

November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p align="center">Dawson Heights Recreation</p> <p>Daily at the Cedars: Morning Coffee 9:00-10:30 (Library) Afternoon Tea 2:30-3:30 (BWR)</p> <p>(Please note, Afternoon Tea is <u>Cancelled</u> on Tuesday Afternoons)</p> <p>Hairdresser: Mondays at the Cedars with Janice 250-592-0551 (by appointment only)</p> <p align="center">Please see the reverse for program details!</p>					<p>1</p> <p>10:30 Stretch & Strength 1: 30 Craft Afternoon: Christmas Decorations 6:00 Movie Night: Lonely Planet</p>	<p>2</p> <p>1:30 Saturday Trivia (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Call the Midwife, Season 3, Episode 10</p>
<p>3</p> <p>1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p>4</p> <p>10:30 Havin' A Ball Fitness 1:30 Mental Aerobics 3:00 Gardening Committee Meeting 6:00 Bingo</p>	<p>5</p> <p>10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1: 30 Monthly Book Club: The End of Drum-Time by Hanna Pylvainen 2:30 Music Explorations with Xiaotian 3:30 – 4:15 Tuck Shop in the Lobby</p>	<p>6</p> <p>10:30 Spiritual Time (Luther Court) 1:30 Camosun College Nursing Students – Meet and Greet 6:00 “Every Disciple Sent” Week 8</p>	<p>7</p> <p>9:30 – 1:30 Flu Shot and Covid-19 Booster Shot Clinic in the BWR (Please sign up for an appointment time at the Front Desk) 3:30 – 4:15 Tuck Shop in the Lobby 3:30 The Great Courses: The Meaning of Life: Perspectives from the World’s Great Intellectual Traditions – Lecture 9</p>	<p>8</p> <p>10:30 Stretch & Strength 1:30 Bananagrams 6:00 Movie Night:Lamborghini: The Man Behind The Legend</p>	<p>9</p> <p>1:30 Travelogue: Rick Steves: Normandy: War-Torn Yet Full of Life 6:00 TV Show: TV Show: Call the Midwife, Season 4, Episode 1</p>
<p>10</p> <p>1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p>11 Remembrance Day 10:30 Remembrance Day Service with Pat and Phil Williamson 1:30 Word Games (Please pick up at the Front Desk of The Cedars) 6:00 Bingo</p>	<p>12</p> <p>10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Artful Afternoon: The Art of War 2:30 Music Explorations with Xiaotian 3:30 – 4:15 Tuck Shop in the Lobby</p>	<p>13</p> <p>10:30 Spiritual Time (Knox Presbyterian Church) 1:30 Camosun College Nursing Students – Healthy Handwashing and Antibiotic Use 6:00 “Every Disciple Sent” Week 9</p>	<p>14</p> <p>10:30 Bean Bag Toss 11:30 Lunch Outing to Brown’s Social House at Uptown 3:30 – 4:15 Tuck Shop in the Lobby 3:30 The Great Courses: The Meaning of Life: Perspectives from the World’s Great Intellectual Traditions – Lecture 10</p>	<p>15</p> <p>10:30 Stretch & Strength 11:15 Baking with Trish and Katie: Marble Cake 2:00 Monthly Birthday Tea with Entertainment by Brandy Moore 6:00 Movie Night: Whitney Houston: I Wanna Dance with Somebody</p>	<p>16</p> <p>1:30 Documentary: Life on Our Planet: Chapter 4: In Cold Blood 6:00 TV Show: Call the Midwife, Season 4, Episode 2</p>
<p>17</p> <p>1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p>18</p> <p>10:30 Havin' A Ball Fitness 2:00 Afternoon Music with the Vic 'n Ray Duo 6:00 Bingo</p>	<p>19</p> <p>10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Monthly Health Talk with Heart Pharmacy: Diabetes Basics 2:30 Music Explorations with Xiaotian 3:30 – 4:15 Tuck Shop in the Lobby</p>	<p>20</p> <p>10:30 Spiritual Time (St. Luke’s Anglican Church) 1:30 Camosun College Nursing Students – Crafts 6:00 “Every Disciple Sent” Week 10</p>	<p>21</p> <p>10:30 Bean Bag Toss 1:00 Outing to Ballet Victoria’s Tea for Tutu “The Gift of Nutcracker” 3:30 – 4:15 Tuck Shop in the Lobby 6:30 History Lecture with Eric Tolman “The Paris Peace Conference”</p>	<p>22</p> <p>10:30 Stretch & Strength 1:30 You Be The Judge 6:00 Movie Night: The Call of the Wild</p>	<p>23</p> <p>1:30 – 3:30 Annual Christmas Craft Fair (Cedars Dining Room) 6:00 TV Show: Call the Midwife, Season 4, Episode 3</p>
<p>24</p> <p>1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson</p>	<p>25</p> <p>10:30 Havin' A Ball Fitness 1:30 Mental Aerobics 6:00 Bingo</p>	<p>26</p> <p>10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Fit Minds 2:30 Music Explorations with Xiaotian 3:30 – 4:15 Tuck Shop in the Lobby</p>	<p>27</p> <p>10:30 Spiritual Time (Maplewood Gospel Hall) 1:30 Camosun College Nursing Students – Holiday Trivia</p>	<p>28</p> <p>10:30 Bean Bag Toss 1:30 Resident Meeting (All Residents are Invited to Attend) 3:30 – 4:15 Tuck Shop in the Lobby 3:30 The Great Courses: The Meaning of Life: Perspectives from the World’s Great Intellectual Traditions – Lecture 11</p>	<p>29</p> <p>10:30 Stretch & Strength 1:30 Communal Crossword 6:00 Movie Night: My Octopus Teacher</p>	<p>30</p> <p>1:30 Word Games 6:00 TV Show: Call the Midwife, Season 4, Episode 4</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 the Vic 'n Ray Duo – Enjoy an afternoon of music featuring the Vic 'n Ray Duo (comprised of Vic Gnadinger and our own Chef Ray!).

