

February 2020 Featured Events:

Fit Feb Activities:

All Month.

The annual Tapestry resident and employee fitness competition is back in full swing for the entire month of February! Points are awarded by participating in activities that contribute to all areas of wellness, including special events such as Fitness Circuit Frenzy, Stair Climbing, Seated Volleyball, and more! You will receive a point for your team for every activity that you participate in that contributes to your wellness. Start your day off movin' and groovin' at the Morning Glory Dance Party everyday at 10:00am in the Main Floor Lobby.

Tour of JJ Bean Coffee Roasters:

Thursday, February 6th at 10:15am - Bus Outing.

Wake up and smell the coffee! Join us for a tour of JJ Bean Coffee Roasters, learn about the roasting process, and hear the company's story of starting in Vancouver two decades ago.

ElderDog Presentation:

Wednesday, February 12th at 11:00am in the Classroom.

ElderDog Canada is a non-profit organization that works to keep seniors and their canine companions together for as long as possible. If you are interested in volunteering or have a dog that you would like to have extra helping hand with, we encourage you to attend this presentation!

Cross Country Ski and Snowshoe at Cypress Nordic Centre:

Wednesday, February 19th at 12:30pm - Bus Outing.

Join Shannon and Lauren from the Wellness team for a winter getaway to Cypress Mountain! The cost will be approximately \$40 including admission and rentals. Please sign up in the sign up binder beside Concierge to secure your spot!

Parkinson's Research Expo by the UBC Pacific Parkinson's Research Centre:

Friday, February 21st at 12:00pm - 3:00pm in the Classroom.

The UBC Pacific Parkinson's Research Centre aims to constructively engage the local senior community and spread awareness of all the opportunities to contribute to research at UBC for the benefit of future generations. In collaboration with the UBC Synapse Club, we will be hosting a walk-in event showcasing the exciting research studies that are currently ongoing at the UBC Parkinson's Research Centre. Portable technologies used in research (i.e. smartphone apps, smartwatches) will be available for event attendees to try out, in addition to research posters summarizing the design and findings of our studies. A research coordinator from the Parkinson's Research Centre will be present to answer any questions or chat with attendees. Sign-up sheets will be available for anyone interested in learning more about how to participate in a specific study. Complimentary snacks and refreshments will be provided.

Mardi Gras Dinner and Entertainment with RazzMaJazz:

Tuesday, February 25th from 5:30pm - 7:30pm in the Restaurant.

Dress in your Carnival colours (green, gold, and purple) and accessorize with beads, feathers, and masks for Mardi Gras! Join us for traditional Creole cuisine and New Orleans style entertainment from RazzMaJazz duo. This will not be a set dinner time, you may enjoy the music and food during your regular dining time.

