

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 - Lobby*

We are arranging a resident 'show and tell' catwalk. We would like to know a fun fact or memory about your chosen clothing item such as wedding dress, uniform, cultural attire, etc. Please speak to resident, Tish MacInnes, (ext. 3003), if you are interested in joining this meaningful event.

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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Embrace a New Age™

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 (GR) Media Room (MR) PUB (P) Private Dining Room (PDR) Pub (P) Restaurant (R)			BLACK HISTORY MONTH FIT FEB! 9:15am Stretch & Balance (8FFC) 10:30am Stretch & Balance (8FFC) 11:30am Fit Feb: Opening Ceremony Info Session* (MR) 1:15pm Tea and Trumpets: European Postcard (B) 3:00pm Happy Hour (P) 3:00pm Mexican Dominos (LIB) 6:30pm Bridge (LIB)	GROUNDHOG DAY 9:00am T Fit (8FFC) 10:00am Pacific Spirit Park: 2k Nature Walk* (B) 10:00am Tapestry Grind* (L) 1:00pm Great Courses (MR) 2:00pm Writers' Group (LIB) 3:00pm Happy Hour (P) 3:00pm Meditation (8FFC) 4:15pm Bingo (MR) 7:30pm Evening Movie: Groundhog Day (MR)	9:15am Power Fit & Boxing (8FFC) 10:15am Wii Golf (MR) 10:30am Morning Scenic Drive (B) 11:15am Daily Stretch & Tai Chi (MR) 2:00pm Afternoon Scenic Drive (B) 2:30pm Afternoon Tea & Cookies (PDR) 3:00pm Hot Docs. (MR) 7:00pm Hot Docs. (MR)
	9:00am Zumba Gold (Standing) (8FFC) 10:00am Zumba Gold (Seated) (8FFC) 1:30pm Board Games with Wellness (LIB) 2:30pm Afternoon Tea & Cookies (PDR) 2:30pm Drop in Ping Pong (8FFC) 3:00pm T.V. Series (MR) 7:00pm T.V. Series (MR)	9:00am T-Fit (8FFC) 10:00am B. Pressure Clinic (2FHC) 11:00am Grocery Shopping Shuttle (B) 2:00pm Bridge (LIB) 2:00pm Seated Yoga (8FFC) 2:30pm Afternoon Tea & Cookies (PDR) 3:00pm Black History Exhibit & Movie: Hidden Figures (MR) 3:00pm Martini Monday (P) 6:30pm Bridge (LIB) 7:00pm Black History Exhibit & Movie: Hidden Figures (MR)	9:15am Line Dancing (8FFC) 9:30am Walk and Talk (L) 10:30am Stretch Balance (8FFC) 11:30am Great Courses (MR) 2:00pm Knit Stitch (LIB) 2:30pm Painting Class with Teresa (8FFC) 3:00pm Happy Hour (P) 3:00pm Tech Ed Class with Ferd Poon (MR) 4:15pm Bingo (MR)	9:00am T Fit (8FFC) 10:00am 10-Minute Dance Party* (L) 11:30am Trivia with Val (LIB) 1:00pm iGuard Stove Operations with Geoff (MR) 2:00pm Drop In Bridge (LIB) 2:00pm Volleyball (8FFC) 3:00pm Wine Wed (P) 6:30pm Poker (LIB) 7:00pm Music Hour with Brandon Thornhill: Love is in the air (L)	9:15am Stretch & Balance (8FFC) 10:30am Stretch & Balance (8FFC) 1:30pm Bowling at Grandview Lanes* (B) 2:00pm Discussion Group (LIB) 3:00pm Happy Hour (P) 6:30pm Bridge (LIB)	9:15am Power Fit & Boxing (8FFC) 10:15am Wii Golf (MR) 10:30am Morning Scenic Drive (B) 11:15am Daily Stretch & Tai Chi (MR) 1:00pm Live Music: Goldenpearl Ensemble (L) 2:00pm Afternoon Scenic Drive (B) 2:30pm Afternoon Tea & Cookies (PDR) 3:00pm Hot Docs. (MR) 4:30pm Chinese Inspired Feature Dinner (R) 7:00pm Hot Docs. (MR)
