

March 2010

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## March Bus Outings

**Tuesday, March 9th at 9:45am**

### **Park Royal Shuttle**

A hop, skip and a jump over the Lions Gate Bridge and a drop off at both Park Royal and Park Royal Village. We'll head home at approximately 12:45pm. The cost of this trip is \$5.00 and will be charged to your account.

**Thursday, March 18th at 1:00pm**

### **Sanctuary Concert at Temple Shalom**

Temple Shalom has invited us to another one of their fantastic afternoons of music followed by tea and treats. The cost of tickets is \$10.00 and will be charged to your account.

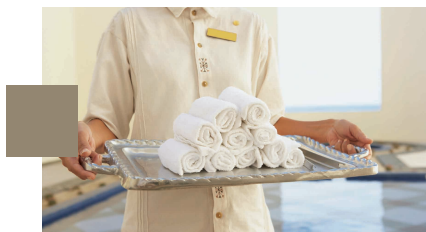
**Thursday, March 25th at 11:00am**

### **The Chan Centre**

UBC Jazz Ensemble will be performing one of their free noon hour concerts.

*Please remember:*

- Sign up sheets are posted one week prior to the trip. They are located in the Activity Binder at the Front Desk.
- Sign ups for theatre trips will be posted a minimum of three weeks in advance.
- Bus trip fees are charged to your suite account.
- If you cancel a trip that requires advance ticket purchase, you will be charged, unless a replacement is found.



# TAPESTRY™

**TAPESTRY**  
The O'Keefe - Arbutus Walk  
2799 Yew Street  
Vancouver, BC V6K 4W2

## MANAGER & STAFF PHONE LIST

|                                       |                               |                     |
|---------------------------------------|-------------------------------|---------------------|
| <b>General Manager</b>                | <b>Sam Zeitoun</b>            | <b>ext. 3202</b>    |
| <b>Administrative Manager</b>         | <b>Susan Jones</b>            | <b>ext. 3203</b>    |
| <b>Maintenance Supervisor</b>         | <b>Scott Gardner</b>          | <b>ext. 3215</b>    |
| <b>Chef Manager</b>                   | <b>Joe Thomas</b>             | <b>ext. 3208</b>    |
| <b>Restaurant Supervisor</b>          | <b>Suzanne Summersgill</b>    | <b>ext. 3217</b>    |
| <b>Recreation Manager</b>             | <b>Maria Perretta</b>         | <b>ext. 3213</b>    |
| <b>PrimeFit Instructors</b>           | <b>Christabel &amp; Hilda</b> | <b>ext. 3222</b>    |
| <b>Health &amp; Wellness Director</b> | <b>Annie Pesht</b>            | <b>ext. 3211</b>    |
| <b>Marketing Team</b>                 |                               | <b>ext. 3194/95</b> |
| <b>Hair Salon</b>                     | <b>Almas &amp; Elaine</b>     | <b>ext. 3210</b>    |
| <b>Housekeeping Supervisor</b>        | <b>Leanne Forsyth</b>         | <b>ext. 3205</b>    |



