

## April 2019 Featured Events

### PRISMA PIANIST- EDWIN KIM: THURSDAY, APRIL 11TH AT 11:00AM IN THE RESTAURANT

Returning to Tapestry to perform is Edwin Kim, a world class pianist who is a guest artist at the Pacific Region International Summer Music Academy. In 2017, Kim won the Australian International Chopin Piano Competition. He will be accompanied by Arthur Arnold, Music Director of the Moscow Symphony Orchestra.

### VISIT AND HIGH TEA IN FORT LANGLEY: FRIDAY, APRIL 12TH AT 10:00AM, BUS TRIP

Enjoy a day trip visiting and exploring historic Fort Langley! Located along the Fraser River, there are boutique shops that line the streets and a National Historic Site. We will also enjoy an afternoon high tea at Little White House, a quaint Parisian café and shop.

### UBC REHAB SCIENCES: "IT'S GIVEN ME A NEW LIFE": MONDAY, APRIL 15TH AT 2:30PM IN THE CLASSROOM

Dr. Kristine Theurer is a recent graduate of UBC and a researcher who pioneered the use of standardized peer support programs in senior living to reduce social isolation and loneliness. Dr. Theurer developed and then examined a novel peer mentoring program for retirement communities in which residents and volunteers formed a supportive team that met weekly and received training and then conducted visits in pairs. She is delighted to come and share her research and the impact of this approach with Tapestry.



#### 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	ext. 1010
Building & Maintenance Services Manager – Edgar Dacanay	ext. 1031
Restaurant Manager – Michael Wu	ext. 1058
Food Service Manager- MK Hamid	ext. 1058
Executive Chef – James Schaeffer	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

