

	August 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 Stretch & Strength 1:30 Mexican Train Dominoes 6:00 Movie Night: IF	2 1:30 Saturday Trivia (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Call the Midwife, Season 7, Episode 9
3 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	4 BC DAY 9:30 – 10:30– Blood Pressure Clinic with Judith Ritson in the Family Dining Room (Please sign up at the Front Desk) 1:30 BC Day Trivia (Please pick up at the Front Desk of The Cedars) 6:00 Documentary: Great Bear Rainforest	5 9:45 – 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	6 10:30 Spiritual Time (Virtual Service – Knox Presbyterian Church) 1:30 Community Garden Work Party (Meet at the Garden Gate) 1:30 The Great Courses: Music and the Brain, Lecture 5	7 10:30 Corn Hole on the Lawn 1:30 Fit Minds 3:30 – 4:00 Tuck Shop in the Lobby	8 10:30 Stretch & Strength 1:30 Bananagrams 6:00 Movie Night: Dead Poets Society	9 3:30 Documentary: Our Oceans – Episode 4: Arctic Ocean 6:00 TV Show: Call the Midwife, Season 7, Episode 10
10 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	11 10:30 Wake Up and Stretch 1:30 Masterminds 6:00 Sing Along with Deanna	12 9:45 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Music Explorations with Tyler NEW TIME 3:00 Bingo 3:30 – 4:00 Tuck Shop in the Lobby	13 10:30 Spiritual Time (Luther Court) 1:30 Community Garden Work Party (Meet at the Garden Gate) 1:30 The Great Courses: Music and the Brain, Lecture 6	14 10:30 Corn Hole on the Lawn 1:30 Book Club – “The Bookwoman of Troublesome Creek” by Kim Michele Richardson 3:30 – 4:00 Tuck Shop in the Lobby	15 10:30 Stretch & Strength 11:15 Baking with Katie: Lemon Blueberry Cake 2:00 Monthly Birthday Tea with Entertainment by Jesse Thomas Brown 6:00 Movie Night: The Firm	16 3:30 Travelogue: Rick Steves: Iran 6:00 TV Show: Call the Midwife, Season 8, Episode 1
17 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	18 10:30 Havin’ A Ball Fitness 1:30 Mental Aerobics	19 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Health Talk with Heart Pharmacy: Bone Health & Fall Prevention 3:30 – 4:00 Tuck Shop in the Lobby 6:00 Bingo	20 10:30 Spiritual Time (St. Luke’s Anglican Church) 1:30 Community Garden Work Party (Meet at the Garden Gate) 1:30 The Great Courses: Music and the Brain, Lecture 7	21 10:30 Corn Hole on the Lawn 11:30 Picnic Lunch at Mount Doug Park (Sign Up Required) 3:30 – 4:00 Tuck Shop in the Lobby 6:30 History Lecture with Eric Tolman “The USA 1919-1941”	22 10:30 Stretch & Strength 1:30 Communal Crossword 6:00 Movie Night: Sunday Best	23 1:30 Games Afternoon: Scrabble 6:00 TV Show: Call the Midwife, Season 8, Episode 2
24 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	25 10:30 Wake Up and Stretch 1:30 Masterminds 6:00 Sing Along with Deanna	26 10:00 – 11:30 Shopping Outing to Hillside Mall (Sign Up Required) 10:30 Stretch & Strength 1:30 Euchre 3:30 – 4:00 Tuck Shop in the Lobby 6:00 Bingo	27 10:30 Spiritual Time (Maplewood Gospel Hall) 1:30 Community Garden Work Party (Meet at the Garden Gate) 1:30 The Great Courses: Music and the Brain, Lecture 8	28 10:00 – 2:00 Mobile Hearing Clinic with Ears to You (Please sign up for an appointment at the Front Desk) 10:30 Corn Hole on the Lawn 1:30 Artful Afternoon: Fun in the Sun 3:30 – 4:00 Tuck Shop in the Lobby	29 10:30 Stretch & Strength 1:15 Happy Wanderers: Government House Gardens (Sign Up Required) 6:00 Movie Night: The Thursday Murder Club	30 1:30 Word Games (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Call the Midwife, Season 8, Episode 3
31 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson						

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 – Fun in the Sun: Join Katie on a virtual gallery tour to learn about famous works of art. The theme of this gallery tour is Fun in the Sun.

