

# January 2024 Featured Events

## Lights at Lafarge Lake on Thursday, January 4th at 6:00PM, Bus Outing

Come along for the Lights at Lafarge Lake! The outdoor exhibit of lights features a 1.2 km pathway that includes more lights, and re-imagined elements that highlight flora, fauna, and fairytales.

## Genealogy Discussion Tuesday, January 9th at 1:00 PM in the Theatre

Come to the Theatre, bring your ideas, questions and latest discoveries. It's a friendly, helpful group - all interested in genealogy and family history are welcome.

We'll be meeting virtually till further notice. The Central Branch is not open for in person events, meetings, etc. yet.

## Robbie Burns Happy Hour on Wednesday, January 17th at 3:00 PM in the Pub

Celebrate the poetic prowess of Robbie Burns in an evening of Scottish revelry at our special Robbie Burns Day-themed happy hour! Join us for a afternoon filled with the spirit of Scotland, featuring traditional toasts, haggis bites, and a curated selection of fine Scotch whiskies. As the evening unfolds, immerse yourself in the soul-stirring melodies of acclaimed musician Mike Chisholm, whose mastery of Celtic tunes promises to transport you to the misty landscapes of the Scottish Highlands. Raise a glass, tap your toes, and revel in the poetic brilliance of Robbie Burns, as we blend the rich heritage of Scotland with the vibrant energy of a lively happy hour. Slàinte mhath!

## John Mitchell: The Beatles Course on Thursday's at 11:00 AM in the Classroom beginning January 18th

Come out to John Mitchell's course on the Beatles! Learn about the music, the business, the people and the times that created the phenomenon: BEATLEMAINIA. If you would like to Register, please call Leah at ext 1037. \$60 for 6 weeks. Prices may change on availability, as we will be promoting this to the public. The more people that join, the less it will be for Tapestry residents.

## Murder Mystery Dinner on Thursday January 18th from 5:00PM-8:00PM, Restaurant

Step into a world of intrigue and suspense at our Murder Mystery Dinner! Join us for an evening of delicious cuisine and enigmatic thrills as you become a detective for the night, unraveling the secrets that shroud a captivating crime

## Eagle Watching at Brackendale on Friday January 19th from 10:30AM-4:30PM, Bus Outing

Experience the breathtaking spectacle of bald eagle watching in the winter haven of Brackendale, British Columbia. Join us from late November to early January to witness the majestic eagles in their natural habitat, and elevate your adventure with guided tours and optimal viewing amenities. Unveil the magic of nature in style

