

# January 2024 Featured Events

## **Cobalt: A Mining Town and the Canadian Imagination – McMichael Canadian Art Collection**

**Thursday, January 4 – Departure at 10:15am**

Join us as we immerse ourselves in the artistry of those who saw beyond the surface, portraying Canada as a burgeoning industrial nation ready to embrace the future. This exhibition showcases the work of the artists who visited and documented Cobalt and its silver mines between the First and Second World Wars, after much of the natural resource deposits were depleted. Experience the untold story of Cobalt's transformation through the eyes of visionary artists.

## **Bringing the Beats Playshop**

**Tuesday, January 9 at 11:00am in the Demo Kitchen**

From djembes to hand percussion shakers, tambourines, and other drums, Ripple Rhythm Hand Drum Playshop is a fun and easy way to enjoy freestyle drumming! Engage in a variety of different games, hand percussion, rhythm, singing, movements and more. Join our circle of music making that will be sure to put a smile on your face.

## **Dripping in Diamonds Dinner**

**Thursday, January 18 at 5:00pm at Montgomery's**

Tapestry at Village Gate West has been honoured with the prestigious "Diamond Award" in the 2023 Toronto Star Reader's Choice Awards. This incredible recognition comes from the readers of the Toronto Star who have chosen us as the top pick in the "Retirement/Adult Lifestyle" category. To celebrate this momentous occasion, we will be hosting a dinner to showcase our culinary expertise, one of the many highlights that make Tapestry a leader and a Diamond Award winner.

## **Little Canada**

**Tuesday, January 23 at 9:45am at 10 Dundas East**

Little Canada takes you on an immersive journey through the sights and sounds of our country in miniature scale. It is a place that connects you to Canada in a deep and meaningful way. With 45,000 sq. ft of permanent space for you to explore, there is a world of wonders to be discovered. For a full experience, we will be heading to a restaurant nearby for lunch.

