

# September 2023 Featured Events

## Inner Harbour Classic Boat Festival!

*Friday, Sept 1- Sun Sept 3, 2023, see your calendar for times! Walk. Wellness Dimensions: Social, Physical, Intellectual, Occupational*

For over 40 years, the Victoria Classic Boat Festival has showcased classic boats from all over the Pacific Northwest each Labour Day Weekend. Each year, approximately 10,000 visitors tour the docks and the boats on display. In 2017, the Maritime Museum of BC took over operations of the Festival, incorporating marine-related exhibitions and family-friendly programs into the weekend's activities. We will walk to the Inner Harbour on Friday and Saturday, and then head over to Ogden Point on Sunday!

## Special Guest Speaker: Susan Howard

*Wednesday Sept 7, at 2pm, Theatre. Wellness Dimensions: Social, Intellectual, Occupational, Emotional*

Susan Howard, Development and Communications Director is honoured to work with the incredible team at Victoria Woman's Transition House in support of women and children impacted by intimate partner violence and abuse. Today she will share with Tapestry at Victoria Harbour what the Transition House does to support local community members and how our money raised assisted them in achieving that.

## Residents Ride for Hospice!

*Thursday, September 14, at 10am, Lobby. Wellness Dimensions: Social, Physical, Occupational, Emotional*

The Residents from Tapestry at Victoria Harbour are excited to Ride this week and raise additional funds for the Victoria Hospice this year! If you wish to sponsor a rider, or join in the fun, please connect with Don Ross and he can direct you. This is a beautiful Resident-initiated cause. More details to follow!

## Latin Fiesta!

*Thursday, September 21 at 4:30pm, Pub & Restaurant. Wellness Dimensions: Social, Physical, Emotional*

Hola! Let the passion and spirit of Latin culture ignite your night as you dance, mingle, and create unforgettable memories. Dance all night to the beats of hot Latin music with Cuban singer Miguelito Valdez and his trio. Enjoy some carefully curated Latin flavours and have fun with our amazing Latin staff!

## "Tapestry Tales" with Special Guest Monika Davies and Residents!

*Wednesday, September 13 at 4:0pm, Theatre. Wellness Dimensions: Social, Occupational, Emotional*

Please join us in welcoming Monika Davies, our Tapestry Writing Workshop Instructor, back to Tapestry for a very special event. Monika and the writers from our most recent workshop will be sharing their stories from a recently composed book, "Tapestry Tales." Please come for a drink and a beautiful celebration!

[DiscoverTapestry.com](https://www.discovertapestry.com)

