

# TRAVEL Schedule Highlights

**Taste of the Danube • May 27 - June 2, 2010** Discover the beautiful Danube with its charming small towns and vibrant capital cities. Explore Slovakia's capital of Bratislava and the natural beauty between Hungary's Budapest and Austria's Wachau Valley. Stay two nights in Vienna, known as the "City of Music."

**Canadian Rockies by Rail • June 5 - June 13, 2010** Begin your tour in Vancouver with a short trip to Victoria to see Butchart Gardens. Spend two days on the Rocky Mountaineer, traveling through Kamloops on your way to Jasper. After visiting the Ice Fields, you will overnight at the Fairmont Chateau Lake Louise. You'll also spend a night at the Banff Springs Hotel before concluding your trip in Calgary.

**Alaska Inside Passage • June 6 - June 13, 2010** Partake in abundant activities on board or simply take pleasure in the spectacular scenery of Juneau, Sitka and Ketchikan. Enjoy diverse dining venues, try your luck in the casino, take in a dazzling Las Vegas-style show or indulge yourself with a massage or facial.

**Islands of New England • June 11 - June 18, 2010** This journey highlights the natural beauty and traditional charm of New England. Tour the Marble House, an architectural marvel, in Newport. Visit the historical sites of Boston. Take a ferry ride to Martha's Vineyard. Spend a day exploring Nantucket, known for its beautiful cottages and cobblestone streets. Indulge in a traditional New England lobster feast.