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# January 2024

## *Jump Right in to January!*





JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>Tapestry</div><div>Embrace a New Age™</div></div>	9:00am Fit & Strong 1 (FC) 10:00am Fit & Strong 2 (FC) 1:00pm Studio Couture (CAC) 1:15pm <b>Ping Pong Group with Sophie (CBR)</b> 2:00pm <b>Live to 100: Secrets of the Blue Zones Episode 1: The Journey Begins (CLR)</b> 3:00pm Art Class with Teresa (CBR) 7:15pm Film: Carol (2015) (THR)	10:00am 10 Minute Abs (MFL) 10:45am Stretch and Flow + Meditation (FC) 11:00am Cranium Crunch - Resident Led (CLR) 12:00pm Ladies Lunch (RES) 1:00pm <b>Fall Prevention Program with Exercise Specialist Melissa Gunstone (CLR)</b> 1:00pm Board Games (BIS) 2:30pm Drum Fit (FC) 3:00pm <b>Resolution Day (CBR)</b> 3:30pm Knit and Stitch (CAC) 3:45pm Sing for the Soul Cancelled Jan. 2nd (MFL) 7:15pm Film: Bridget Jones's Diary (THR)	9:00am Fit & Strong 1 (FC) 10:00am Fit & Strong 2 (FC) 10:00am <b>Shopping Shuttle (BUS)</b> 1:00pm Balloon Volleyball - Clubroom (CBR) 1:00pm Blood Pressure Clinic - Bistro (B) 2:00pm <b>Women's Golf Club with Laura (THR)</b> 2:00pm <b>Shopping: Pacific Centre (BUS)</b> 3:00pm <b>Happy Hour (PUB)</b> 7:15pm Film: The Missouri Breaks (CLR)	9:15am Gentle Fit (FC) 10:00am 10 Minute Abs (MFL) 10:45am Superhero Circuit Training (FC) 1:00pm Art Class with Teresa (CBR) 3:00pm <b>Meditation and a Discussion of Love with Julie (CLR)</b> 3:00pm <b>Afternoon Walk through the UBC Botanical Gardens with Laura (BUS)</b> 6:00pm <b>Lights at Lafarge Lake (BUS)</b> 7:15pm Film: Leave the World Behind (THR)	9:00am Fit & Strong 1 (FC) 10:00am Morning Glory Dance Party (MFL) 10:00am Fit & Strong 2 (FC) 10:45am <b>The Secret Garden High Tea (BUS)</b> 12:00pm Men's Lunch (RES) 1:15pm Billiards Group with Laura (BRM) 2:00pm <b>Watching Skating at Robson Square (BUS)</b> 7:15pm Film: The Horse Whisperer (THR)	10:00am <b>Riley Park Farmers' Market (BUS)</b> 1:00pm Balloon Volleyball (CBR) 1:30pm <b>Nikkei Japanese Museum (BUS)</b> 4:00pm Drop-In Bridge (CBR) 7:15pm Film: Another Year (THR)
	9:00am Fit & Strong 1 (FC) 10:00am Fit & Strong 2 (FC) 1:00pm Studio Couture (CAC) 1:15pm <b>Ping Pong Group with Sophie (CBR)</b> 2:00pm <b>Live to 100: Secrets of the Blue Zones Episode 2: An Unexpected Discovery (CLR)</b> 3:00pm Art Class with Teresa (CBR) 3:15pm French Conversation Group (LIB) 7:15pm Film: The Sound of Music (THR)	8:30am QiGong and Tai Chi (FC) 10:00am 10 Minute Abs (MFL) 10:45am Stretch and Flow + Meditation (FC) 11:00am Cranium Crunch - Wellness Led (CLR) 12:00pm Ladies Lunch (RES) 1:00pm Bingo (BIS) 1:00pm <b>Genealogy Discussion with Vancouver Public Library (THR)</b> 2:00pm <b>Vlad's Health Talk: Sleep (CLR)</b> 2:30pm Drum Fit (FC) 3:30pm Knit and Stitch (CAC) 3:45pm Sing for the Soul (MFL) 7:15pm Film: Love Story (THR)	9:00am Fit & Strong 1 (FC) 10:00am Fit & Strong 2 (FC) 10:00am <b>Shopping at Costco (Richmond) (BUS)</b> 1:00pm Balloon Volleyball - Clubroom (CBR) 1:00pm Blood Pressure Clinic - Bistro (B) 2:00pm <b>Women's Golf Club with Laura (THR)</b> 2:00pm <b>Shopping Shuttle (BUS)</b> 3:00pm <b>Happy Hour (PUB)</b> 4:00pm <b>Technology Help and Board Games with York House School Seniors (CBR)</b> 7:15pm Film: NYAD (CLR)	9:15am Gentle Fit (FC) 9:30am <b>Music in the Morning: Viano String Quartet (BUS)</b> 10:00am 10 Minute Abs (MFL) 10:30am <b>Tapestry Green Team Meeting - Bistro (BIS)</b> 10:45am Superhero Circuit Training (FC) 1:00pm Art Class with