



## March 2019 Featured Events

### THE SCIENTIFIC JOURNAL: ANNE PITERNICK: FRIDAY, MARCH 1ST AT 2:30PM IN THE CLASSROOM

Originating in the seventeenth century, the journal is an important record of scientific information. Over the years, it has weathered changes in scientific research and in scientific communication. Resident Anne Piternick's presentation will follow this history. Anne is a Professor Emerita at the School of Library, Archival and Information Studies at the University of British Columbia.

### CANUCKS GAME: WEDNESDAY, MARCH 20TH AT 5:30PM, BUS TRIP

Join us as we watch the Vancouver Canucks face the Ottawa Senators at Rogers Arena! Enjoy the atmosphere of watching a hockey game live, while cheering on our local NHL team! Go Canucks Go!

### UBC & SFU PRESENT 3 MINUTE THESIS WINNERS: THURSDAY, MARCH 28TH AT 4:00PM IN THE CLASSROOM

They've researched for years. They only have 3 minutes to share their discoveries. Come listen, learn, and be fascinated by the research conducted by UBC and SFU graduate students! Vote for the People's Choice Winner from this group of finalists, and challenge them with your questions. This will not be an event to miss!

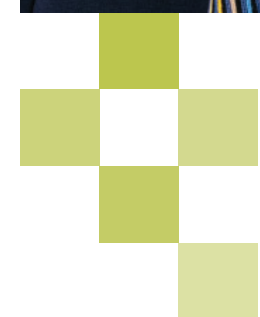
## March 2019 Calendar of Events

# Spring is in the Air



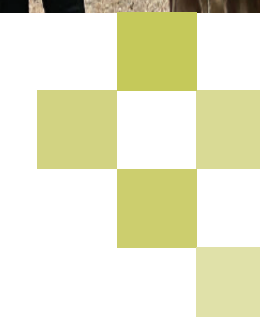
### MANAGEMENT & STAFF PHONE LIST

General Manager - Patricia Penner	ext. 1001
Concierge	ext. 1000
Restaurant Reservations	ext. 1011
Resident Services Coordinator – Shellie Park	ext. 1024
Health & Wellness Manager – Annie Wang	ext. 1006
Building & Maintenance Services Manager – Edgar Dacanay	ext. 1031
Restaurant Manager – Michael Wu	ext. 1058
Food Service Manager- MK Hamid	ext. 1058
Executive Chef – Shaughn Halls	ext. 1008
Business Office Manager – Michael Ho	ext. 1025
Sales Manager – Connie Savicevic	ext. 1021
Life Enrichment Manager – Brynna Walker	ext. 1037
Life Enrichment Assistant – Natalie Wallace	ext. 1039
Fitness Centre – Shelley Lawrence & Tommy Thompson	ext. 1014




