

February 2019 Events in the Community

CONCERT®

LINDT CHOCOLATE SHOP- FEBRUARY 5 AT 11:00 AM

On Tuesday February 5th Tapestry will be visiting the Lindt Chocolate shop located in Etobicoke to enjoy the delicious and inviting selection of chocolates that Lindt has to offer. Choose from milk, dark, and white chocolates that are available in a variety of creative settings.

COOKIE DECORATING / CANDY GRAHAMS- FEBRUARY 14 AT 11:00 AM IN THE DEMO KITCHEN

Get your sweet tooth ready once again as Cookie decorating will be held in the Demo Kitchen on Thursday February the 14th, as well as Candy Grahams being available to be sent out to friends and staff alike for this yummy festivity.

WALKING HADRIAN'S WALL-FEBRUARY 19 AT 11:00 AM

We will be welcoming back Richard Jordan as he will guide residents through a presentation regarding Hadrian's Wall, detailing what the Romans were doing in Britain, how and why they built the wall, and then take a fully illustrated walk along its whole length. The wall was built across the north of England by the Romans in the Second Century AD to protect their settlements from barbarian raiders from what is now Scotland.

HANDS ON EXOTICS-FEBRUARY 26TH AT 11:00 AM

Travelling around Ontario Hands on Exotics will be bringing their varied selection of animals to Tapestry on Tuesday February the 29th, for your viewing pleasure where they will not only allow you to interact with the animals but also educate residents and build a positive relationship between humans and animals.

February 2019 Calendar of Events

Fit Feb



MANAGER & STAFF PHONE LIST

General Manager, Keval Khanna	ext. 202
Executive Chef, Carl MacNeil	ext. 215
Resident Service Manager, Tina Bronzovic	ext. 201
Sales Advisor, Jeff Howell	ext. 208
Sales Advisor, Beth-Anne Macvicar	ext. 206
Sales Manager, Cynthia Bettencourt	ext. 205
Restaurant Manager, Jill Harmer	ext. 270
Health & Wellness Manager, Laura Larson	ext. 203
Life Enrichment Manager, Michelle Cruz	ext. 210
Building Maintenance, William Worth	ext. 211
Life Enrichment/Personal Trainer, Lauren Tankel	ext. 209
Business Office Manager, Kayla Daley	ext. 212



