

March 2019 Featured Events

YORK HOUSE SCHOOL REHEARSAL: "MIDSUMMER JERSEY"- TUESDAY MARCH 5TH AT 12PM
 York House School is very excited to invite you to their Dress Rehearsal of Midsummer JERSEY. Midsummer Jersey is the hilarious high-octane re-telling of Shakespeare's Midsummer Night's Dream set on the boardwalk of a seaside town in modern-day New Jersey.

LUNCH OUTING: NOOK RESTAURANT WITH WESBROOK VILLAGE RESIDENTS - THURSDAY, MARCH 7TH AT 12PM
 The casual comfort food and cheerful disposition add to the appeal of "Nook" in Kitsilano. From their exquisite antipasto appetizer platter to their homemade pasta and thin crust pizza crisped to perfection in their pizza oven, there is sure to be a dish to tantalize your taste buds.

LUNCH OUTING: ENGLISH BAY CACTUS CLUB & WALK TO THE A-MAZE-ING LAUGHING SCULPTURE - THURSDAY, MARCH 14TH AT 12PM
 Enjoy casual fine dining overlooking English Bay followed by a quick walk over to the A-maze-ing Laughing Sculpture.

HISTORICAL BUS TOUR: STRATHCONA WITH JOHN ROGERS (PART 2) - MONDAY, MARCH 18TH AT 12PM
 Join John Rogers for his second Historical Tour of Strathcona. John has his Masters in History and worked at CBC for 30 years and is a member of the Vancouver Historical Society. Don't miss your second chance at this amazing opportunity.



MANAGER & EMPLOYEE PHONE LIST		
General Manager – Danielle McQueen		ext. 4260
Business Office Manager – Joanne Enns		ext. 4264
Resident Services Coordinator - Sandy Samra		ext. 4266
Sales Manager – Danny Lidder		ext. 4263
Life Enrichment Manager – Suzanne Summersgill		ext. 4269
Health & Wellness Manager – Rose Ahmad		ext. 4268
Executive Chef – Chris Warren		ext. 4267
Restaurant Manager – Peter Jahutka		ext. 4271
Restaurant, Room Service and Reservations		ext. 3221
Hair Salon – Almas & Elaine		ext. 3210
Building Services Manager – Ryan Lowe		ext. 4270
Kinesiologists – Ellen, Shaireen & Luis		ext. 3218



