

November 2021 Featured Events

Holiday Card Workshop for the Tapestry Holiday Card

November 2nd at 11:00 a.m., November 3rd at 2:30 p.m. November 4th at 11:00 a.m. – Lobby
Calling all artists! Submit your work by November 4th for the Tapestry Holiday Art Card. Pick up a template from the Wellness Office or attend one or all workshops. Come and work together and we will provide supplies and inspiration.

Canadians Remember Vimy. A Lecture with Canadian Military Historian Dr. David Borys

Monday, November 8th at 11:00 a.m. - Media Room

This lecture brings to light why Vimy is so important in Canada today. Dr. David Borys discusses the history of the battle, how the battle was fought and how it became “important” to our remembering the First World War.

Make A Poppy

Tuesday, November 9th at 11:00 a.m. - Lobby

Craft workshop with Suzanne. Help make poppies to decorate the main floor. These Poppies serve as a handmade symbol of remembrance.

War Memorial Gym Service at UBC

Thursday, November 11th at 10:00 a.m. - Bus Trip

Since the opening of the War Memorial Gym in 1951, The University of British Columbia has held a ceremony commemorating November 11. This year, 2021 will mark seventy years that The University of British Columbia has hosted a Remembrance Day ceremony. This special ceremony is an opportunity to honour and remember all those who served in times of war, military conflict and peace. Please sign up as there is limited seating.

Remembrance Day: Chor Leoni Concert and Link to St. Johns School Service

Thursday, November 11th at 11:00 a.m. - Media Room

A special Remembrance Concert by Chor Leoni Men’s Choir followed by a link to our neighborhood school’s special Remembrance Day service. This service has been attended by Residents for several years and is always very well presented, highly professional and respectful .

It’s A Wrap Craft Show

Friday, November 19th at 11:00 a.m.-4:00 p.m. - Lobby

A festive winter tradition! We bake, stitch, paint and package treats for you to purchase for seasonal gift giving. Join us in the lobby to discover our what we have in store for you this year! If you would like to sell your work or would like to volunteer to help out call the Wellness office #4273

Giving Tuesday: PJ’s & Pancakes Charity Breakfast

Tuesday, November 30th at 9:00 a.m. - Restaurant

We are celebrating Giving Tuesday with our Annual PJ’s & Pancakes Charity Breakfast. Please give a monetary donation or a newly purchased pair of children’s pajamas for a complimentary breakfast. This year all donations will be going to the Christmas Bureau. This Event will be held along with our regular continental breakfast.