## April 2019 Calendar of Events


# Spring is in the Air



Tapestry at Wesbrook Village  
3338 Wesbrook Mall, Vancouver BC  
604.225.5000



# APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	9:00am Fit & Strong 1 (FC) <b>1</b> 10:00am Fit and Strong 2 (FC) 2:30pm <b>Welcome Spring Piano Recital (RES)</b> 4:00pm Yoga (FC) 7:00pm Bridge (CBR) 7:00pm The Alpha Course (CLR)	8:30am Forest Walk (MFL) <b>2</b> 10:00am My Art My Way (CAC) 10:00am UBC Studies (CLR) 11:00am Cranium Crunch (CBR) 2:00pm Boxing Circuit (FC) 2:30pm <b>NeuroMovement Class (CLR)</b> 4:00pm Knit & Stitch (CAC) 5:00pm Zumba (FC) 7:00pm Cyber Seniors (BFR) 7:15pm Critically Acclaimed Film (THR)	9:00am Fit and Strong 1 (FC) <b>3</b> 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> 1:30pm <b>Costco Shopping: Downtown (BUS)</b> 3:45pm <b>Happy Hour with Willy Blizzard (PUB/RES)</b> 6:00pm <b>Board Games with YHS (CBR)</b> 6:45pm Billiards with Michael (BRM) 7:00pm Partner Bridge (CBR) 7:15pm Film Society Movie (CLR)	8:30am Forest Walk (MFL) <b>4</b> 9:00am Tai Chi (FC) 10:00am Successful Stretching (FC) 10:00am <b>Shopping at Indigo Bookstore (BUS)</b> 10:00am UBC Studies (CLR) 11:00am Resident Run Cranium Crunch (CBR) 12:00pm Women's Lunch (RES) 1:00pm Art Class with Madiha (CAC) 1:00pm Greg's Film Suggestion Matinee (THR) 1:30pm <b>Vancouver Art Gallery (BUS)</b> 7:00pm Perk Activities (CLR) 7:15pm Greg's Film Suggestion (THR)	8:00am Zumba (FC) <b>5</b> 9:00am Fit and Strong 1 (FC) 10:00am <b>Coffee and Cinnamon Buns at Grounds for Coffee (BUS)</b> 10:00am Fit and Strong 2 (FC) 10:00am <b>Morning Glory Dance Party (MFL)</b> 10:00am <b>Toddlers at Tapestry (CBR)</b> 11:00am Current Events Discussion (CLR) 11:30am <b>UBC Pool &amp; Shallow Aquasize (BUS)</b> 12:00pm Men's Lunch (RES) 2:00pm <b>Shopping at Stong's Market (BUS)</b> 2:30pm <b>Crescendo Concert (RES)</b> 3:00pm Balance & Core (FC) 3:45pm Drop-In Poker (PUB) 7:15pm Film (THR)	8:30am Forest Walk (MFL) <b>6</b> 9:40am <b>Riley Park Farmers Market (BUS)</b> 10:00am Stretch & Flow (FC) 11:30am Resident Run Cribbage (CBR) 1:00pm Community Walkers Walk (MFL) 2:00pm Ping Pong Drop-In (CBR) 2:00pm <b>Scenic Drive: Cherry Blossom (BUS)</b> 7:15pm Film (THR)	
	9:30am Neighbourhood Walk (MFL) <b>7</b> 11:30am Open Gym (FC) 1:00pm Forest Walk (MFL) 1:30pm Bridge (CBR) 1:30pm <b>Opera Tea in the Garden (BUS)</b> 2:30pm Weight Lifting (FC) 3:00pm Stretching Class (FC) 7:15pm Documentary (THR)	9:00am Fit & Strong 1 (FC) <b>8</b> 10:00am Fit and Strong 2 (FC) 1:00pm <b>Mindful Movement and Meditation (CBR)</b> 4:00pm Yoga (FC) 7:00pm Bridge (CBR) 7:00pm The Alpha Course (CLR)	8:30am Forest Walk (MFL) <b>9</b> 10:00am My Art My Way (CAC) 10:00am UBC Studies (CLR) 11:00am Cranium Crunch (CBR) 12:00pm <b>Korean Cultural Lunch (RES)</b> 2:00pm Boxing Circuit (FC) 4:00pm Knit & Stitch (CAC) 5:00pm Zumba (FC) 7:00pm Cyber Seniors (BFR) 7:15pm Critically Acclaimed Film (THR)	9:00am Fit and Strong 1 (FC) <b>10</b> 10:00am Fit and Strong 2 (FC) 10:00am UBC Studies (CLR) 10:30am <b>Southlands Nursery (BUS)</b> 11:00am <b>Heidi's Jewellery (MFL)</b> 1:30pm <b>Shopping Shuttle (BUS)</b> 3:45pm Happy Hour (PUB/RES) 6:00pm <b>Board Games with YHS (CBR)</b> 6:45pm Billiards with Michael (BRM) 7:00pm Partner