Tapestry®




Leap into Wellness

February 2020 - Calendar of Events



FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATION 3rd Floor Health and Wellness (H&W) Billiards Room (BRM) Brain Fit Room (BFR) Bus Outing (BUS) Bus Trip (BUS) Classroom (CLR) Clubroom (CBR) Creative Arts Centre (CAC) Demo Kitchen (DK) Fitness Centre (FC) Main Floor Lobby (MFL)	LOCATION Pub (PUB) Pub/Restaurant (PUB) Pub/Restaurant (PUB/RES) Restaurant (RES) Theatre (THR)				8:30am Forest Walk (MFL) 1 10:00am Stretch & Flow (FC) 11:00am Perk Activities (CLR) 11:30am Resident Run Cribbage (CBR) 1:00pm Seated Volleyball (CBR) 1:00pm Movie Matinee (THR) 2:00pm Ping Pong Drop-In (CBR) 3:30pm Scenic Drive: Tsawwassen (BUS) 7:15pm Film (THR) 7:15pm Vancouver Institute Lecture (BUS)
Groundhog Day 2 9:30am Neighbourhood Walk (MFL) 11:30am Mindfulness and Meditation with Shannon (THR) 1:00pm Open Gym (FC) 1:30pm Bridge (CBR) 2:00pm Vancouver Public Library (BUS) 2:30pm Weight Lifting (FC) 2:30pm Concert with Pianist Andrew J. Yang (RES) 3:00pm Stretching Class (FC) 3:30pm Superbowl Sunday (PUB) 7:15pm Documentary (THR)	9:00am Fit & Strong 1 (FC) 3 10:00am Morning Glory Dance Party (MFL) 10:00am Fit & Strong 2 (FC) 10:00am UBC Studies (CLR) 11:00am Sing for the Soul (CBR) 1:00pm Movie Matinee (THR) 1:00pm Studio Couture (CAC) 2:30pm Uber and Lyft Ride Share Info Session (CLR) 3:30pm Wellness Village Walk (MFL) 4:00pm Yoga (FC) 7:00pm Bridge (CBR) 7:15pm Film (THR)	8:30am Forest Walk (MFL) 4 10:00am Morning Glory Dance Party (MFL) 10:00am My Art My Way (CAC) 10:00am UBC Studies (CLR) 11:00am Cranium Crunch (CBR) 1:00pm Movie Matinee (THR) 2:00pm Boxing Circuit (FC) 2:00pm Spanish Conversation Group (CBR) 2:30pm Rehearsal for Tapestry Choir (RES) 3:00pm Knit & Stitch (CAC) 3:30pm Wellness Village Walk (MFL) 4:00pm Zumba (CBR) 5:30pm Wine Dinner: Sip and Taste of Spain (DK) 6:00pm Cyber Seniors (BFR) 7:15pm Film (THR)	9:00am Fit and Strong 1 (FC) 5 9:30am Shopping Shuttle (BUS) 10:00am Morning Glory Dance Party (MFL) 10:00am Fit and Strong 2 (FC) 10:00am UBC Studies (CLR) 1:00pm Drance Film Society Movie Matinee (THR) 1:30pm Costco: Downtown (BUS) 2:00pm Fit and Strong PM (FC) 3:30pm Wellness Village Walk (MFL) 3:45pm Happy Hour with Kíerah (PUB) 7:00pm Partner Bridge (CBR) 7:15pm Stephen Drance Film Society Movie (CLR)	8:30am Forest Walk (MFL) 6 9:00am Tai Chi (FC) 10:00am Morning Glory Dance Party (MFL) 10:00am Successful Stretching (FC) 10:00am UBC Studies (CLR) 10:15am Tour of JJ Bean Coffee Roasters (BUS) 11:00am Resident Run Cranium Crunch (CBR) 12:00pm Women's Lunch (RES) 1:00pm Art with Teresa (CAC) 1:00pm Greg's Film Suggestion Matinee (THR) 1:15pm Vancouver International Boat Show (BUS) 2:00pm Boxing Circuit (FC) 3:30pm Wellness Village Walk (MFL) 3:30pm Stair Climb Challenge (MFL) 4:00pm Board Games with YHS Students (CBR) 7:15pm Greg's Film Suggestion (THR)	8:00am Zumba (FC) 7 9:00am Fit and Strong 1 (FC) 10:00am Morning Glory Dance Party (MFL) 10:00am Fit and Strong 2 (FC) 11:00am Current Events Discussion (CLR) 1:00pm Heidi's Jewelry (MFL) 12:00pm Men's Lunch (RES) 1:00pm Movie Matinee (THR) 1:00pm Cleveland Dam Winter Walk (BUS) 3:00pm Balance & Core (FC) 3:30pm Wellness Village Walk (MFL) 3:45pm Drop-In Poker (PUB) 5:30pm Dinner at The Old Spaghetti Factory (BUS) Film (THR)	8:30am Forest Walk (MFL) 8 10:00am Stretch & Flow (FC) 11:00am Perk Activities (CLR) 11:30am Resident Run Cribbage (CBR) 1:00pm Seated Volleyball (CBR) 1:00pm Movie Matinee (THR) 2:00pm Ping Pong Drop-In (CBR) 2:30pm Mozart School of Music Concert (RES) 3:30pm River Rock Casino (BUS) 7:15pm Film (THR) 7:15pm Vancouver Institute Lecture (BUS)
