

May 2022 Featured Events

Poetry and Visual Arts presentation “Garden of Words” by Pnina Granirer

Monday, May 2nd at 3:00 p.m., in the Classroom

Pnina Granirer is a Vancouver artist and writer, and is the co-founder of Artists in our Midst, the first Artists Art Walk in Vancouver. A visual artist for over 60 years, Pnina Granirer has written poetry all her life – inspired by both her personal experiences and her art. In this newest collection titled “Garden of Words”, the sculpted stones in the Gulf Islands, the joy of watching dancers’ bodies in movement, the shadow of a new plague and the contemplation of being human in a complex world all express her wish “to plant a garden of words in her field of colours”. In her presentation at Tapestry, she will discuss the joys and sorrows of writing, her love of poetry and art, and the mystery of creativity.

Cinco de Mayo Dinner with Music by Gustavo

Thursday, May 5th at 6:00 p.m., in the Restaurant

Celebrate Cinco de Mayo with a Mexican dinner and themed entertainment. Cinco de Mayo commemorates the anniversary of Mexico’s victory over the French Empire at the Battle of Puebla. Enjoy the flavours of Mexican cuisine over dinner with friends. Starting at 6:00PM, the performers will be singing a variety of music including Mexican songs. Dress up in lively colours, grab a margarita, and join us for a fiesta!

Mother’s Day Brunch

Sunday, May 8th starting at 10:30 a.m., in the Restaurant

Mother’s Day is a chance to celebrate the women in your life. Join us for a Mother’s Day Buffet Brunch at Tapestry this year. The cost is \$35 per person (no discount), and includes eggs benedict, scrambled eggs, bacon, sausage, French toast, breakfast pastries, fruit, and more! Each person will also receive a mimosa or a glass of fruit juice. Invite your family and friends to join us for brunch in celebration.

Advanced Care Planning: Health Care Directives Presentation

Tuesday, May 10th starting at 1:30 a.m., in the Classroom

Please join us for a highly informative session presented by Connie Jorsvik, Senior Healthcare navigator and patient advocate with Patient Pathways. Connie will be presenting on various elements of advanced care planning, including: medical orders for scope of treatment, no CPR orders, health representation agreements, and advanced directives. Learn about how you can have the appropriate documentation prepared for your future. This is a 2-hour session with a 10-minute break, and include refreshments. It’s your health and it’s important that you be the decision maker!

5 Blue Zones and Aging – What’s the Secret? Presentation by Kinesiologists

Wednesday, May 25th at 2:00 p.m., in the Classroom

Did you know there are 5 regions of the world where researchers have found people to live the longest and healthiest? Join Rachel and Laura, Tapestry Kinesiologists, as they present on these 5 regions and what makes them unique. Learn about the lifestyles of the people in these regions which researchers believe are some keys to longevity. Hopefully you will find a take-away from this presentation to apply to your life. Celebrate “Seniors Health and Fitness Day” with this presentation, followed by Healthy Happy Hour!

Visit to Maplewood Farms

Thursday, May 26th at 1:00 p.m., Bus Trip

Located along the Seymour River in North Vancouver, Maplewood Farm is home to over 200 friendly domestic animals and birds, and offers a unique and enjoyable experience for visitors of all ages. From ponies and pigs, to goats and geese, there is a wide variety of animals to see and engage with. Developed historically from its early days as a thriving dairy farm, today the Farm has been preserved offering a truly rural experience.

