

# August 2022 Featured Events

## Bach & Tunes: Concert at Christ Church Cathedral

Thursday, August 4<sup>th</sup> at 12:15 p.m., Bus Outing

Join us at the Christ Church Cathedral for a lovely afternoon concert with Violinist David Greenberg! He will take us on a musical journey that meanders between Baroque solo violin repertoire and traditional folk-style tunes

## Adventure Seekers: Pedal Boating at Deer Lake

Friday, August 19<sup>th</sup> at 11:00 a.m., Bus Outing

Deer Lake Boat Rentals is a family friendly business that rents boats suitable for patrons of varying skill and experience levels. Rent a canoe, kayak or try a pedal boat! Pedal boats are propelled by the action of your legs and the pedals turning the paddle wheel. This is a relaxing way to safely enjoy the water while getting a great leg work out! Packed lunches will be provided by the Chef for an extra cost.

## Circuit Training

Beginning Wednesday, August 24<sup>th</sup> at 3:00 p.m., Gym

Circuit training is our first full body workout designed for all fitness levels that focuses primarily on improving strength and endurance in the afternoon. The class is divided into stations where you perform an exercise for a short time interval before switching to the next station. If you are looking to get better sleep, better appetite, or have more energy throughout the day, this class is for you!

## Vancouver Harbour Tour

Friday, August 26<sup>th</sup> at 12:45 p.m., Bus Trip

Join us on this 1-hour scenic boat tour through the Burrard Inlet, offering panoramic views of the city skyline, the surrounding Coastal Mountain range and many of the area's most famous landmarks. Grab a comfortable seat inside or enjoy the views from their spacious open-air decks along with a beverage from their fully licensed bar.

## Bard on the Beach: Romeo & Juliet

Saturday, August 27<sup>th</sup> at 1:00 p.m., Bus Trip

Bard on the Beach is Western Canada's largest professional Shakespeare festival. Performed in a live open-air theatre in Vanier Park at Kits Beach. In the classic tale of Romeo & Juliet, Shakespeare spins a tragic and timeless story of two young people who fall deeply in love, despite a bitter feud that divides their families.

## 50's Diner & Dance with the Dimes

Wednesday, August 31<sup>st</sup> at 5:00 p.m. - Restaurant

Travel back in time to the 50's! Join us for this rooftop dinner event where you can dance along as The Dimes entertain us with classic tunes and enjoy the beautiful views on the rooftop as our amazing team delivers a one-of-a-kind dining experience.