	SUPER BOWL SUNDAY 9:00am Zumba Gold (Standing) (8FFC) 10:00am Zumba Gold (Seated) (8FFC) 1:30pm Board Games with Wellness (LIB) 2:30pm Afternoon Tea & Cookies (PDR) 2:30pm Drop in Ping Pong (8FFC) 3:00pm Super Bowl Game & Halftime Show 3pm-6pm (P) 3:00pm T.V. Series (MR) 7:00pm T.V. Series (MR)	9:00am T-Fit (8FFC) 11:00am Grocery Shopping Shuttle (B) 1:00pm Live Lecture: Chinese Heritage & Lunar New Year with Robert Sung (B) 2:00pm Bridge (LIB) 2:00pm Seated Yoga (8FFC) 2:30pm Afternoon Tea & Cookies (PDR) 2:45pm Golf Simulator at Wesbrook* (B) 3:00pm Movie (MR) 3:00pm Martini Monday (P) 6:30pm Bridge (LIB) 7:00pm Movie (MR)	MARDI GRAS 9:15am Line Dancing (8FFC) 9:30am Walk and Talk (L) 10:30am Stretch Balance (8FFC) 11:30am Great Courses (MR) 1:30pm Community Meeting: In-House Hot Chocolate Festival (MR) 2:00pm Knit Stitch (LIB) 2:30pm Painting Class with Teresa (8FFC) 3:00pm Happy Hour (P) 4:15pm Bingo (MR) 4:30pm Mardi Gras: New Orleans Inspired Feature Dinner (R) 7:00pm Documentary: The Heritage of New Orleans Mardi Gras (MR)	VALENTINE'S DAY 9:00am T Fit (8FFC) 10:00am 10-Minute Dance Party* (L) 11:30am Trivia with Val (LIB) 1:00pm Choir Rehearsal with Catherine (MR) 2:00pm Drop In Bridge (LIB) 2:00pm Volleyball (8FFC) 3:00pm Beauty Shop Dolls Valentine's Day Classics (L) 3:00pm Wine Wed (P) 5:45pm Candlelight Jazz Evening: Homage to Frank Sinatra, Michael Bublé & More (B) 6:00pm Celebrate love: Friendship Table Dinner (6pm) (R) 6:30pm Poker (LIB)	9:15am Stretch & Balance (8FFC) 10:30am Stretch & Balance (8FFC) 1:00pm Navigation Challenge: Seabus ride & Shopping at Lonsdale Quay* (B) 3:00pm Happy Hour (P) 3:00pm Mexican Dominos (LIB) 6:30pm Bridge (LIB)	9:15am Power Fit & Boxing (8FFC) 10:15am Wii Golf (MR) 10:30am Morning Scenic Drive (B) 11:15am Daily Stretch & Tai Chi (MR) 1:00pm Chor Leoni: The Return Voyage (B) 2:00pm Afternoon Scenic Drive (B) 2:30pm Afternoon Tea & Cookies (PDR) 3:00pm Hot Docs. (MR) 7:00pm Hot Docs. (MR)
