

# TRAVEL Schedule Highlights

## Las Vegas Experience • November 15 - November 17, 2010

Whether trying your luck in the glitzy casinos, dining in gourmet restaurants, taking in a show or simply enjoying the sights and sounds of The Strip, Las Vegas can be your perfect vacation.

## Spa Package in Arizona • December 1 - December 15, 2010

Any time during the first two weeks of December enjoy this two-night spa package and immerse yourself in pure luxury at La Siena, a resort-style retirement community in Phoenix, Arizona. Pampering includes a facial and massage among other spa amenities. Take in all of the daily activities at La Siena.

## Mexican Riviera Cruise • December 8 - December 15, 2010

Color, culture, intense Latin passion – Mexico has it all. Visit the chic seaside resorts of Puerto Vallarta and Cabo San Lucas after cruising the beautiful Baja coastline. This seven-day cruise travels round-trip from San Diego aboard Holland's *Amsterdam*.

## Texas New Year • December 28 - January 2, 2011

Take a tour of San Antonio and enjoy a leisurely cruise along the Riverwalk. Spend New Year's Eve at the Gaylord Texan Hotel in Grapevine, Texas, enjoying a Gala Dinner Dance. Experience a private cooking class with the flavors of true Tex-Mex cuisine. Visit the Cross Timbers Winery for a little wine tasting.

LEC-30/Q-100/3



15 Summerland Terrace  
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September 2010



# TAPESTRY™



September 2010 Events Calendar • Star Gazing



**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**Locations**

- 2nd Floor Lounge, L
- Arts & 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



**PositScience™**  
Your brain will thank you.™  
See your  
PrimeFit Instructor

- 1
- 9:30 Aqua Fit, P
  - 10:30 Sit, Be Fit & Go!, PF
  - 11:00 Trip to Ontario Science Centre, \$
  - 2:00 Afternoon Bridge Club, L
  - 2:00 Beginners' Wii Bowling, T
  - 2:00 Yoga Flow with Tania, PF
  - 3:00 Cocktail Hour, BA
  - 7:00 Texas Hold 'em Poker Club, G

- 2
- 9:00 Working the Tees, T
  - 10:30 Stretching & Relaxation, PF
  - 11:00 Space Food, DK
  - 1:00 Colours in Motion Painting, AC
  - 1:00 Star Voices Chorus Club, L
  - 2:00 Aqua Fit, P
  - 4:00 Beginners' Poker Club, G

- 3
- 9:30 Aqua Fit, P
  - 10:30 Sit, Be Fit & Go!, PF
  - 11:00 Screening: A Star Is Born, T
  - 11:30 Two Feet and a Heartbeat, L
  - 2:00 Afternoon Bridge Club, L
  - 2:00 Steppin' Out Walking Club, B
  - 3:00 Wii Bowling, T
  - 7:00 Movie Night, T

- 4
- 11:00 Yahtzee, B
  - 1:00 Euchre Club, G
  - 2:00 Wii Bowling, T
  - 3:00 Knitting Stars, L
  - 7:00 Movie Night, T

- 5
- FIND-A-STAR WEEK**
- 10:00 Game Day, B
  - 11:30 PrimeFit Class, PF
  - 2:00 Aqua Fit, P
  - 3:00 Sunday Matinee, T
  - 3:00 Crafty Fingers, AC

- 6
- LABOUR DAY**
- 9:30 Aqua Fit, P
  - 10:30 Sit, Be Fit & Go!, PF
  - 11:00 Memoirs, DK
  - 11:30 Two Feet and a Heartbeat, L
  - 1:00 Euchre Club, G
  - 2:00 Current Events Club, DK
  - 2:00 Afternoon Bridge Club, L
  - 3:00 Wii Bowling, T
  - 7:00 Movie Night, T

- 7
- 10:30 Stretching & Relaxation, PF
  - 11:00 Star Hunt!, BA
  - 2:00 Steppin' Out Walking Club, B
  - 2:00 Glitz n' Glamour Jewelry making, L
  - 6:30 Cribbage Club, G
  - 7:30 Evening Bridge Club, L