Annual Holiday Craft Fair - Join us and get your Christmas Shopping done early! Come meet campus and local artisans and see what they have to offer! We will have our “Bakes, Bobbles, and Books” table where you will find our fabulous bake table, slightly used books, jewelry, and Christmas decorations. We will also be raffling off some wonderful prizes! The Craft Fair is our big Residents Fund Fundraiser. Let's make it a success by inviting your family and friends to attend!

Artful Afternoon – The Art of War: 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 The Art of War

Baking with Trish and Katie: Join us as we make a delicious Marble Cake that we will serve at our Monthly Birthday tea!

Bananagrams: Join Katie and Trish 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!

Camosun College Nursing Students – 9 First Year nursing students from Camosun College will be joining us at The Cedars for their 4-week practicum. Each week will feature a different activity. See the calendar for more details.

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 4: In Cold Blood: After Earth's third mass extinction, mammals' surviving ancestors ruled the supercontinent Pangea. But lizards soon ushered in the age of reptiles.

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!

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.

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 “The Paris Peac Conference”. This lecture will focus on the treaties that concluded the First World War in Paris in 1919. The USA's Wilson, Britain's Lloyd George and France's Clemenceau will be analyzed with particular attention paid to the Treaty of Versailles with Germany and their respective attitudes toward peace terms. There will be a PowerPoint presentation and a discussion to follow.

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 Brown's Social House at Uptown: Enjoy a delicious lunch with friends at Brown's Social House at Uptown. **(Sign up Required)**

Mental Aerobics: Brain teasers, trivia, and lots of laughter!

Monthly Birthday Tea with Entertainment by Brandy Moore: Enjoy some freshly baked Marble Cake and join us as we celebrate the November birthdays. Entertainment will be provided by the wonderful Brandy Moore.

Monthly Book Club Book Review “The End of Drum Time” by Hanna Pylvainen: 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 Diabetes Basics.

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!

Outing to Ballet Victoria's Tea for Tutu “The Gift of Nutcracker”: Enjoy a free preview of Ballet Victoria's upcoming production of “The Gift of Nutcracker”. **(Sign Up Required).**

Remembrance Day Service with Pat and Phil Williamson: Please join Pat and Phil Williamson from Maplewood Gospel Hall for our Remembrance Day Service in the BWR.

Resident Meeting: All residents are invited to join the Dawson Heights Housing Leadership Team for an update on what is happening around Campus.

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.

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 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': Normandy: War-Torn Yet Full of Life: In this program, we explore the half-timbered charm of Rouen, reflect on Monet's lily ponds in Giverny, peek in on local artisans, and set up an easel at Honfleur's harbour. We venture into composer Erik Satie's eccentric world and feast on the finest of Normandy cuisine. After pondering sacrifice and celebrating freedom on the D-Day beaches, we hike with pilgrims to the enchanted island abbey of Mont St-Michel.

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!