

December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:30 Stretch & Strength 10:30 Stretch & Strength 1:30 Monthly Book Club Book Review "Magpie Murders" by Anthony Horowitz 6:00 Movie Night: Love Actually	2 1:30 Saturday Trivia (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Downton Abbey, Season 4, Episode 1
3 1:30 Games Afternoon Afternoon Pop-Up Performance by Pacific Opera Victoria (Time to be announced) 6:00 Hymn Sing with Pat Williamson	4 9:00 – 12:00 Monthly Blood Pressure Clinic with Judith Ritson (Family Dining Room) (Please sign up at the Front Desk of The Cedars) 10:30 Havin' A Ball Fitness 1:00 Mental Aerobics 2:30 Art with Jenna 6:00 Bingo	5 9:30 Stretch & Strength 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 2:00 Afternoon Music with Vic G 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette	6 10:30 Spiritual Time (Luther Court) 1:30 The Great Courses: The Apocryphal Jesus – Lecture 21 6:00 Check-in and Prayer Group with Cliff	7 10:30 Bean Bag Toss 2:00 Christmas Fashion Show with Vintage Fashion Showcase 3:30 – 4:15 Tuck Shop	8 9:30 Stretch & Strength 10:30 Stretch & Strength 1:30 Communal Crossword 6:00 Movie Night: The Polar Express	9 1:30 Documentary: Live to 100: Secrets of the Blue Zones – Episode 3: The End of Blue Zones? 6:00 TV Show: Downton Abbey, Season 4, Episode 2
10 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	11 10:30 Havin' A Ball Fitness 1:30 Masterminds 6:00 Bingo	12 9:30 Stretch & Strength 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:00 – 3:00 Mobile Hearing Clinic with Ears to You (Sign Up Required) 1:30 Artful Afternoon: Mexican Art 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette	13 10:30 Spiritual Time (Knox Presbyterian Church) 1:30 The Great Courses: The Apocryphal Jesus – Lecture 22	14 10:30 Bean Bag Toss 1:30 Scrabble in the Library 4:00 – 5:00 Sherry Party with Entertainment by Jesse Thomas Brown 5:00 Candlelight Dinner	15 9:30 Stretch & Strength 10:30 Stretch & Strength 1:30 Movie Matinee and Popcorn "80 for Brady" 6:00 Movie Night: It's a Wonderful Life	16 1:30 Travelogue: Rick Steves: European Christmas 6:00 TV Show: Downton Abbey, Season 4, Episode 3
17 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	18 10:30 Havin' A Ball Fitness 11:15 Baking with Trish and Katie – Gingerbread Cake 2:00 Monthly Birthday Tea with Entertainment by Brandy Moore 6:00 Bingo	19 9:30 Stretch & Strength 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Holiday Jeopardy 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette	20 10:30 Spiritual Time (St. Luke's Anglican Church) 1:30 The Great Courses: The Apocryphal Jesus – Lecture 23 6:00 Christmas Lights Drive (Sign up Required, \$2 per person)	21 10:30 Bean Bag Toss 1:30 Outing to the Gingerbread Showcase (Sign Up Required) 3:30 – 4:15 Tuck Shop	22 9:30 Stretch & Strength 10:30 Stretch & Strength 2:00 Christmas Social with Entertainment by Susan and Sean 6:00 Movie Night: A Christmas Carol	23 1:30 Virtual Performance of "The Nutcracker" by the New York City Ballet 6:00 TV Show: Downton Abbey, Season 4, Episode 4
24 CHRISTMAS EVE 1:30 Games Afternoon 6:00 Christmas Eve Carol Sing with Pat and Phil Williamson	25 CHRISTMAS DAY 1:30 Christmas Music Trivia (Please pick up at the Front Desk of The Cedars) 6:00 Movie Night: White Christmas	26 BOXING DAY 1:30 Games Afternoon - Scrabble 6:30 Movie Night: Christmas with Andre Rieu	27 10:30 Spiritual Time (Maplewood Gospel Hall) 1:30 The Great Courses: The Apocryphal Jesus – Lecture 24	28 10:30 Bean Bag Toss 1:30 Bingo with Barb Baldwin 3:30 – 4:15 Tuck Shop	29 1:30 Shuffleboard 6:00 Movie Night: Mission: Joy – Finding Happiness in Troubled Times	30 1:30 Games Afternoon 6:00 TV Show: Downton Abbey, Season 4, Episode 5
31 NEW YEAR'S EVE 1:30 New Year's Eve Trivia with Dawn 6:00 Movie Night: Andre Rieu: New Year's in Venice	<p 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>					

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!

