

| November 2023 | | | | | | |
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| 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 9:00 – 3:00 COVID-19 Booster and Flu Shot Clinic (Please sign up for an appointment at the Front Desk of The Cedars) 6:00 Check-in and Prayer Group with Cliff | 2 10:30 Bean Bag Toss 1:30 Happy Wanderers: “Arts Alive” on Oak Bay Avenue (Sign Up Required) 3:30 – 4:15 Tuck Shop 6:00 New Alpha Film Series with Cliff – Session 5: How do I pray? | 3 9:30 Stretch & Strength 10:30 Stretch & Strength 2:00 Afternoon Music with Charlie Burton 6:00 Movie Night: Forgotten Love | 4 1:30 Saturday Trivia (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Downton Abbey, Season 3, Episode 6 |
| 5 DAYLIGHT SAVINGS TIME ENDS 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson | 6 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 | 7 9:30 Stretch & Strength 10:00 – 3:30 Mobile Hearing Clinic with Ears To You (Please see Recreation to sign up for an appointment) 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 The Great Courses: The Apocryphal Jesus – Lecture 18 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette | 8 10:30 Spiritual Time (Knox Presbyterian Church) 1:30 Camosun College Nursing Students – Meet and Greet 6:00 Check-in and Prayer Group with Cliff | 9 10:00 Bean Bag Toss 1:30 Monthly Book Club Book Review “The Water Dancer” by Ta-Nehisi Coates 3:30 – 4:15 Tuck Shop 6:00 New Alpha Film Series with Cliff – Session 6: What is the bible? | 10 9:30 Stretch & Strength 10:30 Stretch & Strength 2:00 Remembrance Day with Jesse Thomas Brown 6:00 Movie Night: Frida | 11 Remembrance Day 10:30 Remembrance Day Service with Pat and Phil Williamson 1:30 Documentary: Live to 100: Secrets of the Blue Zones – Episode 2: An Unexpected Discovery 6:00 TV Show: Downton Abbey, Season 3, Episode 7 |
| 12 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson | 13 1:30 Word Games (Please pick up at the Front Desk of The Cedars) 6:00 Bingo | 14 9:30 Stretch & Strength 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 The Great Courses: The Apocryphal Jesus – Lecture 19 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette | 15 10:30 Spiritual Time (St. Luke’s Anglican Church) 1:30 Camosun College Nursing Students – Healthy Handwashing 6:00 Check-in and Prayer Group with Cliff | 16 10:00 Bean Bag Toss 11:30 Lunch Outing to Romeos Broadmead (Sign up Required) 3:00 Artful Afternoon: Art of War 3:30 – 4:15 Tuck Shop 6:00 New Alpha Film Series with Cliff – Session 7: How does God lead? | 17 9:30 Stretch & Strength 10:30 Stretch & Strength 11:15 Baking with Trish and Katie – Butter Pecan Cake 2:00 Monthly Birthday Tea with Entertainment by Vic Gnadinger 6:00 Movie Night: Nyad | 18 1:30 Travelogue: Rick Steves: The Netherlands: Beyond Amsterdam 6:00 TV Show: Downton Abbey, Season 3, Episode 8 |
| 19 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson | 20 10:30 Havin’ A Ball Fitness 1:00 Mental Aerobics 2:30 Art with Jenna 6:00 Bingo | 21 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: Diabetes Basics 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette | 22 10:30 Spiritual Time (Maplewood Gospel Hall) 1:30 Camosun College Nursing Students – Games Afternoon 6:00 Check-in and Prayer Group with Cliff | 23 10:30 Bean Bag Toss 1:30 Jeopardy 3:30 – 4:15 Tuck Shop 6:00 New Alpha Film Series with Cliff – Session 8: Who is the Holy Spirit? | 24 9:30 Stretch & Strength 10:30 Stretch & Strength 2:00 Afternoon Music with the Goward House Singers 6:00 Movie Night: The Promise | 25 1:30 – 3:30 Annual Christmas Craft Fair (Cedars Dining Room) 6:00 TV Show: Downton Abbey, Season 3, Episode 9 |
| 26 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson | 27 10:30 Havin’ A Ball Fitness 1:00 Masterminds 2:30 Art with Jenna 6:00 Bingo | 28 9:30 Stretch & Strength 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 The Great Courses: The Apocryphal Jesus – Lecture 20 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette | 29 10:30 Spiritual Time (United Church) 1:30 Camosun College Nursing Students – Holiday Card Making and Thank You Event 6:00 Check-in and Prayer Group with Cliff | 30 10:30 Bean Bag Toss 1:30 Resident Meeting 3:45 – 4:45 Happy Hour – This month’s feature drink is an Apple Cranberry Moscow Mule 6:00 New Alpha Film Series with Cliff – Session 9: How do I resist evil? | Shuffleboard Tournament Our second campus-wide Shuffleboard Tournament will be held during the month of November! If you are interested in playing, please call Katie or Trish (250-477-4850) and we will sign you up! A schedule of games will be organized once sign-ups are complete. Please sign up by the end of the day on Monday, November 6. | |