March 2010



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# TAPESTRY™



## Look Inside for Exciting Events!

LEC-30/Q-300/3



15 Summerland Terrace  
Toronto, ON M9A 0B5  
416.777.2911

**SUNDAY**

**MONDAY**


**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

 Your brain will thank you.™ See your PrimeFit Instructor	<p>9:00 Aqua Fit, P <b>1</b>                  10:30 Sit Fit, PF                  11:00 Current Events Club, BA                  11:30 Two Feet and a Heartbeat, L                  1:00 Euchre Club, G                  2:00 Afternoon Bridge Club, L                  2:00 Wii Make Music, T                  3:00 Wii Bowling, T                  7:00 Evening Movie, T</p>	<p>10:30 Stretching and Relaxation, PF <b>2</b>                  1:00 Painting with Claire, AC                  2:00 PrimeFit Class, PF                  2:00 Jewelry Making, L                  3:00 Classical Music Appreciation Seminar, T                  6:30 Cribbage Club, G                  7:00 Evening Bridge Club                  7:00 NHL Hockey in the Pub, BA</p>	<p>9:00 Aqua Fit, P <b>3</b>                  10:30 Sit Fit, PF                  1:00 Artistic Expressions, AC                  2:00 Yoga Flow with Tania, PF                  2:00 Afternoon Bridge Club, L                  3:00 Cocktail Hour with Briar Boake, BA                  7:00 Texas Hold 'Em Poker Club, G</p>	<p>9:00 Working the Tees, T <b>4</b>                  10:30 Stretching and Relaxation, PF                  1:00 Tapestry Chorus Club, L                  2:00 PrimeFit Class, PF                  3:00 Pub Fun Karaoke, BA                  4:00 Beginners' Poker Club, G                  7:00 NHL Hockey in the Pub, BA</p>	<p>9:00 Aqua Fit, P <b>5</b>                  10:30 Sit Fit, PF                  11:30 Two Feet and a Heartbeat, L                  2:00 Pilates with Tania, PF                  3:00 Wii Bowling, T                  3:00 Music Lessons                  7:00 Evening Movie, T                  8:00 Etobicoke Concert Band, \$</p>	<p>11:00 Yahtzee, B <b>6</b>                  1:00 Euchre Club, G                  1:00 Music Crafts Instruments, AC                  2:00 Wii Bowling, T                  3:00 Tapestry Knitting Club, L                  7:00 Evening Movie, T                  7:00 Hockey Night in Canada, BA</p>
<p>10:00 Game Day with Brad, B <b>7</b>                  11:30 PrimeFit Class, PF                  2:00 Water Volleyball, P                  3:00 Sunday Matinee, T                  7:00 Oscars Red Carpet Party, BA                  8:00 2010 Academy Awards in the Pub, BA</p>	<p><i>Commonwealth Day</i> <b>8</b>                  9:00 Aqua Fit, P                  10:30 Sit Fit, PF                  11:00 Current Events Club, BA                  11:30 Two Feet and a Heartbeat, L                  1:00 Euchre Club, G                  2:00 Afternoon Bridge Club, L                  2:00 Wii Make Music, T                  3:00 Wii Bowling, T                  7:00 Evening Movie, T</p>	<p>10:30 Stretching and Relaxation, PF <b>9</b>                  1:00 Painting with Claire, AC                  2:00 PrimeFit Class, PF                  2:00 Jewelry Making, L                  3:30 Tapestry's Book Club Meeting, M                  6:30 Cribbage Club, G                  7:00 Evening Bridge Club                  7:00 NHL Hockey in the Pub, BA</p>	<p><i>Canadian Music Week</i> <b>10</b>                  9:00 Aqua Fit, P                  10:30 Sit Fit, PF                  12:00 Residents' Luncheon Out, \$                  1:00 Artistic Expressions, AC                  2:00 Yoga Flow with Tania, PF                  2:00 Afternoon Bridge Club, L                  2:00 Theatre Music Series, T                  3:00 Cocktail Hour with Helen Stewart, BA                  7:00 Texas Hold 'Em Poker Club, G</p>	<p>9:00 Working the Tees, T <b>11</b>                  10:30 Stretching and Relaxation, PF                  1:00 Tapestry Chorus Club                  2:00 PrimeFit Class, PF                  3:00 Dance Fit with Tania, PF                  3:00 Pub Fun Tribal Rhythms, BA                  4:00 Beginners' Poker Club, G                  7:00 NHL Hockey in the Pub, BA</p>	<p>9:00 Aqua Fit, P <b>12</b>                  10:30 Sit Fit, PF                  11:30 Two Feet and a Heartbeat, L                  2:00 Pilates with Tania, PF                  2:00 Theatre Music Series, T                  3:00 Wii Bowling, T                  3:00 Music Lessons                  7:00 Evening Movie, T</p>	<p>11:00 Yahtzee, B <b>13</b>                  11:00 Trip to Richview Library                  1:00 Euchre Club, G                  1:00 Music Crafts-Instruments, AC                  2:00 Wii Bowling, T                  3:00 Tapestry Knitting Club, L                  7:00 Evening Movie, T                  7:00 Hockey Night in Canada, BA</p>
<p><b>14</b>                  10:00 Game Day with Brad, B                  11:30 PrimeFit Class, PF                  2:00 Water Volleyball, P                  2:00 Theatre Music Series, T                  3:00 Sunday Matinee, T</p>	<p><b>15</b>                  9:00 Aqua Fit, P                  10:30 Sit Fit, PF                  11:00 Current Events Club, BA                  11:30 Two Feet and a Heartbeat, L                  1:00 Euchre Club, G                  2:00 Afternoon Bridge Club, L                  2:00 Wii Make Music, T                  3:00 Wii Bowling, T                  7:00 Evening Movie, T</p>	<p><b>16</b>                  10:30 Stretching and Relaxation, PF                  1:00 Painting with Claire, AC                  2:00 PrimeFit Class, PF                  6:30 Cribbage Club, G                  7:00 Evening Bridge Club                  7:00 NHL Hockey in the Pub, BA</p>	<p><b>ST. PATRICK'S DAY</b> <b>17</b>  <i>St. Patrick's Day</i>                  9:00 Aqua Fit, P                  10:30 Sit Fit, PF                  1:00 Artistic Expressions, AC                  