Baking with Katie: Join Katie as we make a delicious Lemon Blueberry Cake that we will serve at our Monthly Birthday tea! No baking experience is required!

Bananagrams: Join Katie and Trish as we play this fun, Scrabble-inspired game! No experience is required.

BC Day Trivia: Test your knowledge of our beautiful province!

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.

Communal Crossword: Let's put our heads together and complete a fun crossword puzzle.

Community Garden Work Party: If you are interested in getting your hands dirty in the garden, please join Tonia and Katie on Wednesday afternoons at 1:30 pm for our weekly work party where vegetables will be harvested.

Vegetables will be available in the lobbies of The Dawson, The Woodlands and The Cedars on Thursday mornings from 10:00 am—12:30 pm. One item per person, while supplies last.

Corn Hole on the Lawn - Join Trish and Katie for a fun and lively game of Corn Hole—a mix between Bean Bag Toss and Horseshoes! Weather permitting, we will play of the lawn on the Cedar Hill Road side of The Cedars. If the weather does not cooperate, we will move the fun to the BWR. Please check the television screen in The Cedars lobby on Thursday mornings for updates.

Documentary: Great Bear Rainforest: Journey to a land of grizzlies, coastal wolves, sea otters and the all-white spirit bear — the rarest bear on earth — in the film Great Bear Rainforest. Hidden from the outside world, the Great Bear Rainforest is one of the wildest places left on earth. Found on Canada's remote Pacific coast, it is the last intact temperate rainforest in the world—a place protected by the region's indigenous people for millennia.

Documentary: Our Oceans – Episode 4: Arctic Ocean – With temperatures mounting and sea ice melting, the creatures of the Arctic Ocean must go to new extremes to survive in a new, warmer world.

Euchre: Join Katie for this fun, trick-taking card game. No experience required!

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!

Happy Wanderers: Government House Gardens: Stretch your legs as you enjoy the beautiful gardens at Government House. 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 Heart Pharmacy Pharmacist, Andrea Silver, for her informative health talk. The topic of this month's talk is Bone Health and Fall Prevention.

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 USA 1919-1941”. This lecture will focus on the development of a consumer society in the USA after WW1 which resulted in the greatest economic growth in America. Assessed will be the bust of 1929 and steps taken by FDR to offset the effects of the Depression. The New Deal will be a large focus of this lecture and the impact that FDR's policies had on the fabric of American life.

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!

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

Monthly Book Club Book Review “The Bookwoman of Troublesome Creek” by Kim Michele Richardson: 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.

Picnic Lunch at Mount Doug Park: Join us for a picnic lunch at beautiful Mount Doug Park. There will be time to stroll through the park after lunch. **Sign up required.** The 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.

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: Music and the Brain: Music is an integral part of humanity. Every culture has music, from the largest society to the smallest tribe. Its marvelous range of melodies, themes, and rhythms taps into something universal. Babies are soothed by it. Young adults dance for hours to it. Older adults can relive their youth with the vivid memories it evokes. Music is part of our most important rituals, including those marking birth, weddings, and death. And it has been the medium of some of our greatest works of art.

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: Iran: Join Rick as he explores the most surprising and fascinating land he's ever visited: Iran. In a one-hour, ground-breaking travel special on public television, you'll discover the splendid monuments of Iran's rich and glorious past, learn more about the 20th-century story of this perplexing nation, and experience Iranian life today in its historic capital and in a countryside village. Most important, you'll meet the people of this nation, whose government so exasperates our own. This film was produced in 2009, well before the current conditions in Iran. It is a cultural — not political — window into Iran.**Wake Up and Stretch:** Join Katie for a relaxing, gentle exercise class focusing on stretching.

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