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!

Art with Jenna: Join Art Therapy student, Jenna Tucker, for a student lead 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!

Annual Holiday Craft Fair - Join us and get your Christmas Shopping done early! Come meet campus and local artisans and see what they have to offer! We will have our “Bakes, Bobbles, and Books” table where you will find our fabulous bake table, slightly used books, jewelry, and Christmas decorations. We will also be raffling off some wonderful prizes! The Craft Fair is our big Residents Fund Fundraiser. Let's make it a success by inviting your family and friends to attend!

Afternoon Music with Charlie Burton: Charlie Burton will be returning to The Cedars for an afternoon of music and fun.

Afternoon Music with Jesse Thomas Brown: Join Dawson Heights favourite, Jesse, for an afternoon of War Time favourites.

Afternoon Music with The Goward House Singers: The always entertaining Goward House Singers will be returning to The Cedars. Join them for an afternoon filled with music and laughs.

Artful Afternoon – Art of War: 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 Art of War.

Baking with Trish and Katie: Join us as we make a delicious Butter Pecan 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!

Camosun College Nursing Students – 10 nursing students from Camosun College will be joining us at The Cedars for their 4-week practicum. Each week will feature a different activity. See the calendar for more details.

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

Documentary: Live to 100: Secrets of the Blue Zones: Episode 2: An Unexpected Discovery: From the mountain villages of Sardinia to a sunny suburb of California, Buettner explores what has contributed to these communities' amazing lifespans.

Games Afternoon: We have a variety of games available for you in our game's cupboard. Take a look and pick a game that interests you! Have fun!

Happy Wanderers: Arts Alive on Oak Bay Avenue: Stretch your legs and enjoy the outdoor Arts Alive Sculpture exhibit on Oak Bay Avenue! **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 Diabetes Basics.

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!

Lunch Outing to Romeo's Broadmead: Enjoy a delicious lunch with friends at Romeo's Broadmead. **(Sign up Required)**

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

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

Mobile Hearing Clinic with Ears to You: Ears to You is a mobile hearing service provider. A qualified hearing specialist will be coming to The Cedars to provide complementary hearing assessments and hearing aid cleanings.

If you would like to participate in this event, please sign up for an appointment at the Front Desk of The Cedars.

Monthly Birthday Tea with Entertainment by Vic Gnadinger: Enjoy a delicious treat and join us as we celebrate the November birthdays. Entertainment will be provided by Vic Gnadinger.

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 “The Water Dancer” by Ta-Nehisi Coates: Join Trish and Katie as we discuss this month's book club selection, “The Water Dancer” by Ta-Nehisi Coates. Please pick up a copy of the book from the Recreation Office.

Monthly Happy Hour: Join us at our Monthly Happy Hour! Enjoy some hot appies and our feature drink, an Apple Cranberry Moscow Mule.! Non-alcoholic punch will also be available.

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.

Remembrance Day Service with Pat and Phil Williamson: Please join Pat and Phil Williamson from Maplewood Gospel Hall for our Remembrance Day Service in the BWR.

Resident Meeting: All residents are invited to join the Dawson Heights Housing Leadership Team for an update on what is happening around Campus.

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 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': The Netherlands: Beyond Amsterdam: By train, bike, and boat, we visit the top Dutch sights outside of Amsterdam: from Haarlem to Rotterdam, and from Delft to the disappeared Zuiderzee. Along the way, we enjoy charming towns with fragrant cheese markets, soggy polderland, mighty dikes, and windmills both new and old. Rolling through the Netherlands and connecting with its people, you can't help but think, "Everything's so...Dutch!"

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