

# February 2020 Featured Events:

## **Super Bowl Tailgater Brunch and SuperBowl Special:**

**Sunday, February 2nd - 11:30am Brunch - 3:00pm Game Time.**

Join us for a hearty Tailgater Brunch pre-game starting at 11:30am. Then watch the excitement on the big screen at 3:00 PM as the Kansas City Chiefs take on the San Francisco 49ers. Super Bowl Special – hot dogs, burgers, chips and beer in the Pub and Media Room also available for take out. You are welcome to invite family and friends!

## **Hot Chocolate Festival 2020 - \$15 La Glace:**

**Thursday, February 6 @ 2:30pm - Bus Trip.**

Join us at La Glace as we celebrate the Annual Hot Chocolate Festival with gourmet hot choc drink and sweet treat. When it launched in 2011, The Vancouver Hot Chocolate Festival was the first city-wide festival of its kind. This January it returns for its 10th year, bigger and better than ever, with Vancouver's best chocolatiers, pastry shops, bakeries, cafes, gelato and ice cream makers coming together to make the humble hot chocolate hotter than it has ever been before. In the damp and gloomy days of our Westcoast winter, you'll find our motto to be true: "Hot Chocolate Makes You Happy!"

## **Winter Wander at the Museum of Vancouver:**

**Saturday, February 8th @ 2:00pm - Bus Trip - Cost: \$5.**

Includes Admission to: Museum of Vancouver, H.R. MacMillan Space Centre, Vancouver Maritime Museum, City of Vancouver Archives and Vancouver Academy of Music. Experience our unique waterfront attractions showcasing art, history, music, crafts, science and special activities from Bard on the Beach. Enjoy local food vendors and enter to win great prizes!

## **Early Dinner 4:00 PM – Winter Staff Event:**

**Thursday, February 13th @ 4:00pm.**

Our Staff are going on a night out! We thank you in advance for helping us to get our Kitchen and Front of house team off early to enjoy the Winter Staff Party. A set dinner Menu will be served.

## **Stanley Park Indigenous Plant Use - 2-Hour Walk:**

**Saturday, February 22nd @ 11:45am - Bus Trip - Cost: \$30**

Walk through the forest with an experienced educator of Coast Salish descent and learn about the traditional and present-day indigenous relationships with local flora and fauna. While there will be no collecting on these walks, Stanley Park offers a perfect setting to learn about sustainable harvesting. Join us on this educational walk to nurture yourself with nature. These 2-hour walks are open to the public. We encourage you to pre register early so that we can book tickets. Walks go on rain or shine (short of strong winds), so please dress appropriately!

