

June 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Dawson Heights Recreation</b> 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) <b>Please see the reverse for program details!</b>			<b>Shuffleboard Tournament</b> Our third campus-wide Shuffleboard Tournament will be held during the month of June! If you are interested in playing, please call Katie or Trish (250-477-4850) and we will sign you up, or you can sign up outside the BWR! A schedule of games will be organized once sign-ups are complete. Please sign up by the end of the day on Monday, June 3.			<b>1</b> 1:30 Saturday Trivia (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Downton Abbey, Season 6, Episode 9
<b>2</b> 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	<b>3</b> <b>9:30 – 10:30 Blood Pressure Clinic with Judith Ritson (Please sign up at the Front Desk)</b> 10:30 Havin' A Ball Fitness 2:30 Mental Aerobics 6:00 Bingo	<b>4</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 S'Mores on the Patio with Katie and Trish</b> <b>6:00 Music Bingo</b>	<b>5</b> 10:30 Spiritual Time (Luther Court) 1:30 The Great Courses: The Aging Brain – Lecture 1 <b>3:00 Gardening Committee Meeting</b>	<b>6</b> 10:30 Bean Bag Toss <b>1:30 Learn to Play Shuffleboard</b> <b>3:30 – 4:15 Tuck Shop in the Lobby</b>	<b>7</b> 9:30 Stretch & Strength 10:30 Stretch & Strength <b>1:30 Monthly Book Club: The Woman in Cabin 10 by Ruth Ware</b> 6:00 Movie Night: Marry Me	<b>8</b> 1:30 Travelogue: Rick Steves: Lisbon 6:00 TV Show: TV Show: Call the Midwife, Season 2, Episode 1
<b>9</b> 1:30 Bean Bag Toss 6:00 Hymn Sing with Pat Williamson	<b>10</b> 10:30 Havin' A Ball Fitness 1:30 Masterminds 6:00 Bingo	<b>11</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: Leonardo DaVinci <b>3:30 – 4:15 Tuck Shop</b> <b>6:30 Music Explorations with Lynette</b>	<b>12</b> 10:30 Spiritual Time (Virtual Service) 1:30 The Great Courses: The Aging Brain – Lecture 2	<b>13</b> 10:30 Horseshoes 1:30 Communal Crossword <b>3:30 – 4:15 Tuck Shop in the Lobby</b>	<b>14</b> 9:30 Stretch & Strength 10:30 Stretch & Strength 1:30 Mexican Train Dominoes 6:00 Movie Night: Tyson's Run	<b>15</b> 1:30 Documentary: Our Universe: Water World 6:00 TV Show: Call the Midwife, Season 2, Episode 2
<b>16 Father's Day</b> 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	<b>17</b> 10:30 Havin' A Ball Fitness 1:30 Mental Aerobics 6:00 Bingo	<b>18</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 – Fun &amp; the Sun</b> <b>3:30 – 4:15 Tuck Shop</b> <b>6:30 Music Explorations with Lynette</b>	<b>19</b> 10:30 Spiritual Time (St. Luke's Anglican Church) 1:30 The Great Courses: The Aging Brain – Lecture 3	<b>20</b> 10:30 Bean Bag Toss <b>1:30 Happy Wanderers: Dallas Road (Sign up Required)</b> <b>3:30 – 4:15 Tuck Shop in the Lobby</b>	<b>21 National Indigenous Peoples Day</b> 9:30 Stretch & Strength 10:30 Stretch & Strength <b>11:15 Baking with Trish and Katie: Lemon Polenta Cake</b> <b>2:00 Monthly Birthday Tea with Entertainment by Jesse Thomas Brown</b> 6:00 Movie Night: October Sky	<b>22</b> 1:30 Word Games (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Call the Midwife, Season 2, Episode 3
<b>23</b> 1:30 Bean Bag Toss 6:00 Hymn Sing with Pat Williamson	<b>24</b> 10:30 Havin' A Ball Fitness 1:30 Masterminds 6:00 Bingo	<b>25</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>	<b>26</b> 10:30 Spiritual Time (Maplewood Gospel Hall) <b>1:30 Annual General Meeting</b>	<b>27</b> 10:30 Horseshoes <b>11:45 Picnic Lunch at Gorge Point Park (Sign up Required)</b> <b>3:30 – 4:15 Tuck Shop in the Lobby</b>	<b>28</b> 9:30 Stretch & Strength 10:30 Stretch & Strength <b>2:00 Canada Day Celebration and Happy Hour with Attila Fias</b> 6:00 Movie Night: Away from Her	<b>29</b> 1:30 Virtual Performance of Ballet Victoria's production of Dracula 6:00 TV Show: Call the Midwife, Season 2, Episode 4
<b>30</b> 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson						