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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center">February</p> <p>Transportation Provided for Regular Shopping Excursions—sign up required</p> <p>Walmart: February 11th & 25th</p> <p>Humbertown Shopping Centre: February 4th</p> <p>Rabba/ Bruno Fine Foods: February 4th</p> <p>Cloverdale Mall : February 1st, 8th, 15th & 22th</p>		<p>L - 2nd Floor Lounge</p> <p>AC - Arts & Crafts Room</p> <p>B - Bistro</p> <p>BA - Black Alder Pub</p> <p>SD-Self Directed</p>	<p>CY - Courtyard</p> <p>DK - Demo Kitchen</p> <p>\$ - Charged Event</p> <p>G - Games Room</p>	<p>T - Theater</p> <p>M - Montgomery's</p> <p>PA - Patio</p> <p>P - Pool</p> <p>ER - Exercise Room</p>	<p>1.</p> <p>9:15 AquaFit (P)</p> <p>9:30 Sit to be Fit (ER)</p> <p>10:15 Chair Cardio (ER)</p> <p>11:30 Trivia Challenge (T)</p> <p>1:00 Afternoon Bridge (L, SD)</p> <p>1:00 Alphabet Game (T)</p> <p>1:30 Texas Hold 'Em Poker (G)</p> <p>2:30 Wii Wheel of Fortune (T)</p> <p>3:00 ZUMBA GOLD! (ER)</p> <p>3:30 AquaFit (P)</p> <p>3:30 Double-Down Tonk (DK)</p> <p>4:00 Body , Mind & Core (T)</p> <p>7:30 Movie Night (T)</p>	<p>2.</p> <p>10:00 Stretching and Relaxation (ER)</p> <p>11:00 Library Excursion</p> <p>11:00 Colour Me Calm (G, SD)</p> <p>11:00 Mindful Reflection (T)</p> <p>11:00 Chair Yoga (ER)</p> <p>11:30 Basic Yoga (ER)</p> <p>12:30 AquaFit (P)</p> <p>1:00 Beginner's Euchre (L)</p> <p>3:00 Knitters with a Cause (L)</p> <p>3:15 Muscle Flow (ER)</p> <p>7:30 Movie Night (T)</p>
<p>3.</p> <p>10:30 Wii Wheel of Fortune (T)</p> <p>11:00 Scrabble (G, SD)</p> <p>1:00 Beginners bridge (L)</p> <p>1:30 Trivia Challenge (DK)</p> <p>2:30 Afternoon Movie Matinee (T)</p> <p>3:00 Double Down Tonk (G)</p> <p>7:30 Movie Night (T)</p>	<p>4.</p> <p>9:15 AquaFit (P)</p> <p>10:15 Chair Cardio (ER)</p> <p>11:00 Alphabet Game (T)</p> <p>11:05 Chair Yoga (ER)</p> <p>11:35 Basic Yoga (ER)</p> <p>1:00 Simple Strength Training (ER)</p> <p>1:00 Intermediate Golf (T)</p> <p>1:00 Afternoon Bridge (L, SD)</p> <p>1:30 Giant Crossword Puzzle (T)</p> <p>2:30 Stretching & Relaxation (ER)</p> <p>3:15 Taking Charge of Arthritis (ER)</p> <p>3:00 Wii Wheel of Fortune (T)</p> <p>4:00 ZUMBA GOLD! (ER)</p> <p>6:30 Double Down Tonk (G)</p> <p>7:30 Movie Night (T)</p>	<p>5.</p> <p>9:30 Gentle Balance Builders (ER)</p> <p>9:30 Tapestry Walking Club (B)</p> <p>10:15 Stretching and Relaxation (ER)</p> <p>11:00 Charitable Donations (G)</p> <p>11:00 Lindt Chocolate Shop</p> <p>2:00 Simple Strength Training (ER)</p> <p>2:00 Colour Me Calm (G, SD)</p> <p>3:15 AquaFit (P)</p> <p>3:15 Dictionary Word Game (T)</p> <p>3:15 Sit To Be Fit (ER)</p> <p>4:00 Texas Hold 'Em Poker (G)</p> <p>4:30 Vertigo Workshop (ER)</p>	<p>6.</p> <p>9:15 AquaFit (P)</p> <p>10:00 Tapestry Book Exchange (G)</p> <p>10:15 Vital Core Training (ER)</p> <p>10:30 Wii Bowling League</p> <p>10:30 Shopping Excursion</p> <p>10:30 Chess Club (L, SD)</p> <p>11:00 Fitness Equipment Training (ER)</p> <p>11:00 Tech-Tips (T)</p> <p>1:00 Afternoon Bridge (L)</p> <p>2:00 Stretching & Relaxation (ER)</p> <p>3:00 Cocktail Hour</p> <p>3:30 Simple Strength Training (ER)</p>	<p>7.