

	June 2025					
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	2 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 Mental Aerobics 2:30 Opening the Covid-19 Time Capsule from June 2020 6:00 Sing Along with Deanna	3 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Music Explorations with Tyler 3:00 Fit Minds 3:30 – 4:00 Tuck Shop in the Lobby 6:00 Bingo	4 10:30 Spiritual Time (Luther Court) 1:30 The Great Courses: The Meaning of Life: Perspectives from the World’s Great Intellectual Traditions – Lecture 33	5 10:30 Bean Bag Toss 1:30 Book Club – “Oona Out of Order” by Margarita Montimore 3:30 – 4:00 Tuck Shop in the Lobby 6:00 TV Show: Man on the Inside, Episodes 3, 4	6 10:30 Stretch & Strength 1:30 Mexican Train Dominoes 6:00 Movie Night: Nonas	7 1:30 Saturday Trivia (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Call the Midwife, Season 7, Episode 1
8 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	9 10:30 Wake Up and Stretch 1:30 Masterminds	10 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Music Explorations with Tyler 3:00 Artful Afternoon: Impressionism 3:30 – 4:00 Tuck Shop in the Lobby 6:00 Bingo	11 10:30 Spiritual Time (Virtual Service) 1:30 The Great Courses: The Meaning of Life: Perspectives from the World’s Great Intellectual Traditions – Lecture 34	12 1:00 – 3:30 Swap and Shop in the BWR 3:30 – 4:00 Tuck Shop in the Lobby 6:00 TV Show: Man on the Inside, Episodes 5,6	13 9:30 Men’s Father’s Day Breakfast (RSVP Required) 2:00 Monthly Birthday Tea with Entertainment by Jesse Thomas Brown 6:00 Movie Night: Dirty Dancing	14 3:30 Documentary: Our Oceans – Episode 2: Indian Ocean 6:00 TV Show: Call the Midwife, Season 7, Episode 2
15 Father’s Day 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	16 10:30 Havin’ A Ball Fitness 1:30 Mental Aerobics 2:30 Learn to Play Shuffleboard with Trish and Katie 6:00 Sing Along with Deanna	17 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Health Talk with Heart Pharmacy: Pain Management 3:30 – 4:00 Tuck Shop in the Lobby 6:00 Bingo	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 35	19 10:30 Bean Bag Toss 1:30 Fraud Prevention Presentation with Saanich Police 3:30 – 4:00 Tuck Shop in the Lobby 6:30 History Lecture with Eric Tolman “A New Germany 1933-1936 Part 1”	20 First Day of Summer 10:30 Stretch & Strength 1:30 Travelogue with Jacqueline and Pat: Tanzania 6:00 Movie Night: The Duchess	21 3:30 Travelogue: Rick Steves: Europe: A Symphonic Journey 6:00 TV Show: Call the Midwife, Season 7, Episode 3
22 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	23 10:30 Wake Up and Stretch 1:30 Masterminds 2:00 – 3:30 Shuffleboard Tournament	24 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Music Explorations with Tyler 3:30 – 4:00 Tuck Shop in the Lobby 6:00 Bingo	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 36	26 10:30 Bean Bag Toss 11:30 Picnic Lunch at Windsor Park (Sign Up Required) 2:00 – 3:30 Shuffleboard Tournament 3:30 – 4:00 Tuck Shop in the Lobby 6:00 TV Show: Man on the Inside, Episodes 7,8	27 10:30 Stretch & Strength 1:30 – 3:30 Shuffleboard Tournament 6:00 Movie Night: The Rainmaker	28 1:30 Word Games (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Call the Midwife, Season 7, Episode 4
29 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	30 10:30 Havin’ A Ball Fitness 1:30 Mental Aerobics 2:00 – 3:30 Shuffleboard Tournament	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!			Dawson Heights Swap and Shop We are hosting our first “Swap and Shop” event on Thursday, June 12, from 1:00 pm — 3:30 pm. Join us for a fun, eco-friendly community event where you can donate gently used items and shop for great finds! Bring what you don’t need and take home what you love (for free)! It’s a perfect way to refresh your space, save money, and connect with other Dawson Heights Residents! <u>Donations for the Swap and Shop can be dropped off in the Recreation Office from June 9-11 only.</u> No large items will be accepted. All items not rehomed at the end of the day will be donated to the Salvation Army. Please see Katie or Trish in the Recreation Department if you have any questions.	

