

May 2024						
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) Hairdresser: Mondays at the Cedars with Janice 250-592-0551 (by appointment only) Please see the reverse for program details!			1 10:30 Spiritual Time (Luther Court) 2:00 – 3:30 Celebration of Life for May Smith	2 10:00-2:00 Covid-19 Booster Shot Clinic (Please sign up at the Front Desk) 3:30 – 4:15 Tuck Shop in the Lobby	3 9:30 Stretch & Strength 10:30 Stretch & Strength 2:00 Afternoon Music with Musical Memories 6:00 Movie Night: Where the Crawdads Sing	4 1:30 Saturday Trivia (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Downton Abbey, Season 6, Episode 5
5 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	6 10:30 Havin' A Ball Fitness 2:30 Mental Aerobics 6:00 Bingo	7 9:30 Stretch & Strength 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Fraud Prevention Presentation with Saanich Police 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette	8 10:30 Spiritual Time (St. Luke's Anglican Church) 1:30 TV Show: Call the Midwife, Season 1, Episode 2	9 10:30 Bean Bag Toss 1:00 Outing to Ballet Victoria's Tea for Tutu: Swan Lake (Sign up Required) 3:30 – 4:15 Tuck Shop in the Lobby	10 9:30 Stretch & Strength 10:30 Stretch & Strength 1: 30 Monthly Book Club: Nothing to See Here by Kevin Wilson 3:45 – 4:30 Happy Hour: Feature Drink is Strawberry Daiquiri 6:00 Movie Night: The Beautiful Game	11 1:30 Travelogue: Rick Steves: Sicilian Delights 6:00 TV Show: Downton Abbey, Season 6, Episode 6
12 Mother's Day 1:30 Bean Bag Toss 6:00 Hymn Sing with Pat Williamson	13 10:30 Havin' A Ball Fitness 1:30 Masterminds 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 Artful Afternoon: Great Art Heists 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette	15 10:30 Spiritual Time (Knox Presbyterian Church) 1:30 TV Show: Call the Midwife, Season 1, Episode 3	16 10:30 Bean Bag Toss 11:45 Lunch Outing to Glo Restaurant 2:30 Mexican Train Dominoes 3:30 – 4:15 Tuck Shop in the Lobby	17 9:30 Stretch & Strength 10:30 Stretch & Strength 11:15 Baking with Trish and Katie: Strawberry Cake 2:00 Monthly Birthday Tea with Entertainment by Vic Gnaedinger 6:00 Movie Night: Molly's Game	18 1:30 Documentary: Our Universe: Elemental 6:00 TV Show: Downton Abbey, Season 6, Episode 7
19 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	20 Victoria Day 1:30 Victoria Day Trivia (Please pick up at the Front Desk of The Cedars) 6:00 Movie Night: The Young Victoria	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 – Memory and Cognition 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette	22 10:30 Spiritual Time (Maplewood Gospel Hall) 1:30 TV Show: Call the Midwife, Season 1, Episode 4	23 10:30 Bean Bag Toss 1:30 Happy Wanderers: Playfair Park 3:30 – 4:15 Tuck Shop in the Lobby	24 9:30 Stretch & Strength 10:30 Stretch & Strength 1:30 Communal Crossword 6:00 Movie Night: Forrest Gump	25 1:30 Word Games (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Downton Abbey, Season 6, Episode 8
26 1:30 Bean Bag Toss 6:00 Hymn Sing with Pat Williamson	27 10:30 Havin' A Ball Fitness 1:30 Mental Aerobics 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 Fit Minds 3:30 – 4:15 Tuck Shop 6:30 Music Explorations with Lynette	29 10:30 Spiritual Time (United Church) 1:30 TV Show: Call the Midwife, Season 1, Episode 5	30 10:30 Bean Bag Toss 1:30 S'Mores on the Patio with Trish and Katie 3:30 – 4:15 Tuck Shop in the Lobby	31 9:30 Stretch & Strength 10:30 Stretch & Strength 1:30 Mexican Train Dominoes 6:00 Movie Night: La Bamba	

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 Musical Memories: Join Musical Memories for an afternoon of music and fun! Their show, "The Best of the Best" will feature songs of the past decades.

Artful Afternoon – Great Art Heists: 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 Great Art Heists.

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

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

Covid-19 Booster Shot Clinic: Heart Pharmacy will be hosting a Covid-19 Booster Shot Clinic. All Campus residents are eligible to receive a booster shot (as long as it has been 6 months since your last booster). Sign up is required. Please sign up at the Front Desk of The Cedars.

Documentary: Our Universe: Elemental: The elements that constitute every living being were formed within the very first stars. Today, a green sea turtle searches the ocean for them.

Fit Minds: Exercise for your mind!

Fraud Prevention Presentation with Saanich Police: Please join Cst. Berle Zwaan from Saanich Police for an informative presentation on Fraud Prevention. She will discuss common types of fraud and how you can prevent them, as well as what to do if you become a victim of a scam. All residents are encouraged to attend this presentation.

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, a strawberry daiquiri. Non-alcoholic punch will also be available.

Happy Wanderers: Playfair Park: Stretch your legs as you enjoy the beauty of Playfair Park. 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 Memory and Cognition.

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

Lunch Outing to Glo Restaurant: Enjoy lunch out with friends at Glo Restaurant, located along the Selkirk Waterway. 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.

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

Monthly Book Club Book Review "Nothing to See Here" by Kevin Wilson: Join Trish and Katie as we discuss this month's book club selection, "Nothing to See Here" by Kevin Wilson. 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!

Outing to Ballet Victoria's Tea for Tutu: Swan Lake: Enjoy a free preview of Ballet Victoria's upcoming ballet "Swan Lake!". **Sign-up required.**

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.

S'mores on the Patio with Trish and Katie: Join Trish and Katie around the campfire on the Patio and enjoy a delicious s'more!

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: Call the Midwife: A moving, intimate, funny, and true-to-life look at the colourful stories of midwifery and families in East London in the 1950s. Based on the best-selling memoirs of the late Jennifer Worth.

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': Sicilian Delights: Sicily serves up a full-bodied and tasty travel experience. We'll dine on fresh seafood at the fisherman's harbor in Cefalù, ponder ancient Greek greatness in Siracusa, commune with monks — alive and departed — in a Capuchin crypt, sleep in an olive orchard at an agriturismo, and eat our way through a classic Sicilian banquet with a famous chef.

Victoria Day Trivia: Test your knowledge of Queen Victoria and the Victoria Day Holiday!

Word Games: Exercise your mind with these fun, self-directed, word games!