

August 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 Bean Bag Toss 1:30 Communal Crossword 3:30 – 4:15 Tuck Shop in the Lobby	2 10:30 Stretch & Strength 1:30 Monthly Book Club: The Glass Hotel by Emily St. John Mandel 6:00 Movie Night: Instant Family	3 1:30 Saturday Trivia (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Call the Midwife, Season 2, Episode 8
4 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	5 BC DAY 1:30 BC Trivia (Please pick up at the Front Desk of The Cedars) 6:00 Movie Night: Over British Columbia: An Aerial Adventure	6 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Artful Afternoon: South American Art 6:30 Music Explorations with Lynette	7 10:30 Spiritual Time (Virtual Service) 1:30 The Great Courses: The Aging Brain – Lecture 9	8 10:30 Horseshoes 1:30 Jeopardy 3:30 – 4:15 Tuck Shop in the Lobby	9 10:30 Stretch & Strength 11:30 Picnic Lunch at Mount Doug Park (Sign Up Required) 6:00 Movie Night: Morning Glory	10 1:30 Travelogue: Rick Steves: Austria: Vienna and the Danube 6:00 TV Show: TV Show: Call the Midwife, Season 2, Episode 9
11 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	12 10:30 Havin' A Ball Fitness 1:30 Mental Aerobics 6:00 Bingo	13 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Craft Afternoon: Christmas Decorations with Connie 6:30 Sing-Along	14 10:30 Spiritual Time (Virtual Service) 1:30 The Great Courses: The Aging Brain – Lecture 10 3:00 Gardening Committee Meeting	15 10:30 Bean Bag Toss 2:00 Columbian Dance and Music Performance with Danza Colombia 3:30 – 4:15 Tuck Shop in the Lobby 6:30 History Lecture with Eric Tolman "Causes of World War I"	16 10:30 Stretch & Strength 11:15 Baking with Trish and Katie: Blueberry Cobbler 2:00 Monthly Birthday Tea with Entertainment by Jesse Thomas Brown 6:00 Movie Night: The Family That Preys	17 1:30 Documentary: Life on Our Planet: Chapter 1: The Rules of Life 6:00 TV Show: Call the Midwife, Season 2, Episode 10
18 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	19 10:30 Havin' A Ball Fitness 1:30 Masterminds 6:00 Bingo	20 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 2:00 Ice Cream Tasting with Trish and Katie 6:30 Sing-Along	21 10:30 Spiritual Time (St. Luke's Anglican Church) 1:30 The Great Courses: The Aging Brain – Lecture 11	22 10:30 Horseshoes 1:30 Happy Wanderers: Island View Beach (Sign up Required) 3:30 – 4:15 Tuck Shop in the Lobby	23 10:30 Stretch & Strength 1:30 Craft Afternoon: Lanterns 3:45 – 4:30 Monthly Happy Hour: Feature Drink is a Margarita 6:00 Movie Night: Aloha	24 1:30 Word Games (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Call the Midwife, Season 3, Episode 1
25 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	26 10:30 Havin' A Ball Fitness 1:30 Mental Aerobics 6:00 Bingo	27 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Fit Minds 6:30 Sing-Along	28 10:30 Spiritual Time (Maplewood Gospel Hall) 1:30 The Great Courses: The Aging Brain – Lecture 12	29 10:30 Bean Bag Toss 1:30 Resident Meeting (All Residents are invited to attend) 3:30 – 4:15 Tuck Shop in the Lobby	30 10:30 Stretch & Strength 2:00 Afternoon Music with Two Among Friends 6:00 Movie Night: The Founder	31 1:30 Games Afternoon: Scrabble 6:00 TV Show: Call the Midwife, Season 3, Episode 2

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 Two Among Friends – Enjoy an afternoon of music with Two Among Friends!

Artful Afternoon – South American 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 South American art.

Baking with Trish and Katie: Join us as we make delicious blueberry cobbler 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!

Colombian Dance and Music Performance by Danza Colombia: Join Danza Colombia for an afternoon of Columbian Music and Dancing. Diana, our Dining Room Server, is a member of this group!

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

Craft Afternoon: Christmas Decorations with Connie: Join fellow Cedars Resident, Connie Bertrand, as she shows us how to make a beautiful Christmas decoration. All decorations made at this session will be sold at our Christmas Craft Fair in November.

Craft Afternoon: Lanterns: Join Trish and Katie and make a decorative lantern that you can hang in your window or on your patio.

Documentary: Life on Our Planet: Chapter 1: The Rules of Life: Evolution. Competition. Mass extinction. Three fundamental rules have driven the rise and fall of life on Earth for over four billion years.

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: Island View Beach: Stretch your legs as you enjoy the beautiful views at Island View Beach. Sign-up Required. 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!

History Lecture with Eric Tolman: Join Eric Tolman, a history teacher at Belmont High School, for an interesting and informative history lecture. The topic of this month's lecture is "Causes of World War 1". The main causes of the Great War will be examined covering the period from the unification of Germany in 1871 to the assassination of Archduke Franz Ferdinand in 1914.

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.

Ice Cream Tasting with Trish and Katie: I scream, you scream, we all scream for ice cream! Join Trish and Katie and sample 5 delicious flavours of ice cream!

Jeopardy: Come and play a round of the popular game show, Jeopardy!

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 Jesse Thomas Brown: Enjoy a freshly baked blueberry cobbler and join us as we celebrate the August birthdays. Entertainment will be provided by Jesse Thomas Brown.

Monthly Book Club Book Review "The Glass Hotel" by Emily St. John Mandel: 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.

Monthly Happy Hour: Join us at our Monthly Happy Hour! Enjoy some hot appetizers and our feature drink, a Margarita! 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!

Picnic Lunch at Mount Doug Park: Join us for a picnic lunch at the beautiful Mount Doug Park. There will be time to stroll through the park after lunch. Sign-up required. The sign-up sheet is located outside the BWR.

Resident Meeting: All residents are invited to join the Dawson Heights Leadership Teams for an update on what is happening at Dawson Heights.

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

Scrabble: Enjoy a fun game of Scrabble with friends!

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.

Sing Along: Join fellow Residents for a lively sing-along.

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.

Travelogue: Rick Steves': Austria: Vienna and the Danube: For centuries, Vienna was the crown jewel of the rich and powerful Habsburg Empire. A century after that empire's fall, the Viennese appreciate their imperial legacy as a cultural wellspring — and an excuse to live in style. We'll take in the city's wealth of elegant gardens, great art, and fine music. Then we'll explore the city's surroundings, with a trip along the romantic Danube River and a hike through the breathtakingly Baroque Melk Abbey.

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