**Tapestry**<sup>®</sup>  
Wesbrook Village

Tapestry at Wesbrook Village  
3338 Wesbrook Mall, Vancouver BC  
604.225.5000



**Tapestry**<sup>®</sup>

# MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>LOCATION</b> <b>Fitness Centre (FC)</b> <b>Clubroom (CBR)</b> <b>Classroom (CLR)</b> <b>Restaurant (RES)</b> <b>Pub (PUB)</b> <b>Bus Trip (BUS)</b> <b>Theatre (THR)</b> <b>Main Floor Lobby (MFL)</b> <b>Bus Outing (BUS)</b> <b>Creative Arts Centre (CAC)</b> <b>In Suite (INS)</b> <b>Pub/Restaurant (PUB/RES)</b>						
	9:30am Neighbourhood Walk (MFL) 3 11:30am Open Gym (FC) 1:00pm Forest Walk (MFL) 1:30pm Bridge (CBR) 2:00pm <b>Piano Concert: Michael Noble (RES)</b> <b>Vancouver Public Library (BUS)</b> 2:30pm Weight Lifting (FC) 3:00pm Stretching Class (FC) 7:15pm Documentary (THR)	9:00am Fit & Strong 1 (FC) 4 10:00am Fit and Strong 2 (FC) 10:00am UBC Studies (CLR) 11:00am <b>Carda Creations (CBR)</b> 4:00pm Yoga (FC) 7:00pm Bridge (CBR) 7:00pm The Alpha Course (CLR)	8:30am Forest Walk (MFL) 5 10:00am My Art My Way (CAC) 10:00am UBC Studies (CLR) 10:30am Dylan's Tech Help (INS) 11:00am Cranium Crunch (CBR) 1:30pm <b>Skin Care Demonstration (CAC)</b> 2:00pm Boxing Circuit (FC) 4:00pm Knit & Stitch (CAC) 5:00pm Zumba (FC) 7:15pm Oscar Nominated Film (THR)	9:00am Fit and Strong 1 (FC) 6 9:30am <b>Shopping Shuttle (BUS)</b> 10:00am Fit and Strong 2 (FC) 10:00am UBC Studies (CLR) 11:00am <b>TedTalk and Discussion with Brynna (THR)</b> <b>Costco Shopping: Downtown (BUS)</b> <b>Happy Hour With Gordon Goerning (PUB)</b> 7:00pm Partner Bridge (CBR) 7:15pm Film Society Movie (CLR)	8:30am Forest Walk (MFL) 7 9:00am Tai Chi (FC) 10:00am Successful Stretching (FC) 10:00am UBC Studies (CLR) 11:00am Resident Run Cranium Crunch (CBR) 11:40am <b>Lunch with Tapestry Arbutus Walk at Nook Restaurant (BUS)</b> 12:00pm Women's Lunch (RES) 1:00pm Art Class with Madiha (CAC) 1:00pm Greg's Film Suggestion Matinee (THR) <b>Vetta Chamber Choir (BUS)</b> 7:00pm Perk Activities (CLR) 7:15pm Greg's Film Suggestion (THR)	8:00am Zumba (FC) 1 9:00am Fit and Strong 1 (FC) 10:00am Fit and Strong 2 (FC) 10:00am <b>Toddlers at Tapestry (CBR)</b> 11:00am Current Events Discussion (CLR) 12:00pm Men's Lunch (RES) 2:30pm <b>Scientific Journal: Anne Piternick (CLR)</b> 3:00pm Balance & Core (FC) 3:45pm Drop-In Poker (PUB) 7:00pm <b>Chor Leoni PopCapella (BUS)</b> 7:15pm Film (THR)	8:30am Forest Walk (MFL) 2 10:00am Stretch & Flow (FC) 11:30am Resident Run Cribbage (CBR) 11:30am Community Walkers Walk (MFL) 2:00pm Ping Pong Drop-In (CBR) 6:15pm <b>Spirit(Us) (BUS)</b> 7:15pm Film (THR) 7:15pm <b>Vancouver Institute Lecture (BUS)</b>
	9:30am Neighbourhood Walk (MFL) 10 11:30am Open Gym (FC) 1:00pm Forest Walk (MFL) 1:30pm Bridge (CBR) <b>Opera Tea at UBC (BUS)</b> <b>Vancouver Public Library (BUS)</b> 2:30pm Weight Lifting (FC) 3:00pm Stretching Class (FC) 7:15pm Documentary (THR)	9:00am Fit & Strong 1 (FC) 11 10:00am Fit and Strong 2 (FC) 10:00am UBC Studies (CLR) 10:30am <b>Cafe et Croissants (CBR)</b> 1:00pm Mindful Movement & Meditation (CBR) 2:30pm <b>Piano Performance by Avan Yu (RES)</b> 4:00pm Yoga (FC) 7:00pm Bridge (CBR)	