Forget Me Not November 2021 – Calendar of Events



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Tapestry at Arbutus Walk

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NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Tapestry Embrace a New Age™</p>	<p>All Saints Day 1 9:00am T Fit (8FFC) 10:00am Boxing (8FFC) 10:00am B. Pressure Clinic (2FHC) 11:00am Grocery Shuttle (B) 1:00pm Lyrical Poetry (MR) 2:00pm Open Bridge + 6:30PM (LIB) 2:30pm Kits Library 3:00pm Martini Monday (Pub) 3:00pm Movie +7:00PM (MR) 3:00pm Yoga (8FFC)</p>	<p>Day of the Dead 2 9:30am Walk & Talk (L) 10:30am Stretch Balance (8FFC MR) 11:00am Holiday Card Making (L) 11:30am Great Courses (MR) 2:00pm Knit Stitch (LIB) 2:30pm Chef Demo: Mexican (L) 3:00pm Tech Ed Class (MR) 3:00pm Happy Hour (P) 4:15pm Bingo (MR) 5:00pm Mexican Dinner Feature 6:30pm Drop In Bridge (L)</p>	<p>9:00am T Fit (8FFC) 10:00am Meditation (MR) 3 11:00am Financial Planning Talk (MR) 11:30am Trivia with Val (LIB) 2:00pm Drop In Bridge (LIB) 2:30pm Holiday Card Making (L) 3:00pm Pole Dancing (MR) 3:00pm Wine Wed (Pub) 6:00pm Music + Drinks Jennifer Lauren</p>	<p>9:30am Line Dancing (MR) 4 10:30am Stretch Balance (8FFC MR) 11:00am Adventure Seekers-Shoreline Circle +Lunch (B) 11:00am Holiday Card Making (L) 2:00pm Discussion Group (LIB) 3:00pm Happy Hour (P) 3:30pm Virtual French (MR) 6:30pm Bridge (LIB)</p>	<p>9:00am T Fit (8FFC) 5 10:30am MOV : A Seat at the Table +Lunch (B) 1:00pm Great Courses (MR) 2:00pm Ping Pong (8FFC) 2:00pm Writers Group (LIB) 3:00pm Happy Hour (P) 3:00pm Meditation (MR) 4:15pm Bingo (MR) 6:30pm Music Drinks: Greg Alcock (L)</p>	<p>9:00am R.O.M Parkinson's (8FFC) 6 10:00am Wii Golf (MR) 11:00am OM: Body Focus (MR) 2:00pm Scenic Drive (B) 2:30pm Tea & Cookies (P) 2:45pm Resident Meet up -Walk & Talk (L) 3:00pm DOC. + 7:00 PM (MR)</p>	
	<p>Daylight Savings Ends 7 10:00am Zumba (8FFC) 11:00am Meet Up: Walk (L) 11:00am Jumbo Crosswords (LIB) 1:00pm Splendid Sounds (MR) 1:30pm Cribbage (LIB) 2:30pm Tea & Cookies (P) 3:00pm T.V. Series + 7:00 PM (MR)</p>	<p>9:00am T Fit (8FFC) 8 10:00am Boxing (8FFC) 11:00am Lecture: Remembering Vimy (MR) 11:00am Grocery Shuttle (B) 1:00pm Discover Poetry (MR) 2:00pm Open Bridge + 6:30PM (LIB) 3:00pm Martini Monday (Pub) 3:00pm Movie +7:00PM (MR) 3:00pm Yoga (8FFC)</p>	<p>9:30am Swimming (B) 9 9:30am Walk & Talk (L) 10:30am Stretch Balance (8FFC MR) 11:00am Make A Poppy (L) 11:30am Great Courses (MR) 1:30pm Community Meeting (MR) 2:00pm Knit Stitch (LIB) 3:00pm Happy Hour (P) 4:15pm Bingo (MR) 6:30pm Drop In Bridge (L)</p>	<p>9:00am T Fit (8FFC) 10 10:00am Meditation (MR) 11:30am Trivia with Val (LIB) 2:00pm Drop In Bridge (LIB) 2:30pm Volleyball Practice (8FFC) 3:00pm Wine Wed (Pub) 6:00pm Music+Drinks : Anna Pansacola (MFL)</p>	<p>Remembrance Day 11 9:30am Line Dancing (MR) 10:00am UBC War Memorial Service (B) 10:30am Stretch Balance (8FFC MR) 11:00am Chor Leoni + St. John's School Service (MR) 2:00pm Discussion Group (LIB) 3:00pm Happy Hour (P) 3:30pm Virtual French (MR) 6:30pm Bridge (LIB)</p>	<p>National Happy Hour Day 12 9:00am T Fit (8FFC) 1:00pm Great Courses (MR) 2:00pm Ping Pong (8FFC) 2:00pm Writers Group (LIB) 3:00pm Happy Hour Outing (B) 3:00pm Happy Hour (P) 3:00pm Meditation (MR) 4:15pm Bingo (MR)</p>	<p>World Kindness Day 13 9:00am R.O.M Parkinson's (8FFC) 10:00am Wii Golf (MR) 11:00am OM: Body Focus (MR) 2:00pm Scenic Drive (B) 2:30pm Tea & Cookies (P) 2:45pm Resident Meet up -Walk & Talk (L) 3:00pm DOC. + 7:00 PM (MR)</p>