# Tapestry®



## Be Fit + Fab in Feb - Keep on Sweating!

February 2020 - Calendar of Events

# FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>Locations Key:</b>  <b>8th Floor Fitness Center (8FFC)</b>  <b>Bus (B)</b>  <b>Dot-Com Room (DCR)</b>  <b>Front Greenway (FGW)</b>  <b>Health &amp; Wellness Office (HAWO)</b>  <b>Library (L)</b>  <b>Main Floor Lobby (MFL)</b>  <b>Media Room (MR)</b>  <b>Private Dining Room (PDR)</b>  <b>Restaurant/Rooftop (R)</b></p>	<p><b>Shopping Shuttle Times:</b>  <b>Grocery Shuttle:</b>  <b>Mondays at 9am &amp; 10am.</b>  <b>Oakridge Mall Shuttle:</b>  <b>Fridays at 9am &amp; 10am.</b></p>	<p><b>Bus Outings:</b>  <b>Sign Up at the Front Desk.</b>  <b>Bus Trip Fees will be charged to your suite. You will be charged for any cancelled trips that require advanced tickets, unless a replacement is found.</b></p>	<p><b>To contact a specific department, please call our concierge by dialing 'O' and they will transfer you to the appropriate team member.</b></p>		<p><b>Action: Deep Breathing</b> 1            9:00am Total Body Fit (8FFC)            10:00am Sit Fit (8FFC)            11:00am Wii Golf (MR)            11:30am Saturday Brunch (R)            1:30pm PERK Activities (MR)            2:00pm <b>Get Up and Go with Luis (L)</b>            3:00pm Feature Current Film (MR)            3:00pm Zumba (8FFC)            4:00pm <b>Tapestry Grind (L)</b>            7:00pm Feature Current Film (MR)</p>
<p><b>Action: Sit to Stands</b> 2  <b>Groundhog Day + Super Bowl</b>            Church Shuttle (B)            8:30am <b>Breath, Balance &amp; Build (8FFC)</b>            Walk+ Talk with Liv (L)            10:45am <b>Tailgater Brunch (R)</b>            11:30am Cribbage (L)            2:00pm <b>Mystery Bus Tour (B)</b>            2:30pm Ping Pong (8FFC)            3:00pm <b>Super Bowl Special Hot Dogs Burgers Beer (MR)</b>            3:00pm <b>Movie: Groundhog Day (MR)</b>            7:00pm</p>	<p><b>Action: NuStep (8F)</b> 3  <b>Overcoming Body+ Joint Stiffness #1-10</b>            9:00am Balance and Core (8FFC)            9:00am Grocery Shopping shuttle (B)            9:00am Grocery Shopping shuttle (B)            10:00am Grocery Shopping shuttle (B)            11:00am Blood P + Weight Clinic (HAWO)            11:00am Trivia Teasers (L)            1:00pm <b>Granville Island Shopping Shuttle (B)</b>  <b>#1 TOES (MR)</b>            1:30pm Bridge (L)            2:30pm Bridge (L)            7:00pm Bridge (L)            7:00pm Feature T.V. Series (MR)</p>	<p><b>Action: Chair Sit Ups</b> 4            9:30am Total Body Fit (8FFC)            10:30am Foot Care Clinic (HAWC)            10:30am Sit Fit (8FFC)            11:00am Puzzling Puzzles (L)            12:00pm Ping Pong Drop-in (8FFC)            1:30pm <b>#2 FEET (MR)</b>            2:00pm Knit and Stitch (L)            3:00pm Feature Classic Film (MR)            3:00pm <b>Res. Adv. Council (PDR)</b>            4:00pm Bend and Stretch Class (8FFC)            7:30pm Feature Classic Film (MR)</p>	<p><b>Action: Raise Your Heels Toe Tapping</b> 5            9:00am Walk + Talk (MFL)            9:00am Dr. Appointment Shuttle            10:00am <b>Continental + Planning Session (MR)</b>            10:15am Power for Parkinson's (8FFC)            11:00am Parkinson's Meeting (P)            1:30pm <b>#3 Ankles (MR)</b>            2:00pm <b>Indoor Games with Luis : Hockey (MFL)</b>  <b>Official Opening Ceremony Fit Feb (L)</b>  <b>Cocktails &amp; Canapes Gordinairs (L)</b>            4:00pm Long Table- Sit With Friends (R)</p>	