

February 2020 Featured Events:

Fit February:

Let's Get Fit Together

Let the competitions begin. In celebration of heart month, residents and staff will be coming together to compete and cooperate in a number of fun-filled fitness events and challenges. Participation in regularly scheduled fitness classes and special events throughout the month will count towards the chance to win fabulous team and individual prizes.

Fo Guang Shan Toronto Temple:

Saturday, February 1st @ 12:15pm.

Learn something new...Broaden your horizons. Fo Guang Shan Temple is a Buddhist temple of the Mahayana monastic order in Mississauga. Join us for a tour to learn more about this temple and Buddhist philosophy while being guided through the grounds on an enlightening journey of Chinese art, culture, and Buddhism.

Resident Art Show & Reception:

Thursday, Feb 6th from 7:00pm to 8:30pm.

Family and friends are invited to discover the vibrant and inspired work of our very own Tapestry Artists. Join us for this Gallery Reception, right here at Tapestry. If you are interested in acquiring a piece please let the artist know. "Creativity is ageless and like the violin the more you practice the better your work becomes"

Wellness Presentation - Harmony in Healing:

Friday, February 21st @ 3:00pm.

Professional harpist Roberta Harris explores with her audience the history, health benefits and emotional responses to various types of harp music. Her listeners will not just enjoy hearing the harp up close but will learn how and why it can assist our minds and bodies with health and healing. This is a one-hour interactive presentation.




Tapestry at Village Gate West
15 Summerland Terrace
Toronto, ON, M9A 0B5
416.777.2911