Bridge (CBR) 7:15pm Film Society Movie (CLR)	8:30am Forest Walk (MFL) <b>11</b> 9:00am Tai Chi (FC) 9:30am <b>Granville Island Shopping (BUS)</b> 10:00am Successful Stretching (FC) 10:00am UBC Studies (CLR) 11:00am <b>PRISMA Pianist: Edwin Kim (RES)</b> 11:00am 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) 1:00pm <b>Movie at Fifth Ave Cinemas (BUS)</b> 2:00pm <b>Book Club: The Beggar Maid (CBR)</b> 2:30pm <b>Shoppers Beauty Masterclass (WBV)</b> 7:00pm Perk Activities (CLR) 7:15pm Greg's Film Suggestion (THR)	8:00am Zumba (FC) <b>12</b> 9:00am Fit and Strong 1 (FC) 10:00am Fit and Strong 2 (FC) 10:00am <b>Visit and High Tea in Fort Langley (BUS)</b> 11:00am Current Events Discussion (CLR) 12:00pm Men's Lunch (RES) 3:00pm Balance & Core (FC) 3:45pm Drop-In Poker (PUB) 7:15pm Film (THR)	8:30am Forest Walk (MFL) <b>13</b> 10:00am Stretch & Flow (FC) 11:30am Resident Run Cribbage (CBR) 1:00pm Community Walkers Walk (MFL) 1:00pm <b>Seated Volleyball (CBR)</b> 2:00pm Ping Pong Drop-In (CBR) 2:15pm <b>Sakura Days at VanDusen Gardens (BUS)</b> 5:00pm <b>Dinner at Blue Water Cafe (BUS)</b> 7:00pm <b>Chor Leoni: Summit Concert (BUS)</b> 7:15pm Film (THR)
	9:30am Neighbourhood Walk (MFL) <b>14</b> 11:30am Open Gym (FC) 1:00pm Forest Walk (MFL) 1:30pm Bridge (CBR) 2:00pm <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) <b>15</b> 10:00am Fit and Strong 2 (FC) 1:00pm <b>Mindful Movement and Meditation (CBR)</b> 2:30pm <b>UBC Rehab Sciences: "It's Given Me a New Life" (CLR)</b> 4:00pm Yoga (FC) 7:00pm Bridge (CBR) 7:00pm The Alpha Course (CLR)	8:30am Forest Walk (MFL) <b>16</b> 10:00am My Art My Way (CAC) 10:00am UBC Studies (CLR) 11:00am Cranium Crunch (CBR) 2:00pm Boxing Circuit (FC) 4:00pm Knit & Stitch (CAC) 4:00pm <b>York House Music Group (CLR)</b> 5:00pm Zumba (FC) 7:00pm Cyber Seniors (BFR) 7:15pm Critically Acclaimed Film (THR)	9:00am Fit and Strong 1 (FC) <b>17</b> 9:45am <b>Pacific Centre Shopping (BUS)</b> 10:00am Fit and Strong 2 (FC) 10:00am UBC Studies (CLR) 1:00pm <b>Shopping Shuttle (BUS)</b> 2:30pm <b>Marjorie Robertson Concert: Borealis String Quartet (RES)</b> 3:45pm Happy Hour (PUB/RES) 6:00pm <b>Board Games with YHS (CBR)</b> 6:45pm Billiards with Michael (BRM) 7:00pm Partner Bridge (CBR) 7:15pm Film Society Movie (CLR)	8:30am Forest Walk (MFL) <b>18</b> 9:00am Tai Chi (FC) 9:30am <b>Costco Shopping: Richmond (BUS)</b> 10:00am Successful Stretching (FC) 10:00am UBC Studies (CLR) 11:00am Resident Run Cranium Crunch (CBR) 12:00pm Women's Lunch (RES) 1:00pm Art Class with Madiha (CAC) 1:00pm Greg's Film Suggestion Matinee (THR) 1:30pm <b>PARQ Casino (BUS)</b> 2:30pm <b>The "Low-Down" on High Blood Pressure (CLR)</b> 7:00pm Perk Activities (CLR) 7:15pm Greg's Film Suggestion (THR)	8:00am Zumba (FC) <b>19</b> 9:00am Fit and Strong 1 (FC) 10:00am Fit and Strong 2 (FC) 11:00am Current Events Discussion (CLR) 12:00pm Men's Lunch (RES) 2:30pm <b>Gordon Dower Discusses Whither Humankind? (CLR)</b> 3:00pm Balance & Core (FC) 3:45pm Drop-In Poker (PUB) 7:15pm Film (THR)	8:30am Forest Walk (MFL) <b>20</b> 10:00am Stretch & Flow (FC) 10:00am <b>Scenic Drive: Cherry Blossom (BUS)</b> 11:30am Resident Run Cribbage (CBR) 1:00pm <b>Geoff Peters on the Piano (RES)</b> 1:00pm <b>Club Tread: Southlands and Fraser River (BUS)</b> 2:00pm Ping Pong Drop-In (CBR) 7:15pm Film (THR)