<p><b>Action: Knee Squats</b> 6            8:45am Aqua Fit (B)            9:30am Total Body Fit (8FFC)            10:30am Sit Fit (8FFC)            1:30pm French Class (MR)            2:30pm Bridge (L)            2:30pm <b>Hot Chocolate Festival 2020 (B)</b>            3:00pm YOGA for Wellness (8FFC)            7:00pm Bridge (L)            7:00pm Poker (DCR)</p>	<p><b>Action: Shoulder Rolls</b> 7            9:00am Balance and Core (8FFC)            9:30am Richmond Center Shuttle (B)            1:30pm <b>Mixed Media Arts (8FFC)</b>            1:30pm The Great Courses (MR)            3:00pm Meditation For Spiritual Wellness (MR)            7:00pm Big Buck Bingo (MR)</p>	<p><b>Action: Deep Breathing</b> 8            9:00am Total Body Fit (8FFC)            10:00am Sit Fit (8FFC)            11:00am Wii Golf (MR)            11:30am Saturday Brunch (R)            1:30pm PERK Activities (MR)            2:00pm <b>Winter Wander MOV (B)</b>            3:00pm Feature Current Film (MR)            4:00pm <b>Tapestry Grind (L)</b>            7:00pm Feature Current Film (MR)</p>
<p><b>Action: Sit to Stands</b> 9            Church Shuttle (B)            8:30am <b>Breath, Balance &amp; Build (8FFC)</b>            Walk+ Talk with Liv (L)            10:45am Sunday Brunch (R)            11:30am Cribbage (L)            2:00pm <b>Mystery Bus Tour (B)</b>            3:00pm Feature Documentary (MR)            3:00pm Ping Pong (8FFC)            7:00pm Feature Documentary (MR)</p>	<p><b>Action: NuStep (8F)</b> 10            9:00am Balance and Core (8FFC)            9:00am Grocery Shopping shuttle (B)            10:00am Grocery Shopping shuttle (B)            11:00am <b>Fashion Closet (L)</b>            11:00am Trivia Teasers (L)            1:00pm <b>Kits Branch Library (B)</b>  <b>#4 knees (MR)</b>            1:30pm Bridge (L)            2:30pm <b>Vlad Navarro: Heart (MR)</b>            4:00pm Bridge (L)            7:00pm Bridge (L)            7:00pm Feature T.V. Series (MR)</p>	<p><b>Action: Chair Sit Ups</b> 11            9:30am Total Body Fit (8FFC)            10:30am Foot Care Clinic (HAWC)            10:30am Sit Fit (8FFC)            11:00am Puzzling Puzzles (L)            12:00pm Ping Pong Drop-in (8FFC)            1:30pm <b>Community Meeting (MR)</b>            2:00pm Knit and Stitch (L)            3:00pm Feature Classic Film (MR)            4:00pm Bend and Stretch Class (8FFC)            7:30pm Feature Classic Film (MR)</p>	<p><b>Action: Raise Your Heels Toe Tapping</b> 12            9:00am Walk + Talk (MFL)            9:00am Dr. Appointment Shuttle            10:15am Power for Parkinson's (8FFC)            10:30am <b>VWMS presents: C.Johnson piano M. Civitarese Soprano (B)</b>            Parkinson's Meeting (PDR)  <b>Write For you (L)</b>  <b>#5 HIPS (MR)</b>  <b>Indoor Games with Luis : Bowling (L)</b>  <b>Cktls &amp; Canapes: Sax of Us (L)</b>  <b>Ital- entines Night (R)</b>            11:00am            11:00am            1:30pm            2:00pm            4:30pm            5:00pm</p>	<p><b>Action: Knee Squats</b> 13  <b>Staff Appreciation Winter Event</b>            8:45am Aqua Fit (B)            9:30am Total Body Fit (8FFC)            10:30am Sit Fit (8FFC)            1:15pm <b>Tea + Trumpets ticketholders (B)</b>            2:30pm Bridge (L)            3:00pm <b>Neil Ritchie Lecture: Hal David (MR)</b>            3:00pm YOGA for Wellness (8FFC)            4:00pm <b>Early Dinner Tonight for Staff Party (R)</b>            7:00pm Bridge (L)            7:00pm Poker (DCR)</p>	<p><b>Action: