

March 2019 Events in the Community

POWER OF THE PEN PRESENTATION – TUESDAY, MARCH 5 AT 11:00AM IN THE DEMO KITCHEN

Come prepared to laugh and learn during Elaine’s “Power of the Pen” while you discover how to communicate even more effectively with family and friends through knowing what the strokes of handwriting mean. Everyone will learn about their strengths as reflected in the ‘paper mirror’ of their handwriting. Elaine will be available to do individual 5-minute Handwriting Analyses after her talk.

IMPRESSIONISM IN THE AGE OF INDUSTRY – WEDNESDAY, MARCH 6 AT 11:00AM - AGO

Monet, Pissarro and more explores how French Impressionist artists and their contemporaries, famous for their lush landscapes and sea vistas, were equally obsessed with capturing the spirit of the industrial age. The ground-breaking exhibition features over 120 artworks, including paintings, photographs, prints, drawings, sculptures and period films.

SHANGHAI – OLD & NEW PRESENTATION – TUESDAY, MARCH 19 AT 11:00AM IN THE DEMO KITCHEN

Shanghai was once known as “The Paris of the East” and “The Pearl of the Orient” – a sophisticated city in the heart of a huge but backward land. Today Shanghai is the pride of a new modernizing China. It is the world’s second largest city and boasts the longest subway system on the planet. Come and see both the old and the new as we look at an old-style neighbourhood, take a ride on the MagLev train at 431 km per hour and shop in a modern street market in Suchow.