Tapestry at Arbutus Walk
 2799 Yew Street, Vancouver BC
 604.736.1640


CONCERT®

March 2019 Calendar of Events

March into Happiness



MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	LOCATION 8th Floor Fitness Center (8FFC) Restaurant (R) Media Room (MR) 8th Floor Gym (8FG) Library (L) Main Floor Lobby (MFL) Health and Wellness Office (HAWO) Health and Wellness Office (HAWO) Lobby (L)	LOCATION Private Dining Room (PDR) MFL (M) MR (M) B / R (B/R) RES (R)				9:00am Balance and Core (8FFC) 1 9:00am Oakridge Shuttle 10:00am Oakridge Shuttle 11:00am Oakridge Shuttle 12:00pm Fit Feb Closing Ceremony (R) 1:30pm The Great Courses (MR) 2:30pm Mixed Media Arts (8FFC) 7:00pm Big Buck Bingo (MR)	9:00am Total Body Fit (8FG) 2 10:00am Sit Fit (8FG) 11:00am Wii Golf (MR) 11:30am Saturday Brunch (R) 1:30pm PERK Actives (MR) 3:00pm Jumbo Crosswords (L) 3:00pm Movie (MR) 7:30pm Movie (MR)
	8:30am Church Shuttle 3 9:00am Youth Band Performance (MFL) 10:00am Pump It Up (8FG) 11:30am Sunday Brunch (R) 2:00pm Classic Film and Discussion Group (MR) 2:00pm Cribbage (L) 2:00pm Walk with Shaireen to the White Spot 7:30pm Classic Film (MR)	9:00am Balance and Core (8FG) 4 9:00am Grocery Shopping shuttle 10:00am Grocery Shopping shuttle 11:00am Blood Pressure and Weight Clinic (HAWO) 11:00am Trivia Teasers (L) 2:30pm Bridge 3:00pm Yoga (8FG) 7:00pm Bridge (L) 7:00pm T.V. Series "This is Us" (MR)	9:30am Total Body Fit (8FG) 5 10:30am Sit Fit (8FG) 10:30am Foot Care Clinic (HAWO) 12:00pm Table Tennis Drop-in (8FG) 12:00pm York House School Rehearsal " Midsummer Jersey" 2:00pm Knit and Stitch (L) 3:00pm Movie (MR) 3:00pm Resident Advisory Council Meeting Bend and Stretch Class (8FG) 7:30pm Movie (MR)	9:00am Walk n' Talk 6 9:00am Dr. Appointment Shuttle 11:00am Write For You (MR) 11:00am Mobile Library (L) 1:30pm Let's Talk: Current Events Discussion (MR) 3:15pm Meditation with Ellen (MR) 4:30pm Cocktails & Canapes (MFL) 5:00pm The Long Table- Sit With Friends	8:45am Aqua Fit 7 9:30am Total Body Fit (8FG) 10:30am Sit Fit (8FG) 10:30am Tunes with Toddlers (MR) 11:30am Social Media Class with Dylan (L) 12:00pm Lunch Outing: Nook Restaurant with Tapestry Wesbrook 1:30pm Beginners French (MR) 2:30pm Bridge (L) 3:00pm Open Gym (8FG) 7:00pm Bridge (L)	9:00am Balance and Core (8FFC) 8 9:00am Oakridge Shuttle 10:00am Oakridge Shuttle 11:00am Oakridge Shuttle 1:30pm The Great Courses (MR) 4:00pm Honouring Our Tapestry Women (L) 7:00pm Big Buck Bingo (MR)	9:00am Total Body Fit (8FG) 9 10:00am Sit Fit (8FG) 11:00am Wii Golf (MR) 11:30am Saturday Brunch (R) 1:30pm PERK Actives (MR) 3:00pm Movie (MR) 7:30pm Movie (MR)
	8:30am Church Shuttle 10 10:00am Pump It Up (8FG) 11:30am Sunday Brunch (R) 2:00pm Cribbage (L) 2:00pm Walk with Shaireen 3:00pm Documentary (MR) 7:30pm Documentary (MR)	9:00am Balance and Core (8FG) 11 9:00am Grocery Shopping shuttle 10:00am Grocery Shopping shuttle 11:00am Trivia Teasers (L) 1:00pm City Square Shopping Shuttle 1:30pm Melody Makers (MR) 2:30pm Bridge Lessons (L) 3:00pm Yoga (8FG) 7:00pm Bridge (L) 7:00pm T.V. Series "This is Us" (MR)	9:30am Total Body Fit (8FG) 12 10:30am Sit Fit (8FG) 10:30am Foot Care Clinic (HAWO) 12:00pm Table Tennis Drop-in (8FG) 1:30pm Community Meeting (MR) 2:00pm Knit and Stitch (L) 3:00pm Movie (MR) 4:00pm Bend and Stretch Class (8FG) 7:30pm Movie (MR)	9:00am Walk n' Talk 13 9:00am Dr. Appointment Shuttle 9:30am Dancercise* (8FFC) 11:00am Parkinson's Meeting (PDR) 11:00am Mobile Library (L) 1:30pm Let's Talk: Current Events Discussion (MR) 3:15pm Meditation with Ellen (MR) 4:30pm Cocktails & Canapes (MFL) 5:00pm The Long Table- Sit With Friends	8:45am Aqua Fit 14 9:30am Total Body Fit (8FG) 9:30am Sit Fit (8FG) 10:30am Tunes with Toddlers (MR) 12:00pm Lunch Outing to English Bay Cactus Club and Walk 2:30pm Bridge (L) 3:00pm Open Gym (8FG) 4:00pm Early Dinner (R) 7:00pm Bridge (L)	9:00am Balance and Core (8FFC) 15 9:00am Oakridge Shuttle 10:00am Oakridge Shuttle 11:00am Oakridge Shuttle 1:30pm The Great Courses (MR) 2:30pm Mixed Media Arts (8FFC) 7:00pm Big Buck Bingo (MR)	9:00am Total Body Fit (8FG) 16 10:00am Sit Fit (8FG) 11:00am Wii Golf (MR) 11:30am Saturday Brunch (R) 1:30pm PERK Actives (MR) 3:00pm Movie (MR) 7:30pm Movie (MR)