Please read through the descriptions of our monthly programs and see what sparks your interest. We encourage you to try something new this month!

Artful Afternoon – Impressionism: 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 Impressionism.

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!

Blood Pressure Clinic with Judith Ritson: We will be hosting a Blood Pressure Clinic in The Cedars Family Dining Room from 9:30 am - 10:30 am. The clinic will be run by Board of Directors Member and Registered Nurse, Judith Ritson. To sign up for an appointment, please call the Front Desk of The Cedars at (250) 477-4850

Documentary: Our Oceans – Episode 2: Indian Ocean – In the world’s largest ocean, one mighty current brings the Pacific to life in astonishing ways, from enriching rainforests to sustaining coral reefs.

Fit Minds: Exercise for your mind!

Fraud Prevention Presentation with Saanich Police: Join Constable Berle Zwaan, Community Liaison Officer with the Saanich Police, for an informative presentation on how to recognize scams (telephone, internet, etc.) and protect yourself from becoming a victim.

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!

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 Heart Pharmacy Pharmacist, Andrea Silver, for her informative health talk. The topic of this month’s talk is Pain Management.

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 “A New Germany 1933-1936 Part 1”.

Picking up where we left off at Weimar Germany, we will examine how Hitler consolidated power in 1933 and the changes he made domestically and in foreign policy until 1936. Main themes will be the rise of a one party state, early signs of anti-Semitism, domestic successes and the slow mobilization of Hitler’s aims and the support of common Germans.

Hymn Sing with Pat Williamson: Join Pat Williamson in the BWR and sing along as she plays some beautiful hymns for you to enjoy.

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

Men’s Fathers Day Breakfast: In celebration of Father's Day, we invite all men living at Dawson Heights to a Men's Breakfast. Katie and Trish will be serving up a delicious breakfast in the BWR at The Cedars. This is a great opportunity for men on campus to get together, socialize and enjoy a delicious meal. RSVP to Katie or Trish by Tuesday, June 10 by calling 250-477-4850.

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

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

Monthly Birthday Tea with Entertainment by Jesse Thomas Brown: Enjoy a piece of delicious birthday cake and join us as we celebrate the June birthdays. Entertainment will be provided by Dawson Heights' favourite, Jesse Thomas Brown.

Monthly Book Club Book Review “Oona Out of Order” by Margarita Montimore: 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.

Music Explorations with Tyler: Join Tyler from the Victoria Conservatory of Music in the BWR for an engaging hour of music and fun.

Opening the Covid-19 Time Capsule – On June 1, 2020, residents of Dawson Heights Housing created a time capsule. In the Time Capsule are letters and mementos that reflect and share the experiences of residents and staff members during the early days of the COVID-19 epidemic. The Time Capsule will be opened on June 2, 2025, where we will have an opportunity to reflect on this period in history.

Picnic Lunch at Windsor Park: Join us on our first picnic lunch of the summer at beautiful Windsor Park in Oak Bay. There will be time to stroll through the park after lunch. **Sign up required.** Sign up sheet is located outside the BWR.

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.

Shuffleboard Tournament: We are excited to be hosting our semi-annual Campus-wide Shuffleboard tournament this month! Join us in the BWR on Monday, June 16 at 2:30 pm for a refresher course in how to play this fun game. The deadline to sign up is Tuesday, June 17 at noon. The sign-up sheet is located outside the BWR.

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.

Swap and Shop: Join us for a fun, eco-friendly community event where residents can swap gently used items and shop for great finds! Bring what you don’t need and take home what you love (for free)! It’s a perfect way to refresh your space, save money, and connect with other Dawson Heights Residents! Donations for the Swap and Shop can be dropped off in the Recreation Office from June 9-11 only. No large items will be accepted. All items not rehomed at the end of the day will be donated to the Salvation Army. Please see Katie or Trish in the Recreation Department if you have any questions.

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 with Jacqueline and Pat: Tanzania: Join Jacqueline and Pat Allen as they share memories of their travels to Tanzania.

Travelogue: Rick Steves: Europe: A Symphonic Journey: Join Rick and the Cincinnati Pops Orchestra on a spectacular musical journey through Europe. This unique special blends powerful Romantic-era anthems from composers like Strauss, Grieg, and Verdi with breathtaking visuals and Rick’s cultural insights. Experience Europe's history, the passion for freedom, and the spirit of unity across borders. Perfect for lovers of music, history, and travel.

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!