

# May 2024 Featured Events

**History of Jazz Lecture Series with John Mitchell - Every Thursday from 11:00am to 12:15pm in the Classroom (Sign Up at ext: 1037)**

Dive into the vibrant history of Jazz with John Mitchell as he explores its New Orleans roots, merging African rhythms with European instruments to create the "True American music" that gave birth to Dixieland and Ragtime. (\$10/lecture - \$40 in total)

**Abbotsford Tulip Festival and Ripples Winery - Friday May 3rd from 11:00am to 5:00pm, Bus Outing**

Immerse yourself in the vibrant colors of spring at the Abbotsford Tulip Festival, where acres of stunning tulip fields await! After soaking in the beauty of the blossoms, unwind at a nearby winery and indulge in delicious food truck offerings, creating a perfect day of floral wonders and culinary delights.

**Hanno's Ambassador Video - Tuesday May 7th at 2:30pm-3:30pm in the Creative Arts Centre**

Join us on the 7th floor of the Creative Arts Centre as we celebrate our new ambassador Hanno! Watch the release of her ambassador video, learn about her passions, and enjoy a small snack and drink in her honor. Don't miss the chance to discover the Tapestry gardening club and have a delightful time together!

**Casino Dinner - Thursday May 16th from 3:00pm-5:00pm in the Clubroom and 5:00pm-7:00pm in the Restaurant**

Join us for an exhilarating evening at the Tapestry Casino Dinner! From 3pm to 5pm, test your luck with a variety of casino games in the Clubroom, win chips, and exchange them for exciting prizes. Then, from 5:30pm to 6:30pm, unwind in the Restaurant with a captivating performance by Bobby Bacchus, accompanied by a delectable meal curated by Chef Andy and Reynaldo.

**Tapestry Spring Market - Tuesday May 21st from 2:00pm-4:00pm in the Main Floor Lobby**

Explore the Tapestry Spring Market in the main floor lobby, featuring a curated selection of outside vendors offering a diverse array of goods including art, soaps, jewelry, clothing, and much more! Discover unique treasures and support local artisans while enjoying a vibrant shopping experience.

[DiscoverTapestry.com](https://DiscoverTapestry.com)

