

August 2022 Featured Events

Whistler Day Trip

Thursday, August 4th at 8:30 a.m., Bus Outing

Join us for a beautiful drive along the Sea-to-Sky Highway and take in the magnificent views of the mountains surrounding Whistler. Upon arrival, residents will enjoy a luncheon and then have the option to visit the exhibits of the Squamish Lil'wat Cultural Centre or explore the shops within the village.

Gallery in the Garden

Tuesday, August 9th from 2:00 p.m. - 4:00 p.m., Courtyard

Enjoy live music, appetizers, and a fresh summer drink as you stroll through the garden and admire artwork by the talented Residents at Tapestry. The Art Class is looking forward to showcasing their display on 'Canadian Landscapes' and artists will be available to discuss their artwork throughout the afternoon. At 3pm, spark your creativity and try your hand at art in an art demo by Tapestry resident and Art Class teacher, Teresa.

Campfire and S'mores

Wednesday, August 10th at 7:00 p.m., Seventh Floor Patio

Enjoy a tasty treat and celebrate National S'mores Day with us by the campfire! Fun Fact: The first s'more was made by the Girl and Boy Scouts and then written in a cookbook in the late 1920s!

Line Dancing with Maggie Bretton and Managers

Thursday, August 11th at 2:00 p.m., in the Restaurant

Get in the groove, its time to move with Vancouver dance teacher, Maggie Bretton! She will be leading a line dancing lesson and the Leadership team will be attending in the afternoon to get inspiration for their dance in the upcoming Tapestry's Got Talent Show.

Wine Tasting and Luncheon at Chaberton Estate Winery

Thursday, August 25th at 9:45 a.m., at Chaberton Estate Winery

Join us for a drive through the countryside to Langley and admire the spectacular views of the vineyards. Enjoy wine tasting at Chaberton Estate Winery, Fraser Valley's oldest winery, and dine in the Bacchus Bistro for lunch

Tapestry's Got Talent

Friday, August 26th from 2:00 p.m. to 4:00 p.m., in the Courtyard

Calling all Tapestry Talents! We invite you to step on up to the stage for an extravagant afternoon of entertainment and fun! Whether you sing, dance, juggle, recite poetry, perform a dramatic monologue or yo-yo tricks, the possibilities are endless! Our employees are already practicing their acts, and residents are encouraged to showcase their talents too!