Fit February

February 2020 - Calendar of Events

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATION 2nd Floor Lounge (L) Bistro (B) Demo Kitchen (DK) Exercise Room (ER) Games Room (G) Montgomery's (M) Outside Excursion (OE) Pool (P) Private Dining Room (PDR) Theatre (T)					10:00am Stretching and Relaxation (ER) 1 11:00am Colour Me Calm (G) 11:00am Ted Talks (T) 12:15pm Fo Guang Shan Toronto Temple (OE) 12:30pm Aquafit (P) 1:30pm Blackjack (DK) 3:00pm Knitters with a Cause (L) 3:15pm Wii Bowling (T) 7:30pm Movie Night (T)
10:15am Strength & Tone (ER) 2 11:00am AquaFit (P) 1:30pm Trivia Challenge (T) 2:00pm Colour Me Calm (G) 2:15pm Pool/Billiards (L) 2:15pm Reiki & Relaxation (DK) 2:30pm Afternoon Matinee (T) 3:30pm Double Down Tonk \$\$ (DK) 6:30pm Superbowl Sunday (T) 7:30pm Movie Night (T)	FIT FEB STARTS 3 9:15am AquaFit (P) 10:15am Chair Cardio (ER) 11:00am Basic Chair Yoga (ER) 11:00am Scattergories (T) 1:00pm Afternoon Bridge (L) 1:00pm Euchre Club (G) 1:30pm Giant Crossword Puzzle (T) 2:30pm Stretching and Relaxation (ER) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (DK) 4:00pm Zumba (ER) 6:30pm Double Down Tonk--- \$\$ (DK) 7:00pm Games Night (L) 7:30pm Movie Night (T)	10:00am Charitable Donations (G) 4 10:15am Balance Builders (ER) 11:00am Memory Strategies 1.0 (DK) 11:00am Transportation to Sherway Gardens (OE) 1:30pm Movie Theatre- Little Women (OE) 2:00pm Colour Me Calm (G) 2:00pm Tech Tips (T) 2:30pm Strength & Tone (ER) 3:15pm AquaFit (P) 3:15pm The Dictionary Word (T) 4:00pm Meditation (T) 4:00pm Texas Hold' Em Poker----\$\$ (DK) 7:30pm Movie Night (T)	9:15am AquaFit (P) 5 9:30am Shopping Excursion "Dollarama" (OE) 10:00am Tapestry Book Exchange (G) 10:15am Vital Core Training (ER) 11:00am Brain Workout 1.0 (L) 11:00am Spelling Bee Competition (DK) 12:45pm Afternoon Bridge (L) 2:00pm Wii Bowling (T) 2:15pm DanceFIT (B) 2:45pm Cocktail Hour (M) 7:30pm Movie Night (T)	9:15am AquaFit (P) 6 10:00am Food Council Meeting (DK) 10:15am Stretching and Relaxation (ER) 11:00am Basic Chair Yoga (ER) 11:15am Scattergories (T) 1:00pm Colours in Motion (DK) 1:00pm Euchre Club (G) 1:00pm Tapestry Chorus Club (L) 2:30pm Chair Cardio (ER) 2:30pm Life Stories (L) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (DK) 7:00pm Resident Art Show (DK) 7:30pm Movie Night (T)	9:15am AquaFit (P) 7 10:00am Transportation to Cloverdale Mall (OE) 10:15am Rhythm & Movement (ER) 11:15am Brain Games (T) 1:30pm Texas Hold' Em Poker \$\$ (DK) 2:30pm Balance Builders (ER) 3:15pm Tapestry Laughter Club (DK) 3:30pm AquaFit (P) 7:30pm Movie Night (T)	10:00am Stretching and Relaxation (ER) 8 11:00am Colour Me Calm (G) 11:00am Library Excursion (OE) 11:00am Ted Talks (T) 12:30pm Aquafit (P) 1:30pm Blackjack (DK) 3:00pm Knitters with a Cause (L) 3:15pm Wii Bowling (T) 7:30pm Movie Night (T)
10:15am Strength & Tone (ER) 9 11:00am AquaFit (P) 1:30pm Trivia Challenge (T) 2:00pm Colour Me Calm (G) 2:15pm Reiki & Relaxation (ER) 2:30pm Afternoon Matinee (T) 2:30pm Shuffleboard (G) 3:30pm Double Down Tonk \$\$ (DK) 7:30pm Movie Night (T) 8:00pm Oscars (T)	9:15am AquaFit (P) 10 10:15am Chair Cardio (ER) 11:00am Basic Chair Yoga (ER) 11:00am Scattergories (T) 1:00pm Afternoon Bridge (L) 1:00pm Euchre Club (G) 1:30pm Giant Crossword Puzzle (T) 2:30pm Stretching and Relaxation (ER) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (DK) 4:00pm Zumba (ER) 6:30pm Double Down Tonk--- \$\$ (DK) 7:00pm Games Night (L) 7:30pm Movie Night (T)	10:00am Wellness Council Meeting (DK) 11 10:15am Balance Builders (ER) 11:00am Memory Strategies 1.0 (DK) 1:30pm Bowling (OE) 2:00pm Colour Me Calm (G) 2:00pm Tech Tips (T) 2:30pm Strength & Tone (ER) 3:15pm AquaFit (P) 3:15pm The Dictionary Word (T) 4:00pm Meditation (T) 4:00pm Texas Hold' Em Poker----\$\$ (DK) 7:30pm Movie Night (T)	9:15am AquaFit (P) 12 10:15am Vital Core Training (ER) 11:00am Brain Workout 1.0 (L) 11:30am Resident Luncheon (OE) 12:45pm Afternoon Bridge (L) 1:00pm Bridge for Beginners (PDR) 2:00pm Wii Bowling (T) 2:15pm Fit Feb Relay Races (B) 2:45pm Cocktail Hour (M) 7:30pm Movie Night (T)	9:15am AquaFit (P) 13 10:00am Resident Council Meeting (PDR) 10:15am Stretching and Relaxation (ER) 11:00am Basic Chair Yoga (ER) 11:15am Scattergories (T) 1:00pm Colours in Motion (DK) 1:00pm Euchre Club (G) 2:30pm Chair Cardio (ER) 2:30pm Tapestry Chorus Sings Love Songs (M) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (DK) 7:00pm Games Night (L) 7:30pm Movie Night (T)	Valentine's Day 14 9:15am AquaFit (P) 10:00am Transportation to Cloverdale Mall (OE) 10:15am Rhythm & Movement (ER) 11:00am Send Candy Grams (G) 11:15am Brain Games (T) 1:30pm Texas Hold' Em Poker \$\$ (DK) 2:30pm Balance Builders (ER) 3:15pm Tapestry Laughter Club (DK) 3:30pm AquaFit (P) 7:30pm Movie Night (T)	10:00am Stretching and Relaxation (ER) 15 11:00am Colour Me Calm (G) 11:00am Ted Talks (T) 12:30pm Aquafit (P) 1:30pm Blackjack (DK) 3:00pm Knitters with a Cause (L) 3:15pm Wii Bowling (T) 7:30pm Movie Night (T)