Tapestry at Victoria Harbour


**Tapestry**<sup>®</sup>  
Embrace a New Age™

# September 2023

*"September Tries It's Best To Have Us Forget Summer..."*



# SEPTEMBER 2023 WELLNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>LOCATION</b> 5th Floor Patio (5) Car (C) Channel 10 (CH10) Games Room (GR) Gym (G) James Bay Dining Room (JBDR) James Bay Room (JBR) Lobby (L) Pub (P) Restaurant (RES) Theatre (THR) Walk (W)	<b>PLEASE SIGN UP AT CONCIERGE</b>			8:00am 20 Minute Walking Workout (CH10) <b>1</b> 9:00am Strength Interval Training (JBR) 10:45am <b>Shopping Shuttle (C)</b> 11:30am <b>Meditation with Wellness (5)</b> 12:30pm A La Carte Car Service (C) 1:30pm <b>Inner Harbour Classic Boat Festival - Musical performance - Hounds of Cuchulain (W)</b> 2:00pm Canasta (GR) 4:00pm Mexican Train with Mimi (GR) 7:00pm 20 Minute Walking Workout (CH10) 7:30pm <b>Movie Night with Matthew: Good Morning Vietnam (THR)</b>	8:00am Yoga to Fill Your Cup (CH10) <b>2</b> 9:00am Flexibility & Posture (JBR) 1:00pm <b>Inner Harbour Classic Boat Festival - Musical Performance TBD (W)</b> 1:00pm Mexican Train in the Pub! (P) 7:00pm Cozy Flow Yoga (CH10) 7:30pm <b>NEW! Saturday Evening Showing: Downton Abbey (THR)</b>	
	8:00am Yoga to Feel Your Best <b>3</b> 10:00am <b>NEW* Functional Training (JBR)</b> 10:30am <b>Classic Boat Festival - Sail Past &amp; Race - Ogden Point to Clover Point (W)</b> 2:30pm Sunday Matinee: True Spirit (THR) 7:00pm Restorative Yoga (CH10)	8:00am Full Chair Workout (CH10) <b>4</b> 9:00am TheraBand Class (JBR) 11:00am TheraBand Class (JBR) 1:00pm Poker (GR) 1:00pm Sip & Stitch (JBR) 2:30pm Western Mahjong (GR) 3:30pm Ping-Pong! (JBR) 7:00pm Full Chair Workout (CH10) 7:00pm <b>Beginners' Bridge Practice (GR)</b>	8:00am 50 Minute Cardio & Strength (CH10) <b>5</b> 9:00am Balance & Core (JBR) 11:00am Balance & Core (JBR) 12:00pm <b>Kayaking (W)</b> 3:00pm <b>**Change** Shopping Shuttle (C)</b> 3:00pm Mexican Train with Mimi (P) 7:00pm 50 Minute Cardio & Strength (CH10) 7:30pm Movie Night: Official Secrets (THR)	8:00am Full Body Calisthenics (CH10) <b>6</b> 9:00am Strength Exercises (JBR) 9:00am A La Carte Car Service (C) 11:00am Strength Exercises (JBR) 12:00pm <b>Gym Orientation (G)</b> 1:30pm Bridge Game (GR) 3:00pm Yoga with Fatima (JBR) 4:00pm <b>Brazilian Happy Hour! (P)</b> 7:00pm Full Body Calisthenics (CH10) 7:00pm "Tapestry Sings!" Resident Singing Group (THR)	<b>Brazilian Independence Day</b> <b>7</b> 8:00am 8 Brocades Qigong Practice (CH10) 9:00am Strength & Stability (JBR) 10:00am <b>Pickleball @ Beacon Hill (W)</b> 11:00am Strength & Stability (JBR) 2:00pm <b>Guest Speaker Susan Howard: Woman's Transition House (THR)</b> 3:00pm Canasta (GR) 7:00pm 8 Brocades Qigong Practice (CH10)	8:00am 20 Minute Walking Workout (CH10) <b>8</b> 9:00am Strength Interval Training (JBR) 10:45am <b>Shopping Shuttle (C)</b> 12:30pm A La Carte Car Service (C) 2:00pm Canasta (GR) 2:30pm <b>Staff Fire Safety Training (L)</b> 4:00pm Mexican Train with Mimi (GR) 7:00pm 20 Minute Walking Workout (CH10) 7:30pm <b>Movie Night with Matthew: Austin Powers: International Man of Mystery (THR)</b>	8:00am Yoga to Fill Your Cup (CH10) <b>9</b> 9:00am Flexibility & Posture (JBR) 1:00pm Rummikub In The Pub! (P) 7:00pm Cozy Flow Yoga (CH10) 7:30pm <b>NEW! Saturday Evening Showing: Downton Abbey (THR)</b>