	8:30am Church Shuttle 17 10:00am Pump It Up (8FG) 11:30am Sunday Brunch (R) 2:00pm Cribbage (L) 2:30pm Scavenger Hunt 2:30pm Watt School of Irish Dance (L) 3:00pm Documentary (MR) 5:00pm St. Patrick's Day Dinner featuring " The Paddy Boys" 7:30pm Documentary (MR)	9:00am Balance and Core (8FG) 18 9:00am Grocery Shopping shuttle 10:00am Grocery Shopping shuttle 11:00am Trivia Teasers (L) 12:00pm Historical Tour: Strathcona with John Rogers (Part 2) 1:00pm City Square Shopping Shuttle 2:30pm Bridge 3:00pm Yoga (8FG) 7:00pm Bridge (L) 7:00pm T.V. Series "This is Us" (MR)	9:30am Total Body Fit (8FG) 19 10:30am Sit Fit (8FG) 10:30am Foot Care Clinic (HAWO) 12:00pm Table Tennis Drop-in (8FG) 2:00pm Brochouse Orchestra Performance (M) 2:00pm Knit and Stitch (L) 3:00pm Movie (MR) 4:00pm Bend and Stretch Class (8FG) 7:30pm Movie (MR)	9:00am Walk n' Talk 20 9:00am Dr. Appointment Shuttle 11:00am Write For You (MR) 11:00am Mobile Library (L) 1:30pm Let's Talk: Current Events Discussion (MR) 3:15pm Lecture with Ellen: The Seven Dimensions of Wellness (M) 4:30pm Cocktails & Canapes (MFL) 5:00pm The Long Table- Sit With Friends	8:45am Aqua Fit 21 9:30am Total Body Fit (8FG) 10:30am Sit Fit (8FG) 10:30am Tunes with Toddlers (MR) 1:30pm Beginners French (MR) 2:30pm Bridge (L) 3:00pm Neil Ritchie Lecture: Busby Berkeley (MR) 3:00pm Open Gym (8FG) 6:00pm 6 @ 6 Switcheroo Night with Wesbrook (B/R) 7:00pm Bridge (L)	9:00am Balance and Core (8FFC) 22 9:00am Oakridge Shuttle 10:00am Oakridge Shuttle 11:00am Oakridge Shuttle 1:30pm The Great Courses (MR) 7:00pm Big Buck Bingo (MR)	9:00am Total Body Fit (8FG) 23 10:00am Sit Fit (8FG) 11:00am Wii Golf (MR) 11:30am Saturday Brunch (R) 1:30pm PERK Actives (MR) 3:00pm Movie (MR) 7:30pm Movie (MR)
	8:30am Church Shuttle 24 10:00am Pump It Up (8FG) 11:30am Sunday Brunch (R) 2:00pm Cribbage (L) 2:00pm Walk with Shaireen 3:00pm Documentary (MR) 7:30pm Documentary (MR)	9:00am Balance and Core (8FG) 25 9:00am Grocery Shopping shuttle 10:00am Grocery Shopping shuttle 11:00am Trivia Teasers (L) 1:00pm City Square Shopping Shuttle 1:30pm Melody Makers (MR) 2:30pm Bridge Lessons (L) 3:00pm Creative Lives with Linda Hunter (MR) 3:00pm Yoga (8FG) 7:00pm Bridge (L) 7:00pm T.V. Series "This is Us" (MR)	9:30am Total Body Fit (8FG) 26 10:30am Sit Fit (8FG) 10:30am Foot Care Clinic (HAWO) 12:00pm Table Tennis Drop-in (8FG) 2:00pm Knit and Stitch (L) 3:00pm Movie (MR) 4:00pm Bend and Stretch Class (8FG) 7:30pm Movie (MR)	9:00am Walk n' Talk 27 9:00am Dr. Appointment Shuttle 9:30am Dancercise* (8FFC) 11:00am Mobile Library (L) 1:30pm Ping Pong Tournament - Arbutus walk vs. Wesbrook (M) 4:30pm Cocktails & Canapes (MFL) 5:00pm The Long Table- Sit With Friends	8:45am Aqua Fit 28 9:30am Total Body Fit (8FG) 10:30am Sit Fit (8FG) 10:30am Tunes with Toddlers (MR) 2:30pm Bridge (L) 2:30pm Welcome & Birthday Tea (R) 3:00pm Open Gym (8FG) 7:00pm Bridge (L)	Spa Day 29 9:00am Balance and Core (8FFC) 9:00am Oakridge Shuttle 10:00am Oakridge Shuttle 11:00am Oakridge Shuttle 1:30pm The Great Courses (MR) 2:30pm Mixed Media Arts (8FFC) 7:00pm Big Buck Bingo (MR)	9:00am Total Body Fit (8FG) 30 10:00am Sit Fit (8FG) 11:00am Wii Golf (MR) 11:30am Saturday Brunch (R) 1:30pm PERK Actives (MR) 3:00pm Jumbo Crosswords (L) 3:00pm Movie (MR) 7:30pm Movie (MR)
	8:30am Church Shuttle 31 10:00am Pump It Up (8FG) 11:30am Sunday Brunch (R) 2:00pm Cribbage (L) 2:00pm Walk with Shaireen 3:00pm Documentary (MR) 7:30pm Documentary (MR)						