## Look Inside for Exciting Events!

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

|   |   |  |  |  |   |   |
|---|---|--|--|--|---|---|
|   | 9,10 Grocery Shopping <b>1</b><br>9:00 Balance & Core<br>10:00 Chi Kung<br>11:00 Trivia Teasers<br>1:00 AquaFit<br><b>1:30 Movie Committee Meet</b><br>4:00 Yoga<br>7:45 Bridge                 | 9:30 Total Body Fit <b>2</b><br>10:30 Sit Fit<br>10:30 Majong Lessons<br>11:00 Fashion History with Ivan Sayer<br>2:30 Knit & Stitch<br>3:00 & 7:45 Movie<br>Phantom of the Opera  | 9-3:30 Dr. Appt. Shuttle <b>3</b><br>9-5:00 Esthetician Services<br>10:00 Chi Kung<br>10:30 Mobile Library<br>11:00 <b>Cinque Terre Italy Travel Slideshow</b><br>5:00 <b>Cocktail Social with Bravissima Italian Opera</b><br>6:00 <b>A Taste of Italy Buffet</b><br>7:30 Whist | 9:30 Total Body Fit <b>4</b><br>10:30 Sit Fit<br>12-5 Massage Services<br>2:00 Scrabble<br>7:30 Bridge   | 9,10,11 Oakridge Shuttle <b>5</b><br>9:15 Balance & Core<br>10:00 Chi Kung<br>1:45 How to Listen & Understand<br>Great Music lecture series<br>2:30 Watercolor Painting<br>4:00 Friday Night Fred<br>7:30 Canasta   | 10:00 Fire Drill <b>6</b><br>10:10 Sit Fit<br>11:00 Wii Golf<br>1:30 Parlour Games<br>3:00 Movie Matinee<br>7:45 Night at the Movies  |
| 11:30 Sunday Brunch <b>7</b><br>3:00 Travel Matinee<br>7:45 Travel Movie  | 9,10 Grocery Shopping <b>8</b><br>9:00 Balance & Core<br>10:00 Chi Kung<br>11:00 Trivia Teasers<br>1:00 AquaFit<br>4:00 Yoga<br>7:45 Bridge   | 9:30 Total Body Fit <b>9</b><br><b>9:45 Park Royal Shuttle</b><br>10:30 Sit Fit<br>10:30 Majong Lessons<br>2:30 Knit & Stitch<br>3:00 & 7:45 Movie<br>Sound of Music   | 9-3:30 Dr. Appt. Shuttle <b>10</b><br>9-5:00 Esthetician Services<br>10:00 Chi Kung<br>11:00 Mobile Library<br>5:00 Cocktail Social with Sax Amoung Friends<br>6:00 Buffet Dinner<br>7:30 Whist  | 9:30 Total Body Fit <b>11</b><br>10:30 Sit Fit<br>10-11:30 Blood Pressure & Weight Clinic<br>11:00 <b>History of BC</b><br>12-5 Massage Services<br>1:45 <b>Sweet Sounds of Staff</b><br>2:00 Scrabble<br>2:30 Playreading<br>The Cradle Song<br>7:30 Bridge | 9,10,11 Oakridge Shuttle <b>12</b><br>9:15 Balance & Core<br>10:00 Chi Kung<br>1:45 How to Listen & Understand<br>Great Music lecture series<br>Friday Night Fred<br><b>7:30 Musical Big Buck Bingo</b><br>7:30 Canasta   | 10:00 Sit Fit <b>13</b><br>11:00 Wii Golf<br>1:30 Parlour Games<br>3:00 Movie Matinee<br>7:45 Movie Night   |
| 11:30 Sunday Brunch <b>14</b><br>3:00 Travel Matinee<br>7:45 Travel Movie<br><br><b>Did you change your clocks?