March 2019 Calendar of Events


March into Spring



MANAGER & EMPLOYEE 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

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	LOCATION Pool (P) Exercise Room (ER) Demo Kitchen (DK) Games Room (G) Theatre (T) 2nd Floor Lounge (L) Bistro (B) Games Room (GR) Outside Excursion (OE) Montgomery's (M) Theater (T) 2nd floor lounge (L) Private Dining Room (PDR)					9:15am AquaFit (P) 1 9:30am Sit To Be Fit (ER) 10:15am Chair Cardio (ER) 11:00am Fitness Equipment Training (ER) 11:30am Trivia Challenge (DK) 1:30pm Texas Hold' Em Poker----\$\$\$\$\$ (G) 3:00pm Zumba Gold! (ER) 3:30pm AquaFit (P) 3:30pm Cribbage (G) 3:30pm Double Down Tonk--- \$\$\$\$\$ (DK) 4:00pm Wii Wheel of Fortune (T) 4:30pm Simple Strength Training (ER)	10:00am Stretching and Relaxation (ER) 2 11:00am Chair Yoga (ER) 11:00am Colour Me Calm (G) 11:00am Mindful Reflection (T) 11:30am Basic Yoga (ER) 3:00pm Knitters with a Cause (L) 3:15pm Muscle Flow (ER) 7:30pm Movie Night (T)
	10:30am Wii Wheel of Fortune (T) 3 11:00am Scrabble (G) 1:30pm Trivia Challenge (DK) 2:00pm Colour Me Calm (G) 2:30pm Afternoon Matinee Movie (T) 3:00pm Double Down Tonk--- \$\$\$\$\$ (G) 7:30pm Movie Night (T) 7:30pm Sing A Long with George Breckenridge (DK)	9:15am AquaFit (P) 4 10:15am Chair Cardio (ER) 11:00am Alphabet Game (T) 11:05am Chair Yoga (ER) 11:35am Basic Yoga (ER) 1:00pm Afternoon Bridge (L) 1:00pm Euchre Club (G) 1:00pm Intermediate Golf (T) 1:15pm Cribbage Tutorial (G) 1:30pm Giant Crossword Puzzle (T) 2:30pm Stretching and Relaxation (ER) 3:00pm Wii Wheel of Fortune (T) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (G) 4:00pm Zumba Gold! (ER) 6:45pm Double Down Tonk--- \$\$\$\$\$ (G) 7:30pm Movie Night (T)	9:30am Gentle Balance Builders (ER) 5 10:15am Stretching and Relaxation (ER) 11:00am Power of the Pen Presentation (DK) 2:00pm Colour Me Calm (G) 2:00pm Simple Strength Training (ER) 2:00pm Therapy Dog (B) 3:15pm AquaFit (P) 3:15pm Sit To Be Fit (ER) 3:15pm The Dictionary Word (T) 4:00pm Texas Hold' Em Poker----\$\$\$\$\$ (G) 4:00pm Vertigo Workshop (ER) 4:00pm Wii Bowling (T)	9:15am AquaFit (P) 6 10:00am Tapestry Book Exchange (GR) 10:15am Vital Core Training (ER) 11:00am Tech-Tips (T) 11:00am Shopping Excursion "Dollarama" (OE) 11:30am Impressionism in the age of the Industry (DK) 1:00pm Afternoon Bridge (L) 2:00pm Mindful Reflection (T) 2:00pm Stretching and Relaxation (ER) 3:00pm Cocktail Hour (M) 3:30pm Simple Strength Training (ER)	9:30am Sit To Be Fit (ER) 7 9:30am Tapestry Indoor Walking Club (B) 10:00am Food Council Meeting (DK) 10:15am Stretching and Relaxation (ER) 11:15am Alphabet Game (T) 1:00pm Colours in Motion (DK) 1:00pm Euchre Club (G) 1:00pm Sherway Walking Club (B) 1:00pm Tapestry Chorus Club (L) 2:00pm Agility, Balance and Coordination (ER) 2:30pm Beginner's Spanish (T) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (DK) 4:00pm Vertigo Workshop (ER)	9:15am AquaFit (P) 8 9:30am Sit To Be Fit (ER) 10:15am Chair Cardio (ER) 11:00am Fitness Equipment Training (ER) 11:00am Amazing Canadian Women Presentation (DK) 11:30am Trivia Challenge (DK) 1:30pm Texas Hold' Em Poker----\$\$\$\$\$ (G) 3:00pm Zumba Gold! (ER) 3:30pm AquaFit (P) 3:30pm Cribbage (G) 3:30pm Double Down Tonk--- \$\$\$\$\$ (DK) 4:00pm Wii Wheel of Fortune (T) 4:30pm Simple Strength Training (ER)	10:00am Stretching and Relaxation (ER) 9 11:00am Chair Yoga (ER) 11:00am Colour Me Calm (G) 11:00am Library Excursion (OE) 11:00am Mindful Reflection (T) 11:30am Basic Yoga (ER) 3:00pm Knitters with a Cause (L) 3:15pm Muscle Flow (ER) 7:30pm Movie Night (T)
