

livfun

Tapestry at Village Gate West

FEBRUARY 2012 • WRITTEN IN THE STARS

February at a Glance

New Loblaws Opens at Maple Leaf Gardens

It's been over ten years since there was much foot traffic around Church and Carlton, after the Toronto Maple Leafs moved to their new home at Air Canada Centre. Loblaws, however, changed that when they opened their flagship location at the renovated Maple Leaf Gardens on November 30th, 2011.

When a heritage building like Maple Leaf Gardens is renovated, there's always a concern that whatever goes inside will gut the building's soul with, at best, a commemorative plaque to mark what used to be. Thankfully, Galen Weston and his Loblaws' crew chose to retain the charm of the iconic arena, except that instead of stadium seating and the aroma of beer nuts, the impressively large space is now home to fresh bread (from Ace Bakery), a café (with the original Gardens' gold seats), a wide selection of organic produce, sushi bar, an LCBO, a walk-in clinic, a Joe Fresh, a wall of cheese (seriously, a whole wall), a wall of cupcakes, and a wall of aging meat. That's just the tip of the chocolate-by-the-chunk iceberg (of which there is one – it weighs 250 pounds and required a mechanical lift to drop into place).

The new Loblaws at Maple Leaf Gardens is, as one would expect, a pretty remarkable grocery store. When Loblaws announced that it would be opening a store at the former home of the Toronto Maple Leafs, you knew that it would be pulling out all the stops. So it's a great grocery store, one that's being touted as a place to find lots of locally-sourced products, but what about the adaptive re-use of the building? The big question when Galen Weston drew back the red curtain to reveal the new store was, how much of the Gardens would be left?

As it turns out, not that much. There is however, all kinds of history still visible in the historic site, including centre ice from the Toronto Maple Leafs which is marked with a red dot – currently aisle 25. As you take the escalators to the second floor, you can see a piece of artwork which has been made with old seats from the Gardens in the shape of a maple leaf. You can look closer and even see the color blue near the old wall of the original building, where the stairs used to be. At the moment, there are still jagged edges visible, but most Leaf fans would hope they remain. If you look further, you will see some old Leaf seats in the coffee lounge, and more will be placed in the ice rink, right around the boards.

Along with the restoration of the building's exterior (which is still ongoing), upon entry visitors are now greeted by a gigantic blue maple leaf statue that's assembled out of old seats from MLG. The font used to identify the main sections of the store harkens back to the one originally used within the arena.

Other touches like the mural behind the checkout counter, the food court tables and store pillars that tout MLG history, and the exposed brick wall that reveals the old escalator tracks are also clever reminders of the history that resides here. When one thinks of the fate of other original six arenas – half of which were demolished (the Montreal Forum is now a shopping mall/AMC complex and Madison Square Garden was rebuilt on the same site) – it's difficult not to think that Toronto got this one right.

And there's more Gardens left to be seen. There was only so much Loblaws could do to retain the history of the building after it was agreed that Ryerson would take possession of the upper portion of the structure for its new arena and athletic centre. Although not yet complete, that's where one gets a real sense of the cathedral-like qualities of the property and its hockey heritage. The building which was originally built in 1931, and had a corner stone marker on the front before the remodelling commenced, is no longer there; but fear not, Ryerson University has announced they will save a special spot for it in the ice rink when it opens in 2012, on the top floor.

If you haven't been there since 1967 when the Leafs won the Stanley Cup, it would be a great visit to have freshly made lunches, and look for the red dot at centre ice.