**DiscoverTapestry.com**

Tapestry at Village Gate West  
15 Summerland Terrace

**Tapestry®**  
Embrace a New Age™

# January 2024

## *Happy New Year!*





JANUARY 2024						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:15am Chair Cardio (ER) <b>1</b> 11:00am Learning Lectures (T) 2:00pm Ping Pong Drop In (GR) 2:15pm Fit Fusion (ER) 3:30pm Games with Shaquelle (DK) 7:15pm Movie Night (T)	9:30am Aquafit (P) <b>2</b> 10:00am <b>Transportation to Sherway Gardens (OE)</b> 10:00am Clothing Donations (GR) 10:15am Stretch & Relaxation (ER) 2:15pm Resistance Training (ER) 3:30pm Poker (DK) 7:15pm Movie Night (T)	9:30am Gentle Fit (ER) <b>3</b> 9:30am <b>Transportation to Dollarama (OE)</b> 10:15am Chair Cardio (ER) 12:45pm Tonk (DK) 2:00pm Cocktail Hour (M) 3:15pm Life Stories (L) 7:15pm Movie Night (T)	9:30am Aquafit (P) <b>4</b> 10:00am Food Council Meeting (DK) 10:15am <b>Cobalt: A Mining Town and the Canadian Imagination (OE)</b> 10:15am Resistance Training (ER) 2:00pm Art Class (DK) 2:00pm Chair Cardio with Garfield (ER) 3:15pm Bible Study with Jolie (T) 3:30pm Blackjack (DK) 7:15pm Movie Night (T)	10:00am <b>Transportation to Cloverdale (OE)</b> <b>5</b> 10:15am Gentle Fit (ER) 11:15am Brain Games (L) 1:00pm <b>Tapestry Chorus Club (L)</b> 2:30pm Meditation (T) 3:30pm Learning History (T) 3:45pm Beginners Line Dancing (DK) 7:15pm Movie Night (T)	10:15am Chair Cardio (ER) <b>6</b> 11:00am Billiards Group (L) 11:15am Community Walk (DK) 2:15pm Stretch & Relaxation (ER) 3:15pm Knitting Group (L) 3:30pm Jeopardy (T) 7:15pm Movie Night (T)	10:15am Stretch and Relaxation (ER) <b>7</b> 10:30am Islington United Virtual Service (T) 1:15pm Trivia (DK) 2:15pm Balance Builders (ER) 2:30pm Matinee Movie (T) 3:00pm Billiards Group (L) 7:15pm Movie Night (T)
10:00am <b>Transportation to Farm Boy (OE)</b> <b>8</b> 10:15am Chair Cardio (ER) 11:00am Learning Lectures (T) 1:30pm <b>Transportation to Brentwood</b> 2:00pm Ping Pong Drop In (GR) 2:15pm Fit Fusion (ER) 3:30pm Games with Shaquelle (DK) 7:15pm Movie Night (T)	9:30am Aquafit (P) <b>9</b> 10:00am Resident Council Meeting (PDR) 10:15am Stretch & Relaxation (ER) 11:00am <b>Bringing the Beats Playshop (DK)</b> 2:15pm Resistance Training (ER) 3:30pm Poker (DK) 7:00pm <b>Reiki &amp; Relaxation (DK)</b> 7:15pm Movie Night (T)	9:30am Gentle Fit (ER) <b>10</b> 10:15am Chair Cardio (ER) 11:00am <b>5- Pin Bowling</b> 12:45pm Tonk (DK) 2:00pm Cocktail Hour (M) 3:15pm Life Stories (L) 7:15pm Movie Night (T)	9:30am Aquafit (P) <b>11</b> 10:15am Resistance Training (ER) 11:00am <b>Walking Club (OE)</b> 2:00pm Art Class (DK) 2:00pm Chair Cardio with Garfield (ER) 3:15pm Bible Study with Jolie (T) 3:30pm Blackjack (DK) 7:15pm Movie Night (T)	10:00am <b>Transportation to Cloverdale (OE)</b> <b>12</b> 10:15am Gentle Fit (ER) 11:15am Brain Games (L) 1:00pm <b>Tapestry Chorus Club (L)</b> 2:30pm Meditation (T) 3:30pm Learning History (T) 3:45pm Beginners Line Dancing (DK) 7:15pm Movie Night (T)	10:15am Chair Cardio (ER) <b>13</b> 11:00am Billiards Group (L) 11:15am Community Walk (DK) 2:15pm Stretch & Relaxation (ER) 3:15pm Knitting Group (L) 3:30pm Jeopardy (T) 7:15pm Movie Night (T)	10:15am Stretch and Relaxation (ER) <b>14</b> 10:30am Islington United Virtual Service (T) 1:15pm Trivia (DK) 2:15pm Balance Builders (ER) 2:30pm Matinee Movie (T) 3:00pm Billiards Group (L) 7:15pm Movie Night (T)