	10:30am Wii Wheel of Fortune (T) 10 11:00am Scrabble (G) 1:30pm Trivia Challenge (DK) 2:00pm Colour Me Calm (G) 2:30pm Afternoon Matinee Movie (T) 3:00pm Double Down Tonk--- \$\$\$\$\$ (G) 7:30pm Movie Night (T)	9:15am AquaFit (P) 11 10:15am Chair Cardio (ER) 11:00am Alphabet Game (T) 11:05am Chair Yoga (ER) 11:35am Basic Yoga (ER) 1:00pm Afternoon Bridge (L) 1:00pm Euchre Club (G) 1:00pm Intermediate Golf (T) 1:15pm Cribbage Tutorial (G) 1:30pm Giant Crossword Puzzle (T) 2:30pm Stretching and Relaxation (ER) 3:00pm Wii Wheel of Fortune (T) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (G) 4:00pm Zumba Gold! (ER) 6:45pm Double Down Tonk--- \$\$\$\$\$ (G)	9:30am Gentle Balance Builders (ER) 12 10:00am Life Enrichment Council Meeting (T) 10:15am Stretching and Relaxation (ER) 11:00am Morning Bingo (DK) 2:00pm Colour Me Calm (G) 2:00pm Glitz N' Glamour Jewelry Club (L) 2:00pm Simple Strength Training (ER) 2:00pm Therapy Dog (B) 3:15pm AquaFit (P) 3:15pm Sit To Be Fit (ER) 3:15pm The Dictionary Word (T) 4:00pm Texas Hold' Em Poker----\$\$\$\$\$ (G) 4:00pm Vertigo Workshop (ER) 4:00pm Wii Bowling (T)	9:15am AquaFit (P) 13 10:15am Vital Core Training (ER) 11:00am Tech-Tips (T) 12:00pm Resident Luncheon (OE) 1:00pm Afternoon Bridge (L) 2:00pm Mindful Reflection (T) 2:00pm Stretching and Relaxation (ER) 3:00pm Cocktail Hour (M) 3:30pm Simple Strength Training (ER)	9:30am Sit To Be Fit (ER) 14 9:30am Tapestry Indoor Walking Club (B) 10:00am Resident Council Meeting (PDR) 10:15am Stretching and Relaxation (ER) 11:15am Alphabet Game (T) 1:00pm Colours in Motion (DK) 1:00pm Euchre Club (G) 1:00pm Sherway Walking Club (B) 1:00pm Tapestry Chorus Club (L) 2:00pm Agility, Balance and Coordination (ER) 2:30pm Beginner's Spanish (T) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (DK) 4:00pm Vertigo Workshop (ER)	9:15am AquaFit (P) 15 9:30am Sit To Be Fit (ER) 10:15am Chair Cardio (ER) 11:00am Fitness Equipment Training (ER) 11:30am Trivia Challenge (DK) 1:30pm Texas Hold' Em Poker----\$\$\$\$\$ (G) 3:00pm Zumba Gold! (ER) 3:30pm AquaFit (P) 3:30pm Cribbage (G) 3:30pm Double Down Tonk--- \$\$\$\$\$ (DK) 4:00pm Body, Mind & Core (T) 4:00pm Wii Wheel of Fortune (T) 4:30pm Simple Strength Training (ER)	10:00am Stretching and Relaxation (ER) 16 11:00am Chair Yoga (ER) 11:00am Colour Me Calm (G) 11:00am Mindful Reflection (T) 11:30am Basic Yoga (ER) 3:00pm Knitters with a Cause (L) 3:15pm Muscle Flow (ER) 7:30pm Movie Night (T)
	10:30am Wii Wheel of Fortune (T) 17 11:00am Scrabble (G) 1:30pm Trivia Challenge (DK) 2:00pm Colour Me Calm (G) 2:30pm Afternoon Matinee Movie (T) 2:45pm St. Patrick's Day Celebrations (M) 3:00pm Double Down Tonk--- \$\$\$\$\$ (G) 7:30pm Movie Night (T)	9:15am AquaFit (P) 18 10:15am Chair Cardio (ER) 11:00am Alphabet Game (T) 11:05am Chair Yoga (ER) 11:35am Basic Yoga (ER) 1:00pm Afternoon Bridge (L) 1:00pm Euchre Club (G) 1:00pm Intermediate Golf (T) 1:15pm Cribbage Tutorial (G) 1:30pm Giant Crossword Puzzle (T) 2:30pm Stretching and Relaxation (ER) 3:00pm Wii Wheel of Fortune (T) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (G) 4:00pm Zumba Gold! (ER) 6:45pm Double Down Tonk--- \$\$\$\$\$ (G)	9:30am Gentle Balance Builders (ER) 19 10:15am Stretching and Relaxation (ER) 11:00am Shanghai- Old and New Presentation (DK) 2:00pm Colour Me Calm (G) 2:00pm Simple Strength Training (ER) 2:00pm Therapy Dog (B) 3:15pm AquaFit (P) 3:15pm Sit To Be Fit (ER) 3:15pm The Dictionary Word (T) 4:00pm Texas Hold' Em Poker----\$\$\$\$\$ (G) 4:00pm Vertigo Workshop (ER) 4:00pm Wii Bowling (T)	9:15am AquaFit (P) 20 10:15am Vital Core Training (ER) 10:30am Centennial Park Conservatory (OE) 11:00am Tech-Tips (T) 1:00pm Afternoon Bridge (L) 2:00pm Mindful Reflection (T) 2:00pm Stretching and Relaxation (ER) 3:00pm