(Continued on back)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations</p> <p>2nd Floor Lounge, L Arts & Crafts Room, AC Bistro, B Black Alder Pub, BA Charged Event, \$ Courtyard, CY Demo Kitchen, DK</p> <p>Games Room, G Main Floor Theater, T Montgomery's, M Patio, PA Pool, P PrimeFit Gym, PF</p>			<p>9:30 AquaFit, P 1 10:30 Balance Builders, PF 2:00 Beginners Wii Bowling, T 2:00 Afternoon Bridge Club, L 3:00 Cocktail Hour, BA 7:00 Texas Hold 'Em Poker Club, G</p>	<p>GROUNDHOG DAY 2 9:00 Golf, T 10:30 Stretching & Relaxation, PF 1:00 Colours in Motion Painting, AC 1:00 Tapestry Chorus Club, L 1:00 Intermediate Golf, T 3:00 Beginners Golf, T 7:15 Evening Bridge Club, L</p>	<p>9:30 AquaFit, P 3 10:30 Sit Fit, PF 1:30 Refresher Bridge Club, L 2:30 What Would You Do?, G 3:00 Wii Bowling, T 3:30 Beginners Poker Club, G 7:30 Movie Night, T</p>	<p>11:00 Crafty Creations with Nancy, AC 4 1:00 Euchre Club, L 2:00 Wii Bowling, T 2:00 Texas Hold 'Em Poker Club, G 3:00 Knitters with a Cause, L 4:00 Jeopardy, G 7:30 Movie Night, T</p>
<p>10:00 Game Day: Chinese Checkers, B 5 2:00 Giant Crossword Puzzle, B 2:30 Sunday Matinee, T 3:30 Billiards, L 6:00 Super Bowl XLVI, T 7:00 Golf, T</p>	<p>9:30 AquaFit, P 6 10:30 Sit Fit, PF 11:00 Seniors' Day at Zellers 1:00 Euchre Club, G 1:00 Intermediate Golf, T 2:00 Current Events Club, DK 2:00 Afternoon Bridge Club, L 3:00 Wii Bowling, T 7:30 Movie Night, T</p>	<p>10:30 Stretching & Relaxation, PF 7 11:00 Memoirs Writing Group, DK 2:00 Greek Gods and Goddesses, G 3:00 Afternoon Fun and Games, G 3:30 Beginners' Blackjack, G</p>	<p>9:30 AquaFit, P 8 10:30 Balance Builders, PF 11:00 Loblaws at Maple Leaf Gardens Outing, \$ 2:00 Beginners Wii Bowling, T 2:00 Afternoon Bridge Club, L 3:00 Cocktail Hour, BA 7:00 Texas Hold 'Em Poker Club, G</p>	<p>9:00 Golf, T 9 10:30 Stretching & Relaxation, PF 11:00 Did You Know?, G 1:00 Colours in Motion Painting, AC 1:00 Tapestry Chorus Club, L 1:00 Intermediate Golf, T 3:00 Beginners Golf, T 7:15 Evening Bridge Club, L</p>	<p>9:30 AquaFit, P 10 10:30 Sit Fit, PF 1:30 Refresher Bridge Club, L 2:00 All About Reading Tea Leaves, DK 3:00 Wii Bowling, T 3:30 Beginners Poker Club, G 7:30 Movie Night, T</p>	<p>11:00 Trip to Richview Library 11 1:00 Euchre Club, L 2:00 Wii Bowling, T 2:00 Texas Hold 'Em Poker Club, G 3:00 Knitters with a Cause, L 4:00 Charades, G 7:30 Movie Night, T</p>
<p>10:00 Game Day: Boggle, B 12 2:00 Trivia Challenge, B 2:30 Sunday Matinee, T 3:30 Billiards, L 7:00 Golf, T</p>	<p>9:30 AquaFit, P 13 10:30 Sit Fit, PF 1:00 Euchre Club, G 1:00 Intermediate Golf, T 2:00 Current Events Club, DK 2:00 Afternoon Bridge Club, L 3:00 Wii Bowling, T 7:30 Movie Night, T</p>	<p>VALENTINE'S DAY 14 10:30 Stretching & Relaxation, PF 11:00 Memoirs Writing Group, DK 2:00 Glitz 'n' Glamour Jewelry Making, L 3:00 Afternoon Fun and Games, G 3:30 Beginners' Blackjack, G</p>	<p>FLAG DAY 15 9:30 AquaFit, P 10:30 Balance Builders, PF 12:00 Resident Luncheon, \$ 2:00 Beginners Wii Bowling, T 2:00 Afternoon Bridge Club, L 3:00 Cocktail Hour, BA 7:00 Texas Hold 'Em Poker Club, G</p>	<p>9:00 Golf, T 16 10:30 Stretching & Relaxation, PF 1:00 Colours in Motion Painting, AC 1:00 Tapestry Chorus Club, L 1:00 Intermediate Golf, T 3:00 Beginners Golf, T 7:15 Evening Bridge Club, L</p>	<p>9:30 AquaFit, P 17 10:30 Sit Fit, PF 1:30 Refresher Bridge Club, L 2:30 Would You Rather?, G 3:00 Wii Bowling, T 3:30 Beginners Poker Club, G 7:30 Movie Night, T</p>	<p>11:00 Crafty Creations with Nancy, AC 18 1:00 Euchre Club, L 2:00 Wii Bowling, T 2:00 Texas Hold 'Em Poker Club, G 3:00 Knitters with a Cause, L 4:00 Pictionary, G 7:30 Movie Night, T</p>
<p>10:00 Game Day: Yahtzee, B 19 2:00 Giant Crossword Puzzle, B 2:30 Sunday Matinee, T 3:30 Billiards, L 7:00 Golf, T</p>	<p>FAMILY DAY 20 1:00 Euchre Club, G 1:00 Intermediate Golf, T 2:00 Afternoon Bridge Club, L 3:00 Wii Bowling, T 7:30 Movie Night, T</p>	<p>SHROVE TUESDAY 21 10:30 Stretching & Relaxation, PF 11:00 Memoirs Writing Group, DK 2:00 The Hidden Magic of Gems, G 3:00 Afternoon Fun and Games, G 3:30 Beginners' Blackjack, G</p>	<p>ASH WEDNESDAY 22 9:30 AquaFit, P 10:30 Balance Builders, PF 11:00 Famous People Player Lunch Theatre, \$ 2:00 Beginners Wii Bowling, T 2:00 Afternoon Bridge Club, L 3:00 Cocktail Hour, BA 7:00 Texas Hold 'Em Poker Club, G</p>	<p>9:00 Golf, T 23 10:30 Stretching & Relaxation, PF 11:00 Shoppers Drug Mart Outing 1:00 Colours in Motion Painting, AC 1:00 Tapestry Chorus Club, L 1:00 Intermediate Golf, T 3:00 Beginners Golf, T 7:15 Evening Bridge Club, L</p>	<p>9:30 AquaFit, P 24 10:30 Sit Fit, PF 1:30 Refresher Bridge Club, L 2:00 Tai Chi with Tania, PF 2:30 Jokers Corner, G 3:00 Wii Bowling, T 3:30 Beginners Poker Club, G 7:30 Movie Night, T</p>	<p>11:00 Trip to Richview Library 25 1:00 Euchre Club, L 2:00 Wii Bowling, T 2:00 Texas Hold 'Em Poker Club, G 3:00 Knitters with a Cause, L 4:00 Taboo, G 7:30 Movie Night, T</p>
<p>10:00 Game Day: Scrabble, B 26 2:00 Trivia Challenge, B 2:30 Sunday Matinee, T 3:30 Billiards, L 7:00 Golf, T 7:00 The Red Carpet, T</p>	<p>9:30 AquaFit, P 27 10:30 Sit Fit, PF 11:00 Resident Monthly Meeting, DK 1:00 Euchre Club, G 1:00 Intermediate Golf, T 2:00 Current Events Club, DK 2:00 Afternoon Bridge Club, L 3:00 Wii Bowling, T 7:30 Movie Night, T</p>	<p>10:30 Stretching & Relaxation, PF 28 11:00 Memoirs Writing Group, DK 2:00 Glitz 'n' Glamour Jewelry Making, L 3:00 Afternoon Fun and Games, G 3:30 Blackjack \$, G</p>	<p>9:30 AquaFit, P 29 10:30 Balance Builders, PF 11:00 Sherway Gardens 2:00 Beginners Wii Bowling, T 2:00 Afternoon Bridge Club, L 3:00 Tapestry's Shining Stars 7:00 Texas Hold 'Em Poker Club, G</p>	<p>Transportation</p> <p>Monday 10:00 am and 11:45 am Friday 10:00-10:30 am and 11:45 am-12:15 pm</p> <p>Weekly Shopping Excursion Cloverdale Mall</p>		

