

	May 2025					
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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!				1 10:30 Bean Bag Toss 1:30 Fit Minds 3:30 – 4:00 Tuck Shop in the Lobby	2 10:30 Stretch & Strength 1:30 Movie Matinee and Popcorn: Conclave 6:00 Movie Night: Book Club: The Next Chapter	3 1:30 Saturday Trivia (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Call the Midwife, Season 6, Episode 7
4 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	5 10:30 Wake Up and Stretch 1:30 Masterminds 6:00 Sing Along with Deanna	6 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Artful Afternoon: Landscape and Architecture 3:30 – 4:00 Tuck Shop in the Lobby 6:00 Bingo	7 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 30 6:00 Freedom Session with Cliff – Session 6: Hope...and Where to Find It	8 10:30 Bean Bag Toss 1:30 Happy Wanderers – Finnerty Gardens (Sign Up Required) 3:30 – 4:00 Tuck Shop in the Lobby	9 Move for Health Day 10:30 Stretch & Strength 1:30 – 3:00 Move for Health Day – Walk for Heart and Stroke (Please meet at the picnic table by the upper parking lot of The Cedars) 6:00 Movie Night: Operation Mincemeat	10 3:30 Documentary: Our Oceans – Episode 1: Pacific Ocean 6:00 TV Show: Call the Midwife, Season 6, Episode 8
11 Mother's Day 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	12 10:30 Havin' A Ball Fitness 1:30 Mental Aerobics	13 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	14 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 31 6:00 Freedom Session with Cliff – Session 7: The Step that Changes Everything	15 10:30 Bean Bag Toss 1:30 Book Club – “Remarkably Bright Creatures” by Shelby Van Pelt 3:30 – 4:00 Tuck Shop in the Lobby 6:30 History Lecture with Eric Tolman “The Weimar Republic”	16 10:30 Stretch & Strength 2:00 Victorian Vogue Historical Fashion Show 6:00 Movie Night: Now You See Me	17 3:30 Travelogue: Rick Steves: Rome: Eternally Engaging 6:00 TV Show: Call the Midwife, Season 6, Episode 9
18 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	19 Victoria Day 1:30 Games Afternoon: Cribbage 6:00 Sing Along with Deanna	20 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	21 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 32 6:00 Freedom Session with Cliff – Session 8: My Support & My Strengths	22 10:30 Bean Bag Toss 11:30 Lunch Outing to The Village Taverna in Cook Street Village (Sign Up Required) 2:30 Mexican Train Dominoes 3:30 – 4:00 Tuck Shop in the Lobby	23 10:30 Stretch & Strength 11:15 Baking with Trish and Katie – Cherry Sour Cream Coffee Cake 2:00 Monthly Birthday Tea with Entertainment by Brandy Moore 6:00 Movie Night: Fried Green Tomatoes	24 1:30 Word Games (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Call the Midwife, Season 6, Episode 10
25 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	26 10:30 Wake Up and Stretch 1:30 Masterminds	27 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	28 10:30 Spiritual Time (Luther Court) 1:30 Annual General Meeting 6:00 Freedom Session with Cliff – Session 9: Inventory Mirror 1 – My Obvious Hurts	29 10:00 – 2:00 Mobile Hearing Clinic with Ears to You (Please sign up for an appointment at the Front Desk) 10:30 Bean Bag Toss 1:30 Mexican Train Dominoes 3:30 – 4:00 Tuck Shop in the Lobby	30 10:30 Stretch & Strength 1:30 Communal Crossword 3:30 – 4:15 Happy Hour – Feature Drink is a Bay Breeze Cocktail 6:00 Movie Night: 50 First Dates	31 1:30 Games Afternoon: Scrabble 6:00 TV Show: Call the Midwife, Season 7, Episode 1

We will be hosting a COVID-19 Booster Shot Clinic in May. Date to be announced.

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

Annual General Meeting - All campus residents are invited to attend the Annual General Meeting of Dawson Heights Housing Ltd. Reports will be given by the Board of Directors as well as Department Managers. Refreshments will be served following the meeting.

Artful Afternoon – Landscapes and Architecture: 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 Landscapes and Architecture.

Baking with Trish and Katie: Join us as we make a delicious Cherry Sour Cream Coffee 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: Our Oceans – Episode 1: Pacific 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. Narrated by Barack Obama.

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 Hour: Join us at Happy Hour! Enjoy some hot appetizers and our feature drink, a Bay Breeze Cocktail – a delicious combination of vodka, pineapple and cranberry! Non-alcoholic punch will also be available.

Happy Wanderers: Finnerty Gardens: Stretch your legs as you enjoy the beauty of Finnerty Gardens at UVic. The 6.5 acre garden contains over 4,000 different trees and shrubs with more than 1,500 rhododendron and azalea plants, including 200 collected rhododendron species which should be in full bloom! 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 "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. ***This lecture was rescheduled from April.***

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 Villave Taverna in Cook Street Village: Enjoy lunch out with friends at The Village Taverna, a Greek Restaurant in the heart of Cook Street Village. Meals start at \$13.50. **(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 Dominoes: Enjoy an afternoon of laughter and fun while playing Mexican Train Dominoes.

Mobile Hearing Clinic with Ears to You: Ears to You is a mobile hearing service provider. A qualified hearing specialist will be coming to The Cedars to provide complimentary hearing assessments and hearing aid cleanings. If you would like to participate in this event, please sign up for an appointment at the Front Desk of The Cedars.

Monthly Birthday Tea with Entertainment by Brandy Moore: Enjoy a slice of homemade Cherry Sour Cream Coffee Cake and join us as we celebrate the May birthdays. Entertainment will be provided by Dawson Heights' favourite, Brandy Moore.

Monthly Book Club Book Review "Remarkably Bright Creatures" by Shelby Van Pelt: 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.

Move for Health Day – Walk for Heart and Stroke: Join us as we walk to raise funds for the Heart and Stroke Foundation. We invite all campus residents to join us any time between 1:30 pm and 3:00 pm as we walk our beautiful Rotary Trail. Our goal is to collectively walk 50 km. The "start line" will be at the picnic table by the upper parking lot at The Cedars.

Movie Matinee and Popcorn: Conclave: Enjoy some freshly popped popcorn and treats while we watch the Oscar Award Winning Movie, Conclave.

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.

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.

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': Rome: Eternally Engaging: In this hour-long travel special, we explore the "Eternal City" of Rome, a grand and ancient metropolis rich with exquisite art, vibrant culture, and centuries of history. We trace the rise and fall of classical Rome, meander through the heart of Bernini's Baroque Rome, and make a pilgrimage to the Vatican. Then, we follow Rick as he uncovers the charms of hidden neighborhoods filled with character and energy, enjoys a Roman feast, and mixes and mingles with the locals during an early-evening stroll through the city's romantic nightspots.

Victorian Vogue Historical Fashion Show: Join Victorian Vogue as they bring history to life through costumes!

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!