- 8
- ROSH HASHANAH BEGINS**
- 9:30 Aqua Fit, P
  - 10:30 Sit, Be Fit & Go!, PF
  - 11:00 Trip to Canada's Walk of Fame
  - 2:00 Afternoon Bridge Club, L
  - 2:00 Beginners' Wii Bowling, T
  - 2:00 Yoga Flow with Tania, PF
  - 3:00 Cocktail Hour, BA
  - 7:00 Texas Hold 'em Poker Club, G

- 9
- 9:00 Working the Tees, T
  - 10:30 Stretching & Relaxation, PF
  - 11:00 Counting the Stars, T
  - 1:00 Colours in Motion Painting, AC
  - 1:00 Star Voices Chorus Club, L
  - 2:00 Aqua Fit, P
  - 4:00 Beginners' Poker Club, G

- 10
- 9:30 Aqua Fit, P
  - 10:30 Sit, Be Fit & Go!, PF
  - 11:00 Celebrity Trivia, BA
  - 11:30 Two Feet and a Heartbeat, L
  - 2:00 Afternoon Bridge Club, L
  - 2:00 Steppin' Out Walking Club, B
  - 3:00 Wii Bowling, T
  - 7:00 Movie Night, T

- 11
- PATRIOT DAY**
- 11:00 Yahtzee, B
  - 11:00 Trip to Richview Library
  - 1:00 Euchre Club, G
  - 2:00 Wii Bowling, T
  - 3:00 Knitting Stars, L
  - 7:00 Movie Night, T

- 12
- GRANDPARENTS DAY**
- BE-A-STAR WEEK**
- 10:00 Game Day, B
  - 11:30 PrimeFit Class, PF
  - 2:00 Aqua Fit, P
  - 3:00 Sunday Matinee, T
  - 3:00 Crafty Fingers, AC

- 13
- 9:30 Aqua Fit, P
  - 10:30 Sit, Be Fit & Go!, PF
  - 11:00 Memoirs, DK
  - 11:30 Two Feet and a Heartbeat, L
  - 1:00 Euchre Club, G
  - 2:00 Current Events Club, DK
  - 2:00 Afternoon Bridge Club, L
  - 3:00 Wii Bowling, T
  - 7:00 Movie Night, T

- 14
- 10:30 Stretching & Relaxation, PF
  - 11:00 Be-a-Star Charade Fun, G
  - 2:00 Steppin' Out Walking Club, B
  - 2:00 Glitz n' Glamour Jewelry making, L
  - 6:30 Cribbage Club, G
  - 7:30 Evening Bridge Club, L

- 15
- 9:30 Aqua Fit, P
  - 10:30 Sit, Be Fit & Go!, PF
  - 11:00 Star Crafts!, AC
  - 2:00 Afternoon Bridge Club, L
  - 2:00 Beginners' Wii Bowling, T
  - 2:00 Yoga Flow with Tania, PF
  - 3:00 Cocktail Hour, BA
  - 7:00 Texas Hold 'em Poker Club, G

- 16
- 9:00 Working the Tees, T
  - 10:30 Stretching & Relaxation, PF
  - 11:00 Residents' Luncheon
  - 1:00 Tapestry Chorus Club, L
  - 1:00 Colours in Motion Painting, AC
  - 2:00 Aqua Fit, P
  - 4:00 Beginners' Poker Club, G

- 17
- YOM KIPPUR BEGINS**
- 9:30 Aqua Fit, P
  - 10:30 Sit, Be Fit & Go!, PF
  - 11:00 Star Look-Alikes, BA
  - 11:30 Two Feet and a Heartbeat, L
  - 2:00 Afternoon Bridge Club, L
  - 2:00 Steppin' Out Walking Club, B
  - 3:00 Wii Bowling, T
  - 7:00 Movie Night, T

- 18
- 11:00 Yahtzee, B
  - 1:00 Euchre Club, G
  - 2:00 Wii Bowling, T
  - 3:00 Knitting Stars, L
  - 7:00 Movie Night, T

- 19
- DISCOVER THE STARS WEEK**
- 10:00 Game Day, B
  - 11:30 PrimeFit Class, PF
  - 2:00 Aqua Fit, P
  - 3:00 Sunday Matinee, T
  - 3:00 Crafty Fingers, AC