Blossoming May May 2022 – Calendar of Events



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MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10:00 Church Shuttle (BUS)</p> <p>10:45 Stretch and Flow (FC)</p> <p>1:15 Balance and Bands (FC)</p> <p>2:00 Forest Walk (MFL)</p> <p>2:00 VSO Online: Marsalis A Fiddler's Tale (CLR)</p> <p>2:00 Stroll through Queen Elizabeth Park (BUS)</p> <p>7:15 Film (THR)</p>	<p>9:00 Fit & Strong 1 (FC)</p> <p>10:00 Fit & Strong 2 (FC)</p> <p>10:30 French Conversation Group (CBR)</p> <p>1:00 Studio Couture (CAC)</p> <p>1:00 Art Class with Teresa (CBR)</p> <p>1:30 Urban Pole Walk (MFL)</p> <p>3:00 Poetry and Visual Arts presentation "Garden of Words" by Pnina Granirer (CLR)</p> <p>7:15 Film (THR)</p>	<p>10:00 10 Minute Abs (MFL)</p> <p>10:45 Stretch and Flow + Meditation (FC)</p> <p>11:00 Cranium Crunch (CLR)</p> <p>12:00 Ladies Lunch (RES)</p> <p>2:00 Boxing Fitness Class (FC)</p> <p>3:30 Knit and Stitch (CAC)</p> <p>3:30 Tech Help by Students (CLR)</p> <p>7:15 Film (THR)</p>	<p>9:00 Fit & Strong 1 (FC)</p> <p>9:30 Shopping Shuttle (BUS)</p> <p>10:00 Fit & Strong 2 (FC)</p> <p>11:00 Ted Talks and Discussion: Fulfilling Lives (CLR)</p> <p>1:00 Blood Pressure Clinic (CBR)</p> <p>1:30 Urban Pole Walk (MFL)</p> <p>1:30 Shopping at Costco (BUS)</p> <p>2:00 Balance and Yoga (FC)</p> <p>3:00 Happy Hour (PUB)</p> <p>7:15 Film (THR)</p>	<p>10:00 10 Minute Abs (MFL)</p> <p>10:00 Nikkei National Museum and Cultural Centre (BUS)</p> <p>10:45 Stretch and Flow (FC)</p> <p>1:00 Art Class with Teresa (CBR)</p> <p>2:00 HIIT Fitness Class (FC)</p> <p>3:00 German Group</p> <p>6:00 Cinco de Mayo Dinner with Music by Gustavo (RES)</p> <p>7:15 Film (THR)</p>	<p>9:00 Fit & Strong 1 (FC)</p> <p>9:30 COVID-19 Vaccine Clinic - 4th Dose (CLR)</p> <p>10:00 Morning Glory Dance Party (MFL)</p> <p>10:00 Fit & Strong 2 (FC)</p> <p>10:00 Belkin Art Gallery (BUS)</p> <p>11:00 Current Events Discussion (CBR)</p> <p>12:00 Men's Lunch (RES)</p> <p>1:30 Urban Pole Walk (MFL)</p> <p>2:00 Spanish Banks Beach Walk (BUS)</p> <p>7:15 Film (THR)</p>	<p>8:30 Forest Walk (MFL)</p> <p>10:45 Stretch and Flow (FC)</p> <p>1:15 Balloon Volleyball (CBR)</p> <p>2:30 Mastery School of Music Concert: Piano (RES)</p> <p>4:00 Drop-In Bridge (CBR)</p> <p>7:15 Film (THR)</p>