	8:00am Yoga to Feel Your Best <b>10</b> 10:00am <b>NEW* Functional Training (JBR)</b> 11:00am <b>Walk to Bastian Square Market (W)</b> 2:30pm Sunday Matinee: The Notebook (THR) 7:00pm Restorative Yoga (CH10)	8:00am Full Chair Workout (CH10) <b>11</b> 9:00am TheraBand Class (JBR) 11:00am TheraBand Class (JBR) 1:00pm Poker (GR) 1:00pm Sip & Stitch (JBR) 2:30pm Western Mahjong (GR) 3:00pm <b>Shopping Shuttle (C)</b> 3:30pm Ping-Pong! (JBR) 7:00pm Full Chair Workout (CH10) 7:00pm <b>Beginners' Bridge Practice (GR)</b>	8:00am 50 Minute Cardio & Strength (CH10) <b>12</b> 9:00am Balance & Core (JBR) 11:00am Balance & Core (JBR) 11:30am <b>Treats &amp; Talks with GM Amber Reis (P)</b> 3:00pm Mexican Train with Mimi (P) 7:00pm 50 Minute Cardio & Strength (CH10) 7:30pm Movie Night: The Lost City (THR)	8:00am Full Body Calisthenics (CH10) <b>13</b> 9:00am Strength Exercises (JBR) 9:00am A La Carte Car Service (C) 10:00am Topics of Interest Discussion Group (JBDR) 11:00am Strength Exercises (JBR) 1:30pm Bridge Game (GR) 3:00pm Yoga with Fatima (JBR) 4:00pm <b>Happy Hour with Special Guest Writers of "Tapestry Tales" (P)</b> 7:00pm Full Body Calisthenics (CH10) 7:00pm "Tapestry Sings!" Resident Singing Group (THR)	8:00am 8 Brocades Qigong Practice (CH10) <b>14</b> 9:00am Strength & Stability (JBR) 10:00am <b>Pickleball @ Beacon Hill (W)</b> 10:00am <b>Residents Ride for Hospice! (L)</b> 11:00am Strength & Stability (JBR) 12:00pm <b>Women's Lunch (5)</b> 3:00pm Canasta (GR) 7:00pm 8 Brocades Qigong Practice (CH10)	8:00am 20 Minute Walking Workout (CH10) <b>15</b> 9:00am Strength Interval Training (JBR) 10:45am <b>Shopping Shuttle (C)</b> 11:30am <b>Meditation with Wellness (5)</b> 12:30pm A La Carte Car Service (C) 2:00pm Canasta (GR) 4:00pm Mexican Train with Mimi (GR) 7:00pm 20 Minute Walking Workout (CH10) 7:30pm <b>Movie Night with Matthew: Master and Commander (THR)</b>	8:00am Yoga to Fill Your Cup (CH10) <b>16</b> 9:00am Flexibility & Posture (JBR) 1:00pm Mexican Train in the Pub! (P) 7:00pm Cozy Flow Yoga (CH10) 7:30pm <b>NEW! Saturday Evening Showing: Downton Abbey (THR)</b>
	8:00am Yoga to Feel Your Best <b>17</b> 10:00am <b>NEW* Functional Training (JBR)</b> 11:30am <b>Sunday Brunch (RES)</b> 2:30pm Sunday Matinee: The Lakehouse (THR) 7:00pm Restorative Yoga (CH10)	8:00am Full Chair Workout (CH10) <b>18</b> 9:00am TheraBand Class (JBR) 11:00am TheraBand Class (JBR) 1:00pm Poker (GR) 1:00pm Sip & Stitch (JBR) 2:30pm Western Mahjong (GR) 3:00pm <b>Shopping Shuttle (C)</b> 3:30pm Ping-Pong! (JBR) 7:00pm Full Chair Workout (CH10) 7:00pm <b>Book Club: Favorite Summer Reads (JBR)</b> 7:00pm <b>Beginners' Bridge Practice (GR)</b>	8:00am 50 Minute Cardio & Strength (CH10) <b>19</b> 9:00am Balance & Core (JBR) 11:00am Balance & Core (JBR) 12:00pm <b>Kayaking (W)</b> 2:00pm <b>Resident General Meeting (THR)</b> 3:00pm Mexican Train with Mimi (P) 7:00pm 50 Minute Cardio & Strength (CH10) 7:30pm Movie Night: Poisoned: The Truth About Your Food (THR)	8:00am Full Body Calisthenics (CH10) <b>20</b> 9:00am Strength Exercises (JBR) 9:00am A La Carte Car Service (C) 11:00am Strength Exercises (JBR) 