Teresa (CBR) 1:00pm <b>Lunch at the Sylvia Hotel (BUS)</b> 3:00pm <b>Meditation and a Discussion of Love with Julie (CLR)</b> 3:00pm Food Committee (BIS) 3:30pm <b>Book Chatter with Jane (CAC)</b> 7:15pm Film: The Peanut Butter Falcon (THR)	9:00am Fit & Strong 1 (FC) 10:00am Morning Glory Dance Party (MFL) 10:00am Fit & Strong 2 (FC) 12:00pm Men's Lunch (RES) 1:00pm <b>Fall Prevention Program with Exercise Specialist Melissa Gunstone (CLR)</b> 1:00pm <b>Vancouver Art Gallery (BUS)</b> 1:15pm Billiards Group with Laura (BRM) 5:30pm <b>Vivaldi by Candlelight (BUS)</b> 7:15pm Film: Priscilla (2023) (THR)	1:00pm Balloon Volleyball (CBR) 2:30pm <b>Walk around Granville Island with Laura (BUS)</b> 4:00pm Drop-In Bridge (CBR) 6:00pm <b>Casino Royale VSO (BUS)</b> 7:15pm Film: The Abyss (THR)
	9:00am Fit & Strong 1 (FC) 10:00am Fit & Strong 2 (FC) 1:00pm Studio Couture (CAC) 1:15pm <b>Ping Pong Group with Sophie (CBR)</b> 2:00pm <b>Live to 100: Secrets of the Blue Zones Episode 3: The End of Blue Zones? (CLR)</b> 3:00pm Art Class with Teresa (CBR) 3:15pm French Conversation Group (LIB) 7:15pm Film: Barry Lyndon (THR)	8:30am QiGong and Tai Chi (FC) 10:00am 10 Minute Abs (MFL) 10:45am Stretch and Flow + Meditation (FC) 11:00am Cranium Crunch - Resident Led (CLR) 12:00pm Ladies Lunch (RES) 12:45pm <b>New Resident Social with AW (CAC)</b> 1:00pm Board Games (BIS) 2:00pm <b>Dying with Dignity Presentation (CLR)</b> 2:30pm Drum Fit (FC) 3:30pm Knit and Stitch (CAC) 3:45pm Sing for the Soul (MFL) 3:45pm Sing for the Soul Cancelled Jan. 2nd (MFL) 7:15pm Film: Bicycle Thieves (1948) (CLR)	9:00am Fit & Strong 1 (FC) 10:00am Fit & Strong 2 (FC) 11:15am <b>S. Bach – Das Orgelbüchlein (BUS)</b> 1:00pm Balloon Volleyball - Clubroom (CBR) 1:00pm Blood Pressure Clinic - Bistro (B) 2:00pm <b>Women's Golf Club with Laura (THR)</b> 3:00pm <b>Robbie Burns Happy Hour with Mike Chisholm (PUB)</b> 3:00pm <b>Shopping Shuttle (BUS)</b> 4:00pm <b>Technology Help and Board Games with York House School Seniors (CBR)</b> 7:15pm Film: The VIPs (1963) (CLR)	9:15am Gentle Fit (FC) 10:00am 10 Minute Abs (MFL) 10:45am Superhero Circuit Training (FC) 11:00am <b>*John Mitchell: The Beatles - Registration Only* (CLR)</b> 1:00pm Art Class with Teresa (CBR) 2:30pm <b>Canada's Sherlock Holmes – The Vancouver Police Museum (BUS)</b> 3:30pm Book Club (CAC) 5:00pm <b>Murder Mystery Dinner (RES)</b> 7:15pm Film: The Notebook (2004) (THR) 7:15pm <b>Chan Centre Tribute Concert to Maria Callas (BUS)</b>	9:00am Fit & Strong 1 (FC) 10:00am Morning Glory Dance Party (MFL) 10:00am Fit & Strong 2 (FC) 10:30am <b>Brackendale for Eagle Watching (BUS)</b> 12:00pm Men's Lunch (RES) 1:00pm <b>Fall Prevention Program with Exercise Specialist Melissa Gunstone (CLR)</b> 1:15pm Billiards Group with Laura (BRM) 7:15pm Film: Sound of Freedom (THR)	1:00pm Balloon Volleyball (CBR) 2:00pm <b>Scenic Drive around Dundarave Village and a coffee/pastry at Temper (BUS)</b> 4:00pm Drop-In Bridge (CBR) 7:00pm <b>VSO Classical Traditions (BUS)</b> 7:15pm Film: Oppenheimer (THR)