	9:30am Neighbourhood Walk (MFL) <b>21</b> 11:30am Open Gym (FC) 1:00pm Forest Walk (MFL) 1:30pm Bridge (CBR) 2:00pm <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) <b>22</b> 10:00am Fit and Strong 2 (FC) 10:30am <b>Cafe et Croissants (CBR)</b> 2:00pm <b>Outdoor Games with UBC World Vision Club (CYD)</b> 4:00pm Yoga (FC) 7:00pm Bridge (CBR) 7:00pm The Alpha Course (CLR)	8:30am Forest Walk (MFL) <b>23</b> 10:00am My Art My Way (CAC) 11:00am Cranium Crunch (CBR) 2:00pm Boxing Circuit (FC) 4:00pm Knit & Stitch (CAC) 5:00pm Zumba (FC) 7:00pm Cyber Seniors (BFR) 7:15pm Critically Acclaimed Film (THR)	9:00am Fit and Strong 1 (FC) <b>24</b> 9:30am <b>Shopping Shuttle (BUS)</b> 10:00am Fit and Strong 2 (FC) 11:00am <b>Pacific Coastal Cruises (CLR)</b> 2:30pm <b>Beach Walk and Clean Up (BUS)</b> 3:45pm Happy Hour (PUB/RES) 6:45pm Billiards with Michael (BRM) 7:00pm Partner Bridge (CBR) 7:15pm Film Society Movie (CLR)	8:30am Forest Walk (MFL) <b>25</b> 9:00am Tai Chi (FC) 10:00am Successful Stretching (FC) 10:30am <b>Museum of Anthropology (BUS)</b> 11:00am 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) 1:00pm <b>Tea and Trumpets (BUS)</b> 3:00pm <b>Birthday Party (RES)</b> 7:00pm Perk Activities (CLR) 7:15pm Greg's Film Suggestion (THR)	8:00am Zumba (FC) <b>26</b> 9:00am Fit and Strong 1 (FC) 10:00am Fit and Strong 2 (FC) 10:00am <b>Morning Glory Dance Party (MFL)</b> 10:00am <b>Toddlers at Tapestry (CLR)</b> 10:00am <b>Granville Island Shopping (BUS)</b> 10:30am <b>Philosopher's Cafe: Income Inequality (CLR)</b> 11:30am <b>UBC Pool &amp; Shallow Aquasize (BUS)</b> 12:00pm Men's Lunch (RES) 2:00pm <b>VanDusen Gardens (BUS)</b> 2:30pm <b>Tapestry Tale: Teresa Trainer (CLR)</b> 3:00pm Balance & Core (FC) 3:45pm Drop-In Poker (PUB) 7:15pm Film (THR)	8:30am Forest Walk (MFL) <b>27</b> 10:00am Stretch & Flow (FC) 10:00am <b>Southlands Nursery (BUS)</b> 11:30am Resident Run Cribbage (CBR) 1:00pm Community Walkers Walk (MFL) 1:00pm <b>Seated Volleyball (CBR)</b> 2:00pm Ping Pong Drop-In (CBR) 2:00pm <b>Visit to Queen Elizabeth Park (BUS)</b> 2:30pm <b>Mozart School of Music Concert (RES)</b> 7:15pm Film (THR)
	9:30am Neighbourhood Walk (MFL) <b>28</b> 11:30am Open Gym (FC) 1:00pm Forest Walk (MFL) 1:30pm Bridge (CBR) 2:00pm <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) <b>29</b> 10:00am Fit and Strong 2 (FC) 3:00pm <b>NexGen Hearing and Screening Presentation (CLR)</b> 4:00pm Yoga (FC) 7:00pm Bridge (CBR) 7:00pm The Alpha Course (CLR)	8:30am Forest Walk (MFL) <b>30</b> 10:00am My Art My Way (CAC) 11:00am Cranium Crunch (CBR) 2:00pm Boxing Circuit (FC) 2:00pm <b>Resident Meeting (A-K) (CLR)</b> 3:00pm <b>Resident Meeting (L-Z) (CLR)</b> 4:00pm Knit & Stitch (CAC) 5:00pm Zumba (FC) 7:00pm Cyber Seniors (BFR) 7:15pm Critically Acclaimed Film (THR)	<b>LOCATION</b> <b>Fitness Centre (FC)</b> <b>Restaurant (RES)</b> <b>Clubroom (CBR)</b> <b>Classroom (CLR)</b> <b>Main Floor Lobby (MFL)</b> <b>Creative Arts Centre (CAC)</b> <b>Brain Fit Room (BFR)</b> <b>Theatre (THR)</b> <b>Bus Trip (BUS)</b> <b>Pub/Restaurant (PUB/RES)</b> <b>Billiards Room (BRM)</b> <b>Pub (PUB)</b> <b>Wesbrook Village (WBV)</b> <b>Bus Outing (BUS)</b> <b>Courtyard (CYD)</b>			