</p> <p>9:30 Sit To Be Fit (ER)</p> <p>9:30 Tapestry Walking Club (B)</p> <p>10:00 Food Council Meeting (DK)</p> <p>10:15 Stretching & Relaxation (ER)</p> <p>11:15 Alphabet Game (T)</p> <p>1:00 Mall Walking Club (O)</p> <p>1:00 Tapestry Chorus Club (L)</p> <p>1:00 Colours in Motion (AC)</p> <p>1:00 Euchre Club (G, SD)</p> <p>2:00 Agility, Balance and Coordination (ER)</p> <p>2:30 Beginners Spanish Lesson (T)</p> <p>3:15 Taking Charge of Arthritis (ER)</p> <p>4:00 Blackjack \$ (G)</p> <p>4:30 Vertigo Workshop (ER)</p>	<p>8.</p> <p>9:15 AquaFit (P)</p> <p>9:30 Sit to be Fit (ER)</p> <p>10:15 Chair Cardio (ER)</p> <p>11:30 Trivia Challenge (T)</p> <p>1:00 Afternoon Bridge (L, SD)</p> <p>1:00 Alphabet Game (T)</p> <p>1:30 Texas Hold 'Em Poker (G)</p> <p>3:00 ZUMBA GOLD! (ER)</p> <p>3:30 AquaFit (P)</p> <p>3:30 Double-Down Tonk (DK)</p> <p>4:00 Body , Mind & Core (T)</p> <p>7:30 Movie Night (T)</p>	<p>9. BP & Weight Clinic H&W</p> <p>10:00 Stretching and Relaxation (ER)</p> <p>11:00 Colour Me Calm (G, SD)</p> <p>11:00 Mindful Reflection (T)</p> <p>11:00 Chair Yoga (ER)</p> <p>11:30 Basic Yoga (ER)</p> <p>12:30 AquaFit (P)</p> <p>1:00 Beginner's Euchre (L)</p> <p>3:00 Knitters with a Cause (L)</p> <p>3:15 Muscle Flow (ER)</p> <p>7:30 Movie Night (T)</p>
<p>10.</p> <p>10:30 Wii Wheel of Fortune (T)</p> <p>11:00 Scrabble (G, SD)</p> <p>1:00 Beginners bridge (L)</p> <p>1:30 Trivia Challenge (DK)</p> <p>2:30 Afternoon Movie Matinee (T)</p> <p>3:00 Double Down Tonk (G)</p> <p>7:30 Movie Night (T)</p>	<p>11.</p> <p>9:15 AquaFit (P)</p> <p>10:15 Chair Cardio (ER)</p> <p>11:00 Alphabet Game (T)</p> <p>11:05 Chair Yoga (ER)</p> <p>11:35 Basic Yoga (ER)</p> <p>1:00 Simple Strength Training (ER)</p> <p>1:00 Intermediate Golf (T)</p> <p>1:00 Afternoon Bridge (L, SD)</p> <p>1:30 Giant Crossword Puzzle (T)</p> <p>2:30 Stretching & Relaxation (ER)</p> <p>3:15 Taking Charge of Arthritis (ER)</p> <p>3:00 Wii Wheel of Fortune (T)</p> <p>4:00 ZUMBA GOLD! (ER)</p> <p>6:30 Double Down Tonk (G)</p> <p>7:30 Movie Night (T)</p>	<p>12.</p> <p>9:30 Gentle Balance Builders (ER)</p> <p>9:30 Tapestry Walking Club (B)</p> <p>10:00 Life Enrichment Council Meeting (T)</p> <p>10:15 Stretching and Relaxation (ER)</p> <p>2:00 Simple Strength Training (ER)</p> <p>2:00 Afternoon Bingo (DK)</p> <p>2:00 Colour Me Calm (G, SD)</p> <p>3:15 AquaFit (P)</p> <p>3:15 Dictionary Word Game (T)</p> <p>3:15 Sit To Be Fit (ER)</p> <p>4:00 Texas Hold 'Em Poker (G)</p> <p>4:30 Vertigo Workshop (ER)</p>	<p>13.</p> <p>9:15 AquaFit (P)</p> <p>10:15 Vital Core Training (ER)</p> <p>10:30 Wii Bowling League</p> <p>10:30 Chess Club (L, SD)</p> <p>11:00 Fitness Equipment Training (ER)</p> <p>11:00 Tech-Tips (T)</p> <p>12:00 Resident Luncheon (\$)</p> <p>1:00 Afternoon Bridge (L)</p> <p>2:00 Stretching & Relaxation (ER)</p> <p>3:00 Cocktail Hour</p> <p>3:30 Simple Strength Training (ER)</p>	<p>14. Valentine's Day</p> <p>9:30 Sit To Be Fit (ER)</p> <p>9:30 Tapestry Walking Club (B)</p> <p>10:00 Resident Council Meeting (PDR)</p> <p>10:15 Stretching & Relaxation (ER)</p> <p>11:00 Cookies Decorating (DK)</p> <p>11:30 Alphabet Game (T)</p> <p>1:00 Mall Walking Club</p> <p>1:00 Tapestry Chorus Club (L)</p> <p>1:00 Colours in Motion (AC)</p> <p>1:00 Euchre Club (G, SD)</p> <p>2:00 Agility, Balance and Coordination (ER)</p> <p>2:30 Beginners Spanish Lesson (T)</p> <p>3:15 Taking Charge of Arthritis (ER)</p> <p>4:00 Blackjack \$ (G)</p> <p>4:30 Vertigo Workshop (ER)</p>	<p>15.