

April 2024 Featured Events

Chats & Games with UBC Students - Every Saturday from 2:00pm-4:00pm in the Classroom

Come to the Tapestry Classroom to meet and make friends with a group of students from UBC! Play games, go for walks, create relationships, and find out what you have in common!

Solar Eclipse & Sips - Monday April 8th from 10:45am to 11:30am on the 7th Floor Patio

Join us on the 7th-floor patio for a captivating experience as we witness a partial solar eclipse. Savor the moment with coffee and pastries while the sky unveils its celestial spectacle, creating a serene atmosphere for an unforgettable morning.

Jazz Café - Tuesday April 9th from 2:30pm-3:30pm in the Restaurant

Experience the vibrant atmosphere of the Tapestry Jazz Café, where the Pacific Mist Trio sets the mood with their dynamic jazz tunes. Enjoy a selection of expertly crafted coffees, flavorful teas, and delightful pastries as you relax and groove to the rhythm of live music

Stellar Virtual Reality Drop-In Demonstration - Monday April 15th at 1:30pm-2:30pm in the Main Floor Lobby

Embark on a cosmic journey with our VR Space Exploration event! Join us in the Main Floor Lobby where you can drop in any time during the hour-long session to experience the wonders of space through our VR headsets. With five headsets available, including demonstrations for easy use, participants can comfortably explore the universe from a seated position. Don't miss this chance to immerse yourself in the mysteries of the cosmos at your convenience!

Brock House Orchestra - Wednesday April 17th from 10:30am-11:30am in the Main Floor Lobby

Catch the Brock House Orchestra, a 25-member ensemble, in the Main Floor Lobby for a morning performance filled with delightful melodies. Join us for a refreshing start to your day with the orchestra's captivating music in a relaxed atmosphere.

Out of this World Dinner! - Thursday April 18th at 5:00pm to 8:00pm in the Restaurant

Step into the celestial ambiance of "Out of this World Dinner," a **low-light dinner** where you can twirl under the twinkling stars and dance among the galaxies while savoring dishes that are truly "out of this world." Get ready for a cosmic culinary adventure that's sure to launch your taste buds into orbit!

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Tapestry®
Embrace a New Age™

April 2024

Beam me up, April! It's time for some fun!



APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Tapestry Embrace a New Age™</p>	<p>9:00am Fit & Strong 1 (FC) 1 10:00am Fit & Strong 2 (FC) 1:00pm Studio Couture (CAC) 1:00pm Oppenheimer Matinee (THR) 1:15pm Billiards Group (BRM) 2:00pm Men's Golf (THR) 3:00pm Art Class with Teresa (CBR) 3:15pm French Conversation Group (LIB) 7:15pm Film: A Cry in the Dark (THR)</p>	<p>8:30am QiGong and Tai Chi (FC) 2 10:00am 10 Minute Abs (MFL) 10:45am Stretch & Flow (FC) 11:00am Cranium Crunch - Wellness Led (CLR) 12:00pm Ladies Lunch (RES) 1:00pm Bingo (BIS) 2:00pm A Nation Soars: Commemorating Canada's Great War Flyers Episode 1 (CLR) 2:30pm Drum Fit (FC) 3:30pm Knit and Stitch (CAC) 3:45pm Sing for the Soul (MFL) 7:15pm Film: The Greatest Showman (THR)</p>	<p>8:45am Dancing with Lorna (MFL) 3 9:00am Fit & Strong 1 (FC) 10:00am Fit & Strong 2 (FC) 10:00am Shopping at Costco (Richmond) (BUS) 1:00pm Blood Pressure Clinic - Bistro (B) 1:15pm Balloon Volleyball (CBR) 2:00pm Astronomy Chat (THR) 2:00pm Shopping Shuttle (BUS) 3:00pm Happy Hour (PUB) 4:00pm Technology Help and Board Games (CBR) 7:15pm Film: Indiscreet (CLR)</p>	<p>8:30am Morning Yoga (FC) 4 10:00am 10 Minute Abs (MFL) 10:45am Vitality Circuit Training (FC) 12:00pm Table Topics Lunch (RES) 1:00pm Art Class with Teresa (CBR) 1:15pm Mahjong Group (BIS) 2:00pm Arthritis Workshop (CLR) 3:00pm Food Truck Festival at UBC (BUS) 3:30pm Gentle Fit + Balance (FC) 7:00pm Broadway Across Canada Presents: Hairspray! (BUS) 7:15pm Film: Poor Things (THR)</p>	<p>9:00am Fit & Strong 1 (FC) 5 9:50am Morning Glory Dance Party (MFL) 10:00am Fit & Strong 2 (FC) 11:30am UBC Early Music Ensemble (BUS) 12:00pm Men's Lunch (RES) 1:15pm Ping Pong Group (CBR) 2:00pm Nitobe Memorial Garden with Alice (BUS) 4:00pm German Conversation Group (CAC) 7:15pm Film: Atonement (THR)</p>	<p>1:15pm Balloon Volleyball (CBR) 6 2:00pm Chats & Games with UBC Students (CLR) 2:00pm Roundhouse Spring Market (BUS) 4:00pm Drop-In Bridge (CBR) 6:45pm UBC Opera: Cosi Fan Tutte (BUS) 7:15pm Film: Anatomy of a Fall (THR)</p>	
	<p>9:15am Church Shuttle (BUS) 7 10:45am Stretch & Flow (FC) 11:30am Zumba Gold with Maybelin (FC) 1:00pm Beethoven & Prokofiev Featuring Maestro Otto Tausk (BUS) 1:15pm Urban Pole Walk (MFL) 7:15pm Film: The Mission (THR)</p>	<p>9:00am Fit & Strong 1 (FC) 8 10:00am Fit & Strong 2 (FC) 10:45am Solar Eclipse and Sips (PATIO7) 1:00pm Studio Couture (CAC) 1:15pm Billiards Group (BRM) 2:00pm Men's Golf (THR) 3:00pm Art Class with Teresa (CBR) 3:15pm French Conversation Group (LIB) 7:15pm Film: The Curious Case of Benjamin Button (THR)</p>	<p>Vimy Ridge Day 9 8:30am QiGong and Tai Chi (FC) 10:00am 10 Minute Abs (MFL) 10:45am Stretch & Flow (FC) 11:00am Cranium Crunch - Resident Led (CLR) 12:00pm Ladies Lunch (RES) 1:00pm A Nation Soars: Commemorating Canada's Great War Flyers Episode 2 (CLR) 1:00pm Board Games (BIS) 2:30pm Drum Fit (FC) 2:30pm Jazz Cafe (RES) 3:30pm Knit and Stitch (CAC) 3:45pm Sing for the Soul (MFL) 7:15pm Film: A League of Their Own (THR)</p>	<p>8:45am Dancing with Lorna (MFL) 10 9:00am Fit & Strong 1 (FC) 10:00am Fit & Strong 2 (FC) 10:00am Shopping at Richmond Centre (BUS) 1:00pm Blood Pressure Clinic - Bistro (B) 1:15pm Balloon Volleyball (CBR) 2:00pm Astronomy Chat (THR) 2:30pm Shopping Shuttle (BUS) 3:00pm Happy Hour (PUB) 4:00pm Technology Help and Board Games (CBR) 7:15pm Film: Only Angels Have Wings (CLR)</p>	<p>8:30am Morning Yoga (FC) 11 10:00am 10 Minute Abs (MFL) 10:30am Tapestry Green Team Meeting (BIS) 10:45am Vitality Circuit Training (FC) 11:15am UBC African Music and Dance Ensemble (BUS) 12:00pm Table Topics Lunch (RES) 1:00pm Ian Robertson's Presentation (CLR) 1:00pm Art Class with Teresa (CBR) 1:15pm Mahjong Group (BIS) 1:30pm HearingLife Clinic (P1) 2:00pm Arthritis Workshop (CLR) 3:00pm Food Committee (CLR) 3:30pm Gentle Fit + Balance (FC) 3:30pm Book Chatter with Jane (CAC) 6:30pm Harmonia: The Leonids & Chor Leoni (BUS) 7:15pm Film: Speed (THR)</p>	<p>9:00am Fit & Strong 1 (FC) 12 9:50am Morning Glory Dance Party (MFL) 10:00am Fit & Strong 2 (FC) 11:30am UBC Jazz Ensemble (BUS) 12:00pm Men's Lunch (RES) 1:15pm Ping Pong Group (CBR) 6:00pm Holst's the Planets and Augustin Hadelich (BUS)</p>	<p>10:45am Stretch & Flow + Meditation (FC) 13 12:30pm Sakura Days Japan Fair (BUS) 1:15pm Balloon Volleyball (CBR) 2:00pm Chats & Games with UBC Students (CLR) 4:00pm Drop-In Bridge (CBR) 6:00pm Art Vancouver Contemporary Art Fair 2024 (BUS)</p>
	<p>9:15am Church Shuttle (BUS) 14 10:45am Stretch & Flow (FC) 11:30am Zumba Gold with Maybelin (FC) 1:15pm Urban Pole Walk (MFL) 2:00pm Danish String Quartet (BUS)</p>	<p>9:00am Fit & Strong 1 (FC) 15 10:00am Fit & Strong 2 (FC) 1:00pm Studio Couture (CAC) 1:00pm Men's Golf - TIME CHANGE (THR) 1:15pm Billiards Group (BRM) 1:30pm Stellar Virtual Reality Drop in Demonstration (MFL) 3:00pm Art Class with Teresa (CBR) 3:15pm French Convo Group Movie: Le Diner de Cons (1998) (THR)</p>	<p>8:30am QiGong and Tai Chi (FC) 16 10:00am 10 Minute Abs (MFL) 10:45am Stretch & Flow (FC) 11:00am Cranium Crunch - Wellness Led (CLR) 12:00pm Ladies Lunch (RES) 1:00pm A Nation Soars: Commemorating Canada's Great War Flyers Episode 3 (CLR) 1:00pm Bingo (BIS) 2:00pm Resident Meeting (CLR) 2:30pm Drum Fit (FC) 3:00pm Resident Birthday Party (MFL) 3:30pm Knit and Stitch (CAC) 3:45pm Sing for the Soul (MFL)</p>	<p>8:45am Dancing with Lorna (MFL) 17 9:00am Fit & Strong 1 (FC) 10:00am Fit & Strong 2 (FC) 10:00am Heidi Gao Jewelry (MFL) 10:30am Brock House Orchestra (MFL) 11:45am Lunch at Milltown Bar & Grill (BUS) 1:00pm Blood Pressure Clinic - Bistro (B) 1:15pm Balloon Volleyball (CBR) 2:00pm Astronomy Chat (THR) 2:00pm Shopping Shuttle (BUS) 3:00pm Happy Hour (PUB) 4:00pm Technology Help and Board Games (CBR)</p>	<p>8:30am Morning Yoga (FC) 18 9:45am Music in the Morning: Marc-Andre Hamelin and Johannes Moser (BUS) 10:00am 10 Minute Abs (MFL) 10:45am Vitality Circuit Training (FC) 12:00pm Table Topics Lunch (RES) 12:30pm Tea & Trumpets: Under the Palm Trees (BUS) 1:00pm Art Class with Teresa (CBR) 1:15pm Mahjong Group (BIS) 2:00pm Arthritis Workshop (CLR) 3:30pm Gentle Fit + Balance (FC) 3:30pm Book Club (CLR) 5:00pm Out of the World Dinner (RES)</p>	<p>9:00am Fit & Strong 1 (FC) 19 9:50am Morning Glory Dance Party (MFL) 10:00am Fit & Strong 2 (FC) 12:00pm Men's Lunch (RES) 1:15pm Ping Pong Group (CBR) 3:00pm Shopping Shuttle (BUS) 6:30pm Vancouver Chamber Choir: A Choral Feast 2 (BUS)</p>	<p>10:45am Stretch & Flow + Meditation (FC) 20 12:00pm Deep Cove, Cates Park and Honey's Donuts (BUS) 1:15pm Balloon Volleyball (CBR) 2:00pm Chats & Games with UBC Students (CLR) 4:00pm Drop-In Bridge (CBR)</p>