12:00pm <b>Orientation to InTouch Link! (THR)</b> 1:30pm Bridge Game (GR) 3:00pm Yoga with Fatima (JBR) 4:00pm <b>Pub Night Happy Hour! (P)</b> 7:00pm Full Body Calisthenics (CH10) 7:00pm "Tapestry Sings!" Resident Singing Group (THR)	8:00am 8 Brocades Qigong Practice (CH10) <b>21</b> 9:00am Strength & Stability (JBR) 10:00am <b>Pickleball @ Beacon Hill (W)</b> 11:00am Strength & Stability (JBR) 3:00pm Canasta (GR) 4:30pm <b>Latin Fiesta! (RES)</b> 7:00pm 8 Brocades Qigong Practice (CH10)	8:00am 20 Minute Walking Workout (CH10) <b>22</b> 9:00am Strength Interval Training (JBR) 10:45am <b>Shopping Shuttle (C)</b> 12:30pm A La Carte Car Service (C) 2:00pm Canasta (GR) 4:00pm Mexican Train with Mimi (GR) 7:00pm 20 Minute Walking Workout (CH10) 7:30pm <b>Movie Night with Matthew: Mamma Mia 2: Here We Go Again (THR)</b>	8:00am Yoga to Fill Your Cup (CH10) <b>23</b> 9:00am Flexibility & Posture (JBR) 1:00pm Rummikub In The Pub! (P) 7:00pm Cozy Flow Yoga (CH10) 7:30pm <b>NEW! Saturday Evening Showing: Downton Abbey (THR)</b>
	8:00am Yoga to Feel Your Best <b>24</b> 10:00am <b>NEW* Functional Training (JBR)</b> 11:00am <b>Walk to Breakwater Lighthouse (W)</b> 2:30pm Sunday Matinee: Transcendence (THR) 7:00pm Restorative Yoga (CH10)	8:00am Full Chair Workout (CH10) <b>25</b> 9:00am TheraBand Class (JBR) 11:00am TheraBand Class (JBR) 1:00pm Poker (GR) 1:00pm Sip & Stitch (JBR) 2:30pm Western Mahjong (GR) 3:00pm <b>Shopping Shuttle (C)</b> 3:30pm Ping-Pong! (JBR) 7:00pm Full Chair Workout (CH10) 7:00pm <b>Beginners' Bridge Practice (GR)</b>	8:00am 50 Minute Cardio & Strength (CH10) <b>26</b> 9:00am Balance & Core (JBR) 11:00am Balance & Core (JBR) 3:00pm Mexican Train with Mimi (P) 3:30pm <b>Sip &amp; Paint with Wellness! (P)</b> 7:00pm 50 Minute Cardio & Strength (CH10) 7:30pm Movie Night: The Ballad of Buster Scruggs (THR)	8:00am Full Body Calisthenics (CH10) <b>27</b> 9:00am Strength Exercises (JBR) 9:00am A La Carte Car Service (C) 11:00am Strength Exercises (JBR) 1:30pm Bridge Game (GR) 3:00pm Yoga with Fatima (JBR) 4:00pm <b>Pub Night Happy Hour! (P)</b> 7:00pm Full Body Calisthenics (CH10) 7:00pm "Tapestry Sings!" Resident Singing Group (THR)	8:00am 8 Brocades Qigong Practice (CH10) <b>28</b> 9:00am Strength & Stability (JBR) 10:00am <b>Pickleball @ Beacon Hill (W)</b> 11:00am Strength & Stability (JBR) 2:30pm <b>Cooking Demo with Mickey (THR)</b> 3:00pm Canasta (GR) 4:30pm <b>Resident Birthday Party! (RES)</b> 7:00pm 8 Brocades Qigong Practice (CH10)	8:00am 20 Minute Walking Workout (CH10) <b>29</b> 9:00am Strength Interval Training (JBR) 10:45am <b>Shopping Shuttle (C)</b> 11:30am <b>Meditation with Wellness (5)</b> 12:30pm A La Carte Car Service (C) 2:00pm Canasta (GR) 4:00pm Mexican Train with Mimi (GR) 5:30pm <b>Pizza &amp; Wine! (RES)</b> 7:00pm 20 Minute Walking Workout (CH10) 7:30pm <b>Movie Night with Matthew: James Bond Spectre (THR)</b>	<b>National Day of Truth &amp; Reconciliation</b> <b>30</b> 8:00am Yoga to Fill Your Cup (CH10) 9:00am Flexibility & Posture (JBR) 11:30am <b>Walk TBD for Offsite Truth &amp; Reconciliation Presentation (W)</b> 1:00pm Mexican Train in the Pub! (P) 7:00pm Cozy Flow Yoga (CH10) 7:30pm <b>NEW! Saturday Evening Showing: Downton Abbey (THR)</b>