Shoulder Rolls Valentines Day, Love + Kindness</b> 14            9:00am Balance and Core (8FFC)            9:30am Richmond Center Shuttle (B)            10:00am <b>Dancercise : Cha Cha (8F)</b>            1:30pm The Great Courses (MR)            2:30pm <b>Teatime Heart Cookies with Jenny (R)</b>            Meditation For Spiritual Wellness (MR)            3:00pm <b>Salius Physio : Happy Heart (MR)</b>            4:00pm <b>Valentines Dinner (R)</b>  <b>Gala Valentines Chefs Table (PDR)</b>            5:00pm            6:00pm            7:00pm Big Buck Bingo (MR)</p>	<p><b>Action: Deep Breathing</b> 15            9:00am Total Body Fit (8FFC)            10:00am Sit Fit (8FFC)            11:00am Wii Golf (MR)            11:30am Saturday Brunch (R)            1:30pm PERK Activities (MR)            2:00pm <b>Get Up and Go with Luis (L)</b>            3:00pm Feature Current Film (MR)            3:00pm Zumba (8FFC)            4:00pm <b>Tapestry Grind (L)</b>            7:00pm Feature Current Film (MR)</p>
<p><b>Action: Sit to Stands</b> 16            Church Shuttle (B)            8:30am <b>Breath, Balance &amp; Build (8FFC)</b>            Walk+ Talk with Liv (L)            10:45am Sunday Brunch (R)            11:30am Cribbage (L)            2:00pm <b>Meow Music Student Performance (L)</b>            2:30pm <b>Mystery Bus Tour (B)</b>            3:00pm Feature Documentary (MR)            3:00pm Ping Pong (8FFC)            7:00pm Feature Documentary (MR)</p>	<p><b>Action: NuStep (8F)</b> 17  <b>Family Day</b>            9:00am Grocery Shopping shuttle (B)            10:00am Grocery Shopping shuttle (B)            11:00am <b>Resident Led Famous Family Trivia (MR)</b>  <b>Granville Island Shopping Shuttle (B)</b>            1:00pm Bridge (L)            2:30pm <b>Family Style Dinner (R)</b>            5:00pm Bridge (L)            7:00pm Bridge (L)            7:00pm Feature T.V. Series (MR)</p>	<p><b>Action: Chair Sit Ups</b> 18            9:30am Total Body Fit (8FFC)            10:30am Foot Care Clinic (HAWC)            10:30am Sit Fit (8FFC)            11:00am Puzzling Puzzles (L)            12:00pm Ping Pong Drop-in (8FFC)            1:30pm <b>#6 Mid Low Back (MR)</b>  <b>Next Gen Optical Presentation (MR)</b>            1:30pm            2:00pm Knit and Stitch (L)            3:00pm Feature Classic Film (MR)            4:00pm Bend and Stretch Class (8FFC)            7:30pm Feature Classic Film (MR)</p>	<p><b>Action: Raise Your Heels Toe Tapping</b> 19            9:00am Walk + Talk (MFL)            9:00am Dr. Appointment Shuttle            10:15am Power for Parkinson's (8FFC)            1:30pm <b>#7 Shoulders (MR)</b>            2:00pm Current Events (L)  <b>Indoor Games with Luis: Volleyball (L)</b>  <b>Cocktails &amp; Canapes Gianni Fuoco (L)</b>            4:30pm Long Table- Sit With Friends (R)            5:00pm</p>	<p><b>Action: Knee Squats</b> 20            8:45am Aqua Fit (B)            9:30am Total Body Fit (8FFC)            10:30am <b>Global Juice Bar + Bodyworks Indoor Cycling Private Class (B)</b>            Sit Fit (8FFC)            1:30pm French Class (MR)            2:30pm Bridge (L)            2:30pm <b>Winds Choir Performance (L)</b>            3:00pm YOGA for Wellness (8FFC)            7:00pm Bridge (L)            7:00pm Poker (DCR)</p>	<p><b>Action: Shoulder Rolls</b> 21            9:00am Balance and Core (8FFC)            9:30am Richmond Center Shuttle (B)            1:30pm <b>Mixed Media Arts (8F)</b>            1:30pm The Great Courses (MR)            3:00pm Meditation For Spiritual Wellness (MR)            7:00pm Big Buck Bingo (MR)</p>	<p><b>Action: Deep Breathing</b> 22            9:00am Total Body Fit (8FFC)            10:00am Sit Fit (8FFC)            11:00am Wii Golf (MR)            11:30am Saturday Brunch (R)            11:45am <b>Stanley Park Ecology Society : Indigenous Plant Use (B)</b>            1:30pm PERK Activities (MR)            3:00pm Feature Current Film (MR)            4:00pm <b>Tapestry Grind (L)</b>            7:00pm Feature Current Film (MR)</p>