# An Amazing August August 2022 – Calendar of Events



DiscoverTapestry.com

Tapestry at Arbutus Walk

2799 Yew Street, Vancouver BC 604.736.1640

Tapestry®  
Embrace a New Age™

AUGUST

| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   |   |
|---|---|--|---|--|--|--|---|
| <p><b>Tapestry</b><br/>Embrace a New Age™</p> | <p><b>British Columbia Day</b> 1</p> <p>9:00 T-Fit (8FFC)<br/>10:00 Daily OM (MR)<br/>1:00 Discover Poetry (MR)<br/>2:00 Bridge (LIB)<br/>3:00 Movie (MR)<br/>3:00 Martini Monday (P)<br/>6:30 Bridge (LIB)<br/>7:00 Movie (MR)</p> | <p>9:15 Line Dancing (8FFC) 2</p> <p>9:30 <b>Walk Talk Connect (L)</b><br/>10:30 Stretch Balance (8FFC)<br/>11:30 Great Courses (MR)<br/>1:00 Splendid Sounds (MR)<br/>2:00 Knit Stitch (LIB)<br/>3:00 <b>Greenway Games - Bocce (AG)</b><br/>3:00 Happy Hour (P)<br/>4:15 Bingo (MR)<br/>6:30 Drop In Bridge (LIB)</p>  | <p>9:00 T Fit (8FFC) 3</p> <p>10:15 Meditation (MR)<br/>11:30 Trivia with Val (LIB)<br/>1:00 <b>Introduction &amp; Lecture by a Registered Massage Therapist (MR)</b><br/>2:00 Drop In Bridge (LIB)<br/>2:00 <b>Garden Club</b><br/>3:00 Wine Wed (P)<br/>6:30 Poker (LIB)</p>  | <p>10:30 Stretch Balance (8FFC) 4</p> <p>12:15 <b>Bach &amp; Tunes: Concert at Christ Church Cathedral (B)</b><br/>3:00 Virtual Concert: Chor Leoni (MR)<br/>3:00 Happy Hour (P)<br/>6:30 Bridge (LIB)</p>   | <p>9:00 T Fit (8FFC) 5</p> <p>11:30 <b>Lunch at Tap &amp; Barrel Bridges (B)</b><br/>1:00 Great Courses (MR)<br/>2:00 Writers' Group (LIB)<br/>3:00 Happy Hour (P)<br/>3:00 Meditation (MR)<br/>4:15 Bingo (MR)</p>  | <p>9:00 R.O.M Parkinson's + Boxing (8FFC) 6</p> <p>10:30 Wii Golf (MR)<br/>2:00 <b>Scenic Drive (B)</b><br/>2:30 Tea &amp; Cookies (P)<br/>2:45 Walk &amp; Talk (L)<br/>3:00 Hot Docs. (MR)<br/>3:30 Drop in Ping Pong (8FFC)<br/>7:00 Hot Docs. (MR)</p>          |   |
|   | <p>10:00 <b>Zumba! (8FFC)</b> 7</p> <p>10:00 Open: Kits Farmer's Market<br/>1:30 Cribbage (LIB)<br/>2:30 Tea &amp; Cookies (P)<br/>3:00 T.V. Series (MR)<br/>7:00 T.V. Series (MR)</p>  | <p>9:00 T-Fit (8FFC) 8</p> <p>10:00 <b>B. Pressure Clinic (2FHC)</b><br/>10:00 Daily OM (MR)<br/>11:00 Grocery Shuttle (B)<br/>2:00 Bridge (LIB)<br/>2:30 <b>Kits Library (B)</b><br/>3:00 <b>Yoga (8FFC)</b><br/>3:00 Movie (MR)<br/>3:00 Martini Monday (P)<br/>6:30 Bridge (LIB)<br/>7:00 Movie (MR)</p>  | <p><b>Happiness Happens Day!</b> 9</p> <p>9:15 Line Dancing (8FFC)<br/>9:30 <b>Walk Talk Connect (L)</b><br/>10:30 Stretch Balance (8FFC)<br/>11:30 Great Courses (MR)<br/>1:30 <b>Community Meeting (MR)</b><br/>2:00 Knit Stitch (LIB)<br/>3:00 Happy Hour (P)<br/>3:00 <b>Tech Ed Class</b><br/>4:15 Bingo (MR)<br/>6:30 Drop In Bridge (LIB)</p>            | <p><b>National S'mores Day!