	<p>9:15am Church Shuttle (BUS) 21 10:45am Stretch & Flow (FC) 11:30am Zumba Gold with Maybelin (FC) 1:15pm Urban Pole Walk (MFL) 2:45pm Walk with Sophie at Kits Beach (BUS)</p>	<p>9:00am Fit & Strong 1 (FC) 22 10:00am Fit & Strong 2 (FC) 1:00pm Studio Couture (CAC) 1:15pm Billiards Group (BRM) 2:00pm Planet Earth III: Coasts (CLR) 2:00pm Men's Golf (THR) 3:00pm Art Class with Teresa (CBR) 3:15pm French Conversation Group (LIB)</p>	<p>8:30am QiGong and Tai Chi (FC) 23 10:00am 10 Minute Abs (MFL) 10:45am Stretch & Flow (FC) 11:00am Cranium Crunch - Resident Led (CLR) 12:00pm Ladies Lunch (RES) 1:00pm Board Games (BIS) 2:00pm Health Talks with Vlad: Elder Abuse (CLR) 2:30pm Drum Fit (FC) 3:30pm Knit and Stitch (CAC) 3:45pm Sing for the Soul (MFL)</p>	<p>8:45am Dancing with Lorna (MFL) 24 9:00am Fit & Strong 1 (FC) 10:00am Fit & Strong 2 (FC) 10:00am Shopping Shuttle (BUS) 1:00pm Blood Pressure Clinic - Bistro (B) 1:15pm Balloon Volleyball (CBR) 2:00pm Afternoon Environmental Pickup Walk through Wesbrook Village (MFL) 2:00pm Astronomy Chat (THR) 3:00pm Earth Day Happy Hour Quiz (PUB) 3:00pm Happy Hour (PUB) 4:00pm Technology Help and Board Games (CBR)</p>	<p>8:30am Morning Yoga (FC) 25 10:00am 10 Minute Abs (MFL) 10:45am Vitality Circuit Training (FC) 12:00pm Table Topics Lunch (RES) 1:00pm Art Class with Teresa (CBR) 1:00pm Rescheduled Tapestry Party Bus Pub Outing (BUS) 1:15pm Mahjong Group (BIS) 3:30pm Gentle Fit + Balance (FC)</p>	<p>9:00am Fit & Strong 1 (FC) 26 9:50am Morning Glory Dance Party (MFL) 10:00am Fit & Strong 2 (FC) 12:00pm Men's Lunch (RES) 1:15pm Ping Pong Group (CBR) 1:15pm VETTA: Schubertiade with Angela Cheng (BUS) 7:00pm Tausk Conducts Shostakovich & Adams (BUS)</p>	<p>10:45am Stretch & Flow + Meditation (FC) 27 1:15pm Balloon Volleyball (CBR) 2:00pm Chats & Games with UBC Students (CLR) 3:00pm GreenHeart Tree Walk (BUS) 4:00pm Drop-In Bridge (CBR) 7:20pm Zakir Hussain "Tisra" Indian Music Trio (BUS)</p>
<p>9:15am Church Shuttle (BUS) 28 10:45am Stretch & Flow (FC) 11:30am Zumba Gold with Maybelin (FC) 1:00pm Vivaldi's Four Seasons: Featuring Isabella d'Eloize Perron (BUS) 1:15pm Urban Pole Walk (MFL) 2:00pm MSOM: Pianist Letizia Pent</p>	<p>9:00am Fit & Strong 1 (FC) 29 10:00am Fit & Strong 2 (FC) 1:00pm Studio Couture (CAC) 1:15pm Billiards Group (BRM) 2:00pm Men's Golf (THR) 3:00pm Art Class with Teresa (CBR) 3:15pm French Conversation Group (LIB) 7:00pm Cocktails & Dancing with the Willy Blizzard Duo (PATIO7)</p>	<p>8:30am QiGong and Tai Chi (FC) 30 10:00am 10 Minute Abs (MFL) 10:45am Stretch & Flow (FC) 11:00am Cranium Crunch - Wellness Led (CLR) 12:00pm Ladies Lunch (RES) 1:00pm Bingo (BIS) 2:30pm Drum Fit (FC) 3:30pm Knit and Stitch (CAC) 3:45pm Sing for the Soul (MFL)</p>	<p>LOCATION 7th Floor Patio (PATIO7) 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) P1 Offices (P1) Pub (PUB)</p>	<p>LOCATION Restaurant (RES) Theatre (THR)</p>			