trish and Katie: Join us as we make a delicious Pumpkin Bundt Cake with Cream Cheese Frosting 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.

Craft Afternoon: Join Trish and Katie as we make a Christmas Tree craft that will be sold at our Christmas Craft Fair in November.

Craft Afternoon: Halloween Masks: Join Katie and decorate a Halloween Mask that can be worn at our Halloween Social!

Documentary: Life on our Planet: Life's extraordinary journey to conquer, adapt and survive on Earth across billions of years comes alive in this groundbreaking nature docuseries.

Documentary: Live to 100: Secrets of the Blue Zones: Episode 1: The Journey Begins: Travel around the world with author Dan Buettner to discover five unique communities where people live extraordinarily long and vibrant lives. In “The Journey Begins”, Buettner travels to Okinawa, Japan, where the island’s oldest residents still share a serene way of life motivated by a sense of purpose, or *ikigai*.

Fall Festival: Apple Tasting: Celebrate Fall as we sample 5 different varieties of BC apples.

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 Friends!

Halloween Happy Hour with Entertainment by Jonathan Young: Dress up and join us at our Halloween-themed Happy Hour! Enjoy a Bloody Mary (or non-alcoholic punch) and treats while our own Jonathan Young entertains! Costumes will be available to borrow in the Family Dining room from Friday, October 28 to Monday, October 31 for anyone who may wish to dress up. Prizes will be awarded for the best costume!

Happy Wanderers: Beckwith Park: Stretch your legs and enjoy the beauty of Beckwith 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 Healthy For the Holidays.

Hymn Sing with Pat: Join Pat Williamson in the BWR and sing along as she plays some beautiful hymns for you to enjoy.

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

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

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

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 “Camino Island” by John Grisham: Join Trish and Katie as we discuss this month's book club selection, “Camino Island” by John Grisham. Please pick up a copy of the book from the Recreation Office.

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

“Murder She Wrote” Mystery Party: Enjoy an episode of Murder She Wrote, keep track of the characters, and try to solve the case before Jessica Fletcher!

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.

Oktoberfest with Ron Sera: Dust off your lederhosen and join us at our Oktoberfest Celebration! Entertainment will be provided by Ron Sera on accordion.

Outing to the Art Gallery of Greater Victoria: Take in the beautiful exhibits at the Art Gallery of Greater Victoria. **Admission is \$11 per person. Sign -up Required.**

Outing to Tea for Tutu “Ballet Rocks”: Enjoy a free preview of Ballet Victoria's upcoming ballet “Ballet Rocks”. **Sign-up required.**

Presentation by the Island Deaf and Hard of Hearing Centre: Join Amanda Windle from the Island Deaf and Hard of Hearing Centre as she discusses recognizing and addressing the signs of hearing loss, assistive technology, and the Sounds of Change Initiative.

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.

Staff Pumpkin Carving Contest Judging: Dawson Heights Staff will be competing (for bragging rights!) in the third annual Staff Pumpkin Carving Contest! Each department will be carving a pumpkin. Come to the BWR and vote for your favourite pumpkin. The winner will be announced at the Halloween party!

Stretch and Strength: Join Katie or Trish for some fun exercises to get your body moving. All exercises can be done seated.

The Great BC ShakeOut Earthquake Drill: The Great BC ShakeOut is an annual opportunity to practice how to be safer during an earthquake. Please join Katie and Trish in the BWR as we practice what to do in the event of an earthquake.

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': Spain: Andalucia, Gibraltar, and Tangier : Exploring Andalucia, we experience the quintessence of Spanish culture. Starting up high, in Spain's whitewashed hill towns, we roll down to the coast to enjoy the windsurfing mecca of Tarifa. Then we catch a bit of Britain on the Rock of Gibraltar, and sail to Africa for a Moroccan finale in Tangier.

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