

**April 2024**

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>1 Easter Monday</b> 1:30 Movie Matinee: Easter Parade 6:00 Bingo	<b>2</b> 9:30 Stretch & Strength 10:30 Stretch & Strength 1:30 Jeopardy <b>3:30 – 4:15 Tuck Shop</b> <b>6:30 Music Explorations with Lynette</b>	<b>3</b> 10:30 Spiritual Time (Luther Court) 1:30 TV Show: All The Light We Cannot See, Episode 3	<b>4</b> 10:30 Bean Bag Toss 1:30 Mexican Train Dominoes <b>3:30 – 4:15 Tuck Shop in the Lobby</b>	<b>5</b> 9:30 Stretch & Strength 10:30 Stretch & Strength <b>2:00 Afternoon Music with the Goward House Singers</b> 6:00 Movie Night: I'll See You In My Dreams	<b>6</b> 1:30 Saturday Trivia (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Downton Abbey, Season 5, Episode 9	
<b>7</b> 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	<b>8</b> 10:30 Havin' A Ball Fitness <b>1:00 Art with Jenna</b> 2:30 Mental Aerobics 6:00 Bingo	<b>9</b> 9:30 Stretch & Strength <b>10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required)</b> 10:30 Stretch & Strength <b>2:00 Afternoon Music with Two Among Friends</b> <b>3:30 – 4:15 Tuck Shop</b> <b>6:30 Music Explorations with Lynette</b>	<b>10</b> 10:30 Spiritual Time (Virtual Service) 1:30 TV Show: All The Light We Cannot See, Episode 4	<b>11</b> <b>9:00 – 2:30 Mobile Hearing Clinic with Ears to You (Please sign up at the Front Desk of The Cedars)</b> 10:30 Bean Bag Toss <b>1:30 Happy Wanderers: Finnerty Gardens</b> <b>3:30 – 4:15 Tuck Shop in the Lobby</b>	<b>12</b> 9:30 Stretch & Strength 10:30 Stretch & Strength <b>1: 30 Monthly Book Club: Lost Roses by Martha Hall Kelly</b> <b>3:45 – 4:45 Happy Hour: Feature Drink is an April Showers Cocktail</b> 6:00 Movie Night: A Beautiful Mind	<b>13</b> <b>2:00 – 4:00 Celebration of Life for Joe Bouley</b> 6:00 TV Show: Downton Abbey, Season 6, Episode 1	
<b>14</b> 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	<b>15</b> 10:30 Havin' A Ball Fitness 1:30 Masterminds 6:00 Bingo	<b>16</b> 9:30 Stretch & Strength <b>10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required)</b> 10:30 Stretch & Strength <b>1:30 Health Talk with Heart Pharmacy – Medication Safety</b> <b>3:30 – 4:15 Tuck Shop</b> <b>6:30 Music Explorations with Lynette</b>	<b>17</b> 10:30 Spiritual Time (St. Luke's Anglican Church) 1:30 TV Show: Alias Grace, Episode 1	<b>18</b> 10:30 Bean Bag Toss <b>11:45 Lunch Outing to The Rack Bistro</b> <b>3:30 – 4:15 Tuck Shop in the Lobby</b>	<b>19</b> 9:30 Stretch & Strength 10:30 Stretch & Strength <b>11:15 Baking with Trish and Katie: Lemon Blueberry Cake</b> <b>2:00 Monthly Birthday Tea with Entertainment by Jonathan Young</b> 6:00 Movie Night: Benji	<b>20</b> 1:30 Documentary: Our Universe: Turning Seasons 6:00 TV Show: Downton Abbey, Season 6, Episode 2	
<b>21</b> 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	<b>22</b> 10:30 Havin' A Ball Fitness 1:30 Mental Aerobics 6:00 Bingo	<b>23</b> 9:30 Stretch & Strength <b>10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required)</b> 10:30 Stretch & Strength 1:30 Artful Afternoon: Norwegian Art <b>3:30 – 4:15 Tuck Shop</b> <b>6:30 Music Explorations with Lynette</b>	<b>24</b> 10:30 Spiritual Time (Maplewood Gospel Hall) 1:30 TV Show: Alias Grace, Episode 2	<b>25</b> 10:30 Bean Bag Toss <b>1:30 Volunteer Appreciation Tea with Entertainment by Susan and Sean</b> <b>3:30 – 4:15 Tuck Shop in the Lobby</b>	<b>26</b> 9:30 Stretch & Strength 10:30 Stretch & Strength 1:30 Readers Theater 6:00 Movie Night: Ford v Ferrari	<b>27</b> 1:30 Travelogue: Rick Steves: Bulgaria 6:00 TV Show: Downton Abbey, Season 6, Episode 3	
<b>28</b> 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	<b>29</b> 10:30 Havin' A Ball Fitness 1:30 Masterminds 6:00 Bingo	<b>30</b> 9:30 Stretch & Strength <b>10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required)</b> 10:30 Stretch & Strength 1:30 Fit Minds <b>3:30 – 4:15 Tuck Shop</b> <b>6:30 Music Explorations with Lynette</b>	<p><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 the 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!**