**Tapestry**  
Embrace a New Age™


# May 2024

*MAY the fun never end!*





MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>LOCATION</b> Billiards Room (BRM) Bistro (B) Bistro (BIS) Bus Outing (BUS) Classroom (CLR) Clubroom (CBR) Courtyard (CYD) Creative Arts Centre (CAC) Fitness Centre (FC) Library (LIB) Main Floor Lobby (MFL) Pub (PUB)	<b>LOCATION</b> Restaurant (RES) Theatre (THR)	9:00am Fit & Strong 1 (FC) 10:00am Fit & Strong 2 (FC) 10:00am Shopping Shuttle (BUS) 1:00pm Balloon Volleyball (CBR) 1:00pm Blood Pressure Clinic - Bistro (B) 2:00pm <b>Astronomy Chat (THR)</b> 2:00pm <b>Shopping at Granville Island (BUS)</b> 3:00pm Happy Hour (PUB) 4:00pm Technology Help and Board Games (CBR)	8:30am Morning Yoga (FC) 9:40am 10 Minute Balance (CBR) 10:00am 10 Minute Abs (MFL) 10:30am <b>COVID Clinic Morning (CBR)</b> 10:30am <b>Fleet Weekend at the Shipyards (BUS)</b> 10:45am Vitality Circuit Training (FC) 11:00am <b>The History of Canadian Jazz with John Mitchell (CLR)</b> 12:00pm Table Topics Lunch (RES) 1:00pm Art Class with Teresa (CBR) 1:00pm <b>COVID Clinic Afternoon (CLR)</b>	9:00am Fit & Strong 1 (FC) 9:50am Morning Glory Dance Party (MFL) 10:00am Fit & Strong 2 (FC) 11:00am <b>Abbotsford Tulip Festival and Ripples Winery (BUS)</b> 12:00pm Men's Lunch (RES) 1:15pm Table Tennis Group (CBR)	10:45am Stretch & Flow + Meditation (FC) 1:00pm Balloon Volleyball (CBR) 2:00pm <b>Chats &amp; Games with UBC Students (CLR)</b> 4:00pm Drop-In Bridge (CBR) 5:30pm <b>May the Fourth be With You: HR MacMillian Space Centre (BUS)</b> 6:45pm <b>"All that Rhythm" with Hayato Sumino "Cateen" (BUS)</b>	
	10:45am Stretch & Flow (FC) 5:00pm <b>Cinco De Mayo Dinner (BUS)</b> 6:15pm <b>EnChor Choir Presents: Fields of Gold (BUS)</b>	9:00am Fit & Strong 1 (FC) 10:00am Fit & Strong 2 (FC) 1:00pm Studio Couture (CAC) 1:00pm Men's Golf (THR) 1:15pm Billiards Group (BRM) 1:15pm <b>Mahjong Group (CBR)</b> 2:00pm <b>Docuseries: The World's Greatest Paintings - The Mona Lisa (CLR)</b> 3:00pm Art Class with Teresa (CBR) 3:30pm French Conversation Group (LIB) 6:30pm Cinco de Mayo Tequila Cocktail Tasting (CAC)	8:30am QiGong and Tai Chi (FC) 9:40am <b>10 Minute Balance (CBR)</b> 10:00am 10 Minute Abs (MFL) 10:30am <b>Health Talks with Vlad: Hypothyroidism (CLR)</b> 10:45am Stretch & Flow (FC) 11:00am Cranium Crunch - Resident Led (CLR) 12:00pm Ladies Lunch (RES) 1:00pm Board Games (BIS) 2:30pm <b>Hanno's Ambassador Launch Party (CAC)</b> 3:30pm Knit and Stitch (CAC) 3:45pm Sing for the Soul (MFL)	9:00am Fit & Strong 1 (FC) 9:45am <b>Scam Prevention for Seniors Presentation at the JCC (BUS)</b> 10:00am Fit & Strong 2 (FC) 11:00am <b>Philosopher's Cafe: Is the United Nations Organisation Still Relevant? (CLR)</b> 1:00pm Balloon Volleyball (CBR) 1:00pm Blood Pressure Clinic - Bistro (B) 2:00pm Shopping Shuttle (BUS) 3:00pm <b>Happy Hour: Wine Tasting (PUB)</b> 4:00pm Technology Help and Board Games (CBR)	8:30am Morning Yoga (FC) 9:40am 10 Minute Balance (CBR) 10:00am 10 Minute Abs (MFL) 10:30am Tapestry Green Team Meeting (BIS) 10:45am Vitality Circuit Training (FC) 11:00am <b>The History of Canadian Jazz with John Mitchell (CLR)</b> 12:00pm Table Topics Lunch (RES) 1:00pm Art Class with Teresa (CBR) 3:00pm