</b> 10</p> <p>9:00 T Fit (8FFC)<br/>10:15 Meditation (MR)<br/>11:30 Trivia with Val (LIB)<br/>2:00 Drop In Bridge (LIB)<br/>2:00 Volleyball (8FFC)<br/>3:00 Wine Wed (P)<br/>4:00 <b>Eat More S'mores! (8FFC)</b><br/>6:30 Poker (LIB)</p>   | <p>10:30 Stretch Balance (8FFC) 11</p> <p>11:30 <b>Rooftop BBQ (8FFC)</b><br/>12:00 <b>Men's Club: Rooftop BBQ Lunch &amp; Mini Golf Competition (8FFC)</b><br/>1:00 <b>Olympic Village Walk &amp; Mario's Gelati (B)</b><br/>2:00 Discussion Group (LIB)<br/>3:00 Virtual Concert: The Three Tenors (MR)<br/>3:00 Happy Hour (P)<br/>6:30 Bridge (LIB)</p>                    | <p>9:00 T Fit (8FFC) 12</p> <p>10:00 <b>Deep Cove: Eat &amp; Explore (MR)</b><br/>1:00 Great Courses (MR)<br/>2:00 Writers' Group (LIB)<br/>3:00 Happy Hour (P)<br/>3:00 Meditation (MR)<br/>4:15 Bingo (MR)</p>   | <p>9:00 R.O.M Parkinson's + Boxing (8FFC) 13</p> <p>10:30 Wii Golf (MR)<br/>2:00 <b>Scenic Drive (B)</b><br/>2:30 Tea &amp; Cookies (P)<br/>2:45 Walk &amp; Talk (L)<br/>3:00 Hot Docs. (MR)<br/>3:30 Drop in Ping Pong (8FFC)<br/>7:00 Hot Docs. (MR)</p>                        |
|   | <p>10:00 Open: Kits Farmer's Market 14</p> <p>1:30 Cribbage (LIB)<br/>2:30 Tea &amp; Cookies (P)<br/>3:00 T.V. Series (MR)<br/>7:00 T.V. Series (MR)</p>  | <p>9:00 T-Fit (8FFC) 15</p> <p>10:00 Daily OM (MR)<br/>11:00 Grocery Shuttle (B)<br/>2:00 Bridge (LIB)<br/>3:00 <b>Yoga (8FFC)</b><br/>3:00 Movie (MR)<br/>3:00 Martini Monday (P)<br/>6:30 Bridge (LIB)<br/>7:00 Movie (MR)</p>   | <p><b>National Tell a Joke Day!</b> 16</p> <p>9:15 Line Dancing (8FFC)<br/>9:30 <b>Walk Talk Connect (L)</b><br/>10:30 Stretch Balance (8FFC)<br/>11:30 Great Courses (MR)<br/>1:00 Splendid Sounds (MR)<br/>2:00 Knit Stitch (LIB)<br/>3:00 <b>Greenway Games - Croquet (AG)</b><br/>3:00 Happy Hour (P)<br/>4:15 Bingo (MR)<br/>6:30 Drop In Bridge (LIB)</p> | <p>9:00 T Fit (8FFC) 17</p> <p>10:15 Meditation (MR)<br/>11:30 Trivia with Val (LIB)<br/>2:00 Drop In Bridge (LIB)<br/>2:00 Volleyball (8FFC)<br/>2:00 <b>Garden Club</b><br/>3:00 Wine Wed (P)<br/>3:00 <b>Cheers! Birthdays + Welcome New Friends (L)</b><br/>3:15 <b>Sing Along with Pete Campbell (L)</b><br/>6:30 Poker (LIB)</p> | <p><b>International Never Give Up Day</b> 18</p> <p>9:00 <b>Bowen Island: Scenic Drive &amp; Lunch in Artisan Square (B)</b><br/>10:30 Stretch Balance (8FFC)<br/>3:00 Virtual Concert: Quatuor Mona Quartet (MR)<br/>3:00 Happy Hour (P)<br/>6:30 Bridge (LIB)</p>  | <p><b>World Humanitarian Day</b> 19</p> <p>9:00 T Fit (8FFC)<br/>11:00 <b>Adventure Seekers: Pedal Boating at Deer Lake (B)</b><br/>1:00 Great Courses (MR)<br/>2:00 Writers' Group (LIB)<br/>3:00 Happy Hour (P)<br/>3:00 Meditation (MR)<br/>4:15 Bingo (MR)</p> | <p>9:00 R.O.M Parkinson's + Boxing (8FFC) 20</p> <p>10:30 Wii Golf (MR)<br/>2:00 <b>Scenic Drive (B)</b><br/>2:30 Tea &amp; Cookies (P)<br/>2:45 Walk &amp; Talk (L)<br/>3:00 Hot Docs. (MR)<br/>3:30 Drop in Ping Pong (8FFC)<br/>7:00 Hot Docs. (MR)</p>                        |
