

	July 2025					
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Happy Canada Day 1:30 Canada Day Celebration – Afternoon Music with Deanna and Beth 3:30 – 4:00 Tuck Shop in the Lobby 6:00 Movie Night: Monty Python: Life of Brian	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 36	3 10:30 Corn Hole on the Lawn 1:30 Canadian Food Tasting 2:30 – 3:30 Shuffleboard Tournament 3:30 – 4:00 Tuck Shop in the Lobby	4 10:30 Stretch & Strength 1:30 Shopping Trip to Gardenworks (Sign Up Required) 3:00 – 4:00 Shuffleboard Tournament 6:00 Movie Night: Wonka	5 1:30 Saturday Trivia (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Call the Midwife, Season 7, Episode 5
6 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	7 10:30 Wake Up and Stretch 1:30 Masterminds 2:00 – 4:00 Shuffleboard Tournament	8 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: Canadian Art 3:30 – 4:00 Tuck Shop in the Lobby 6:00 Bingo	9 10:30 Spiritual Time (Virtual Service – Knox Presbyterian Church) 1:30 The Great Courses: Music and the Brain, Lecture 1	10 10:30 Corn Hole on the Lawn 1:30 Book Club – “Chestnut Street” by Maeve Binchy 2:30 – 4:00 Shuffleboard Tournament 3:30 – 4:00 Tuck Shop in the Lobby	11 10:30 Stretch & Strength 1:00 Communal Crossword 3:00 – 4:00 Shuffleboard Tournament 6:00 Movie Night: North of Normal	12 3:30 Documentary: Our Oceans – Episode 3: Atlantic Ocean 6:00 TV Show: Call the Midwife, Season 7, Episode 6
13 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	14 10:30 Havin’ A Ball Fitness 1:30 Mental Aerobics 6:00 Sing Along with Deanna	15 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	16 10:30 Spiritual Time (St. Luke’s Anglican Church) 1:30 The Great Courses: Music and the Brain, Lecture 2	17 10:30 Corn Hole on the Lawn 11:15 Baking with Trish and Katie – Maple Cake 2:00 Monthly Birthday Tea with Entertainment by Brandy Moore 3:30 – 4:00 Tuck Shop in the Lobby 6:30 History Lecture with Eric Tolman “A New Germany 1937-1939 Part 2”	18 10:30 Stretch & Strength 1:30 Mexican Train Dominoes 6:00 Movie Night: Holiday in the Wild	19 3:30 Travelogue: Rick Steves: Granada, Córdoba, and Spain’s Costa del Sol 6:00 TV Show: Call the Midwife, Season 7, Episode 7
20 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	21 10:30 Wake Up and Stretch 1:30 Masterminds	22 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	23 10:30 Spiritual Time (Maplewood Gospel Hall) 1:30 The Great Courses: Music and the Brain, Lecture 3	24 10:30 Corn Hole on the Lawn 11:30 Picnic Lunch at Francis King Park (Sign Up Required) 3:30 – 4:00 Tuck Shop in the Lobby	25 2:00 – 3:30 Summer Social on the Patio with Entertainment by Chick Wagon 6:00 Movie Night: The Guernsey Literary & Potato Peel Pie Society	26 1:30 Word Games (Please pick up at the Front Desk of The Cedars) 6:00 TV Show: Call the Midwife, Season 7, Episode 8
27 1:30 Games Afternoon 6:00 Hymn Sing with Pat Williamson	28 10:30 Havin’ A Ball Fitness 2:00 Annual Ice Cream Tasting Social with Trish and Katie 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 Music Explorations with Tyler 3:30 – 4:00 Tuck Shop in the Lobby 6:00 Bingo	30 10:30 Spiritual Time (United Church) 1:30 The Great Courses: Music and the Brain, Lecture 4	31 10:30 Corn Hole on the Lawn 1:30 Mental Aerobics 3:30 – 4:00 Tuck Shop in the Lobby	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!

Annual Ice Cream Tasting Social with Trish and Katie: You scream, I scream, we all scream for ice cream! July is National Ice Cream Month! Join Trish and Katie for their favourite event of the year, our annual Ice Cream Tasting! We will sample 5 delicious flavours of ice cream and vote for our favourites.

Artful Afternoon – Canadian Art: Join Katie on a virtual gallery tour to learn about famous works of art. The theme of this gallery tour is Canadian Art.

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

Bingo: Come and enjoy bingo in the BWR. 25¢ per card. Lots of fun!

Canada Day Celebration – Afternoon Music with Deanna and Beth - Join Cedars Residents, Deanna and Beth, and sing along as we celebrate Canada Day with an hour of Canadian-themed music.

Canadian Food Tasting: In honour of Canada's 158th birthday, join Trish and Katie as we sample some uniquely Canadian treats!

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

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 indoors for Bean Bag Toss in the BWR. Please check the television screen in The Cedars lobby on Thursday mornings for updates.

Documentary: Our Oceans – Episode 3: Atlantic Ocean – In the choppy, unpredictable Atlantic Ocean, fish and mammals must face down predators and navigate the fast-changing climate in order to survive.

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!

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 "A New Germany 1937-1939 Part 2".

By 1937 Germany is brimming with a new confidence that leads Hitler toward testing the waters with his neighbours. Diplomatic bluff in the Rhineland, the Naval agreement with Britain and the Munich Pact of 1938 all give Hitler the pretence and confidence he needs to declare war on Poland in 1939

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.

Monthly Birthday Tea with Entertainment by Brandy Moore: Enjoy a piece of delicious birthday cake and join us as we celebrate the July birthdays. Entertainment will be provided by the always entertaining, Brandy Moore.

Monthly Book Club Book Review "Chestnut Street" by Maeve Binchy: 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 Francis King Park: Join us on our first picnic lunch of the summer at beautiful Francis King 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 Trip to Gardenworks: Join us for a trip to Gardenworks on Blenkinsop. Browse their wide selection of plants, flowers, tools, and seasonal décor. Sign Up Required.

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.

Summer Social on the Patio with Entertainment by Chick Wagon: In celebration of summer, we invite you to join us at the social event of the Summer! Invite your family and friends, dress in your favourite summer ensemble and enjoy tasty summer snacks and refreshments while being entertained by the lively country duo, Chick Wagon.

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.

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: Granada, Córdoba, and Spain's Costa del Sol: Andalucía's Moorish heritage sparkles in the historic capitals of Granada and Córdoba. And the pride of the Reconquista and the power of Queen Isabel and King Ferdinand enliven the region's great sights. Tasting the smooth sherry and marveling at prancing stallions, we find the passion in Andalusian culture. And we top it off with fun in the Spanish sun on the Costa del Sol.

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!