**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!**

**Annual General Meeting:** All campus residents are invited to attend the Annual General Meeting of Dawson Heights Housing Ltd. Reports will be given by the Board of Directors as well as Department Managers. Refreshments will be served following the meeting.

**Artful Afternoon – Leonardo DaVinci:** 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 Leonardo Da Vinci.

**Baking with Trish and Katie:** Join us as we make a delicious gluten-free Lemon Polenta 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!

**Canada Day Celebration and Happy Hour with Attila Fias:** Come celebrate Canada's 157th birthday in style! Wear your red and white and sip a delicious Caesar (alcoholic or non-alcoholic) while Attila plays a selection of tunes by famous Canadian artists.

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

**Documentary: Our Universe: Water World:** The story of water's miraculous arrival onto our planet and its pivotal role in the survival – and amusement – of a herd of elephants.

**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!

**Gardening Committee Meeting:** The Dawson Heights Community Garden Project is coming together, and we need your help. We're looking for resident volunteers to assist in the garden. If you have a green thumb and would love to share your gardening expertise with the community, please join us at our meeting. Even if you don't have a green thumb but enjoy spending time outdoors in nature, we would love to have you join us as well.

**Happy Wanderers: Dallas Road:** Stretch your legs as you enjoy the beauty of Dallas Road. The 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 Fun and the Sun.

**Horseshoes:** Come and try your luck at our horseshoe pit! No experience is required! **\*\*Weather Permitting\*\***

**Hymn Sing with Pat Williamson:** 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!

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

**Monthly Birthday Tea with Entertainment by Jesse Thomas Brown:** Enjoy a delicious treat and join us as we celebrate the June birthdays. Entertainment will be provided by Jesse Thomas Brown.

**Monthly Book Club Book Review "The Woman in Cabin 10" by Ruth Ware:** Join Trish and Katie as we discuss this month's book club selection. 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!

**Picnic Lunch at Gorge Point Park:** Join us on our first picnic lunch of the summer at the picturesque Gorge Point Park overlooking the Gorge Waterway. There will be time to stroll through the park after lunch. Sign-up required. The sign-up sheet is located outside the BWR.

**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.

**The Great Courses: The Aging Brain:** The science behind the aging brain tells a fascinating—and often counterintuitive—story. Is “aging” a disease, or merely a natural occurrence that produces disease-like symptoms? If humans are biologically programmed to survive and thrive, why do we age at all? Is it possible (or even desirable) to “cure” aging altogether? Delve into these questions and more in The Aging Brain.

**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 Granthams and their family of servants through sweeping change, scandals, love, ambition, heartbreak, and hope.

**Travelogue: Rick Steves': Lisbon:** Lisbon, built with the riches of Portugal's New World discoveries, has a rustic charm. We'll remember great navigators, eat lots of cod, enjoy pastries hot out of the oven, stroll the city's back lanes and its reinvigorated waterfront, marvel at an exquisite church built with spice taxes, and enjoy some soulful fado music. Then we'll side-trip to Sintra to explore the fanciful castles of Portuguese royalty and climb hilltop ramparts with grand views.

**Virtual Performance of Ballet Victoria's production of Dracula:** Enjoy a virtual performance of Ballet Victoria's production of Dracula.

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