

October 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><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></p>		<p><b>1</b> <b>10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required)</b> 10:30 Stretch &amp; Strength 1:30 You Be The Judge <b>2:30 Music Explorations with Xiaotian</b> <b>3:30 – 4:15 Tuck Shop in the Lobby</b></p>	<p><b>2</b> 10:30 Spiritual Time (Luther Court) 1:30 The Great Courses: The Meaning of Life: Perspectives from the World's Great Intellectual Traditions – Lecture 4 6:00 "Every Disciple Sent" Week 3</p>	<p><b>3</b> 10:30 Bean Bag Toss 1:30 Bananagrams <b>3:30 – 4:15 Tuck Shop in the Lobby</b></p>	<p><b>4</b> 10:30 Stretch &amp; Strength <b>1:30 Monthly Book Club: Before the Fall by Noah Hawley</b> <b>Oktoberfest Dinner</b> 6:00 Movie Night: The Day After Tomorrow</p>	<p><b>5</b> 1:30 Saturday Trivia (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Call the Midwife, Season 3, Episode 6</p>
<p><b>6</b> 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p><b>7</b> 10:30 Havin' A Ball Fitness <b>2:00 Fall Apple Tasting</b> 6:00 Bingo</p>	<p><b>8</b> <b>10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required)</b> 10:30 Stretch &amp; Strength 1:30 Artful Afternoon: Autumn and Fall Art <b>2:30 Music Explorations with Xiaotian</b> <b>3:30 – 4:15 Tuck Shop in the Lobby</b></p>	<p><b>9</b> 10:30 Spiritual Time (Virtual Service) 1:30 The Great Courses: The Meaning of Life: Perspectives from the World's Great Intellectual Traditions – Lecture 5 <b>3:00 Gardening Committee Meeting</b> 6:00 "Every Disciple Sent" Week 4</p>	<p><b>10</b> 10:30 Bean Bag Toss <b>11:45 Lunch Outing to Romeo's on Hillside</b> 2:30 Craft Afternoon – Christmas Decorations <b>3:30 – 4:15 Tuck Shop in the Lobby</b></p>	<p><b>11</b> 10:30 Stretch &amp; Strength <b>2:00 Oktoberfest Happy Hour with Accordion Music with Ron Sera</b> 6:00 Movie Night: I Am Woman</p>	<p><b>12</b> <b>9:30 – 12:30 Advanced Polling Station for the BC Provincial Election in the BWR</b> 1:30 Travelogue: Rick Steves: Munich and the Foothills of the Alps 6:00 TV Show: TV Show: Call the Midwife, Season 3, Episode 7</p>
<p><b>13</b> 1:30 Games Afternoon in the Library 2:30 Afternoon Tea in the Library</p>	<p><b>14 Thanksgiving Day</b> 1:30 Thanksgiving Word Games (Please pick up at the Front Desk of The Cedars) 6:00 Movie Night: Gifted</p>	<p><b>15</b> <b>10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required)</b> 10:30 Stretch &amp; Strength <b>1:30 Monthly Health Talk with Heart Pharmacy: Healthy for the Holidays</b> <b>2:30 Music Explorations with Xiaotian</b> <b>3:30 – 4:15 Tuck Shop in the Lobby</b></p>	<p><b>16</b> 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 6 6:00 "Every Disciple Sent" Week 5</p>	<p><b>17</b> 10:30 Bean Bag Toss <b>1:30 Happy Wanderers: Francis King Park</b> <b>3:30 – 4:15 Tuck Shop in the Lobby</b> <b>6:30 History Lecture with Eric Tolman "World War I, Part 2"</b></p>	<p><b>18</b> 10:30 Stretch &amp; Strength <b>11:15 Baking with Trish and Katie: Spiced Pumpkin Molasses Cake</b> <b>2:00 Monthly Birthday Tea with Entertainment by Jesse Thomas Brown</b> 6:00 Movie Night: Mrs. Harris Goes to Paris</p>	<p><b>19 Great BC ShakeOut</b> 1:30 Documentary: Life on Our Planet: Chapter 3: Invaders of the Land 6:00 TV Show: Call the Midwife, Season 3, Episode 8</p>
<p><b>20</b> 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p><b>21</b> 10:30 Havin' A Ball Fitness 1:30 Masterminds <b>3:00 Great BC ShakeOut Earthquake Drill and Information Session</b> 6:00 Bingo</p>	<p><b>22</b> <b>10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required)</b> 10:30 Stretch &amp; Strength 1:30 Jeopardy <b>2:30 Music Explorations with Xiaotian</b> <b>3:30 – 4:15 Tuck Shop in the Lobby</b></p>	<p><b>23</b> 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 7 6:00 "Every Disciple Sent" Week 6</p>	<p><b>24</b> 10:30 Bean Bag Toss 1:30 Games Afternoon: Scrabble <b>3:30 – 4:15 Tuck Shop in the Lobby</b></p>	<p><b>25</b> 10:30 Stretch &amp; Strength 1:30 Communal Crossword 6:00 Movie Night: A Man Called Otto</p>	<p><b>26</b> 1:30 Word Games (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Call the Midwife, Season 3, Episode 9</p>
<p><b>27</b> 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p><b>28</b> 10:30 Havin' A Ball Fitness 1:30 Mental Aerobics 6:00 Bingo</p>	<p><b>29</b> <b>10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required)</b> 10:30 Stretch &amp; Strength 1:30 Fit Minds <b>2:30 Music Explorations with Xiaotian</b> <b>3:30 – 4:15 Tuck Shop in the Lobby</b></p>	<p><b>30</b> 10:30 Spiritual Time (United Church) 1:30 The Great Courses: The Meaning of Life: Perspectives from the World's Great Intellectual Traditions – Lecture 8 6:00 "Every Disciple Sent" Week 7</p>	<p><b>31 Halloween</b> 10:30 Bean Bag Toss <b>11:00 – 2:00 Staff Pumpkin Carving Contest Judging in the Lobby</b> <b>1:30 Halloween Murder Mystery Afternoon "The Detective Club Murder"</b> <b>3:30 – 4:15 Tuck Shop in the Lobby</b></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!**