9:30am Neighbourhood Walk (MFL) 9 11:30am Mindfulness and Meditation with Shannon (THR) 1:00pm Open Gym (FC) 1:30pm Bridge (CBR) 2:00pm Drop-In Billiards (BRM) 2:00pm Vancouver Public Library (BUS) 2:30pm Weight Lifting (FC) 3:00pm Stretching Class (FC) 5:00pm 92nd Annual Oscar Awards Screening and Champagne (PUB) 7:15pm Documentary (THR)	9:00am Fit & Strong 1 (FC) 10 10:00am Morning Glory Dance Party (MFL) 10:00am Fit & Strong 2 (FC) 10:00am UBC Studies (CLR) 1:00pm Movie Matinee (THR) 1:00pm Studio Couture (CAC) 2:30pm TedTalk and Discussion (THR) 3:30pm Wellness Village Walk (MFL) 4:00pm Yoga (FC) 7:00pm Bible Study (CLR) 7:00pm Bridge (CBR) 7:15pm Film (THR)	8:30am Forest Walk (MFL) 11 10:00am Morning Glory Dance Party (MFL) 10:00am My Art My Way (CAC) 10:00am UBC Studies (CLR) 11:00am Cranium Crunch (CBR) 1:00pm Cafe et Croissants: French Conversation Group (CBR) 1:00pm Movie Matinee (THR) 2:00pm Boxing Circuit (FC) 2:00pm Rehearsal for Tapestry Choir (RES) 2:30pm Presentation by UBC Rehab Sciences: The Walking Challenge: Gait, Cognition, Dual-Tasking (CLR) 3:00pm Knit & Stitch (CAC) 3:30pm Wellness Village Walk (MFL) 4:00pm Zumba (FC) 6:00pm Cyber Seniors (BFR) 7:15pm Film (THR)	9:00am Fit and Strong 1 (FC) 12 9:30am Shopping at Granville Island (BUS) 10:00am Morning Glory Dance Party (MFL) 10:00am Fit and Strong 2 (FC) 10:00am UBC Studies (CLR) 11:00am ElderDog Presentation: Services and Volunteering (CBR) 1:00pm Drance Film Society Movie Matinee (THR) 1:30pm Shopping Shuttle (BUS) 2:00pm Fit and Strong PM (FC) 2:00pm Resident Painting Sale (MFL) 3:30pm Wellness Village Walk (MFL) 3:45pm Happy Hour (PUB/RES) 7:00pm Partner Bridge (CBR) 7:15pm Stephen Drance Film Society Movie (CLR)	8:30am Forest Walk (MFL) 13 9:00am Tai Chi (FC) 10:00am Morning Glory Dance Party (MFL) 10:00am Successful Stretching (FC) 10:00am UBC Studies (CLR) 11:00am Resident Run Cranium Crunch (CBR) 12:00pm Women's Lunch (RES) 1:00pm Art Talk with Sandra: 1 of 7/10 plus 2! MacDonald (CLR) 1:00pm VSO Tea and Trumpets (BUS) 2:00pm Book Club: Where the Crawdads Sing (CBR) 2:00pm Boxing Circuit (FC) 3:30pm Wellness Village Walk (MFL) 5:45pm Dinner at The Sandbar Seafood Restaurant (BUS) Greg's Film Suggestion (CLR)	Valentine's Day 14 8:00am Zumba (FC) 9:00am Fit and Strong 1 (FC) 9:45am Music in the Morning (BUS) 10:00am Morning Glory Dance Party (MFL) 10:00am Fit and Strong 2 (FC) 11:00am Current Events Discussion (CLR) 12:00pm Men's Lunch (RES) 1:00pm Movie Matinee (THR) 1:00pm Vancouver Art Gallery (BUS) 2:00pm Dog Social (CBR) 3:00pm Balance & Core (FC) 3:30pm Wellness Village Walk (MFL) 3:45pm Drop-In Poker (PUB) 7:15pm Film (THR)	8:30am Forest Walk (MFL) 15 10:00am Stretch & Flow (FC) 11:00am Perk Activities (CLR) 11:30am Resident Run Cribbage (CBR) 11:30am Shopping at Pacific Centre Mall (BUS) 1:00pm Seated Volleyball (CBR) 1:00pm Movie Matinee (THR) 2:00pm Ping Pong Drop-In (CBR) 3:45pm Movie at Fifth Avenue Cinemas (BUS) 7:15pm Film (THR)
