

April 2019 Events in the Community

TREASURES OF A DESERT KINGDOM – WEDNESDAY, APRIL 3RD AT 10:30AM – ROM

Explore the spectacular royal arts of one of India's greatest former kingdoms, Jodhpur, Rajasthan. Alluring jewellery, lavish tents and canopies, vibrant paintings, and opulent decorative arts tell stories of kingship, strategic alliances, the role of women and life at court. Amassed over the course of nearly four centuries, these treasures reflect the history and artistic legacy of the Rathore dynasty, one of the longest continuous royal lineages in the world, that ruled this desert kingdom until India's independence in 1947.

CAMBRIDGE BUTTERFLY CONSERVATORY – WEDNESDAY, APRIL 17TH AT 10:00AM

Discover thousands of freely flying exotic butterflies in a lush tropical garden. The 25,000 square foot facility includes a 10,800 square foot indoor tropical garden featuring 1000's of free flying butterflies from all over the world, over 100 different varieties of tropical plants, waterfalls, streams, reflecting pools, tropical finches, Chinese painted quails and red-eared slider turtles.

THE KINGSWAY BUS TOUR – TUESDAY, APRIL 23RD AT 10:30AM & 1:30PM

One of Canada's premier neighbourhoods, The Kingsway was the vision of one man, Robert Home Smith. A lawyer by training but a natural-born town planner and architect, Home Smith took 3,100 acres of ordinary Etobicoke farmland and turned it into an elegant series of subdivisions that were deemed "A bit of England far from England". Centered around the Old Mill, they offered not only a new vision of town planning but of upper middle-class life in Toronto.



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

April 2019 Calendar of Events

Spring Forward



APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:15am AquaFit (P) 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) 10:15am Stretching and Relaxation (ER) 11:00am Morning Bingo (DK) 2:00pm Colour Me Calm (G) 2:00pm Core & Posture Strength (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)	9:15am AquaFit (P) 10:00am Tapestry Book Exchange (GR) 10:00am Shopping Excursion "Dollarama" (OE) 10:15am Vital Core Training (ER) 11:00am ROM Outing (OE) 11:00am Tech-Tips (T) 1:00pm Afternoon Bridge (L) 2:00pm Mindful Reflection (T) 2:00pm Stretching and Relaxation (ER) 2:45pm Cocktail Hour (M) 3:30pm Simple Strength Training (ER)	9:30am Sit To Be Fit (ER) 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) 9:30am Sit To Be Fit (ER) 10:15am Chair Cardio (ER) 11:00am Core & Posture Strength (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) 4:30pm Simple Strength Training (ER) 7:30pm Movie Night (T)	10:00am Stretching and Relaxation (ER) 11:00am Chair Yoga (ER) 11:00am Colour Me Calm (G) 11:00am Kingsway - Lambton Art Show & Sale (OE) 11:00am Library Excursion (OE) 11:00am Mindful Reflection (T) 11:30am Basic Yoga (ER) 12:30pm Aquafit (P) 3:00pm Knitters with a Cause (L) 3:15pm Muscle Flow (ER) 7:30pm Movie Night (T)
	10:30am Wii Wheel of Fortune (T) 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) 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) 9:30am Senior Mobile Shopping (DK) 10:00am Life Enrichment Council Meeting (T) 10:15am Stretching and Relaxation (ER) 2:00pm Colour Me Calm (G) 2:00pm Core & Posture Strength (ER) 2:00pm Glitz N' Glamour Jewelry Club (L) 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)	9:15am AquaFit (P) 10:15am Vital Core Training (ER) 11:00am Eat Healthy Forever Presentation (DK) 11:00am Tech-Tips (T) 11:30am Resident Luncheon (OE) 1:00pm Afternoon Bridge (L) 2:00pm Mindful Reflection (T) 2:00pm Stretching and Relaxation (ER) 2:45pm Cocktail Hour (M) 3:30pm Simple Strength Training (ER)	9:30am Sit To Be Fit (ER) 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) 9:30am Sit To Be Fit (ER) 10:15am Chair Cardio (ER) 11:00am Core & Posture Strength (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) 4:30pm Simple Strength Training (ER) 7:30pm Movie Night (T)
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