Food Committee (CLR) 3:00pm <b>Shopping at Fabricland (BUS)</b> 3:30pm <b>Drum Fit (FC)</b> 3:30pm <b>Book Chatter with Jane (CLR)</b> 6:30pm <b>Nos Voix (BUS)</b>	9:00am Fit & Strong 1 (FC) 9:50am Morning Glory Dance Party (MFL) 10:00am Fit & Strong 2 (FC) 12:00pm Men's Lunch (RES) 1:15pm Table Tennis Group (CBR) 3:00pm <b>UBC Bus Tour (BUS)</b> 6:00pm <b>Coastal City Ballet presents Giselle (BUS)</b>	9:45am <b>Tsawwassen Mills Shopping: Laura Discount (BUS)</b> 10:45am Stretch & Flow + Meditation (FC) 1:00pm Balloon Volleyball (CBR) 2:00pm <b>Chats &amp; Games with UBC Students (CLR)</b> 3:00pm <b>Chor Leoni: Earth &amp; Aether: The Archaeology of Soul and Sky (BUS)</b> 4:00pm Drop-In Bridge (CBR)
	9:15am <b>Church Shuttle (BUS)</b> 10:45am Stretch & Flow (FC) 11:30am Zumba Gold with Maybelin (FC) 12:15pm <b>Kitsilano Farmers Market (BUS)</b>	9:00am Fit & Strong 1 (FC) 10:00am Fit & Strong 2 (FC) 1:00pm Studio Couture (CAC) 1:00pm Men's Golf (THR) 1:15pm Billiards Group (BRM) 1:15pm <b>Mahjong Group (CBR)</b> 2:00pm <b>Docuseries: The World's Greatest Paintings - Sunflowers (BUS)</b> 3:00pm Art Class with Teresa (CBR) 3:30pm <b>French Convo Group Movie: Petite Maman (THR)</b>	8:30am QiGong and Tai Chi (FC) 9:40am <b>10 Minute Balance (CBR)</b> 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 <b>Astronomy Chat (THR)</b> 1:00pm Bingo (BIS) 2:30pm <b>Chipperfield Physiotherapy Lecture 1 (CLR)</b> 3:30pm Knit and Stitch (CAC) 3:45pm Sing for the Soul (MFL)	9:00am Fit & Strong 1 (FC) 10:00am Fit & Strong 2 (FC) 10:00am Shopping Shuttle (BUS) 1:00pm Balloon Volleyball (CBR) 1:00pm Blood Pressure Clinic - Bistro (B) 2:00pm Shopping at Costco (Downtown) (BUS) 3:00pm Happy Hour (PUB) 4:00pm Technology Help and Board Games (CBR)	8:30am Morning Yoga (FC) 9:40am 10 Minute Balance (CBR) 10:00am 10 Minute Abs (MFL) 10:30am <b>Canadian National Institute for the Blind Warehouse &amp; Lunch in New Westminister (BUS)</b> 10:45am Vitality Circuit Training (FC) 11:00am <b>The History of Canadian Jazz with John Mitchell (CLR)</b> 12:00pm Table Topics Lunch (RES) 1:00pm Art Class with Teresa (CBR) 3:00pm <b>Casino Dinner (RES)</b> 3:30pm Book Club (CLR)	9:00am Fit & Strong 1 (FC) 9:00am <b>Bowen Island Day Trip (BUS)</b> 9:50am Morning Glory Dance Party (MFL) 10:00am Fit & Strong 2 (FC) 12:00pm Men's Lunch (RES) 1:15pm Table Tennis Group (CBR)	10:45am Stretch & Flow + Meditation (FC) 1:00pm Balloon Volleyball (CBR) 2:00pm <b>Chats &amp; Games with UBC Students (CLR)</b> 2:30pm <b>Vancouver All British Field Meet (BUS)</b> 4:00pm Drop-In Bridge (CBR) 7:15pm VSO: Classical Traditions 3: Tausk Conducts Haydn's The Creation (BUS)
	9:15am <b>Church Shuttle (BUS)</b> 10:45am Stretch & Flow (FC) 2:00pm <b>The Vancouver Chopin Society Presents Bruce (Xiaoyu) Liu (BUS)</b>	9:00am Fit & Strong 1 (FC) 10:00am Fit & Strong 2 (FC) 1:00pm Studio Couture (CAC) 1:00pm Men's Golf (THR) 1:15pm Billiards Group (BRM) 1:15pm <b>Mahjong Group (CBR)</b> 2:00pm <b>Docuseries: The World's Greatest Paintings - The Fighting Temeraire (CLR)</b> 2:00pm <b>Victoria Day Tea &amp; Pastries in the Courtyard (CYD)</b> 3:00pm Art Class with Teresa (CBR) 3:30pm French Conversation Group (LIB)	8:30am QiGong and Tai Chi (FC) 9:40am <b>10 Minute Balance (CBR)</b> 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 <b>Tapestry Spring Market (MFL)</b> 3:30pm Knit and Stitch (CAC) 3:45pm Sing for the Soul (MFL)	9:00am Fit & Strong 1 (FC) 10:00am Fit & Strong 2 (FC) 10:00am <b>Shopping Shuttle (BUS)</b> 12:45pm <b>Meet the Artists at Arbutus Walk (BUS)</b> 1:00pm Balloon Volleyball (CBR) 1:00pm Blood Pressure Clinic - Bistro (B) 3:00pm Happy Hour (PUB) 4:00pm Technology Help and Board Games (CBR)	8:30am Morning Yoga (FC) 8:45am <b>Breakfast at Palate and Walk along Coal Harbour (BUS)</b> 9:40am 10 Minute Balance (CBR) 10:00am 10 Minute Abs (MFL) 10:45am Vitality Circuit Training (FC) 11:00am <b>The History of Canadian Jazz with John Mitchell (CLR)</b> 12:00pm Table Topics Lunch (RES) 1:00pm Art Class with Teresa (CBR) 1:15pm <b>Tea &amp; Trumpets: Back to the Baroque (BUS)</b> 2:00pm <b>Resident Meeting (CLR)</b> 3:00pm <b>Resident Birthday Party (MFL)</b> 3:30pm <b>Drum Fit (FC)</b>	9:00am Fit & Strong 1 (FC) 9:50am Morning Glory Dance Party (MFL) 10:00am Fit & Strong 2 (FC) 12:00pm Men's Lunch (RES) 1:15pm Table Tennis Group (CBR) 2:15pm <b>Nikkei National Museum and Cultural Centre (BUS)</b> 4:00pm <b>Rosie Wu Flute Performance (MFL)</b> 6:45pm <b>Vancouver Chamber Choir: The Godfather (BUS)</b>	9:45am <b>Trout Lake Farmers Market (BUS)</b> 10:45am Stretch & Flow + Meditation (FC) 1:00pm Balloon Volleyball (CBR) 1:00pm <b>West of Main Art Walk (BUS)</b> 2:00pm <b>Chats &amp; Games with UBC Students (CLR)</b> 2:30pm <b>Dutch Conversation Group (RES)</b> 4:00pm Drop-In Bridge (CBR)
	9:15am <b>Church Shuttle (BUS)</b> 10:45am Stretch & Flow (FC) 11:30am Zumba Gold with Maybelin (FC) 1:00pm <b>The Sounds of Simon and Garfunkel (BUS)</b> 2:00pm MSOM (MFL)	9:00am Fit & Strong 1 (FC) 10:00am Fit & Strong 2 (FC) 1:00pm Studio Couture (CAC) 1:00pm Men's Golf (THR) 1:15pm Billiards Group (BRM) 1:15pm <b>Mahjong Group (CBR)</b> 2:00pm <b>Docuseries: The World's Greatest Paintings - Weeping Woman (BUS)</b> 3:00pm Art Class with Teresa (CBR) 3:30pm French Conversation Group (LIB)	8:30am QiGong and Tai Chi (FC) 9:40am <b>10 Minute Balance (CBR)</b> 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 <b>Astronomy Chat (THR)</b> 1:00pm Bingo (BIS) 2:30pm <b>Chipperfield Physiotherapy Lecture 2 (CLR)</b> 3:30pm Knit and Stitch (CAC) 3:45pm Sing for the Soul (MFL)	9:00am Fit & Strong 1 (FC) 10:00am Fit & Strong 2 (FC) 10:00am Shopping at Winners (Cambie) (BUS) 11:00am <b>Brent Meidinger Morning Concert (MFL)</b> 1:00pm Balloon Volleyball (CBR) 1:00pm Blood Pressure Clinic - Bistro (B) 3:00pm Happy Hour (PUB) 4:00pm Technology Help and Board Games (CBR)	8:30am Morning Yoga (FC) 9:40am 10 Minute Balance (CBR) 10:00am 10 Minute Abs (MFL) 10:45am Vitality Circuit Training (FC) 11:00am <b>The History of Canadian Jazz with John Mitchell (CLR)</b> 12:00pm Table Topics Lunch (RES) 12:00pm <b>Deep Cove Tour, Walk at Cates Park &amp; Honey's Donuts (BUS)</b> 1:00pm Art Class with Teresa (CBR)	9:00am Fit & Strong 1 (FC) 9:50am Morning Glory Dance Party (MFL) 10:00am Fit & Strong 2 (FC) 12:00pm Men's Lunch (RES) 1:15pm Table Tennis Group (CBR) 2:30pm <b>Pacific Spirit Park Walk (BUS)</b> 6:30pm <b>Maestro Tausk &amp; Vadim Gluzman (BUS)</b>	