</b> | 9,10 Grocery Shopping <b>15</b><br>9:00 Balance & Core<br>10:00 Chi Kung<br>11:00 Trivia Teasers<br>1:00 AquaFit<br><b>1:30 Making Melodies</b><br>(choir practice)<br>4:00 Yoga<br>7:45 Bridge | 9:30 Total Body Fit <b>16</b><br>10:00 Catholic Mass<br>Everyone Welcome<br>10:30 Sit Fit<br>10:30 Majong Lessons<br>1:30 Community Meeting<br>2:30 Knit & Stitch<br><b>3:00 &amp; 7:45 Resident &amp; Staff Movie Night- Young At Heart</b> | 9-3:30 Dr. Appt. Shuttle <b>17</b><br>9-5:00 Esthetician Services<br>10:00 Chi Kung<br>11:00 Mobile Library<br>3:15 Wii Games<br>5:00 Cocktail Social with Cary Chow at piano<br>6:00 Irish Buffet Dinner<br>7:30 Whist  | 9:30 Total Body Fit <b>18</b><br>10:30 Sit Fit<br><b>11:00 Archeology Lecture Pathologies &amp; Mummies</b><br>12-5 Massage Services<br><b>1:00 Bus Trip Sanctuary Concert</b><br>2:00 Scrabble<br>7:30 Bridge   | 9,10,11 Oakridge Shuttle <b>19</b><br>9:15 Balance & Core<br>10:00 Chi Kung<br>1-4 Podiatrist Visit<br>1:45 How to Listen & Understand<br>Great Music lecture series<br>2:30 Watercolor Painting<br>4:00 Friday Night Fred<br>7:30 Big Buck Bingo<br>7:30 Canasta | 10:00 Sit Fit <b>20</b><br><b>11:00 Spring into Sing-a-long With Lyndia at Guitar</b><br>1:30 Parlour Games<br>3:00 Movie Matinee<br>7:45 Night at the Movies<br><br><b>First Day of Spring</b> |
| 11:30 Sunday Brunch <b>21</b><br>3:00 Travel Matinee<br>7:45 Travel Movie   | 9,10 Grocery Shopping <b>22</b><br>9:00 Balance & Core<br>10:00 Chi Kung<br>11-3 Scarves & Bags w/ Barb<br>10-11:30 Blood Pressure & Weight Clinic<br>1:00 AquaFit<br>4:00 Yoga<br>7:45 Bridge  | 9:30 Total Body Fit <b>23</b><br>10:30 Sit Fit<br>10:30 Majong Lessons<br>2:30 Knit & Stitch<br><b>2:30 Welcome &amp; Birthday Tea</b><br>3:00 & 7:45 Movie<br>Till the Clouds Roll By   | 9-3:30 Dr. Appt. Shuttle <b>24</b><br>9-5:00 Esthetician Services<br>10:00 Chi Kung<br>11:00 Mobile Library<br><b>2:00 Book Club</b><br>3:15 Wii Games<br>5:00 Cocktail Social with Jeffrey Smith at Guitar<br>6:00 Buffet Dinner<br>7:30 Whist                                  | 9:30 Total Body Fit <b>25</b><br>10:30 Sit Fit<br><b>11:00 Bus Trip- UBC Jazz Ensemble at The Chan Centre</b><br>12-5 Massage Services<br>2:00 Scrabble<br>2:30 Playreading-The Cradle Song<br>7:30 Bridge   | 9,10,11 Oakridge Shuttle <b>26</b><br>9:15 Balance & Core<br>10:00 Chi Kung<br>1:45 How to Listen & Understand<br>Great Music lecture series<br>2:30 Craft Making<br>4:00 Friday Night Fred<br>7:30 Big Buck Bingo<br>7:30 Canasta                                | 10:00 Sit Fit <b>27</b><br>11:00 Wii Golf<br>3:00 Movie Matinee<br>7:45 Night at the Movies   |
| 11:30 Sunday Brunch <b>28</b><br>3:00 Travel Matinee<br>7:45 Travel Movie   | 9,10 Grocery Shopping <b>29</b><br>9:00 Balance & Core<br>10:00 Chi Kung<br>11:00 Trivia Teasers<br>1:00 AquaFit<br><b>1:30 Making Melodies</b><br>(choir practice)<br>4:00 Yoga<br>7:45 Bridge | 9:30 Total Body Fit <b>30</b><br>10:30 Sit Fit<br>10:30 Majong Lessons<br><b>11:00 Music Appreciation W/ Karen Lee Morlang</b><br>2:30 Knit & Stitch<br>3:00 & 7:45 Movie – Mama Mia   | 9-3:30 Dr. Appt. Shuttle <b>31</b><br>9-5:00 Esthetician Services<br>10:00 Chi Kung<br>11:00 Mobile Library<br>3:15 Wii Games<br>5:00 Cocktail Social with Four Melodies - Violin & Cello<br>6:00 Buffet Dinner<br>7:30 Whist  |  |   |   |