

February 2024 Featured Events

Fit Feb Opening Ceremony *Wednesday, February 1st @ 10:30 am - Media Room*

Join the Wellness team in the Media Room as we begin our annual event of fitness and fun! Fit Feb participants will be divided into two teams: RED and BLUE and will also compete against Tapestry Wesbrook. At the Opening Ceremony, we will explain how you can accumulate the most active minutes by joining in activities that explore the 7 dimensions of wellness and have a chance to win prizes for 1st, 2nd and 3rd place in our in-house Olympics. Look out for activities marked with an asterisk (*) in the calendar as they count towards your Fib Feb points!

Happy Lunar New Year! *Live Music Hour: Goldenpearl Ensemble - Saturday, February 10th at 1 pm - Lobby* *Chinese-Inspired Feature Dinner - Saturday, February 10th from 4:30 pm to 6:30 pm - Restaurant*

The Goldenpearl Ensemble will bring the sounds of the Chinese windpipe, violin and flute to Tapestry in a live concert to celebrate the Lunar New Year. The band was formed over a decade ago by Ruan Artist and Zhimin Yu. Later in the day, savour a Chinese-inspired dinner made by our in-house chefs. On Monday, January 12th, welcome Robert Sung, the creator of the private tour 'A Wok Around Chinatown' and member of the Chinese-Canadian Historical Society of BC, in the Media Room for a live lecture about the Chinese Heritage in Vancouver and Lunar New Year Traditions.

Reminiscent Resident Show with Tish *Wednesday, February 21st at 1 pm - Media Room*

We believe that every sentimental item has a story worth sharing! You are invited to join us in the Media Room for a meaningful event where you can share your cherished item's history and have a good time. If you are interested, please speak to our resident, Tish MacInnes, by calling ext. 3003.

Adventurous Seekers: Snowshoeing at Cypress Mountain with Wesbrook *Friday, February 23rd at 10:30 am - Bus*

Escape into the serene beauty of a natural winter playground with our sister community, Tapestry Wesbrook Village. A leisure hike on snowshoes provides great exercise and is an excellent way to gain active minutes for Fit Feb!

