

	April 2025					
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1: 30 Artful Afternoon – Flowers by Artists 3:30 – 4:00 Tuck Shop in the Lobby 6:00 Bingo	2 10:30 Spiritual Time (Luther Court) 1:30 The Great Courses: The Meaning of Life: Perspectives from the World’s Great Intellectual Traditions – Lecture 26 6:00 Freedom Session with Cliff – Session 1: Why Am I Here?	3 10:30 Bean Bag Toss 1:30 Happy Wanderers – Songhees Walkway (Sign Up Required) 3:30 – 4:00 Tuck Shop in the Lobby	4 10:30 Stretch & Strength 11:15 Baking with Trish and Katie – Gluten-Free Carrot Cake 2:00 Monthly Birthday Tea with Entertainment by Jesse Thomas Brown 6:00 Movie Night: Runaway Jury	5 1:30 Saturday Trivia (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Call the Midwife, Season 6, Episode 3
6 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	7 9:30 – 10:30– Blood Pressure Clinic with Judith Ritson in the Family Dining Room (Please sign up at the Front Desk) 10:30 Havin’ A Ball Fitness 1:30 Masterminds 6:00 Sing Along with Deanna	8 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1: 30 Mexican Train Dominoes 3:30 – 4:00 Tuck Shop in the Lobby 6:00 Bingo	9 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 27 6:00 Freedom Session with Cliff – Session 2: Stepping Out of Denial	10 10:30 Bean Bag Toss 1:30 Seated Tap Dancing with Betty C 3:30 – 4:00 Tuck Shop in the Lobby	11 10:30 Stretch & Strength 1:30 Communal Crossword 6:00 Movie Night: Barbie	12 1:30 Documentary: The Only Girl in the Orchestra 6:00 TV Show: Call the Midwife, Season 6, Episode 4
13 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	14 10:30 Wake Up and Stretch 1:30 Mental Aerobics NEW DAY 6:00 Bingo	15 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1: 30 Health Talk with Heart Pharmacy: Memory & Cognition 3:30 – 4:00 Tuck Shop in the Lobby NEW DAY 6:00 Sing Along with Deanna	16 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 28 6:00 Freedom Session with Cliff – Session 3: Sober-minded and A.L.E.R.T	17 10:30 Bean Bag Toss 1:30 Book Club – Dead Wake by Erik Larson 3:30 – 4:00 Tuck Shop in the Lobby 6:30 History Lecture with Eric Tolman “The Weimar Republic”	18 Good Friday 1:30 Games Afternoon: Scrabble 6:00 Movie Night: The Two Popes	19 1:30 Travelogue: Rick Steves: European Easter 6:00 TV Show: Call the Midwife, Season 6, Episode 5
20 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	21 Easter Monday 1:30 Games Afternoon: Cribbage 6:00 Movie Night: Penguin Bloom	22 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Fit Minds 3:30 – 4:00 Tuck Shop in the Lobby 6:00 Bingo	23 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 29 6:00 Freedom Session with Cliff – Session 4: Stepping out of Insanity	24 10:30 Bean Bag Toss 11:30 Lunch Outing to the James Bay Inn (Sign Up Required) 230 Seated Tap Dancing with Betty C 3:30 – 4:00 Tuck Shop in the Lobby	25 10:30 Stretch & Strength 2:00 Afternoon Music with the Goward House Singers 6:00 Movie Night: La Dolce Villa	26 1: 30 Word Games (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Call the Midwife, Season 6, Episode 6
27 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	28 10:30 Havin’ A Ball Fitness 1:30 Mental Aerobics 6:00 Sing Along with Deanna	29 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1: 30 Volunteer Appreciation Tea with Entertainment by the Vic and Ray Duo 3:30 – 4:00 Tuck Shop in the Lobby 6:00 Bingo	30 10:30 Spiritual Time (United Church) 1:30 The Great Courses: The Meaning of Life: Perspectives from the World’s Great Intellectual Traditions – Lecture 30 6:00 Freedom Session with Cliff – Session 5: Going Deeper #1 – My Story	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!		

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 Goward House Singers: Enjoy an afternoon of music and fun with the always entertaining Goward House Singers.

Artful Afternoon – Flowers by Artists: 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 Flowers by Artists.

Baking with Trish and Katie: Join us as we make a delicious Gluten Free Carrot Cake that we will serve at our Monthly Birthday tea! No baking 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 to complete a crossword puzzle!

Documentary: The Only Girl in the Orchestra: This documentary was the 2025 Oscar Winner for best Documentary Short Film. Leonard Bernstein called her a “source of radiance” in the New York Philharmonic.

Delve into the groundbreaking career of double bassist Orin O'Brien.

Fit Minds: Exercise for your mind!

Freedom Session with Cliff: Join Cedars Resident Cliff for the 10-week Freedom Session Course. This course is for anyone wanting to be free from hurts, habits or hangups.

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!

Games Afternoon: Cribbage: Enjoy a friendly game of Cribbage with friends.

Games Afternoon: Scrabble: Test your vocabulary while playing a friendly game of Scrabble with friends!

Happy Wanderers: Songhees Walkway: Stretch your legs as you enjoy the beautiful views 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!

Health Talk with Heart Pharmacy: Join Andrea Silver, Pharmacist at Heart Pharmacy for her Health Talk. This month's talk is on Memory & Cognition.

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 Weimar Republic”

The period of Germany between 1919-1933 known as the Weimar Republic will be looked at to formulate some understanding of how this young republic was threatened by elements on the left and the right. Topics covered will be hyperinflation, The Golden Period and the role of the Depression in destabilizing Germany and opening the door the Hitler and the Nazis.

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 the James Bay Inn: Enjoy lunch out with friends at the James Bay Inn. Meals start at \$17. **(Sign up Required)**

Masterminds: Masterminds is a combination of Wheel of Fortune and Hangman!

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

Mexican Train Dominos: Enjoy an afternoon of laughter and fun while playing Mexican Train Dominos.

Monthly Birthday Tea with Entertainment by Jesse Thomas Brown: Enjoy a slice of homemade Gluten Free Carrot Cake and join us as we celebrate the April birthdays. Entertainment will be provided by Dawson Heights favourite, Jesse Thomas Brown.

Monthly Book Club Book Review “Dead Wake” by Erik Larson: 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.

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

Seated Tap Dancing with Betty C: Join fellow Cedars Resident, Betty C, as she leads us in a seated tap dancing class! Please wear hard-soled shoes for the best results!

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 with Deanna: Join fellow Cedars Resident, Deanna, for an evening of singing, music and fun!

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': European Easter: Taking you on a spring journey through Spain, Slovenia, Switzerland, Italy, and Greece, "Rick Steves' European Easter" celebrates this 2,000-year-old story in a variety of cultures.

Volunteer Appreciation Tea with Entertainment by the Vic and Ray Duo: Help us thank our wonderful volunteers at our annual Volunteer Appreciation Tea. Entertainment will be provided by the Vic and Ray Duo (featuring our own Chef Ray!).

Wake Up and Stretch: Join Katie for a relaxing, gentle exercise class focusing on stretching.

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