	<p>National Pickle Day 14 10:00am Zumba (8FFC) 11:00am Meet Up: Walk (L) 11:00am Jumbo Crosswords (LIB) 1:00pm Recorded WW1 Songs Tom Shorthouse (MR) 1:30pm Cribbage (LIB) 2:30pm Tea & Cookies (P) 3:00pm T.V. Series + 7:00 PM (MR)</p>	<p>Nat. Recycling Day 15 9:00am T Fit (8FFC) 10:00am Boxing (8FFC) 11:00am Grocery Shuttle (B) 11:30am Make Cookies for Craft Sale (8FFC) 1:00pm Lyrical Poetry (MR) 2:00pm Open Bridge + 6:30PM (LIB) 2:30pm Decorate +Package Cookies (LIB) 3:00pm Martini Monday (Pub) 3:00pm Movie +7:00PM (MR) 3:00pm Yoga (8FFC)</p>	<p>Int. Day of Tolerance 16 9:30am Walk & Talk (L) 10:30am Stretch Balance (8FFC MR) 11:30am Great Courses (MR) 1:00pm Virtual Concert (MR) 2:00pm Knit Stitch (LIB) 3:00pm Tech Ed Class (MR) 3:00pm Happy Hour (P) 4:15pm Bingo (MR) 6:30pm Drop In Bridge (L)</p>	<p>9:00am T Fit (8FFC) 17 10:00am Meditation (MR) 11:30am Trivia with Val (LIB) 2:00pm Drop In Bridge (LIB) 2:30pm Volleyball Practice (8FFC) 3:00pm Lecture: Joint Health for Arthritis (MR) 3:00pm Wine Wed (Pub) 6:00pm Singalong with Pete C.</p>	<p>9:30am Line Dancing (MR) 18 10:00am Adventure Seekers: Reifel Bird Sanctuary (B) 10:30am Stretch Balance (8FFC MR) 2:00pm Discussion Group (LIB) 3:00pm Happy Hour (P) 3:30pm Virtual French (MR) 6:30pm Bridge (LIB)</p>	<p>It A Wrap Winter Craft Show 11:00-4:00 19 9:00am T Fit (8FFC) 1:00pm Great Courses (MR) 2:00pm Ping Pong (8FFC) 2:00pm Writers Group (LIB) 3:00pm Happy Hour (P) 3:00pm Meditation (MR) 4:15pm Bingo (MR)</p>	<p>Universal Children's Day 20 9:00am R.O.M Parkinson's (8FFC) 10:00am Wii Golf (MR) 11:00am OM: Body Focus (MR) 2:00pm Scenic Drive (B) 2:30pm Tea & Cookies (P) 2:45pm Resident Meet up -Walk & Talk (L) 3:00pm DOC. + 7:00 PM (MR)</p>
	<p>Hello Day 21 10:00am Zumba (8FFC) 11:00am Meet Up: Walk (L) 11:00am Jumbo Crosswords (LIB) 1:00pm Splendid Sounds (MR) 1:30pm Cribbage (LIB) 2:30pm Tea & Cookies (P) 3:00pm T.V. Series + 7:00 PM (MR)</p>	<p>N'Espresso Day 22 9:00am T Fit (8FFC) 10:00am Inspire: Writing (MR) 10:00am Boxing (8FFC) 11:00am Grocery Shuttle (B) 1:00pm Discover Poetry (MR) 2:00pm Open Bridge + 6:30PM (LIB) 3:00pm Specialty Coffee Event (Pub) 3:00pm Martini Monday (Pub) 3:00pm Movie +7:00PM (MR) 3:00pm Yoga (8FFC)</p>	<p>9:30am Walk & Talk (L) 23 10:30am Stretch Balance (8FFC MR) 11:30am Great Courses (MR) 12:00pm Japanese Tea Ceremony + Lunch (PDR) 1:00pm Virtual Concert (MR) 2:00pm Knit Stitch (LIB) 3:00pm Happy Hour (P) 4:15pm Bingo (MR) 6:30pm Drop In Bridge (L)</p>	<p>9:00am T Fit (8FFC) 24 10:00am Meditation (MR) 11:30am Trivia with Val (LIB) 2:00pm Drop In Bridge (LIB) 2:30pm Volleyball Practice (8FFC) 3:00pm Cocktails + Fraser Henderson Quartet (L) 3:00pm Wine Wed (Pub)</p>	<p>9:30am Joint Health Series (8FFC) 25 10:30am Stretch Balance (8FFC MR) 2:00pm Discussion Group (LIB) 3:00pm Happy Hour (P) 3:00pm Book Club Meeting (LIB) 3:30pm Virtual French (MR) 6:30pm Bridge (LIB)</p>	<p>9:00am T Fit (8FFC) 26 11:00am Info Session: Something's Happening for the Holidays! 1:00pm Great Courses (MR) 2:00pm Ping Pong (8FFC) 2:00pm Writers Group (LIB) 3:00pm Happy Hour (P) 3:00pm Meditation (MR) 4:15pm Bingo (MR)</p>	<p>9:00am R.O.M Parkinson's (8FFC) 27 10:00am Wii Golf (MR) 11:00am OM: Body Focus (MR) 2:00pm Scenic Drive (B) 2:30pm Tea & Cookies (P) 2:45pm Resident Meet up -Walk & Talk (L) 3:00pm DOC. + 7:00 PM (MR)</p>
	<p>French Toast Day Hanukkah Begins-Dec 6 28 10:00am Zumba (8FFC) 11:00am Meet Up: Walk (L) 11:00am Jumbo Crosswords (LIB) 1:00pm Splendid Sounds (MR) 1:30pm Cribbage (LIB) 2:30pm Tea & Cookies (P) 3:00pm T.V. Series + 7:00 PM (MR)</p>	<p>10:00am Inspire: Writing (MR) 29 11:00am Grocery Shuttle (B) 11:30am Wellness Meeting (MR) 1:00pm Lyrical Poetry (MR) 2:00pm Open Bridge + 6:30PM (LIB) 2:30pm All Occasion Card Making (LIB) 3:00pm Martini Monday (Pub) 3:00pm Movie +7:00PM (MR)</p>	<p>Giving Tuesday 30 9:00am Pjs + Pancakes Charity Breakfast 9:30am Walk & Talk (L) 10:30am Stretch Balance (8FFC MR) 11:30am Great Courses (MR) 2:00pm Knit Stitch (LIB) 3:00pm Happy Hour with The Suede Dogs (L) 4:15pm Bingo (MR) 6:30pm Drop In Bridge (L)</p>	<p>LOCATION 2nd Floor Health Centre (2FHC) 8th Floor (8FFC) 8th Floor Fitness Center (8FFC) BUS (B) Library (L) Library (LIB) Lobby (L) Lobby (MFL) Media Room (MR) Pub (P)</p>			