Afternoon Music with Vic Gnadinger: Join Vic Gnadinger for an afternoon of music and fun.

Afternoon Pop-Up Performance by Pacific Opera Victoria: We are starting the Christmas Season off with a beautiful performance by a trio of artists from Pacific Opera Victoria! **Time to be announced**

Art with Jenna: Join Art Therapy student, Jenna Tucker, for a student-led weekly art therapy session where residents are encouraged to drop in and make art! Each week will be a different material including terracotta pot painting, collage, fabric dying, and more! No previous art experience is required!

Artful Afternoon – Mexican 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 Mexican Art.

Baking with Trish and Katie: Join us as we make a delicious Gingerbread 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.

Christmas Eve Carol Sing with Pat and Phil Williamson: Join Pat and Phil for an evening of beautiful Christmas carols.

Christmas Fashion Show with Vintage Fashion Showcase: Models in vintage, Holiday themed, attire from the 1860s to the 1980s will be coming to The Cedars to showcase their vintage garments in the context of social history.

Christmas Lights Drive: All campus residents are invited to attend our annual Christmas Lights Drive! Please sign up by calling the Front Desk at 250-477-4850 between 8:30 am and 4:00 pm, Monday through Friday. **The cost for the lights drive is \$2 (to be paid when you sign up). Masks are required.**

Christmas Music Trivia: Test your knowledge of Christmas Music with this fun trivia game! Please pick up at the Front Desk of The Cedars.

Christmas Social with Entertainment by Susan and Sean: Invite your family and friends and join us for a festive gathering filled with joy, laughter, and the spirit of Christmas. Enjoy eggnog and Christmas themed treats while Susan and Sean entertain. We invite everyone to wear their most festive Christmas Sweater!

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

Documentary: Live to 100: Secrets of the Blue Zones: Episode 3: The End of the Blue Zones?: People in two very different Blue Zones – the Greek Island Ikaria and Costa Rica's Nicoya Peninsula – thrive thanks to their unique diets and traditions.

of games available for you in our game's cupboard. Take a look and pick a game that interests you! Have fun!

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!

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!

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 (with a holiday theme!)

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 December 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 “Magpie Murders” by Anthony Horowitz: Join Trish and Katie as we discuss this month's book club selection, “Magpie Murders” by Anthony Horowitz. Please pick up a copy of the book from the Recreation Office.

Movie Matinee and Popcorn “80 for Brady”: Enjoy a cozy afternoon with friends while we watch the movie “80 for Brady” starring Lily Tomlin, Jane Fonda, Rita Moreno, and Sally Field. In this movie, a group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady. Popcorn will be served.

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.

New Year's Eve Trivia with Dawn: Test your knowledge of New Year's Eve in this fun trivia game!

Outing to The Gingerbread Showcase at the Hotel Grand Pacific: Join us as we take in the sights of the 15th annual Gingerbread Showcase in support of Habitat for Humanity. The theme of this year's showcase is “Family Traditions”. Entrance is by donation.

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

Sherry Party with Entertainment by Jesse Thomas Brown: You are invited to join us at the social event of the holiday season! The annual Sherry Party and Candlelight Dinner is a wonderful way to celebrate the holidays with your fellow Dawson Heights Residents. Entertainment at the Sherry Party will be provided by Jesse Thomas Brown.

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 Grantham's 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': European Christmas: Join Rick Steves for a colourful, musical celebration of Christmas across Europe. From England to Wales, France, Norway, Germany, Austria, Switzerland, and Italy, you'll see the bright Christmas markets, hear local choirs, share holiday traditions with families...and even play in the snow.

Virtual Performance of “The Nutcracker” by the New York City Ballet: Enjoy a virtual performance of the holiday classic, The Nutcracker, by the New York City Ballet.

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