10:00am <b>Transportation to Walmart (OE)</b> <b>15</b> 10:15am Chair Cardio (ER) 11:00am Learning Lectures (T) 2:00pm Ping Pong Drop In (GR) 2:15pm Fit Fusion (ER) 3:30pm Games with Shaquelle (DK) 7:15pm Movie Night (T)	9:30am Aquafit (P) <b>16</b> 10:15am Stretch & Relaxation (ER) 10:30am <b>Trip to Casa Loma (OE)</b> 2:15pm Resistance Training (ER) 3:30pm Poker (DK) 7:15pm Movie Night (T)	9:30am Gentle Fit (ER) <b>17</b> 10:15am Chair Cardio (ER) 12:45pm Tonk (DK) 2:00pm Cocktail Hour (M) 3:15pm Life Stories (L) 7:15pm Movie Night (T)	9:30am Aquafit (P) <b>18</b> 10:15am Resistance Training (ER) 11:00am <b>Walking Club (OE)</b> 2:00pm Art Class (DK) 2:00pm Chair Cardio with Garfield (ER) 3:15pm Bible Study with Jolie (T) 3:30pm Blackjack (DK) 5:00pm <b>Dripping in Diamonds Dinner (M)</b> 7:15pm Movie Night (T)	10:00am <b>Transportation to Cloverdale (OE)</b> <b>19</b> 10:15am Gentle Fit (ER) 11:15am Brain Games (L) 1:00pm <b>Tapestry Chorus Club (L)</b> 2:30pm Meditation (T) 3:30pm Learning History (T) 3:45pm Beginners Line Dancing (DK) 7:15pm Movie Night (T)	10:15am Chair Cardio (ER) <b>20</b> 11:00am Billiards Group (L) 11:15am Community Walk (DK) 2:15pm Stretch & Relaxation (ER) 3:15pm Knitting Group (L) 3:30pm Jeopardy (T) 7:15pm Movie Night (T)	10:15am Stretch and Relaxation (ER) <b>21</b> 10:30am Islington United Virtual Service (T) 1:15pm Trivia (DK) 2:15pm Balance Builders (ER) 2:30pm Matinee Movie (T) 3:00pm Billiards Group (L) 7:15pm Movie Night (T)
10:00am <b>Transportation to Farm Boy (OE)</b> <b>22</b> 10:15am Chair Cardio (ER) 11:00am Learning Lectures (T) 1:30pm <b>Transportation to Richview Library (OE)</b> 2:00pm Ping Pong Drop In (GR) 2:15pm Fit Fusion (ER) 3:30pm Games with Shaquelle (DK) 7:15pm Movie Night (T)	9:30am Aquafit (P) <b>23</b> 9:45am <b>Little Canada (OE)</b> 10:15am Stretch & Relaxation (ER) 2:15pm Resistance Training (ER) 3:30pm Poker (DK) 7:00pm <b>Reiki &amp; Relaxation (DK)</b> 7:15pm Movie Night (T)	9:30am Gentle Fit (ER) <b>24</b> 10:15am Chair Cardio (ER) 12:45pm Tonk (DK) 2:00pm Cocktail Hour (M) 3:15pm Life Stories (L) 7:15pm Movie Night (T)	9:30am Aquafit (P) <b>25</b> 10:00am <b>Shoppers Drug Mart (OE)</b> 10:15am Resistance Training (ER) 12:00pm <b>Walking Club (OE)</b> 2:00pm Art Class (DK) 2:00pm Chair Cardio with Garfield (ER) 3:15pm Bible Study with Jolie (T) 3:30pm Blackjack (DK) 7:15pm Movie Night (T)	10:00am <b>Transportation to Cloverdale (OE)</b> <b>26</b> 10:15am Gentle Fit (ER) 11:15am Brain Games (L) 1:00pm <b>Tapestry Chorus Club (L)</b> 2:30pm Meditation (T) 3:30pm Learning History (T) 3:45pm Beginners Line Dancing (DK) 7:15pm Movie Night (T)	10:15am Chair Cardio (ER) <b>27</b> 11:00am Billiards Group (L) 11:15am Community Walk (DK) 2:15pm Stretch & Relaxation (ER) 3:15pm Knitting Group (L) 3:30pm Jeopardy (T) 7:15pm Movie Night (T)	10:15am Stretch and Relaxation (ER) <b>28</b> 10:30am Islington United Virtual Service (T) 1:15pm Trivia (DK) 2:15pm Balance Builders (ER) 2:30pm Matinee Movie (T) 3:00pm Billiards Group (L) 7:15pm Movie Night (T)
10:00am <b>Transportation to Walmart (OE)</b> <b>29</b> 10:15am Chair Cardio (ER) 11:00am Learning Lectures (T) 2:00pm Ping Pong Drop In (GR) 2:15pm Fit Fusion (ER) 3:30pm Games with Shaquelle (DK) 7:15pm Movie Night (T)	9:30am Aquafit (P) <b>30</b> 10:15am Stretch & Relaxation (ER) 2:15pm Resistance Training (ER) 3:30pm Poker (DK) 7:15pm Movie Night (T)	9:30am Gentle Fit (ER) <b>31</b> 10:15am Chair Cardio (ER) 11:00am <b>Resident Monthly Meeting (DK)</b> 12:45pm Tonk (DK) 2:00pm Cocktail Hour (M) 3:15pm Life Stories (L) 3:30pm Book Club (DK) 7:15pm Movie Night (T)	<b>LOCATION</b> <b>2nd Floor Lounge (L)</b> <b>Demo Kitchen (DK)</b> <b>Exercise Room (ER)</b> <b>Games Room (GR)</b> <b>Montgomerys (M)</b> <b>Outside Excursion (OE)</b> <b>Pool (P)</b> <b>Private Dining Room (PDR)</b> <b>Theatre (T)</b>			<div> <div>Tapestry®</div> <div>Embrace a New Age™</div> </div>