</p> <p>9:15 AquaFit (P)</p> <p>10:15 Chair Cardio (ER)</p> <p>11:30 Trivia Challenge (T)</p> <p>1:00 Alphabet Game (T)</p> <p>1:00 Afternoon Bridge (L, SD)</p> <p>1:30 Texas Hold 'Em Poker (G)</p> <p>3:00 ZUMBA GOLD! (ER)</p> <p>3:30 AquaFit (P)</p> <p>3:30 Double-Down Tonk (DK)</p> <p>4:00 Simple Strength Training (ER)</p> <p>4:00 Body , Mind & Core (T)</p> <p>7:30 Movie Night (T)</p>	<p>16.</p> <p>10:00 Stretching and Relaxation (ER)</p> <p>11:00 Library Excursion</p> <p>11:00 Colour Me Calm (G, SD)</p> <p>11:00 Mindful Reflection (T)</p> <p>11:00 Chair Yoga (ER)</p> <p>11:30 Basic Yoga (ER)</p> <p>12:30 AquaFit (P)</p> <p>1:00 Beginner's Euchre (L)</p> <p>3:00 Knitters with a Cause (L)</p> <p>3:15 Muscle Flow (ER)</p> <p>7:30 Movie Night (T)</p>
<p>17.</p> <p>10:30 Wii Wheel of Fortune (T)</p> <p>1:00 Beginners bridge (L)</p> <p>1:30 Trivia Challenge (G)</p> <p>2:30 Afternoon Movie Matinee (T)</p> <p>3:00 Double Down Tonk (G)</p> <p>7:30 Movie Night (T)</p>	<p>18. Stat Holiday: Family Day</p> <p>9:15 AquaFit (P)</p> <p>10:15 Chair Cardio (ER)</p> <p>11:00 Alphabet Game (T)</p> <p>11:05 Chair Yoga (ER)</p> <p>11:35 Basic Yoga (ER)</p> <p>1:00 Intermediate Golf (T)</p> <p>1:00 Simple Strength Training (ER)</p> <p>1:00 Afternoon Bridge (L, SD)</p> <p>1:30 Giant Crossword Puzzle (T)</p> <p>2:30 Stretching & Relaxation (ER)</p> <p>3:15 Taking Charge of Arthritis (ER)</p> <p>3:00 Wii Wheel of Fortune (T)</p> <p>4:00 ZUMBA GOLD! (ER)</p> <p>6:30 Double Down Tonk (G)</p> <p>7:30 Movie Night (T)</p>	<p>19.</p> <p>9:30 Gentle Balance Builders (ER)</p> <p>9:30 Tapestry Walking Club (B)</p> <p>10:15 Stretching and Relaxation (ER)</p> <p>11:00 Walking Hadrian's Wall (DK)</p> <p>1:00 Calligraphy Demonstration (DK)</p> <p>2:00 Glitz'n' Glamour Jewelry Club (DK)</p> <p>2:00 Simple Strength Training (ER)</p> <p>2:00 Colour Me Calm (G, SD)</p> <p>3:15 AquaFit (P)</p> <p>3:15 Dictionary Word Game (T)</p> <p>3:15 Sit To Be Fit (ER)</p> <p>4:00 Texas Hold 'Em Poker (G)</p> <p>4:30 Vertigo Workshop (ER)</p>	<p>20.</p> <p>9:15 AquaFit (P)</p> <p>10:00 Vital Signs Clinic: Health & Wellness</p> <p>10:15 Chess Club (L, SD)</p> <p>10:30 Vital Core Training (ER)</p> <p>10:30 Casino Woodbine</p> <p>11:00 Fitness Equipment Training (ER)</p> <p>11:00 Tech-Tips (T)</p> <p>1:00 Afternoon Bridge (L)</p> <p>2:00 Stretching & Relaxation (ER)</p> <p>2:00 Mindful Reflection (T)</p> <p>2:00 Stretching & Relaxation (ER)</p> <p>3:00 Cocktail Hour</p> <p>3:30 Simple Strength Training (ER)</p>	<p>21.</p> <p>9:30 Sit To Be Fit (ER)</p> <p>9:30 Tapestry Walking Club (B)</p> <p>10:15 Stretching & Relaxation (ER)</p> <p>11:15 Alphabet Game (T)</p> <p>1:00 Mall Walking Club</p> <p>1:00 Colours in Motion (AC)</p> <p>1:00 Euchre Club (G, SD)</p> <p>1:00 Tapestry Chorus Club (L)</p> <p>2:00 Agility, Balance and Coordination (ER)</p> <p>3:15 Taking Charge of Arthritis (ER)</p> <p>4:00 Blackjack \$ (G)</p> <p>4:00 Aquafit (P)</p> <p>4:30 Vertigo Workshop (ER)</p>	<p>22.