February at a Glance (Continued)

Chair Yoga

Chair Yoga is a wonderful way for everyone to experience the benefits of yoga. Some people are hesitant to start a yoga practice, intimidated by what they think is a complicated system of awkward poses, difficult breathing and alienating spiritual aspects. Chair Yoga may put an end to those fears. Perhaps this is the gentlest form of yoga out there. The emphasis on breathing, balance and taking things at your own pace makes it a perfect practice. The chair allows for greater stability and reduces the fear that keeps us from trying new poses. If we feel supported and safe, we're more willing to push ourselves, ultimately achieving new poses and allowing our bodies to show us just how malleable and strong they can be.

So what, exactly, can you expect in a Chair Yoga class? You will use one or two chairs on which you will be sitting or leaning for the entire practice. Chair Yoga is a very Westernized form of practice, so the spiritual "yoga as a way of life" approach is replaced with an emphasis on personal empowerment and achievement through the exercises and breathing itself.

Regular Chair Yoga practice benefits the body and mind. It benefits every body part because it increases blood circulation, improves feet, toes, hand and finger movements, improves balance, stimulates the elimination of body toxins, improves posture, flexibility and mobility, and muscle and bone health.

Doing yoga on a regular basis can help improve many health conditions. It can ease chronic pain, arthritis or sleep problems. Chair Yoga can also help strengthen your immune system, which will better enable your body to ward off illnesses. Yoga combines physical movements with the practice of deep breathing, which allows you to focus both on what your body is doing and what is going on inside of you.

It teaches you to calm your mind and to relax, which can improve your mood and attitude in all areas of your life. Doing yoga can also help you better handle stress, increase your energy level and even give you a more optimistic outlook. While it does not directly prepare you for intense physical activity, it allows you to keep up with your daily life and generally improve basic fitness.



2012 Oscar Predictions

Best Picture:

The Ides of March

War Horse

J. Edgar

The Help

Tinker, Tailor, Solider, Spy

The Girl with the Dragon Tattoo

Moneyball

Tree of Life

Extremely Loud and Incredibly Close

Martha Marcy May Marlene

Leonardo DiCaprio – *J. Edgar*

Ryan Gosling – *The Ides of March*

Michael Fassbender – *Shame*

George Clooney – *The Descendants*

Always remember: “Life is not about waiting for the storm to pass, it’s about learning how to dance in the rain.”

Best Actress:

Elisabeth Olsen – *Martha Marcy May Marlene*

Meryl Streep – *The Iron Lady*

Viola Davis – *The Help*

Rooney Mara – *The Girl with the Dragon Tattoo*

Michelle Williams – *My Week with Marilyn*

Best Actor:

Brad Pitt – *Moneyball*



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