Cocktail Hour (M) 3:30pm Simple Strength Training (ER)	9:30am Sit To Be Fit (ER) 21 9:30am Tapestry Indoor Walking Club (B) 10:15am Stretching and Relaxation (ER) 11:00am Terrarium Presentation (DK) 11:15am Alphabet Game (T) 1:00pm Colours in Motion (DK) 1:00pm Euchre Club (G) 1:00pm Sherway Walking Club (B) 1:00pm Tapestry Chorus Club (L) 2:00pm Agility, Balance and Coordination (ER) 2:30pm Beginner's Spanish (T) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (DK) 4:00pm Vertigo Workshop (ER)	9:15am AquaFit (P) 22 9:30am Sit To Be Fit (ER) 10:15am Chair Cardio (ER) 11:00am Fitness Equipment Training (ER) 11:30am Trivia Challenge (DK) 1:30pm Texas Hold' Em Poker----\$\$\$\$\$ (G) 3:00pm Zumba Gold! (ER) 3:30pm AquaFit (P) 3:30pm Cribbage (G) 3:30pm Double Down Tonk--- \$\$\$\$\$ (DK) 4:00pm Body, Mind & Core (T) 4:00pm Wii Wheel of Fortune (T) 4:30pm Simple Strength Training (ER) 6:45pm Etobicoke Philharmonic Orchestra (OE)	10:00am Stretching and Relaxation (ER) 23 11:00am Chair Yoga (ER) 11:00am Colour Me Calm (G) 11:00am Library Excursion (OE) 11:00am Mindful Reflection (T) 11:30am Basic Yoga (ER) 3:00pm Knitters with a Cause (L) 3:15pm Muscle Flow (ER) 7:30pm Movie Night (T)
	10:30am Wii Wheel of Fortune (T) 24 11:00am Scrabble (G) 1:30pm Trivia Challenge (DK) 2:00pm Colour Me Calm (G) 2:30pm Afternoon Matinee Movie (T) 3:00pm Double Down Tonk--- \$\$\$\$\$ (G) 7:30pm Movie Night (T)	9:15am AquaFit (P) 25 10:15am Chair Cardio (ER) 11:00am Alphabet Game (T) 11:05am Chair Yoga (ER) 11:35am Basic Yoga (ER) 1:00pm Afternoon Bridge (L) 1:00pm Euchre Club (G) 1:00pm Intermediate Golf (T) 1:15pm Cribbage Tutorial (G) 1:30pm Giant Crossword Puzzle (T) 2:30pm Stretching and Relaxation (ER) 3:00pm Wii Wheel of Fortune (T) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (G) 4:00pm Zumba Gold! (ER) 6:45pm Double Down Tonk--- \$\$\$\$\$ (G)	9:30am Eye Exam Clinic (DK) 26 9:30am Gentle Balance Builders (ER) 10:15am Stretching and Relaxation (ER) 2:00pm Colour Me Calm (G) 2:00pm Glitz N' Glamour Jewelry Club (L) 2:00pm Simple Strength Training (ER) 2:00pm Therapy Dog (B) 3:15pm AquaFit (P) 3:15pm Sit To Be Fit (ER) 3:15pm The Dictionary Word (T) 4:00pm Texas Hold' Em Poker----\$\$\$\$\$ (G) 4:00pm Vertigo Workshop (ER) 4:00pm Wii Bowling (T)	9:15am AquaFit (P) 27 10:15am Vital Core Training (ER) 11:00am Resident Monthly Meeting (DK) 11:00am Tech-Tips (T) 1:00pm Afternoon Bridge (L) 2:00pm Mindful Reflection (T) 2:00pm Stretching and Relaxation (ER) 3:00pm Cocktail Hour (M) 3:30pm Simple Strength Training (ER)	9:30am Sit To Be Fit (ER) 28 9:30am Tapestry Indoor Walking Club (B) 10:15am Stretching and Relaxation (ER) 11:00am Transportation to Shopper's Drug Mart (OE) 11:15am Alphabet Game (T) 1:00pm Colours in Motion (DK) 1:00pm Euchre Club (G) 1:00pm Sherway Walking Club (B) 1:00pm Tapestry Chorus Club (L) 2:00pm Agility, Balance and Coordination (ER) 2:30pm Beginner's Spanish (T) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (DK) 4:00pm Vertigo Workshop (ER)	9:15am AquaFit (P) 29 9:30am Sit To Be Fit (ER) 10:15am Chair Cardio (ER) 11:00am Fitness Equipment Training (ER) 11:30am Trivia Challenge (DK) 1:30pm Texas Hold' Em Poker----\$\$\$\$\$ (G) 3:00pm Zumba Gold! (ER) 3:30pm AquaFit (P) 3:30pm Cribbage (G) 3:30pm Double Down Tonk--- \$\$\$\$\$ (DK) 4:00pm Body, Mind & Core (T) 4:00pm Wii Wheel of Fortune (T) 4:30pm Simple Strength Training (ER)	10:00am Stretching and Relaxation (ER) 30 11:00am Chair Yoga (ER) 11:00am Colour Me Calm (G) 11:00am Mindful Reflection (T) 11:30am Basic Yoga (ER) 3:00pm Knitters with a Cause (L) 3:15pm Muscle Flow (ER) 7:30pm Movie Night (T)
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