<p><b>Action: Sit to Stands</b> 23            Church Shuttle (B)            8:30am <b>Breath, Balance &amp; Build (8FFC)</b>            Walk+ Talk with Liv (L)            10:45am Sunday Brunch (R)            11:30am Cribbage (L)            2:00pm <b>Mystery Bus Tour (B)</b>            3:00pm Feature Documentary (MR)            3:00pm Ping Pong (8FFC)            7:00pm Feature Documentary (MR)</p>	<p><b>Action: NuStep (8F)</b> 24            9:00am Balance and Core (8FFC)            9:00am Grocery Shopping shuttle (B)            10:00am Grocery Shopping shuttle (B)            11:00am Trivia Teasers (L)            1:00pm <b>Kits Branch Library (B)</b>  <b># 8 Wrists (MR)</b>            1:30pm Bridge (L)            2:30pm <b>Movements for Tai Chi with Liv (MR)</b>            3:00pm Bridge (L)            7:00pm Bridge (L)            7:00pm Feature T.V. Series (MR)</p>	<p><b>Action: Chair Sit Ups</b> 25            9:30am Total Body Fit (8FFC)            10:30am Foot Care Clinic (HAWC)            10:30am Sit Fit (8FFC)            11:00am <b>Medical Adherence Lecture by Cue Path (MR)</b>            Puzzling Puzzles (L)            11:00am            12:00pm Ping Pong Drop-in (8FFC)            1:30pm <b>#9 Neck (MR)</b>            2:00pm Knit and Stitch (L)            3:00pm Feature Classic Film (MR)            4:00pm Bend and Stretch Class (8FFC)            7:30pm Feature Classic Film (MR)</p>	<p><b>Action: Raise Your Heels Toe Tapping</b> 26            9:00am Walk + Talk (MFL)            9:00am Dr. Appointment Shuttle            10:15am Power for Parkinson's (8FFC)            11:00am <b>Write For you (L)</b>  <b># 10 Jaw (MR)</b>            1:30pm Current Events (L)  <b>Indoor Games with Luis : Water Pong (L)</b>  <b>Cocktails &amp; Canapes Sing A Long with Pete (L)</b>            4:30pm Long Table- Sit With Friends (R)            5:00pm</p>	<p><b>Action: Knee Squats</b> 27            8:45am Aqua Fit (B)            9:30am Total Body Fit (8FFC)            10:30am Sit Fit (8FFC)            11:45am <b>Chinese Food : Peaceful Restaurant (B)</b>  <b>Birthday + Welcome Tea (R)</b>            2:30pm Bridge (L)            2:30pm Bridge (L)            3:00pm YOGA for Wellness (8FFC)            7:00pm Bridge (L)            7:00pm Poker (DCR)</p>	<p><b>Action: Shoulder Rolls</b> 28            9:00am Balance and Core (8FFC)            9:30am Richmond Center Shuttle (B)            10:00am <b>Dancercise : Cha Cha (8F)</b>            1:30pm The Great Courses (MR)            3:00pm Meditation For Spiritual Wellness (MR)            7:00pm Big Buck Bingo (MR)</p>	<p><b>Action: Deep Breathing</b> 29            9:00am Total Body Fit (8FFC)            10:00am Sit Fit (8FFC)            11:00am Wii Golf (MR)            11:30am Saturday Brunch (R)            1:30pm PERK Activities (MR)            2:00pm <b>Get Up and Go with Luis (L)</b>            3:00pm Feature Current Film (MR)            3:00pm Zumba (8FFC)            4:00pm <b>Tapestry Grind (L)</b>            7:00pm Feature Current Film (MR)</p>