8:30am Forest Walk (MFL) 12 10:00am My Art My Way (CAC) 10:00am UBC Studies (CLR) 10:30am Dylan's Tech Help (INS) 11:00am Cranium Crunch (CBR) 2:00pm Boxing Circuit (FC) 3:00pm <b>Life Enrichment Meeting (CLR)</b> 4:00pm Knit & Stitch (CAC) 5:00pm Zumba (FC) 7:15pm Oscar Nominated Film (THR)	8:30am <b>Trip to the Scandinave Spa in Whistler (BUS)</b> 9:00am Fit and Strong 1 (FC) 10:00am Fit and Strong 2 (FC) 10:00am UBC Studies (CLR) 3:45pm Happy Hour (PUB/RES) 6:00pm <b>Board Games with YHS (CBR)</b> 7:00pm Partner Bridge (CBR) 7:15pm Film Society Movie (CLR)	8:30am Forest Walk (MFL) 14 9:00am Tai Chi (FC) 10:00am Successful Stretching (FC) 10:00am UBC Studies (CLR) <b>Granville Island Shopping (BUS)</b> 11:00am Resident Run Cranium Crunch (CBR) 11:30am <b>River Rock Casino (BUS)</b> 12:00pm Women's Lunch (RES) 1:00pm Art Class with Sandra (CAC) 2:00pm Greg's Film Suggestion Matinee (THR) <b>Book Club: The Last Lecture (CBR)</b> 7:00pm Perk Activities (CLR) 7:15pm Greg's Film Suggestion (THR)	8:00am Zumba (FC) 15 9:00am Fit and Strong 1 (FC) 10:00am Fit and Strong 2 (FC) 10:00am <b>Toddlers at Tapestry (CBR)</b> <b>Music in the Morning (BUS)</b> 11:00am Current Events Discussion (CLR) 11:40am <b>UBC Pool &amp; Shallow Aqasize (BUS)</b> 12:00pm Men's Lunch (RES) 2:30pm <b>UBC Rugby present Women in Sport (CLR)</b> 3:00pm Balance & Core (FC) 3:45pm Drop-In Poker (PUB) 7:15pm Film (THR)	8:30am Forest Walk (MFL) 16 10:00am Stretch & Flow (FC) 11:30am Resident Run Cribbage (CBR) 11:30am Community Walkers Walk (MFL) 2:00pm Ping Pong Drop-In (CBR) 7:15pm Film (THR) 7:15pm <b>Vancouver Institute Lecture (BUS)</b>
	9:30am Neighbourhood Walk (MFL) 17 11:30am Open Gym (FC) 1:00pm Forest Walk (MFL) 1:30pm Bridge (CBR) <b>Vancouver Public Library (BUS)</b> 2:30pm Weight Lifting (FC) 3:00pm Stretching Class (FC) 3:00pm <b>UNA Youth Band (RES)</b> 7:15pm Documentary (THR)	9:00am Fit & Strong 1 (FC) 18 10:00am Fit and Strong 2 (FC) 2:00pm <b>St. Patrick's Day Celebration (RES)</b> 4:00pm Yoga (FC) 7:00pm Bridge (CBR) 7:00pm The Alpha Course (CLR)	8:30am Forest Walk (MFL) 19 10:00am My Art My Way (CAC) 10:00am UBC Studies (CLR) 10:30am Dylan's Tech Help (INS) 11:00am Cranium Crunch (CBR) 2:00pm Boxing Circuit (FC) 4:00pm Knit & Stitch (CAC) 5:00pm Zumba (FC) 7:15pm Oscar Nominated Film (THR)	9:00am Fit and Strong 1 (FC) 20 10:00am Fit and Strong 2 (FC) 10:00am UBC Studies (CLR) 2:30pm <b>Marjorie Robertson Concert: Budge Schachte and Cameron Wilson (CLR)</b> <b>Shopping Shuttle (BUS)</b> 3:45pm Happy Hour (PUB/RES) <b>Canucks Game (BUS)</b> 7:00pm Partner Bridge (CBR) 7:15pm Film Society Movie (CLR)	8:30am Forest Walk (MFL) 21 9:00am Tai Chi (FC) <b>Costco Shopping: Richmond (BUS)</b> 9:30am Successful Stretching (FC) 10:00am UBC Studies (CLR) 11:00am Resident Run Cranium Crunch (CBR) 11:00am <b>5th Ave Jewellery (MFL)</b> 12:00pm Women's Lunch (RES) 1:00pm Art Class with Madiha (CAC) 1:00pm Greg's Film Suggestion Matinee (THR) <b>Movie at Fifth Ave Cinemas (BUS)</b> <b>Fraud &amp; Financial Exploitation: Don't Be a Victim! (CLR)</b> <b>Dinner at Arbutus Walk (BUS)</b> 7:00pm Perk Activities (CLR) 7:15pm Greg's