2:00 Yoga Flow with Tania, PF                  2:00 Afternoon Bridge Club, L                  3:30 Tapestry's St. Paddy's Day Party                  7:00 Texas Hold 'Em Poker Club, G</p>	<p><b>18</b>                  9:00 Working the Tees, T                  10:30 Stretching and Relaxation, PF                  1:00 Tapestry Chorus Club                  2:00 PrimeFit Class, PF                  3:00 Pub Fun Aqua Chorus, BA                  4:00 Beginners' Poker Club, G                  7:00 NHL Hockey in the Pub, BA</p>	<p><b>19</b>                  9:00 Aqua Fit, P                  10:30 Sit Fit, PF                  11:30 Two Feet and a Heartbeat, L                  2:00 Pilates with Tania, PF                  3:00 Wii Bowling, T                  3:00 Tapestry Band                  7:00 Evening Movie, T</p>	<p><b>FIRST DAY OF SPRING</b> <b>20</b>                  11:00 Yahtzee, B                  1:00 Euchre Club, G                  1:00 Earth Hour Crafts Candle Holders, AC                  2:00 Wii Bowling, T                  3:00 Tapestry Knitting Club, L                  7:00 Evening Movie, T                  7:00 Hockey Night in Canada, BA</p>
<p><b>21</b>                  10:00 Game Day with Brad, B                  11:30 PrimeFit Class, PF                  2:00 Water Volleyball, P                  3:00 Sunday Matinee, T</p>	<p><b>22</b>                  9:00 Aqua Fit, P                  10:30 Sit Fit, PF                  11:00 Current Events Club, BA                  11:30 Two Feet and a Heartbeat, L                  1:00 Euchre Club, G                  2:00 Afternoon Bridge Club, L                  3:00 Wii Bowling, T                  7:00 Evening Movie, T</p>	<p><b>23</b>                  10:30 Stretching and Relaxation, PF                  1:00 Painting with Claire, AC                  2:00 PrimeFit Class, PF                  2:00 Jewelry Making, L                  4:00 Meet Your Neighbors Wine and Cheese, BA                  6:30 Cribbage Club, G                  7:00 Evening Bridge Club                  7:00 NHL Hockey in the Pub, BA</p>	<p><b>24</b>                  9:00 Aqua Fit, P                  10:30 Sit Fit, PF                  1:00 Artistic Expressions, AC                  2:00 Yoga Flow with Tania, PF                  2:00 Afternoon Bridge Club, L                  6:00 Cocktail Hour with Virgil Scott, BA                  7:00 Texas Hold 'Em Poker Club, G</p>	<p><b>25</b>                  9:00 Working the Tees, T                  10:30 Stretching and Relaxation, PF                  11:00 Seniors' Day @ Shoppers                  1:00 Tapestry Chorus Club                  2:00 PrimeFit Class, PF                  3:00 Dance Fit with Tania, PF                  3:00 Birthday Beer Pong, BA                  3:00 Pub Fun Beer Pong, BA                  4:00 Beginners' Poker Club, G                  7:00 NHL Hockey in the Pub, BA</p>	<p><b>26</b>                  9:00 Aqua Fit, P                  10:30 Sit Fit, PF                  11:30 Two Feet and a Heartbeat, L                  2:00 Pilates with Tania, PF                  2:00 Quilt Fever, \$                  3:00 Wii Bowling, T                  3:00 Tapestry Band                  7:00 Evening Movie, T</p>	<p><b>27</b>                  Earth Hour (8:30-9:30 pm)                  11:00 Yahtzee, B                  11:00 Trip to Richview Library                  1:00 Euchre Club, G                  1:00 Earth Hour Crafts Candle Holders, AC                  2:00 Wii Bowling, T                  3:00 Tapestry Knitting Club, L                  7:00 Evening Movie, T                  7:00 Hockey Night in Canada, BA                  8:00 Earth Hour Party</p>
<p><b>PALM SUNDAY</b> <b>28</b>                  10:00 Game Day with Brad, B                  11:30 PrimeFit Class, PF                  2:00 Water Volleyball, P                  2:30 Intrada Brass Breezin' Down Broadway, \$                  3:00 Sunday Matinee, T</p>	<p><b>29</b>                  9:00 Aqua Fit, P                  10:30 Sit Fit, PF                  11:00 Current Events Club, BA                  11:30 Two Feet and a Heartbeat, L                  1:00 Euchre Club, G                  2:00 Afternoon Bridge Club, L                  3:00 Wii Bowling, T                  7:00 Evening Movie, T</p>	<p><b>PASSOVER BEGINS AT SUNSET</b> <b>30</b>                  10:30 Stretching and Relaxation, PF                  1:00 Painting with Claire, AC                  2:00 PrimeFit Class, PF                  2:00 Jewelry Making, L                  6:30 Cribbage Club, G                  7:00 Evening Bridge Club                  7:00 NHL Hockey in the Pub, BA</p>	<p><b>31</b>                  9:00 Aqua Fit, P                  10:30 Sit Fit, PF                  11:00 Residents' Monthly Meeting, DK                  1:00 Artistic Expressions, AC                  2:00 Yoga Flow with Tania, PF                  2:00 Afternoon Bridge Club, L                  6:00 Cocktail Hour with Michael Keys, BA                  7:00 Texas Hold 'Em Poker Club, G</p>	<p><b>Transportation</b>                  Monday:                  10:00 am &amp; 1:00 pm, Humbertown Mall                  Friday:                  10:00 am &amp; 1:00 pm, Cloverdale Mall</p>	<p><b>Birthdays</b>                  Noel O'Brien, 5th                  Ruth Gray, 7th                  Mary McCann, 8th                  Susan Libera, 9th                  Eileen Wallbank, 17th                  Lillian Weichel, 27th                  Florence McPhail, 27th</p>	<p><b>Locations</b>                  2nd Floor Lounge, L                  Arts &amp; Crafts Room, AC                  Bistro, B                  Black Alder Pub, BA                  Charged Event, \$                  Courtyard, CY                  Demo Kitchen, DK                  Games Room, G                  Main Floor Theater, T                  Montgomery's, M                  Patio, PA                  Pool, P                  PrimeFit Gym, PF</p>