	11:00am Family Day Brunch (R) 1:00pm Live Music with Jennifer Lauren: Family Day Special (L) 1:30pm Vancouver Opera at Queen Elizabeth: Don Pasquale (B) 1:30pm Board Games with Wellness (LIB) 2:30pm Afternoon Tea & Cookies (PDR) 2:30pm Drop in Ping Pong (8FFC) 3:00pm T.V. Series (MR) 7:00pm T.V. Series (MR)	FAMILY DAY 9:00am B. Pressure Clinic (2FHC) 9:00am T-Fit (8FFC) 2:00pm Bridge (LIB) 2:00pm Seated Yoga (8FFC) 2:30pm Afternoon Tea & Cookies (PDR) 3:00pm Movie (MR) 3:00pm Martini Monday (P) 4:30pm Family Day Dinner (R) 6:30pm Bridge (LIB) 7:00pm Movie (MR)	9:15am Line Dancing (8FFC) 9:30am Walk and Talk (L) 10:30am Stretch Balance (8FFC) 11:30am Great Courses (MR) 12:30pm Noodle Hockey with Wesbrook* (8FFC) 1:00pm Men's Lunch & Learn (GR) 2:00pm Knit Stitch (LIB) 2:30pm Painting Class with Teresa (8FFC) 3:00pm Happy Hour (P) 3:00pm Tech Ed Class with Ferd Poon (MR) 4:15pm Bingo (MR)	9:00am T Fit (8FFC) 10:00am 10-Minute Dance Party* (L) 11:30am Trivia with Val (LIB) 1:00pm Reminiscent Resident Show with Tish (L) 2:00pm Drop In Bridge (LIB) 2:00pm Volleyball (8FFC) 3:00pm Wine Wed (P) 3:00pm Cheers! Welcome New Residents & Birthday Party (L) 3:15pm Music Hour: Pianist Lester Soo (L) 6:30pm Poker (LIB)	9:15am Stretch & Balance (8FFC) 9:30am Music in the Morning: Julie Nesrallah and Kinza Tyrrell (B) 10:30am Stretch & Balance (8FFC) 1:30pm Volleyball Tournament with Wesbrook* (B) 2:00pm Discussion Group (LIB) 3:00pm Happy Hour (P) 6:30pm Bridge (LIB)	9:15am Power Fit & Boxing (8FFC) 10:15am Wii Golf (MR) 10:30am Morning Scenic Drive (B) 11:15am Daily Stretch & Tai Chi (MR) 2:00pm Afternoon Scenic Drive (B) 2:30pm Afternoon Tea & Cookies (PDR) 3:00pm Hot Docs. (MR) 7:00pm Hot Docs. (MR)
9:00am Zumba Gold (Standing) (8FFC) 10:00am Zumba Gold (Seated) (8FFC) 1:00pm Travel Show with Malcolm & Linda: EGYPT - Luxor/Karnak/Valley of the Kings (MR) 2:30pm Afternoon Tea & Cookies (PDR) 2:30pm Drop in Ping Pong (8FFC) 3:00pm T.V. Series (MR) 7:00pm T.V. Series (MR)	9:00am T-Fit (8FFC) 11:00am Grocery Shopping Shuttle (B) 1:00pm Wellness Meeting: What's Happening Next Month? (MR) 2:00pm Bridge (LIB) 2:00pm Seated Yoga (8FFC) 2:30pm Afternoon Tea & Cookies (PDR) 3:00pm Movie (MR) 3:00pm Martini Monday (P) 6:30pm Bridge (LIB) 7:00pm Movie (MR)	9:15am Line Dancing (8FFC) 9:30am Walk and Talk (L) 10:30am Stretch Balance (8FFC) 11:30am Great Courses (MR) 2:00pm Drop In Bridge (LIB) 2:30pm Painting Class with Teresa (8FFC) 3:00pm Happy Hour (P) 4:15pm Bingo (MR)	9:00am T Fit (8FFC) 10:00am 10-Minute Dance Party* (L) 11:30am Trivia with Val (LIB) 1:00pm Choir Rehearsal with Catherine (MR) 2:00pm Drop In Bridge (LIB) 2:00pm Volleyball (8FFC) 3:00pm Arm Chair Traveler with Tish MacInnes: Indonesian (MR) 3:00pm Wine Wed (P) 6:30pm Poker (LIB)	9:15am Stretch & Balance (8FFC) 10:30am Stretch & Balance (8FFC) 1:00pm AW Olympic Relay Race* (L) 3:00pm Wellness Activity Sign Ups for March (GR) 3:00pm Happy Hour (P) 4:00pm Book Club Meeting (PDR) 4:30pm Olympic Dinner (R) 6:30pm Bridge (LIB)		