Film Suggestion (THR)	8:00am Zumba (FC) 22 9:00am Fit and Strong 1 (FC) 10:00am Fit and Strong 2 (FC) 10:30am <b>Philosopher's Cafe: Should the Punishment Fit the Crime? (CLR)</b> 11:00am Current Events Discussion (CLR) 11:40am <b>UBC Pool &amp; Shallow Aqasize (BUS)</b> 12:00pm Men's Lunch (RES) <b>Visit to Science World (BUS)</b> 3:00pm Balance & Core (FC) 3:45pm Drop-In Poker (PUB) 7:15pm Film (THR)	8:30am Forest Walk (MFL) 23 10:00am Stretch & Flow (FC) 11:30am Resident Run Cribbage (CBR) 11:30am Community Walkers Walk (MFL) 1:00pm <b>Seated Volleyball (CLR)</b> 2:00pm Ping Pong Drop-In (CBR) 2:30pm <b>Mozart School of Music (RES)</b> 7:15pm Film (THR) 7:15pm <b>Vancouver Institute Lecture (BUS)</b>
	9:30am Neighbourhood Walk (MFL) 24 11:30am Open Gym (FC) 1:00pm Forest Walk (MFL) 1:30pm Bridge (CBR) <b>Vancouver Public Library (BUS)</b> 2:00pm Cranium Crunch (CBR) 2:30pm Weight Lifting (FC) 3:00pm Stretching Class (FC) 7:15pm Documentary (THR)	9:00am Fit & Strong 1 (FC) 25 10:00am Fit and Strong 2 (FC) 12:00pm <b>British Cultural Lunch (RES)</b> 1:00pm Mindful Movement & Meditation (CBR) 4:00pm Yoga (FC) 7:00pm Bridge (CBR)	8:30am Forest Walk (MFL) 26 10:00am My Art My Way (CAC) 10:00am UBC Studies (CLR) 10:30am Dylan's Tech Help (INS) 11:00am Cranium Crunch (CBR) 2:00pm Boxing Circuit (FC) <b>Resident Meeting (A-K) (CLR)</b> <b>Resident Meeting (L-Z) (CLR)</b> 4:00pm Knit & Stitch (CAC) 5:00pm Zumba (FC) 7:15pm Oscar Nominated Film (THR)	9:00am Fit and Strong 1 (FC) 27 9:30am <b>Shopping Shuttle (BUS)</b> 10:00am Fit and Strong 2 (FC) 10:00am UBC Studies (CLR) 1:30pm <b>Ping Pong Tournament with AW (BUS)</b> 2:30pm <b>You Should Put That In A Story - Lynne Murphy (CLR)</b> 3:45pm Happy Hour (PUB/RES) 7:00pm Partner Bridge (CBR) 7:15pm Film Society Movie (CLR)	8:30am Forest Walk (MFL) 28 9:00am Tai Chi (FC) 10:00am Successful Stretching (FC) 10:00am UBC Studies (CLR) 10:00am Resident Run Cranium Crunch (CBR) 12:00pm Women's Lunch (RES) 1:00pm Art Class with Sandra (CAC) 1:00pm Greg's Film Suggestion Matinee (THR) 3:00pm <b>Birthday Party (RES)</b> <b>Granville Island Shopping (BUS)</b> <b>UBC &amp; SFU present 3MT Winners (CLR)</b> <b>Shen Yun Performing Arts (BUS)</b> 6:30pm Perk Activities (CLR) 7:00pm Greg's Film Suggestion (THR)	8:00am Zumba (FC) 29 9:00am Fit and Strong 1 (FC) 10:00am Fit and Strong 2 (FC) 10:00am <b>Granville Island Shopping (BUS)</b> 11:00am Current Events Discussion (CLR) <b>UBC Pool &amp; Shallow Aqasize (BUS)</b> 12:00pm Men's Lunch (RES) <b>Scenic Drive: Stanley Park (BUS)</b> <b>Waste Management "How To" from UBC Community Planning (CLR)</b> 2:00pm Balance & Core (FC) 3:45pm Drop-In Poker (PUB) 7:15pm Film (THR)	8:30am Forest Walk (MFL) 30 10:00am Stretch & Flow (FC) 11:30am Resident Run Cribbage (CBR) 11:30am Community Walkers Walk (MFL) 2:00pm Ping Pong Drop-In (CBR) 7:15pm Film (THR) 7:15pm <b>Vancouver Institute Lecture (BUS)</b>
	9:30am Neighbourhood Walk (MFL) 31 11:30am Open Gym (FC) 1:00pm Forest Walk (MFL) 1:30pm Bridge (CBR) <b>Vancouver Public Library (BUS)</b> 2:30pm Weight Lifting (FC) 3:00pm Stretching Class (FC) 7:15pm Documentary (THR)						