|   | <p>10:00 <b>Zumba! (8FFC)</b> 21</p> <p>10:00 Open: Kits Farmer's Market<br/>1:00 <b>Live Music with Jennifer Lauren! (L)</b><br/>2:30 Tea &amp; Cookies (P)<br/>3:00 T.V. Series (MR)<br/>7:00 T.V. Series (MR)</p>                | <p><b>Be An Angel Day</b> 22</p> <p>9:00 T-Fit (8FFC)<br/>10:00 Daily OM (MR)<br/>11:00 <b>New Resident Social (8FFC)</b><br/>11:00 Grocery Shuttle (B)<br/>1:00 Discover Poetry (MR)<br/>2:00 Bridge (LIB)<br/>3:00 <b>Yoga (8FFC)</b><br/>3:00 Movie (MR)<br/>3:00 Martini Monday (P)<br/>6:30 Bridge (LIB)<br/>7:00 Movie (MR)</p>                            | <p>9:15 Line Dancing (8FFC) 23</p> <p>9:30 <b>Walk Talk Connect (L)</b><br/>10:30 Stretch Balance (8FFC)<br/>11:30 Great Courses (MR)<br/>1:00 Splendid Sounds (MR)<br/>2:00 <b>Chef's Demo with Chuck! (L)</b><br/>2:00 Knit Stitch (LIB)<br/>3:00 Happy Hour (P)<br/>4:15 Bingo (MR)<br/>6:30 Drop In Bridge (LIB)</p>  | <p>9:00 T Fit (8FFC) 24</p> <p>10:15 Meditation (MR)<br/>11:30 Trivia with Val (LIB)<br/>2:00 Drop In Bridge (LIB)<br/>2:00 Volleyball (8FFC)<br/>3:00 <b>Circuit Training (8FFC)</b><br/>3:00 Wine Wed (P)<br/>6:30 Poker (LIB)</p>   | <p><b>National Banana Split Day!</b> 25</p> <p>10:30 Stretch Balance (8FFC)<br/>11:30 <b>Rooftop BBQ (8FFC)</b><br/>1:00 <b>Richmond Sunflower Festival (B)</b><br/>2:00 Discussion Group (LIB)<br/>3:00 Virtual Concert: Mozart's Trios Played by Mutter, Muller-Schott, &amp; Previn (MR)<br/>3:00 Happy Hour (P)<br/>4:00 Book Club Meeting (LIB)<br/>6:30 Bridge (LIB)</p> | <p>9:00 T Fit (8FFC) 26</p> <p>12:45 <b>Vancouver Harbour Tour (B)</b><br/>1:00 Great Courses (MR)<br/>2:00 Writers' Group (LIB)<br/>3:00 Happy Hour (P)<br/>3:00 Meditation (MR)<br/>4:15 Bingo (MR)</p>  | <p>9:00 R.O.M Parkinson's + Boxing (8FFC) 27</p> <p>10:30 Wii Golf (MR)<br/>1:00 <b>Bard on the Beach: Romeo and Juliet (B)</b><br/>2:30 Tea &amp; Cookies (P)<br/>2:45 Walk &amp; Talk (L)<br/>3:00 Hot Docs. (MR)<br/>3:30 Drop in Ping Pong (8FFC)<br/>7:00 Hot Docs. (MR)</p> |
|   | <p>10:00 <b>Zumba! (8FFC)</b> 28</p> <p>10:00 Open: Kits Farmer's Market<br/>1:30 Cribbage (LIB)<br/>2:30 Tea &amp; Cookies (P)<br/>3:00 T.V. Series (MR)<br/>7:00 T.V. Series (MR)</p>   | <p>9:00 T-Fit (8FFC) 29</p> <p>10:00 Daily OM (MR)<br/>11:00 Grocery Shuttle (B)<br/>11:30 <b>Wellness Meeting (MR)</b><br/>1:00 Discover Poetry (MR)<br/>2:00 Bridge (LIB)<br/>3:00 <b>Yoga (8FFC)</b><br/>3:00 Movie (MR)<br/>3:00 Martini Monday (P)<br/>4:00 <b>N'WAYGIT - Acapella Fellowship Concert (L)</b><br/>6:30 Bridge (LIB)<br/>7:00 Movie (MR)</p> | <p>9:15 Line Dancing (8FFC) 30</p> <p>9:30 <b>Walk Talk Connect (L)</b><br/>10:30 Stretch Balance (8FFC)<br/>11:30 Great Courses (MR)<br/>1:00 Splendid Sounds (MR)<br/>2:00 Knit Stitch (LIB)<br/>3:00 <b>Greenway Games - Ladder Golf (AG)</b><br/>3:00 <b>Tech Ed Class</b><br/>3:00 Happy Hour (P)<br/>4:15 Bingo (MR)<br/>6:30 Drop In Bridge (LIB)</p>    | <p>9:00 T Fit (8FFC) 31</p> <p>10:15 Meditation (MR)<br/>11:30 Trivia with Val (LIB)<br/>2:00 Drop In Bridge (LIB)<br/>2:00 Volleyball (8FFC)<br/>2:00 <b>Garden Club</b><br/>3:00 <b>Circuit Training (8FFC)</b><br/>3:00 Wine Wed (P)<br/>5:00 <b>50's Diner &amp; Dance with the Dimes (8FFC)</b><br/>6:30 Poker (LIB)</p>          | <p>LOCATION<br/>2nd Floor Health Centre (2FHC)<br/>8th Floor Fitness Center (8FFC)<br/>Arbutus Greenway (AG)<br/>BUS (B)<br/>Library (LIB)<br/>Lobby (L)<br/>Media Room (MR)<br/>PUB (P)</p>   |  |   |