<p>Mother's Day</p> <p>10:00 Church Shuttle (BUS)</p> <p>10:30 Mother's Day Brunch (RES)</p> <p>10:45 Stretch and Flow (FC)</p> <p>1:15 Balance and Bands (FC)</p> <p>2:00 Forest Walk (MFL)</p> <p>2:00 English Bay Walk (BUS)</p> <p>7:15 Film (THR)</p>	<p>9:00 Fit & Strong 1 (FC)</p> <p>10:00 Fit & Strong 2 (FC)</p> <p>10:30 French Conversation Group (CBR)</p> <p>1:00 Studio Couture (CAC)</p> <p>1:30 EcoWALK Guided Urban Pole Walk with Pacific Spirit Park Society (MFL)</p> <p>2:00 Online Lecture: Buddy Holly and the Day the Music Died (CLR)</p> <p>3:00 Art Class with Teresa (CBR)</p> <p>7:15 Film (THR)</p>	<p>10:00 10 Minute Abs (MFL)</p> <p>10:45 Stretch and Flow + Meditation (FC)</p> <p>11:00 Cranium Crunch (CLR)</p> <p>12:00 Ladies Lunch (RES)</p> <p>1:30 Advanced Care Planning: Health Care Directives Presentation (CLR)</p> <p>2:00 Boxing Fitness Class (FC)</p> <p>3:30 Knit and Stitch (CAC)</p> <p>3:30 Tech Help by Students (CLR)</p> <p>7:15 Film (THR)</p>	<p>9:00 Fit & Strong 1 (FC)</p> <p>10:00 Fit & Strong 2 (FC)</p> <p>10:00 Shopping at Granville Island (BUS)</p> <p>11:00 Ted Talks and Discussion: The Power of Language (CLR)</p> <p>1:00 Blood Pressure Clinic (CBR)</p> <p>1:30 Urban Pole Walk (MFL)</p> <p>2:00 Balance and Yoga (FC)</p> <p>2:00 Shopping Shuttle (BUS)</p> <p>3:00 Happy Hour (PUB)</p> <p>7:15 Film (THR)</p>	<p>8:00 Zumba (FC)</p> <p>9:45 Vancouver Public Library: Kerrisdale (BUS)</p> <p>10:00 10 Minute Abs (MFL)</p> <p>10:45 Stretch and Flow (FC)</p> <p>1:00 Art Class with Teresa (CBR)</p> <p>1:30 Park Royal Shopping (BUS)</p> <p>2:00 HIIT Fitness Class (FC)</p> <p>2:30 Health Arts Society Concert: Piano (RES)</p> <p>7:15 Film (THR)</p>	<p>9:00 Fit & Strong 1 (FC)</p> <p>10:00 Morning Glory Dance Party (MFL)</p> <p>10:00 Fit & Strong 2 (FC)</p> <p>11:00 It's Debatable (CLR)</p> <p>12:00 Men's Lunch (RES)</p> <p>1:30 Urban Pole Walk (MFL)</p> <p>1:30 Reifel Bird Sanctuary (BUS)</p> <p>6:15 Chor Leon: A Sound Like This Concert (BUS)</p> <p>7:15 Film (THR)</p>	<p>8:30 Forest Walk (MFL)</p> <p>10:45 Stretch and Flow (FC)</p> <p>1:15 Balloon Volleyball (CBR)</p> <p>4:00 Drop-In Bridge (CBR)</p> <p>7:15 Film (THR)</p>
<p>10:00 Church Shuttle (BUS)</p> <p>10:45 Stretch and Flow (FC)</p> <p>1:15 Balance and Bands (FC)</p> <p>2:00 Forest Walk (MFL)</p> <p>2:00 VSO Online: Prokofiev & Grieg (CLR)</p> <p>2:00 Vancouver Flea Market - Antique Show (BUS)</p> <p>7:15 Film (THR)</p>	<p>9:00 Fit & Strong 1 (FC)</p> <p>10:00 Fit & Strong 2 (FC)</p> <p>10:30 French Conversation Group (CBR)</p> <p>1:00 Studio Couture (CAC)</p> <p>1:30 Urban Pole Walk (MFL)</p> <p>2:00 Tapestry Tales: Bruce Burgess' Travels (CLR)</p> <p>3:00 Art Class with Teresa (CBR)</p> <p>7:15 Film (THR)</p>	<p>8:30 QiGong and Tai Chi (FC)</p> <p>10:00 10 Minute Abs (MFL)</p> <p>10:45 Stretch and Flow + Meditation (FC)</p> <p>11:00 Cranium Crunch (CLR)</p> <p>12:00 Ladies Lunch (RES)</p> <p>2:00 Boxing Fitness Class (FC)</p> <p>2:30 Presentation by RCMP Officer (RES)</p> <p>3:30 Knit and Stitch (CAC)</p> <p>3:30 Tech Help by Students (CLR)</p> <p>7:15 Film (THR)</p>	<p>9:00 Fit & Strong 1 (FC)</p> <p>9:30 Shopping Shuttle (BUS)</p> <p>10:00 Fit & Strong 2 (FC)</p> <p>10:30 Spanish Conversation Group (CBR)</p> <p>11:00 Ted Talks and Discussion: Sustainability and the Environment (CLR)</p> <p>1:00 Blood Pressure Clinic (CBR)</p> <p>1:30 Urban Pole Walk (MFL)</p> <p>2:00 Balance and Yoga (FC)</p> <p>2:00 Fire Drill (MFL)</p> <p>2:00 Shopping on Commercial Drive (BUS)</p> <p>3:00 Happy Hour (PUB)</p> <p>7:15 Film (THR)</p>	<p>10:00 10 Minute Abs (MFL)</p> <p>10:00 Southlands Nursery (BUS)</p> <p>10:45 Stretch and Flow (FC)</p> <p>1:00 Art Class with Teresa (CBR)</p> <p>1:20 VSO Tea and Trumpets (BUS)</p> <p>2:00 HIIT Fitness Class (FC)</p> <p>3:00 German Group</p> <p>3:30 Book Club: What Strange Paradise (CBR)</p> <p>7:15 Film (THR)</p>	<p>9:00 Fit & Strong 1 (FC)</p> <p>10:00 Morning Glory Dance Party (MFL)</p> <p>10:00 Fit & Strong 2 (FC)</p> <p>10:00 Coal Harbour Sea Wall Walk (BUS)</p> <p>11:00 Current Events Discussion (CLR)</p> <p>12:00 Men's Lunch (RES)</p> <p>1:00 Scenic Drive: Finn Slough (BUS)</p> <p>1:30 Urban Pole Walk (MFL)</p> <p>2:30 Dimensions of Wellness Presentation by Kylee (CLR)</p> <p>7:15 Film (THR)</p>	<p>8:30 Forest Walk (MFL)</p> <p>10:45 Stretch and Flow (FC)</p> <p>1:15 Balloon Volleyball (CBR)</p> <p>4:00 Drop-In Bridge (CBR)</p> <p>7:15 Film (THR)</p>
<p>10:00 Church Shuttle (BUS)</p> <p>10:45 Stretch and Flow (FC)</p> <p>1:15 Balance and Bands (FC)</p> <p>2:00 Forest Walk (MFL)</p> <p>2:00 UBC Botanical Garden Stroll (BUS)</p> <p>2:00 Movie Matinee: The Young Victoria (CLR)</p> <p>7:15 Film (THR)</p>	<p>Victoria Day</p> <p>9:00 Fit & Strong 1 (FC)</p> <p>10:00 Fit & Strong 2 (FC)</p> <p>10:30 French Conversation Group (CBR)</p> <p>11:00 Online Lecture: The True Story of the Mayflower Voyage (CLR)</p> <p>1:00 Studio Couture (CAC)</p> <p>1:30 Urban Pole Walk (MFL)</p> <p>2:30 Keyprano Duo Concert (RES)</p> <p>3:00 Art Class with Teresa (CBR)</p> <p>7:15 Film (THR)</p>	<p>8:30 QiGong and Tai Chi (FC)</p> <p>10:00 10 Minute Abs (MFL)</p> <p>10:45 Stretch and Flow + Meditation (FC)</p> <p>11:00 Cranium Crunch (CLR)</p> <p>12:00 Ladies Lunch (RES)</p> <p>2:00 Boxing Fitness Class (FC)</p> <p>2:30 Resident Meeting (CLR)</p> <p>3:30 Knit and Stitch (CAC)</p> <p>3:30 Tech Help by Students (CLR)</p> <p>7:15 Film (THR)</p>	<p>Seniors Health and Fitness Day</p> <p>9:00 Fit & Strong 1 (FC)</p> <p>9:30 Shopping Shuttle (BUS)</p> <p>10:00 Fit & Strong 2 (FC)</p> <p>11:00 Ted Talks and Discussion: Brain Development (CLR)</p> <p>1:00 Blood Pressure Clinic (CBR)</p> <p>1:30 Urban Pole Walk (MFL)</p> <p>1:30 Shopping at Granville Island (BUS)</p> <p>2:00 Balance and Yoga (FC)</p> <p>2:00 "5 Blue Zones and Aging - What's the Secret?" Presentation by Kinesiologists (CLR)</p> <p>3:00 Healthy Happy Hour (PUB)</p> <p>7:15 Film (THR)</p>	<p>8:00 Zumba (FC)</p> <p>9:30 Music in the Morning Concert (BUS)</p> <p>10:00 10 Minute Abs (MFL)</p> <p>10:45 Stretch and Flow (FC)</p> <p>1:00 Art Class with Teresa (CBR)</p> <p>1:00 Visit to Maplewood Farm (BUS)</p> <p>2:00 HIIT Fitness Class (FC)</p> <p>3:00 BirthDay Party (RES)</p> <p>7:15 Film (THR)</p>	<p>9:00 Fit & Strong 1 (FC)</p> <p>10:00 Morning Glory Dance Party (MFL)</p> <p>10:00 Fit & Strong 2 (FC)</p> <p>10:30 Visit and Lunch in Steveston (BUS)</p> <p>11:00 It's Debatable (CLR)</p> <p>12:00 Men's Lunch (RES)</p> <p>1:30 Urban Pole Walk (MFL)</p> <p>3:00 Vancouver Public Library: Point Grey (BUS)</p> <p>7:15 Film (THR)</p>	<p>8:30 Forest Walk (MFL)</p> <p>10:45 Stretch and Flow (FC)</p> <p>1:15 Balloon Volleyball (CBR)</p> <p>4:00 Drop-In Bridge (CBR)</p> <p>7:15 Film (THR)</p>
<p>Power Outage: 2-8PM</p> <p>10:00 Church Shuttle (BUS)</p> <p>10:45 Stretch and Flow (FC)</p> <p>1:15 Balance and Bands (FC)</p> <p>2:00 Forest Walk (MFL)</p> <p>2:00 Mystery Scenic Bus Tour (BUS)</p> <p>2:00 Scheduled Power Outage</p> <p>2:30 Mastery School of Music Concert (CLR)</p> <p>6:00 Courtyard BBQ Dinner (CYD)</p> <p>7:15 Film (THR)</p>	<p>9:00 Fit & Strong 1 (FC)</p> <p>10:00 Fit & Strong 2 (FC)</p> <p>10:30 French Conversation Group (CBR)</p> <p>1:00 Studio Couture (CAC)</p> <p>1:30 Urban Pole Walk (MFL)</p> <p>2:00 Online Lecture: Cryptocurrency, Blockchain, NFTs and Metaverse explained (CLR)</p> <p>3:00 Art Class with Teresa (CBR)</p> <p>7:15 Film (THR)</p>	<p>8:30 QiGong and Tai Chi (FC)</p> <p>10:00 10 Minute Abs (MFL)</p> <p>10:45 Stretch and Flow + Meditation (FC)</p> <p>11:00 Cranium Crunch (CLR)</p> <p>12:00 Ladies Lunch (RES)</p> <p>2:00 Boxing Fitness Class (FC)</p> <p>2:00 Ian Robertson's Travel Video: A Visit to Rome (CLR)</p> <p>3:30 Knit and Stitch (CAC)</p> <p>3:30 Tech Help by Students (CLR)</p> <p>7:15 Film (THR)</p>	<p>LOCATION</p> <p>Bus Trip (BUS)</p> <p>Classroom (CLR)</p> <p>Clubroom (CBR)</p> <p>Courtyard (CYD)</p> <p>Creative Arts Centre (CAC)</p> <p>Fitness Centre (FC)</p> <p>Main Floor Lobby (MFL)</p> <p>Pub (PUB)</p> <p>Restaurant (RES)</p> <p>Theatre (THR)</p>			