

September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p>2 Labour Day 9:30 – 10:30– Blood Pressure Clinic with Judith Ritson in the Family Dining Room (Please sign up at the Front Desk) 1:30 Labour Day Trivia (Please pick up at the Front Desk of The Cedars) 6:00 Documentary: Secret Lives of Orangutans</p>	<p>3 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Jeopardy 6:30 Sing-Along</p>	<p>4 10:30 Spiritual Time (Luther Court) 1:30 Great Courses: The Aging Brain – Lecture 12</p>	<p>5 10:30 Bean Bag Toss 1: 30 Bananagrams 3:30 – 4:15 Tuck Shop in the Lobby</p>	<p>6 10:30 Stretch & Strength 1: 30 Monthly Book Club: We Must Be Brave by Frances Liardet 6:00 Movie Night: The Long Game</p>	<p>7 1:30 Saturday Trivia (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Call the Midwife, Season 3, Episode 2</p>
<p>8 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p>9 10:30 Havin’ A Ball Fitness 1:30 Masterminds 6:00 Bingo</p>	<p>10 9:45 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Artful Afternoon: Most Expensive Art 6:30 Sing-Along</p>	<p>11 10:30 Spiritual Time (Knox Presbyterian Church) 1:30 The Great Courses: The Meaning of Life: Perspectives from the World’s Great Intellectual Traditions – Lecture 1 3:00 Gardening Committee Meeting</p>	<p>12 10:30 Trivia (Please pick up at the Front Desk of The Cedars) 1:30 Games Afternoon: Scrabble 3:30 – 4:15 Tuck Shop in the Lobby</p>	<p>13 10:30 Stretch & Strength 1:30 You Be The Judge 6:00 Movie Night: The Guernsey Literary & Potato Peel Pie Society</p>	<p>14 1:30 Travelogue: Rick Steves: Denmark Beyond Copenhagen 6:00 TV Show: TV Show: Call the Midwife, Season 3, Episode 3</p>
<p>15 1:30 Games Afternoon 6:00 Movie Night: Downton Abbey: A New Era</p>	<p>16 10:30 Havin’ A Ball Fitness 1:30 Mental Aerobics 6:00 Bingo</p>	<p>17 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Monthly Health Talk with Heart Pharmacy: Bone Health and Fall Prevention 6:30 Sing-Along</p>	<p>18 10:30 Spiritual Time (St. Luke’s Anglican Church) 1:30 The Great Courses: The Meaning of Life: Perspectives from the World’s Great Intellectual Traditions – Lecture 2 6:00 “Every Disciple Sent” Week 1</p>	<p>19 10:30 Bean Bag Toss 11:30 Picnic Lunch at Beacon Hill Park (Sign Up Required) 3:30 – 4:15 Tuck Shop in the Lobby 6:30 History Lecture with Eric Tolman “World War I, Part 1”</p>	<p>20 10:30 Stretch & Strength 11:15 Baking with Trish and Katie: Applesauce Cake with Brown Butter Maple Buttercream 2:00 Monthly Birthday Tea with Entertainment by Charlie Burton 6:00 Movie Night: Gigi & Nate</p>	<p>21 1:30 Documentary: Life on Our Planet: Chapter 2: The First Frontier 6:00 TV Show: Call the Midwife, Season 3, Episode 4</p>
<p>22 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p>23 10:30 Havin’ A Ball Fitness 1:30 Masterminds 6:00 Bingo</p>	<p>24 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 2:00 Retirement Party for Pat Young with Entertainment by Jonathan Young 6:30 Sing-Along</p>	<p>25 10:30 Spiritual Time (Maplewood Gospel Hall) 1:30 The Great Courses: The Meaning of Life: Perspectives from the World’s Great Intellectual Traditions – Lecture 3 6:00 “Every Disciple Sent” Week 2</p>	<p>26 10:30 Bean Bag Toss 1:30 Happy Wanderers: Songhees Walkway (Sign up Required) 3:30 – 4:15 Tuck Shop in the Lobby</p>	<p>27 10:30 Stretch & Strength 1:30 Communal Crossword 3:45 – 4:30 Monthly Happy Hour: Feature Drink is an Apple Cider Spritz 6:00 Movie Night: Inside the Mind of a Dog</p>	<p>28 1:30 Word Games (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Call the Midwife, Season 3, Episode 5</p>
<p>29 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p>30 National Day of Truth and Reconciliation 2:00 Afternoon Music with Brandy Moore 6:00 Bingo</p>			<p align="center">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!</p>		

Please 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 Brandy Moore: Enjoy an afternoon of music, singing, and fun with Brandy Moore!

Artful Afternoon – Most Expensive 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 Most Expensive Art.

Baking with Trish and Katie: Join us as we make a delicious Applesauce Cake with Brown Butter Maple Buttercream frosting that we will serve at our Monthly Birthday tea!

Bananagrams: Join Katie as we play this fun, Scrabble-inspired game! No experience is required.

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.

Documentary: Life on Our Planet: Chapter 2: The First Frontier: For billions of years, land on Earth was uninhabitable. But in the seas, predation allowed species to thrive before – and after- two mass extinctions.

Documentary: Secret Lives of Orangutans: Follow a multi-generational orangutan family through their treetop triumphs and travails in this immersive documentary narrated by David Attenborough.

Every Disciple Sent: Join fellow Cedars Resident, Cliff Sexton, as he leads participants in this 10-week series. "Every Disciple Sent" is a Nondenominational curriculum from a Canadian group. Sessions will consist of a video and a group discussion. Please see Cliff if you have any questions!

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: Songhees Walkway: Stretch your legs as you enjoy the beauty of the Inner Harbour from the Songhees Walkway. 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.

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!

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 Charlie Burton: Enjoy some freshly baked Applesauce Cake and join us as we celebrate the September birthdays. Entertainment will be provided by Charlie Burton.

Monthly Book Club Book Review "We Must Be Brave" by Frances Liardet: 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, an Apple Cider Spritz! Non-alcoholic punch will also be available.

Monthly Health Talk with Heart Pharmacy: Join Andrea Silver, a Pharmacist from Heart Pharmacy, for her monthly health talk. The topic of this month's talk is Bone Health and Fall Prevention.

Movie Night: See the calendar for each week's movie.

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

Retirement Party for Pat Young: After 21 years of service to Dawson Heights, Pat Young is retiring. Join us as we wish her well in her retirement. Entertainment will be provided by Jonathan Young.

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 are 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.

The Great Courses: The Meaning of Life: Perspectives from the World's Great Intellectual Traditions: What is the meaning of life? How do we find that meaning? To whom should we listen as we shape the path we will walk through the world? This course is an invigorating way to begin or continue your pursuit of these and other questions. These virtual lectures are presented by Professor Jay L. Garfield, Ph.D., a Philosophy Professor at Smith College.

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': Denmark: Beyond Copenhagen: Using Copenhagen as a springboard, we'll visit the very best of Denmark. Aarhus welcomes us with its ruddy affluence, charming open-air museum, and eerily well-preserved ancient bog man. Roskilde impresses visitors with its royal burial church and the best Viking-ship museum anywhere. And the delightfully quaint isle of Ærø comes with half-timbered cottages, ships in bottles, and cobbled alleyways that remind us of the world of Hans Christian Andersen.

You Be The Judge: Join Katie and Trish for a lively discussion as we discuss real-life events that have landed in a court of law! We will present the facts of the case and as a group, become the judge and the jury in deciding each case. There are no right or wrong answers and a law degree is not required!

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