Summer Fun in the Sun! August 2022 – Calendar of Events



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AUGUST

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|---|--|--|---|---|--|---|
|  | BC Day 1 9:00 Fit & Strong 1 (FC) 10:00 Fit & Strong 2 (FC) 10:00 French Conversation Group (CYD) 1:00 Studio Couture (CAC) 1:30 Urban Pole Walk (MFL) 2:45 Seeing Canada Travel Documentary Series: British Columbia (CLR) 3:00 Art Class with Teresa (CBR) 7:15 Film (THR) | 8:30 QiGong and Tai Chi (FC) 2 9:00 Coffee Chats on the 7th Floor Patio: 20 Questions (DK) 10:00 10 Minute Abs (MFL) 10:45 Stretch and Flow + Meditation (FC) 11:00 Cranium Crunch (CLR) 12:00 Ladies Lunch (RES) 3:30 Knit and Stitch (CAC) 7:15 Film (THR) | 9:00 Fit & Strong 1 (FC) 3 10:00 Fit & Strong 2 (FC) 10:00 Shopping Shuttle (BUS) 11:00 Bocce Ball in the Courtyard (CYD) 1:00 Resident Wellness Planning Meeting (DK) 1:00 Blood Pressure Clinic (CBR) 1:30 Urban Pole Walk (MFL) 1:30 Shopping on South Granville (BUS) 2:00 Mini Golf (CYD) 3:00 Flamingo Happy Hour: Party in Pink (CYD) 7:15 Film (THR) | 8:30 Day Trip to Whistler (BUS) 4 10:00 10 Minute Abs (MFL) 10:45 Stretch and Flow (FC) 1:00 Art Class with Teresa (CBR) 2:00 Ping Pong (CYD) 7:15 Film (THR) | 9:00 Fit & Strong 1 (FC) 5 9:30 Swimming at UBC Pool (BUS) 10:00 Morning Glory Dance Party (MFL) 10:00 Fit & Strong 2 (FC) 11:00 Current Events Discussion (CLR) 12:00 Men's Lunch (RES) 1:30 Urban Pole Walking: Jericho Forest (BUS) 6:15 Bach Kaleidoscope/Reimaginings Concert (BUS) 7:15 Film (THR) | 8:30 Forest Walk (MFL) 6 10:45 Stretch and Flow (FC) 1:15 Balloon Volleyball (CBR) 4:00 Drop-In Bridge (CBR) 7:15 Film (THR) | |
| | 10:00 Church Shuttle (BUS) 7 10:45 Stretch and Flow (FC) 12:30 Harmony Arts Festival (BUS) 1:15 Balance and Bands (FC) 2:00 Forest Walk (MFL) 7:15 Film (THR) | 9:00 Fit & Strong 1 (FC) 8 10:00 Fit & Strong 2 (FC) 10:00 French Conversation Group (CYD) 1:00 Studio Couture (CAC) 1:30 Urban Pole Walk (MFL) 2:30 Online Lecture: China's Silk Roads: Ancient and Modern (CLR) 3:00 Art Class with Teresa (CBR) 7:15 Film (THR) | 8:30 QiGong and Tai Chi (FC) 9 10:00 10 Minute Abs (MFL) 10:45 Stretch and Flow + Meditation (FC) 11:00 Cranium Crunch (CLR) 12:00 Ladies Lunch (RES) 2:00 Tapestry Art Show: Gallery in the Garden (CYD) 3:30 Knit and Stitch (CAC) 7:15 Film (THR) | S'mores Day 10 9:00 Fit & Strong 1 (FC) 10:00 Fit & Strong 2 (FC) 10:00 Shopping at Costco Downtown (BUS) 1:00 Blood Pressure Clinic (CBR) 1:30 Urban Pole Walk (MFL) 2:00 Mini Golf (CYD) 2:00 Shopping Shuttle (BUS) 3:00 Happy Hour (PUB) 7:00 Campfire and S'mores on the 7th Floor Patio (DK) 7:15 Film (THR) | 9:15 Adventure Seekers: Hike at Rice Lake 11 10:00 10 Minute Abs (MFL) 10:45 Stretch and Flow (FC) 1:00 Art Class with Teresa (CBR) 2:00 Line Dancing with Maggie Bretton and Managers (CAC) 2:00 Mystery Scenic Drive 3:00 German Group 7:15 Film (THR) | 9:00 Fit & Strong 1 (FC) 12 9:30 Swimming at UBC Pool (BUS) 10:00 Morning Glory Dance Party (MFL) 10:00 Fit & Strong 2 (FC) 11:00 Its Debatable (CLR) 12:00 Men's Lunch (RES) 12:00 Lunch at Dockside Restaurant (BUS) 1:30 Urban Pole Walk (MFL) 3:00 Dogs at the Beach Outing (BUS) 5:00 5 PM Dinner Service Only Tonight (RES) 7:15 Film (THR) | 8:30 Forest Walk (MFL) 13 10:45 Stretch and Flow (FC) 1:15 Balloon Volleyball (CBR) 2:30 Digital Concert with Chor Leon: Chasing Visions (CLR) 4:00 Drop-In Bridge (CBR) 7:15 Film (THR) |
| | 10:00 Church Shuttle (BUS) 14 10:45 Stretch and Flow (FC) 1:00 Hastings Horse Races (BUS) 1:15 Balance and Bands (FC) 2:00 Forest Walk (MFL) 7:15 Film (THR) | 9:00 Fit & Strong 1 (FC) 15 10:00 Fit & Strong 2 (FC) 10:00 French Conversation Group (CYD) 11:00 Online Lecture: 6000 Years of Religion (in 60 minutes) (CLR) 1:00 Studio Couture (CAC) 1:30 Urban Pole Walk (MFL) 3:00 Art Class with Teresa (CBR) 7:15 Film (THR) | 8:30 QiGong and Tai Chi (FC) 16 9:00 Coffee Chats on the 7th Floor Patio: Travel Photos (DK) 10:00 10 Minute Abs (MFL) 10:45 Stretch and Flow + Meditation (FC) 11:00 Cranium Crunch (CLR) 12:00 Ladies Lunch (RES) 2:30 Resident Meeting (CLR) 3:30 Knit