</p> <p>9:15 AquaFit (P)</p> <p>9:30 Sit to be Fit (ER)</p> <p>10:15 Chair Cardio (ER)</p> <p>11:30 Trivia Challenge (DK)</p> <p>1:00 Alphabet Game (T)</p> <p>1:00 Afternoon Bridge (L, SD)</p> <p>1:30 Texas Hold 'Em Poker (G)</p> <p>3:00 ZUMBA GOLD! (ER)</p> <p>3:30 AquaFit (P)</p> <p>3:30 Double-Down Tonk (DK)</p> <p>4:00 Simple Strength Training (ER)</p> <p>4:00 Body , Mind & Core (T)</p> <p>7:30 Movie Night (T)</p>	<p>23.</p> <p>10:00 Stretching and Relaxation (ER)</p> <p>11:00 Colour Me Calm (L)</p> <p>11:00 Mindful Reflection (T)</p> <p>11:00 Chair Yoga (ER)</p> <p>11:30 Basic Yoga (ER)</p> <p>12:30 AquaFit (P)</p> <p>1:00 Beginner's Euchre (L)</p> <p>3:00 Knitters with a Cause (L)</p> <p>3:15 Muscle Flow (ER)</p> <p>7:30 Movie Night (T)</p>
<p>24.</p> <p>10:30 Wii Wheel of Fortune (T)</p> <p>11:00 Scrabble (G, SD)</p> <p>1:00 Beginners Bridge (L)</p> <p>1:30 Trivia Challenge (DK)</p> <p>2:30 Afternoon Movie Matinee (T)</p> <p>3:00 Double Down Tonk (G)</p> <p>7:30 Movie Night (T)</p>	<p>25.</p> <p>9:15 AquaFit (P)</p> <p>10:15 Chair Cardio (ER)</p> <p>11:00 Alphabet Game (T)</p> <p>11:05 Chair Yoga (ER)</p> <p>11:35 Basic Yoga (ER)</p> <p>1:00 Intermediate Golf (T)</p> <p>1:00 Simple Strength Training (ER)</p> <p>1:00 Afternoon Bridge (L, SD)</p> <p>1:30 Giant Crossword Puzzle (T)</p> <p>2:30 Stretching & Relaxation (ER)</p> <p>3:15 Taking Charge of Arthritis (ER)</p> <p>3:00 Wii Wheel of Fortune (T)</p> <p>4:00 ZUMBA GOLD! (ER)</p> <p>6:30 Double Down Ton (G)</p> <p>7:30 Movie Night (T)</p>	<p>26.</p> <p>9:30 Gentle Balance Builders (ER)</p> <p>9:30 Tapestry Walking Club (B)</p> <p>9:30 Mobile Hearing Clinic (L)</p> <p>10:15 Stretching and Relaxation (ER)</p> <p>11:00 Hands on Exotics (DK)</p> <p>2:00 Glitz'n'Glamour Jewelry Club (L)</p> <p>2:00 Colour Me Calm (G, SD)</p> <p>2:00 Simple Strength Training (ER)</p> <p>3:15 AquaFit (P)</p> <p>3:15 Dictionary Word Game (T)</p> <p>3:15 Sit To Be Fit (ER)</p> <p>4:00 Texas Hold 'Em Poker (G)</p> <p>4:30 Vertigo Workshop (ER)</p>	<p>27.</p> <p>9:15 AquaFit (P)</p> <p>10:15 Vital Core Training (ER)</p> <p>10:30 Chess Club (L, SD)</p> <p>10:30 Wii Bowling League (T)</p> <p>11:00 Resident Monthly Meeting (DK)</p> <p>1:00 Afternoon Bridge (L)</p> <p>2:00 Stretching & Relaxation (ER)</p> <p>2:00 Mindful Reflection (T)</p> <p>2:00 Stretching & Relaxation (ER)</p> <p>3:00 Cocktail Hour</p> <p>3:30 Simple Strength Training (ER)</p>	<p>28.</p> <p>9:30 Sit To Be Fit (ER)</p> <p>9:30 Tapestry Walking Club (B)</p> <p>10:15 Stretching & Relaxation (ER)</p> <p>11:00 Transportation to Shoppers Drug Mart (SE)</p> <p>11:15 Alphabet Game (T)</p> <p>1:00 Mall Walking Club (O)</p> <p>1:00 Tapestry Chorus Club (L)</p> <p>1:00 Colours in Motion (AC)</p> <p>1:00 Euchre Club (G, SD)</p> <p>2:30 Beginners Spanish Lesson (T)</p> <p>2:00 Agility, Balance and Coordination (ER)</p> <p>3:15 Taking Charge of Arthritis (ER)</p> <p>4:00 Blackjack \$ (G)</p> <p>4:30 Vertigo Workshop (ER)</p>		