	9:00am Fit & Strong 1 (FC) 10:00am Fit & Strong 2 (FC) 1:00pm Studio Couture (CAC) 1:15pm <b>Ping Pong Group with Sophie (CBR)</b> 2:00pm <b>Live to 100: Secrets of the Blue Zones Episode 4: The Future of Longevity (CLR)</b> 3:00pm Art Class with Teresa (CBR) 3:15pm French Conversation Group (LIB) 7:15pm Film: The Blind (THR)	8:30am QiGong and Tai Chi (FC) 10:00am 10 Minute Abs (MFL) 10:45am Stretch and Flow + Meditation (FC) 11:00am Cranium Crunch - Wellness Led (CLR) 12:00pm Ladies Lunch (RES) 1:00pm Bingo (BIS) 2:00pm <b>Will Woods: Scandals of Vancouver Lecture (CLR)</b> 2:30pm Drum Fit (FC) 3:30pm Knit and Stitch (CAC) 3:45pm Sing for the Soul (MFL) 7:15pm Film: Oppenheimer (THR)	9:00am Fit & Strong 1 (FC) 10:00am Fit & Strong 2 (FC) 1:00pm Balloon Volleyball - Clubroom (CBR) 1:00pm Blood Pressure Clinic - Bistro (B) 2:00pm <b>Women's Golf Club with Laura (THR)</b> 2:30pm <b>What's Happening in Wellness Meeting (CLR)</b> 3:00pm <b>Australia Day Happy Hour (PUB)</b> 3:00pm <b>Shopping Shuttle (BUS)</b> 4:00pm <b>Technology Help and Board Games with York House School Seniors (CBR)</b> 6:00pm <b>Harlem Globetrotters 2024 World Tour (BUS)</b> 7:15pm Film: Killers of the Flower Moon (CLR)	9:15am Gentle Fit (FC) 10:00am 10 Minute Abs (MFL) 10:45am Superhero Circuit Training (FC) 11:00am <b>*John Mitchell: The Beatles - Registration Only* (CLR)</b> 11:00am <b>Brittania Mine and Lunch at Chatterbox Cafe (BUS)</b> 1:00pm Art Class with Teresa (CBR) 3:00pm <b>Meditation and a Discussion of Love with Julie (CLR)</b> 7:15pm Film: Another Year (THR)	9:00am Fit & Strong 1 (FC) 10:00am Morning Glory Dance Party (MFL) 10:00am Fit & Strong 2 (FC) 12:00pm Men's Lunch (RES) 1:15pm Billiards Group with Laura (BRM) 1:15pm <b>VETTA: Music of the Heart: (BUS)</b> 2:00pm <b>Accessibility &amp; Resources with The Canadian National Institute For The Blind (CLR)</b> 7:00pm <b>Tchaikovsky's Symphony No. 4 &amp; Liszt's Piano Concerto No. 2 (BUS)</b> 7:15pm Film: A Haunting in Venice (THR)	1:00pm Balloon Volleyball (CBR) 2:00pm <b>MSoM: 2 Violins (MFL)</b> 4:00pm Drop-In Bridge (CBR) 4:00pm <b>DineOut Vancouver Restaurant (BUS)</b> 7:15pm Film: The Holdovers (THR) 7:30pm <b>VI Institute: How the Arts are Central to Our Democracy (BUS)</b>
	9:00am Fit & Strong 1 (FC) 10:00am Fit & Strong 2 (FC) 1:00pm Studio Couture (CAC) 1:00pm <b>Abducted in Plain Sight Documentary (CLR)</b> 1:15pm <b>Ping Pong Group with Sophie (CBR)</b> 3:00pm Art Class with Teresa (CBR) 3:15pm French Conversation Group (LIB) 7:15pm Film: Mr. Turner (THR)	8:30am QiGong and Tai Chi (FC) 10:00am 10 Minute Abs (MFL) 10:45am Stretch and Flow + Meditation (FC) 11:00am Cranium Crunch - Resident Led (CLR) 12:00pm Ladies Lunch (RES) 1:00pm Board Games (BIS) 2:00pm <b>Dying with Dignity: MAID (CLR)</b> 2:30pm Drum Fit (FC) 3:30pm Knit and Stitch (CAC) 3:45pm Sing for the Soul (MFL) 3:45pm Sing for the Soul Cancelled Jan. 2nd (MFL) 7:15pm Film: Vera Drake (THR)	9:00am Fit & Strong 1 (FC) 10:00am Fit & Strong 2 (FC) 1:00pm Balloon Volleyball - Clubroom (CBR) 1:00pm Blood Pressure Clinic - Bistro (B) 1:30pm <b>Resident Meeting (CLR)</b> 2:00pm <b>Women's Golf Club with Laura (THR)</b> 2:30pm <b>Resident Birthday Party (PUB)</b> 3:00pm <b>Natalie Happy Baby Hour (PUB)</b> 3:00pm <b>Shopping Shuttle (BUS)</b> 4:00pm <b>Technology Help and Board Games with York House School Seniors (CBR)</b> 6:45pm <b>UBC Chamber Choir (BUS)</b> 7:15pm Film: Maestro (CLR)	LOCATION Billiards Room (BRM) Bistro (B) Bistro (BIS) Bus Outing (BUS) Classroom (CLR) Clubroom (CBR) Creative Arts Centre (CAC) Fitness Centre (FC) Library (LIB) Main Floor Lobby (MFL) Pub (PUB) Restaurant (RES) Theatre (THR)		
	9:15am <b>Church Shuttle (BUS)</b> 10:45am Stretch & Flow (FC) 11:30am Zumba Gold with Maybelin (FC) 1:15pm Balance & Bands (FC) 2:00pm <b>Jericho Beach Workout with Sophie (BUS)</b> 2:30pm <b>Lynn Liu Piano Studio Student Concert - Chinese New Year (RES)</b> 7:15pm Film: Dead Again (1991) (THR)					