9:30am Neighbourhood Walk (MFL) 16 11:30am Mindfulness and Meditation with Shannon (THR) 1:00pm Open Gym (FC) 1:30pm Bridge (CBR) 2:00pm Vancouver Public Library (BUS) 2:30pm Weight Lifting (FC) 3:00pm Stretching Class (FC) 3:00pm Drop-In Virtual Golf (THR) 7:15pm Documentary (THR)	Family Day 17 9:00am Fit & Strong 1 (FC) 10:00am Morning Glory Dance Party (MFL) 10:00am Fit & Strong 2 (FC) 10:00am UBC Studies (CLR) 11:00am Sing for the Soul (CBR) 1:00pm Movie Matinee (THR) 1:00pm Studio Couture (CAC) 2:30pm Shannon's Experience as a Rhythmic Gymnast (CLR) 3:30pm Wellness Village Walk (MFL) 4:00pm Yoga (FC) 7:00pm Bridge (CBR) 7:15pm Film (THR)	8:30am Forest Walk (MFL) 18 10:00am Morning Glory Dance Party (MFL) 10:00am My Art My Way (CAC) 10:00am UBC Studies (CLR) 11:00am Cranium Crunch (CBR) 1:00pm Movie Matinee (THR) 2:00pm Boxing Circuit (FC) 2:30pm HomeInstead Presentation: Heart Month (CLR) 2:30pm Rehearsal for Tapestry Choir (RES) 3:00pm Knit & Stitch (CAC) 3:30pm Wellness Village Walk (MFL) 4:00pm Zumba (FC) 7:15pm Film (THR)	9:00am Fit and Strong 1 (FC) 19 9:30am Shopping Shuttle (BUS) 10:00am Morning Glory Dance Party (MFL) 10:00am Fit and Strong 2 (FC) 10:00am UBC Studies (CLR) 12:30pm Cross Country Ski and Snowshoe at Cypress Nordic Centre (BUS) 1:00pm Drance Film Society Movie Matinee (THR) 2:00pm Monthly Fire Drill (MFL) 2:00pm Fit and Strong PM (FC) 2:30pm Vision Loss Rehabilitation and Technology Presentation (CLR) 3:30pm Wellness Village Walk (MFL) 3:45pm Happy Hour (PUB/RES) 7:00pm Partner Bridge (CBR) 7:15pm Stephen Drance Film Society Movie (CLR)	8:30am Forest Walk (MFL) 20 8:45am UBC Pool: Seniors Fit Aquatics (BUS) 9:00am Tai Chi (FC) 10:00am Morning Glory Dance Party (MFL) 10:00am Successful Stretching (FC) 10:00am UBC Studies (CLR) 11:00am Resident Run Cranium Crunch (CBR) 12:00pm Women's Lunch (RES) 1:00pm Art Class with Sandra (CAC) 1:00pm Museum of Anthropology (BUS) 2:00pm Boxing Circuit (FC) 2:30pm Social Relationships and Health Across Adulthood: UBC Grip Study (CLR) 3:30pm Wellness Village Walk (MFL) 3:30pm Hearing Clinic (H&W) 4:00pm Board Games with YHS Students (CBR) 5:00pm Employee Winter Party: Early Restaurant Closure (RES) Greg's Film Suggestion (THR)	8:00am Zumba (FC) 21 9:00am Fit and Strong 1 (FC) 9:30am Costco Shopping: Richmond (BUS) 10:00am Morning Glory Dance Party (MFL) 10:00am Fit and Strong 2 (FC) 10:30am Philosopher's Cafe: Canadians and Democracy (CLR) 11:00am Current Events Discussion (CLR) 12:00pm Men's Lunch (RES) 12:00pm Parkinson's Research Expo (CBR) 1:00pm Visit to Gulf of Georgia Cannery (BUS) 3:00pm Balance & Core (FC) 3:30pm Wellness Village Walk (MFL) 3:45pm Drop-In Poker (PUB) 7:15pm Film (THR)	8:30am Forest Walk (MFL) 22 10:00am Stretch & Flow (FC) 11:00am Perk Activities (CLR) 11:30am Resident Run Cribbage (CBR) 1:00pm Seated Volleyball (CBR) 1:00pm Movie Matinee (THR) 2:00pm Ping Pong Drop-In (CBR) 3:30pm Scenic Drive: Chinatown (BUS) 6:45pm Chor Leoni: Sea Songs and Shanties (BUS) 7:15pm Film (THR) 7:15pm Vancouver Institute Lecture (BUS)