February 2024

Fit Feb: Tapestry Olympics



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FEBRUARY 2024						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>Tapestry</div><div>Embrace a New Age™</div></div>	LOCATION 2nd Floor Health Centre (2FHC) 8th Floor Fitness Center (8FFC) BUS (B) Library (LIB) Lobby (L) Media Room (MR) Private Dining Room (PDR) Pub (P) Restaurant (R)			BLACK HISTORY MONTH FIT FEB! 9:15 Stretch & Balance (8FFC) 10:30 Stretch & Balance (8FFC) 11:30 Fit Feb: Opening Ceremony Info Session* (MR) 1:15 Tea and Trumpets: European Postcard (B) 3:00 Happy Hour (P) 3:00 Mexican Dominos (LIB) 6:30 Bridge (LIB)	GROUNDHOG DAY 9:00 T Fit (8FFC) 10:00 Pacific Spirit Park: 2k Nature Walk* (B) 10:00 Tapestry Grind* (L) 1:00 Great Courses (MR) 2:00 Writers' Group (LIB) 3:00 Happy Hour (P) 3:00 Meditation (MR) 4:15 Bingo (MR) 7:30 Evening Movie: Groundhog Day (MR)	9:15 Power Fit & Boxing (8FFC) 10:15 Virtual Games (MR) 10:30 Morning Scenic Drive (B) 11:15 Daily Stretch & Tai Chi (MR) 2:00 Afternoon Scenic Drive (B) 2:30 Drop in Ping Pong (8FFC) 2:30 Afternoon Tea & Cookies (PDR) 3:00 Hot Docs. (MR) 7:00 Hot Docs. (MR)
	9:00 Zumba Gold (Standing) (8FFC) 10:00 Zumba Gold (Seated) (8FFC) 11:00 Art Class Inspo: Life and Work of Emily Carr Documentary (MR) 1:15 Play at the Metro Theater: Send Me No Flowers (B) 1:30 Mexican Train Dominos (LIB) 2:30 Afternoon Tea & Cookies (PDR) 3:00 TV. Series (MR) 7:00 TV. Series (MR)	9:00 T-Fit (8FFC) 10:00 B. Pressure Clinic (2FHC) 11:00 Grocery Shopping Shuttle (B) 1:00 iPhone & iPad Troubleshooting with Mayana (MR) 2:00 Bridge (LIB) 2:00 Seated Yoga (8FFC) 2:30 Afternoon Tea & Cookies (PDR) 3:00 Black History Exhibit & Movie: Hidden Figures (MR) 3:00 Martini Monday (P) 6:30 Bridge (LIB) 7:00 Black History Exhibit & Movie: Hidden Figures (MR)	9:15 Line Dancing (8FFC) 9:30 Walk and Talk (L) 10:30 Stretch Balance (8FFC) 11:30 Great Courses (MR) 1:00 Cranium Crunch Trivia with Wesbrook* (MR) 2:00 Knit Stitch (LIB) 2:30 Painting Class with Teresa (8FFC) 3:00 Happy Hour (P) 3:00 Tech Ed Class with Ferd Poon (MR) 4:15 Bingo (MR) 6:30 Opera at the MET (MR)	9:00 T Fit (8FFC) 10:00 10-Minute Dance Party* (L) 11:30 Trivia with Val (LIB) 1:00 iGuard Stove Operations with Geoff (MR) 2:00 Drop In Bridge (LIB) 2:00 Volleyball (8FFC) 3:00 Wine Wed (P) 6:30 Poker (LIB) 7:00 Music Hour with Brandon Thornhill: Love is in the air (L)	9:15 Stretch & Balance (8FFC) 10:30 Stretch & Balance (8FFC) 1:30 Bowling at Grandview Lanes* (B) 2:00 Discussion Group (LIB) 3:00 Happy Hour (P) 6:30 Bridge (LIB)	9:00 T Fit (8FFC) 10:00 Tapestry Grind* (L) 1:00 FlyOver: Soar over Taiwan (B) 1:00 Great Courses (MR) 2:00 Writers' Group (LIB) 3:00 Happy Hour (P) 3:00 Meditation (MR) 4:15 Bingo (MR) 7:30 Evening Movie (MR)
	9:00 Zumba Gold (Standing) (8FFC) 10:00 Zumba Gold (Seated) (8FFC) 1:30 Board Games with Wellness (LIB) 2:30 Afternoon Tea & Cookies (PDR) 3:00 Super Bowl Sunday: Game & Halftime Show 3pm-6pm (P) 3:00 TV. Series (MR) 7:00 TV. Series (MR)	9:00 T-Fit (8FFC) 11:00 Grocery Shopping Shuttle (B) 1:00 Live Lecture: Chinese Heritage & Lunar New Year with Robert Sung (B) 2:00 Bridge (LIB) 2:00 Seated Yoga (8FFC) 2:30 Afternoon Tea & Cookies (PDR) 2:45 Golf Simulator at Wesbrook* (B) 3:00 Movie (MR) 3:00 Martini Monday (P) 6:30 Bridge (LIB) 7:00 Movie (MR)	9:15 Line Dancing (8FFC) 9:30 Walk and Talk (L) 10:30 Stretch Balance (8FFC) 11:30 Great Courses (MR) 1:30 In-House Hot Chocolate Festival & Community Meeting (MR) 2:00 Knit Stitch (LIB) 2:30 Painting Class with Teresa (8FFC) 3:00 Happy Hour (P) 4:15 Bingo (MR) 4:30 Mardi Gras: New Orleans Inspired Feature Dinner (R) 7:00 Documentary: The