- 20
- 9:30 Aqua Fit, P
  - 10:30 Sit, Be Fit & Go!, PF
  - 11:00 Memoirs, DK
  - 11:30 Two Feet and a Heartbeat, L
  - 1:00 Euchre Club, G
  - 2:00 Current Events Club, DK
  - 2:00 Afternoon Bridge Club, L
  - 3:00 Wii Bowling, T
  - 7:00 Movie Night, T

- 21
- 10:30 Stretching & Relaxation, PF
  - 11:00 Star Patterns, G
  - 2:00 Steppin' Out Walking Club, B
  - 2:00 Glitz n' Glamour Jewelry making, L
  - 4:00 Meet Your Neighbour Wine & Cheese, BA
  - 6:30 Cribbage Club, G
  - 7:30 Evening Bridge Club, L

- 22
- 9:30 Aqua Fit, P
  - 10:30 Sit, Be Fit & Go!, PF
  - 12:00 Tapestry Gala Afternoon
  - 2:00 Afternoon Bridge Club, L
  - 2:00 Beginners' Wii Bowling, T
  - 2:00 Yoga Flow with Tania, PF
  - 7:00 Texas Hold 'em Poker Club, G

- 23
- FIRST DAY OF FALL**
- 9:00 Working the Tees, T
  - 10:30 Stretching & Relaxation, PF
  - 11:00 Outing: Toronto Blue Jays Game, \$
  - 1:00 Tapestry Chorus Club, L
  - 1:00 Colours in Motion Painting, AC
  - 2:00 Aqua Fit, P
  - 4:00 Beginners' Poker Club, G

- 24
- 9:30 Aqua Fit, P
  - 10:30 Sit, Be Fit & Go!, PF
  - 11:00 Astrology Discovery, DK
  - 11:30 Two Feet and a Heartbeat, L
  - 2:00 Afternoon Bridge Club, L
  - 2:00 Steppin' Out Walking Club, B
  - 3:00 Wii Bowling, T
  - 7:00 Movie Night, T

- 25
- 11:00 Yahtzee, B
  - 11:00 Trip to Richview Library
  - 1:00 Euchre Club, G
  - 2:00 Wii Bowling, T
  - 3:00 Knitting Stars, L
  - 7:00 Movie Night, T

- 26
- 10:00 Game Day, B
  - 11:30 PrimeFit Class, PF
  - 2:00 Aqua Fit, P
  - 3:00 Sunday Matinee, T
  - 3:00 Crafty Fingers, AC

- 27
- 9:30 Aqua Fit, P
  - 10:30 Sit, Be Fit & Go!, PF
  - 11:00 Memoirs, DK
  - 11:30 Two Feet and a Heartbeat, L
  - 1:00 Euchre Club, G
  - 2:00 Current Events Club, DK
  - 2:00 Afternoon Bridge Club, L
  - 3:00 Wii Bowling, T
  - 7:00 Movie Night, T

- 28
- 10:30 Stretching & Relaxation, PF
  - 2:00 Steppin' Out Walking Club, B
  - 2:00 Glitz n' Glamour Jewelry making, L
  - 6:30 Cribbage Club, G
  - 7:30 Evening Bridge Club, L

- 29
- 9:30 Aqua Fit, P
  - 10:30 Sit, Be Fit & Go!, PF
  - 2:00 Afternoon Bridge Club, L
  - 2:00 Beginners' Wii Bowling, T
  - 2:00 Yoga Flow with Tania, PF
  - 3:00 Cocktail Hour, BA
  - 7:00 Texas Hold 'em Poker Club, G

- 30
- 9:00 Working the Tees, T
  - 10:30 Stretching & Relaxation, PF
  - 11:00 Residents' Monthly Meeting, DK
  - 1:00 Tapestry Chorus Club, L
  - 1:00 Colours in Motion Painting, AC
  - 2:00 Aqua Fit, P
  - 4:00 Beginners' Poker Club, G

**Transportation**

Monday 10:00 am & 11:45 am Humbertown Mall  
Friday 10:00 am & 11:45 am Cloverdale Mall

**Birthdays**

Jean Di Leo, 2nd  
Rosa Crawford, 4th  
Patricia Engels, 8th  
Mary Ann Miggiani, 11th  
Jean Bremner, 15th  
Jean McDonald, 23rd