9:30am Neighbourhood Walk (MFL) 23 11:30am Mindfulness and Meditation with Shannon (THR) 1:00pm Open Gym (FC) 1:30pm Bridge (CBR) 2:00pm Vancouver Public Library (BUS) 2:30pm Weight Lifting (FC) 3:00pm Stretching Class (FC) 7:15pm Black History Month Documentary: Mighty Jerome (THR)	9:00am Fit & Strong 1 (FC) 24 10:00am Morning Glory Dance Party (MFL) 10:00am Fit & Strong 2 (FC) 10:00am UBC Studies (CLR) 11:00am Start a Conversation (CBR) 1:00pm Movie Matinee (THR) 1:00pm Studio Couture (CAC) 2:30pm Quiz with Jill (PUB) 3:30pm Wellness Village Walk (MFL) 4:00pm Yoga (FC) 7:00pm Bible Study (CLR) 7:00pm Bridge (CBR) 7:15pm Film (THR)	Mardi Gras 25 8:30am Forest Walk (MFL) 10:00am Morning Glory Dance Party (MFL) 10:00am My Art My Way (CAC) 10:00am UBC Studies (CLR) 11:00am Cranium Crunch (CBR) 1:00pm Movie Matinee (THR) 2:00pm Boxing Circuit (FC) 2:00pm Resident Meeting (A-K) (CLR) 3:00pm Knit & Stitch (CAC) 3:00pm Resident Meeting (L-Z) (CLR) 3:30pm Wellness Village Walk (MFL) 4:00pm Zumba (FC) 5:30pm Mardi Gras Dinner and Entertainment with RazzMajazz Duo (RES) 6:00pm Cyber Seniors (BFR) 7:15pm Film (THR)	9:00am Fit and Strong 1 (FC) 26 9:30am Shopping Shuttle (BUS) 10:00am Morning Glory Dance Party (MFL) 10:00am Fit and Strong 2 (FC) 10:00am UBC Studies (CLR) 12:50pm Burnaby Lyric Opera: Madama Butterfly (BUS) 1:00pm Fitness Circuit Frenzy (FC) 1:00pm Drance Film Society Movie Matinee (THR) 2:00pm Fit and Strong PM (FC) 3:30pm Wellness Village Walk (MFL) 3:45pm Happy Hour (PUB/RES) 7:00pm Partner Bridge (CBR) 7:15pm Stephen Drance Film Society Movie (CLR)	8:30am Forest Walk (MFL) 27 9:00am Tai Chi (FC) 10:00am Morning Glory Dance Party (MFL) 10:00am Successful Stretching (FC) 10:00am Spanish Banks Beach Walk (BUS) 10:00am UBC Studies (CLR) 10:00am Resident Run Cranium Crunch (CBR) 12:00pm Women's Lunch (RES) 12:00pm Men's Lunch at Westward Ho! University Golf Club Restaurant (BUS) 1:00pm Art with Teresa (CAC) 1:00pm Greg's Film Suggestion Matinee (THR) 2:00pm Boxing Circuit (FC) 2:00pm Presentation by Gordon Dower: "What I Wish I'd Been Taught" (CLR) 2:45pm UBC Pool: Open Lane Swim (BUS) 3:00pm Birthday Party (RES) 3:30pm Wellness Village Walk (MFL) 4:30pm Hockey Night at Tapestry: Canucks vs the Senators (PUB) Greg's Film Suggestion (THR)	8:00am Zumba (FC) 28 9:00am Fit and Strong 1 (FC) 9:30am Shopping at Walmart (BUS) 10:00am Morning Glory Dance Party (MFL) 10:00am Fit and Strong 2 (FC) 11:00am Current Events Discussion (CLR) 12:00pm Men's Lunch (RES) 1:00pm Movie Matinee (THR) 1:30pm Richmond Olympic Experience (BUS) 2:30pm Vancouver Tap Dance Society Youth Troupe Demo and Lesson (RES) 3:00pm Balance & Core (FC) 3:30pm Wellness Village Walk (MFL) 3:45pm Drop-In Poker (PUB) 7:15pm Film (THR)	8:30am Forest Walk (MFL) 29 10:00am Stretch & Flow (FC) 11:00am Perk Activities (CLR) 11:30am Resident Run Cribbage (CBR) 1:00pm Seated Volleyball (CBR) 1:00pm Movie Matinee (THR) 2:00pm Ping Pong Drop-In (CBR) 2:00pm Vancouver Academy of Music: Viola Studio Performance (RES) 3:30pm Scenic Drive along Fraser River (BUS) 7:15pm Film (THR) 7:15pm Vancouver Institute Lecture (BUS)