**Advanced Polling Station for the BC Provincial Election:** All Campus Residents can vote in the BC Provincial Election at an advanced poll held at The Cedars. Please bring one piece of government-issued identification with you to vote.

**Artful Afternoon – Autumn and Fall 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 Autumn and Fall Art.

**Baking with Trish and Katie:** Join us as we make a delicious Spiced Pumpkin Molasses Cake 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.

**Craft Afternoon: Christmas Decorations:** Join Trish and Katie as we make a Christmas craft that will be sold at our Christmas Craft Fair in November.

**Documentary: Life on Our Planet: Chapter 3: Invaders of the Land:** Sprawling moss, towering trees, flying insects, limbed amphibians: Early species vied for domination as the land went from hostile to hospitable.

**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!

**Fall Apple Tasting:** Join Katie and Trish as we celebrate Fall and sample 5 varieties of BC apples.

**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.

**Halloween Murder Mystery Afternoon "The Detective Club Murder":** The scene is set at Mistletoe Manor, the historic country estate of renowned crime writer Sir Aubrey St Clair. You are among an exclusive group of elite crime novelists, specially chosen to celebrate the Detective Club's fiftieth anniversary. Join the staff of The Cedars as they bring to life a chilling mystery, penned by famed author Ruth Ware. Can you solve the murder before the final reveal?

**Happy Wanderers: Francis King Park:** Stretch your legs as you enjoy the beauty of Francis King Park. 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 "World War 1, Part 2". Starting with Verdun in 1916, this lecture will cover all events up to the November 11th armistice of 1918 including the Somme, Vimy, Passchendaele and others.

**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 Romeo's on Hillside:** Enjoy lunch out with friends at Romeo's Restaurant on Hillside Avenue. Sign-up Required. The sign-up sheet is located outside the BWR.

**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 some freshly baked Spiced Pumpkin Molasses Cake and join us as we celebrate the October birthdays. Entertainment will be provided by Dawson Heights favourite, Jesse Thomas Brown.

**Monthly Book Club Book Review "Before the Fall" by Noah Hawley:** 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 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 Healthy for the Holidays.

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

**Music Explorations with Xiaotiane:** Join Xiaotiane (pronounced she-ow-tee-en) from the Victoria Conservatory of Music in the BWR and sing along as she performs some of your favourite songs on her guitar and the piano!

**Oktoberfest with Ron Sera:** Dust off your lederhosen and join us at our Oktoberfest Celebration! Ron Sera will provide entertainment on the accordion.

**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 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.

**Spiritual Time:** Join our Spiritual Time leaders for Wednesday morning Spiritual Time.

**Staff Pumpkin Carving Contest Judging:** Dawson Heights Staff will be competing (for bragging rights!) in the third annual Staff Pumpkin Carving Contest! Each department will be carving a pumpkin. Come to the BWR and vote for your favourite pumpkin. The winner will be announced at the Halloween party!

**Stretch and Strength:** Join Katie or Trish for some fun exercises to get your body moving. All exercises can be done seated.

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

**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': Munich and the Foothills of the Alps:** In Munich, where locals specialize in good living, we visit boisterous markets and go-for-Baroque palaces, while office workers surf in the Isar River. Heading into the foothills of the Alps, we tour the fairy-tale castles of "Mad" King Ludwig, and cross into Tirol to conquer a desolate ruined castle. Then we climb atop the Zugspitze, the highest point in Germany.

**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!