and Stitch (CAC) 7:15 Film (THR) | 9:00 Fit & Strong 1 (FC) 17 10:00 Fit & Strong 2 (FC) 10:00 Shopping Shuttle (BUS) 11:00 Badminton in the Courtyard (CYD) 1:00 Blood Pressure Clinic (CBR) 1:30 Urban Pole Walk (MFL) 1:30 Shopping on Robson Street (BUS) 2:00 Fire Drill (MFL) 2:15 Mini Golf (CYD) 3:00 Hawaiian Luau Happy Hour (CYD) 7:15 Film (THR) | 10:00 10 Minute Abs (MFL) 18 10:45 Stretch and Flow (FC) 1:00 Art Class with Teresa (CBR) 2:00 Ping Pong (CYD) 2:00 Scenic Drive and Stroll Through Secret Garden in Tsawwassen (BUS) 6:25 Forest Harmonies Walk in Pacific Spirit Park 7:15 Film (THR) | 9:00 Fit & Strong 1 (FC) 19 9:30 Swimming at UBC Pool (BUS) 10:00 Morning Glory Dance Party (MFL) 10:00 Fit & Strong 2 (FC) 11:00 Current Events Discussion (CLR) 12:00 Men's Lunch (RES) 1:30 Urban Pole Walk (MFL) 3:00 Movie at Fifth Avenue Cinemas (BUS) 6:20 SummerChor Choir Concert (BUS) 7:15 Film (THR) | 8:30 Forest Walk (MFL) 20 10:45 Stretch and Flow (FC) 1:15 Balloon Volleyball (CBR) 4:00 Drop-In Bridge (CBR) 7:15 Film (THR) |
| | 10:00 Church Shuttle (BUS) 21 10:45 Stretch and Flow (FC) 12:30 Kitsilano Farmers Market (BUS) 1:15 Balance and Bands (FC) 2:00 Forest Walk (MFL) 7:15 Film (THR) | 9:00 Fit & Strong 1 (FC) 22 10:00 Fit & Strong 2 (FC) 10:00 French Conversation Group (CYD) 1:00 Studio Couture (CAC) 1:30 Urban Pole Walk (MFL) 2:30 Online Lecture: Volcanoes: Understanding the What, Where and Why (CLR) 3:00 Art Class with Teresa (CBR) 7:15 Film (THR) | 8:30 QiGong and Tai Chi (FC) 23 10:00 10 Minute Abs (MFL) 10:45 Stretch and Flow + Meditation (FC) 11:00 Cranium Crunch (CLR) 12:00 Ladies Lunch (RES) 2:00 Meet Our Kinesiologists Presentation (CLR) 3:00 Group Drumming Circle in the Courtyard (CYD) 3:30 Knit and Stitch (CAC) 7:15 Film (THR) | 9:00 Fit & Strong 1 (FC) 24 10:00 Fit & Strong 2 (FC) 10:00 Shopping at Granville Island 11:00 Game of Cans in the Courtyard (CYD) 1:00 Blood Pressure Clinic (CBR) 1:30 Urban Pole Walk (MFL) 2:00 Mini Golf (CYD) 2:00 Shopping Shuttle (BUS) 3:00 Happy Hour: Ice Cream Sundae on the 7th Floor Patio (DK) 7:15 Film (THR) | 9:45 Wine Tasting and Luncheon at Chaberton Estate Winery (BUS) 25 10:00 10 Minute Abs (MFL) 10:45 Stretch and Flow (FC) 1:00 Art Class with Teresa (CBR) 2:00 Ping Pong (CYD) 3:00 Birthday Party (RES) 3:00 German Group 7:15 Film (THR) | 9:00 Fit & Strong 1 (FC) 26 9:30 Swimming at UBC Pool (BUS) 10:00 Morning Glory Dance Party (MFL) 10:00 Fit & Strong 2 (FC) 10:30 Stroll Through Nitobe Granden (BUS) 12:00 Men's Lunch (RES) 1:00 Visit to VPL: West Point Grey Branch (BUS) 2:00 Tapestry's Got Talent (CYD) 7:15 Film (THR) | 8:30 Forest Walk (MFL) 27 10:45 Stretch and Flow (FC) 1:15 Balloon Volleyball (CBR) 4:00 Drop-In Bridge (CBR) 7:15 Film (THR) |
| | Power Outage 28 10:00 Church Shuttle (BUS) 10:45 Stretch and Flow (FC) 1:00 Come From Away Musical (BUS) 2:00 Forest Walk (MFL) 3:15 Bocce Ball in the Courtyard (CYD) 5:00 BBQ Dinner in the Courtyard (CYD) | 9:00 Fit & Strong 1 (FC) 29 10:00 Fit & Strong 2 (FC) 10:00 French Conversation Group (CYD) 11:00 Online Lecture: Five Great Operas Everyone Should Know (...even if you don't like opera) (CLR) 1:00 Studio Couture (CAC) 1:30 Urban Pole Walk (MFL) 2:00 N'WAYGIT Acapella Singers Performance (CLR) 3:00 Art Class with Teresa (CBR) 7:15 Film (THR) | 8:30 QiGong and Tai Chi (FC) 30 9:00 Coffee Chats on the 7th Floor Patio: Would You Rather? (DK) 10:00 10 Minute Abs (MFL) 10:45 Stretch and Flow + Meditation (FC) 11:00 Cranium Crunch (CLR) 12:00 Ladies Lunch (RES) 2:00 Creative Arts: DIY Custom Resin Coaster (CAC) 3:30 Knit and Stitch (CAC) 7:15 Film (THR) | 9:00 Fit & Strong 1 (FC) 31 10:00 Fit & Strong 2 (FC) 10:00 Shopping Shuttle (BUS) 1:00 Blood Pressure Clinic (CBR) 1:30 Urban Pole Walk (MFL) 2:00 Mini Golf (CYD) 2:00 Shopping at Walmart (BUS) 3:00 Happy Hour: Dress in Your Best White Attire (CYD) 7:15 Film (THR) | LOCATION Bus Outing (BUS) Bus Trip (BUS) Classroom (CLR) Clubroom (CBR) Courtyard (CYD) Creative Arts Centre (CAC) Demo Kitchen (DK) Fitness Centre (FC) Main Floor Lobby (MFL) Pub (PUB) Restaurant (RES) Theatre (THR) | | |