Heritage of New Orleans Mardi Gras (MR)	9:00 T Fit (8FFC) 10:00 10-Minute Dance Party* (L) 11:30 Trivia with Val (LIB) 1:00 Choir Rehearsal with Catherine (MR) 2:00 Drop In Bridge (LIB) 2:00 Volleyball (8FFC) 3:00 Beauty Shop Dolls Valentine's Day Classics (L) 3:00 Wine Wed (P) 4:30 Celebrate love: Friendship Table Dinner (R) 5:45 Candlelight Jazz Evening: Homage to Frank Sinatra, Michael Bublé & More at Kerrisdale Presbyterian Church (B) 6:30 Poker (LIB)	9:15 Stretch & Balance (8FFC) 10:30 Stretch & Balance (8FFC) 1:00 Navigation Challenge: Seabus ride & Shopping at Lonsdale Quay* (B) 3:00 Happy Hour (P) 3:00 Mexican Dominos (LIB) 6:30 Bridge (LIB)	9:00 T Fit (8FFC) 10:00 Tapestry Grind* (L) 1:00 Great Courses (MR) 2:00 Writers' Group (LIB) 3:00 Cocktail Hour at The Wedgewood Hotel (B) 3:00 Happy Hour (P) 3:00 Meditation (MR) 4:15 Bingo (MR) 7:30 Evening Movie (MR)
	1:00 Live Music with Jennifer Lauren: Family Day Special (L) 1:30 Vancouver Opera at Queen Elizabeth: Don Pasquale (B) 1:30 Board Games with Wellness (LIB) 2:30 Afternoon Tea & Cookies (PDR) 3:00 TV. Series (MR) 7:00 TV. Series (MR)	FAMILY DAY 9:00 B. Pressure Clinic (2FHC) 9:00 T-Fit (8FFC) 1:00 iPhone & iPad Troubleshooting with Mayana (MR) 2:00 Bridge (LIB) 2:00 Seated Yoga (8FFC) 2:30 Afternoon Tea & Cookies (PDR) 3:00 Black History Bus Tour (B) 3:00 Movie (MR) 3:00 Martini Monday (P) 4:30 Family Day Dinner (R) 6:30 Bridge (LIB) 7:00 Movie (MR)	9:15 Line Dancing (8FFC) 9:30 Walk and Talk (L) 10:30 Stretch Balance (8FFC) 11:30 Great Courses (MR) 1:00 Noodle Hockey with Wesbrook* (MR) 2:00 Knit Stitch (LIB) 2:30 Painting Class with Teresa (8FFC) 3:00 Happy Hour (P) 3:00 Tech Ed Class with Ferd Poon (MR) 4:15 Bingo (MR) 6:30 Opera at the MET (MR)	9:00 T Fit (8FFC) 10:00 10-Minute Dance Party* (L) 10:30 Men's Club: BC Hall of Fame (B) 11:30 Trivia with Val (LIB) 1:00 Reminiscent Resident Show with Tish (MR) 2:00 Drop In Bridge (LIB) 2:00 Volleyball (8FFC) 3:00 Wine Wed (P) 3:00 Cheers! Welcome New Residents & Birthday Party (L) 3:15 Music Hour: Pianist Lester Soo (L) 6:30 Poker (LIB)	9:15 Stretch & Balance (8FFC) 9:30 Music in the Morning: Julie Nesrallah and Kinza Tyrrell (B) 10:30 Stretch & Balance (8FFC) 1:15 Volleyball Tournament with Wesbrook* (B) 2:00 Discussion Group (LIB) 3:00 Happy Hour (P) 6:30 Bridge (LIB)	9:00 T Fit (8FFC) 10:00 Tapestry Grind* (L) 10:30 Adventurous Seekers: Snowshoeing at Cypress Mountain with Wesbrook* (B) 1:00 Great Courses (MR) 2:00 Writers' Group (LIB) 3:00 Happy Hour (P) 3:00 Meditation (MR) 4:15 Bingo (MR) 7:30 Evening Movie (MR)
9:00 Zumba Gold (Standing) (8FFC) 10:00 Zumba Gold (Seated) (8FFC) 1:00 Travel Show with Malcolm & Linda: EGYPT - Luxor/Karnak/Valley of the Kings (MR) 2:30 Afternoon Tea & Cookies (PDR) 3:00 TV. Series (MR) 7:00 TV. Series (MR)	9:00 T-Fit (8FFC) 11:00 Grocery Shopping Shuttle (B) 1:00 Wellness Meeting: What's Happening Next Month? (MR) 2:00 Bridge (LIB) 2:00 Seated Yoga (8FFC) 2:30 Afternoon Tea & Cookies (PDR) 3:00 Movie (MR) 3:00 Martini Monday (P) 6:30 Bridge (LIB) 7:00 Movie (MR)	9:15 Line Dancing (8FFC) 9:30 Walk and Talk (L) 10:30 Stretch Balance (8FFC) 11:30 Great Courses (MR) 2:00 Knit Stitch (LIB) 2:30 Painting Class with Teresa (8FFC) 3:00 Happy Hour (P) 4:15 Bingo (MR)	9:00 T Fit (8FFC) 10:00 10-Minute Dance Party* (L) 11:30 Trivia with Val (LIB) 1:00 Choir Rehearsal with Catherine (MR) 2:00 Drop In Bridge (LIB) 2:00 Volleyball (8FFC) 3:00 Wine Wed (P) 6:30 Poker (LIB)	9:15 Stretch & Balance (8FFC) 10:30 Stretch & Balance (8FFC) 1:00 AW Olympic Relay Race* (L) 3:00 Wellness Activity Sign Up for March (MR) 3:00 Happy Hour (P) 4:00 Book Club Meeting (PDR) 6:30 Bridge (LIB)		