10:15am Strength & Tone (ER) 16 11:00am AquaFit (P) 1:30pm Trivia Challenge (T) 2:00pm Colour Me Calm (G) 2:15pm Pool/Billiards (L) 2:15pm Reiki & Relaxation (DK) 2:30pm Afternoon Matinee (T) 3:30pm Double Down Tonk \$\$ (DK) 7:30pm Movie Night (T)	Family Day 17 9:15am AquaFit (P) 10:15am Chair Cardio (ER) 11:00am Basic Chair Yoga (ER) 11:00am Scattergories (T) 1:00pm Afternoon Bridge (L) 1:00pm Euchre Club (G) 1:30pm Giant Crossword Puzzle (T) 2:30pm Stretching and Relaxation (ER) 4:00pm Black Jack (DK) 7:30pm Movie Night (T)	10:15am Balance Builders (ER) 18 11:00am Memory Strategies 1.0 (DK) 2:00pm Colour Me Calm (G) 2:00pm Creative Expressions (DK) 2:00pm Tech Tips (T) 2:30pm Strength & Tone (ER) 3:15pm AquaFit (P) 3:15pm The Dictionary Word (T) 4:00pm Meditation (T) 4:00pm Texas Hold' Em Poker----\$\$ (DK) 7:30pm Movie Night (T)	9:15am AquaFit (P) 19 10:15am Vital Core Training (ER) 11:00am Brain Workout 1.0 (L) 12:45pm Afternoon Bridge (L) 1:00pm Bridge for Beginners (PDR) 2:00pm Wii Bowling (T) 2:15pm DanceFIT (B) 2:45pm Cocktail Hour (M) 7:30pm Movie Night (T)	9:15am AquaFit (P) 20 10:15am Stretching and Relaxation (ER) 11:00am Basic Chair Yoga (ER) 11:15am Scattergories (T) 1:00pm Colours in Motion (DK) 1:00pm Euchre Club (G) 1:00pm Tapestry Chorus Club (L) 2:30pm Chair Cardio (ER) 2:30pm Life Stories (L) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (DK) 7:00pm Games Night (L) 7:30pm Movie Night (T)	9:15am AquaFit (P) 21 10:00am Transportation to Cloverdale Mall (OE) 10:15am Rhythm & Movement (ER) 11:15am Brain Games (T) 1:30pm Texas Hold' Em Poker \$\$ (DK) 2:30pm Balance Builders (ER) 3:00pm Presentation- Harmony in Healing (DK) 3:15pm Tapestry Laughter Club (DK) 3:30pm AquaFit (P) 5:00pm Port of Call Dinner (M) 7:30pm Movie Night (T)	10:00am Stretching and Relaxation (ER) 22 11:00am Colour Me Calm (G) 11:00am Library Excursion (OE) 11:00am Ted Talks (T) 12:30pm Aquafit (P) 1:30pm Blackjack (DK) 3:00pm Knitters with a Cause (L) 3:15pm Wii Bowling (T) 7:30pm Movie Night (T)
10:15am Strength & Tone (ER) 23 11:00am AquaFit (P) 1:30pm Trivia Challenge (T) 2:00pm Colour Me Calm (G) 2:15pm Reiki & Relaxation (ER) 2:30pm Afternoon Matinee (T) 2:30pm Shuffleboard (G) 3:30pm Double Down Tonk \$\$ (DK) 7:30pm Movie Night (T)	FIT FEB ENDS 24 9:15am AquaFit (P) 10:15am Chair Cardio (ER) 11:00am Basic Chair Yoga (ER) 11:00am Scattergories (T) 1:00pm Afternoon Bridge (L) 1:00pm Euchre Club (G) 1:30pm Giant Crossword Puzzle (T) 2:30pm Stretching and Relaxation (ER) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (DK) 4:00pm Zumba (ER) 6:30pm Double Down Tonk--- \$\$ (DK) 7:00pm Games Night (L) 7:30pm Movie Night (T)	Mardi Gras 25 10:15am Balance Builders (ER) 11:00am Memory Strategies 1.0 (DK) 2:00pm Colour Me Calm (G) 2:00pm Tech Tips (T) 2:30pm Mardi Gras Party (M) 2:30pm Strength & Tone (ER) 3:15pm AquaFit (P) 3:15pm The Dictionary Word (T) 4:00pm Meditation (T) 4:00pm Texas Hold' Em Poker----\$\$ (DK) 7:30pm Movie Night (T)	9:15am AquaFit (P) 26 10:15am Vital Core Training (ER) 11:00am Brain Workout 1.0 (L) 11:00am Resident Monthly Meeting (DK) 12:45pm Afternoon Bridge (L) 1:00pm Bridge for Beginners (PDR) 2:00pm Wii Bowling (T) 2:45pm Cocktail Hour (M) 7:30pm Movie Night (T)	9:15am AquaFit (P) 27 10:15am Stretching and Relaxation (ER) 11:00am Basic Chair Yoga (ER) 11:00am Transportation to Shoppers Drug Mart (OE) 11:15am Scattergories (T) 1:00pm Colours in Motion (DK) 1:00pm Euchre Club (G) 1:00pm Tapestry Chorus Club (L) 2:30pm Chair Cardio (ER) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (DK) 7:00pm Games Night (L) 7:30pm Movie Night (T)	9:15am AquaFit (P) 28 10:00am Transportation to Cloverdale Mall (OE) 10:15am Rhythm & Movement (ER) 11:15am Brain Games (T) 1:30pm Texas Hold' Em Poker \$\$ (DK) 2:30pm Balance Builders (ER) 3:15pm Tapestry Laughter Club (DK) 3:30pm AquaFit (P) 7:30pm Movie Night (T)	10:00am Stretching and Relaxation (ER) 29 11:00am Colour Me Calm (G) 11:00am Ted Talks (T) 12:30pm Aquafit (P) 1:30pm Blackjack (DK) 3:00pm Knitters with a Cause (L) 3:15pm Wii Bowling (T) 7:30pm Movie Night (T)