**Afternoon Music with The Goward House Singers:** Enjoy a lively afternoon with the Goward House Singers.

**Afternoon Music with Two Among Friends:** Join Lorraine and Rowan from Two Among Friends for an afternoon of music and fun!

**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 – Norwegian 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 Norwegian Art.

**Baking with Trish and Katie:** Join us as we make a delicious Lemon Blueberry 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!

**Documentary: Our Universe: Turning Seasons:** Dive into the long year of the Alaskan brown bear through the Earth's seasonal cycle amid the frigid winter months and into the warmth of summer.

**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!

**Happy Hour:** Join us at our monthly Happy Hour! Enjoy some delicious hot appetizers with friends while sipping on this month's feature drink, an April Showers Cocktail. Non-alcoholic punch will also be available.

**Happy Wanderers: Finnerty Gardens:** Stretch your legs as you enjoy the beauty of Finnerty Gardens at UVic. The 6.5 acre garden contains over 4,000 different trees and shrubs with more than 1,500 rhododendron and azalea plants, including 200 collected rhododendron species which should be in full bloom! Sign up required. Sign up sheet is located outside the BWR.

**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:** Join Heart Pharmacy Pharmacist, Andrea Silver, for the monthly Health Talk. The topic of this month's talk is Medication Safety.

**Hymn Sing with Pat Williamson:** 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 The Rack Bistro:** Enjoy lunch out with friends at a new neighbourhood restaurant, The Rack Bistro (formerly 1550's). Entrees start at \$18. **Sign-up required.**

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

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

**Mexican Train Dominoes:** Join Trish and Katie as we learn how to play this fun and exciting game.

**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 Jonathan Young:** Enjoy a delicious treat and join us as we celebrate the April birthdays. Entertainment will be provided by Dawson Heights' own, Jonathan Young.

**Monthly Book Club Book Review "Lost Roses" by Martha Hall Kelly:** Join Trish and Katie as we discuss this month's book club selection, "Lost Roses" by Martha Hall Kelly. 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!

**Readers Theater:** Readers theater is a style of theater in which the actors present dramatic readings of narrative material without costumes, props, scenery, or special lighting. Actors use only scripts and vocal expression to help the audience understand the story. Join Trish and Katie and read through a script.

**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: Alias Grace:** In 19<sup>th</sup>-century Canada, a psychiatrist weighs whether a murderess should be pardoned due to insanity. Based on Margaret Atwood's award-winning novel.

**TV Show: All the Light We Cannot See:** In the final days of WWII, the paths of a blind French girl and a German soldier collide. Based on Anthony Doerr's Pulitzer Prize-winning bestseller.

**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.

**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.