

November 2023 Featured Events

Day Of The Dead Presentation, with Fatima & Soleil

Thursday, November 2, 3:00, Theatre. Wellness Dimensions: Social, Emotional, Spiritual, Intellectual

Fatima and Soleil have come together to create a special presentation on The Day of The Dead, or Día de los Muertos, a meaningful Mexican holiday, celebrating life and remembrance. Contrary to some beliefs, this is not a morbid holiday, nor is it spooky like Halloween. Come learn and explore the wonderful culture with our staff!

MasterChef Tapestry: Revenge Edition!!

Tuesday, November 7th, 1-3pm, Theatre. Wellness Dimensions: Social, Occupational, Intellectual, Emotional

The MasterChef Competition: Revenge Edition, is an exciting and prestigious event where previous winners of the MasterChef Tapestry series come together to showcase their culinary skills, creativity, and expertise. This challenge often serves as a special time within MasterChef, bringing together the best of the best to compete and demonstrate their growth and development as chefs since their initial victory. Are you up for it? Sign up at the Concierge!

Women's Lunch with Special Guest Speaker Megan Campbell

Thursday, November 9, 12:00pm, Theatre. Wellness Dimensions: Social, Occupational, Intellectual, Emotional

Please join us in welcoming Megan Campbell, from the Victoria Women's Newcomer's Club. For those of you who are new to Victoria, the objective of the Victoria Women's Newcomers (VWNC) is to welcome newcomers to the Greater Victoria Area and help them meet people in the community through monthly luncheon meetings and other social activities. This is a wonderful way to connect with like-minded women, and perhaps volunteer or become more active in the community at large.

BCSLA L.E.A.P. Award Presentation

Thursday November 9th, 3:00, Theatre. Wellness Dimensions: Social, Emotional, Intellectual, Occupational!

Please join us in Welcoming the BC Senior Living Association's President, Karim Kassam and CEO, Graham Freeman to Tapestry at Victoria Harbour. Karim and Graham have travelled to us today to present the LEAP Award (Let's Embrace Aging Passionately), to one of our own community members! After the presentations, we will have a toast to the award winner, and our community. Please sign up at the concierge.

November 2023

"The thinnest yellow light of November is more warming and exhilarating than any wine they tell of."



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

Tapestry at Victoria Harbour
777 Belleville Street
Victoria, BC, V8W 0G1

Tapestry®
Embrace a New Age™

NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p>Tapestry. Embrace a New Age™</p>	<p>LOCATION Car (C) Channel 10 (CH10) Games Room (GR) James Bay Dining Room (JBDR) James Bay Room (JBR) Lobby (L) Pub (P) Restaurant (RES) Theatre (THR) Walk (W)</p>	<p>Please Sign Up At Concierge!</p>	<p>8:00am Full Body Calisthenics (CH10) 1 9:00am Strength Exercises (JBR) 9:00am A La Carte Car Service (C) 11:00am Strength & Stability (JBR) 12:00pm Creative Time (JBR) 1:30pm Bridge Game (GR) 4:00pm Pub Night Happy Hour! (THR) 7:00pm Full Body Calisthenics (CH10) 7:00pm "Tapestry Sings!" Resident Singing Group (THR)</p>	<p>Day of the Dead 2 8:00am 8 Brocades Qigong Practice (CH10) 9:00am Strength & Stability (JBR) 11:00am Strength Exercises (JBR) 11:30am Writing Workshop with Monika (JBDR) 1:30pm Indoor Pickleball (JBR) 3:00pm Day of the Dead Presentation with Fatima & Soleil (THR) 3:00pm Canasta (GR) 7:00pm 8 Brocades Qigong Practice (CH10)</p>	<p>3 8:00am 20 Minute Walking Workout (CH10) 9:00am Strength Interval Training (JBR) 10:45am Shopping Shuttle (C) 12:30pm A La Carte Car Service (C) 1:30pm TED Talks & Tea: Brene Brown (THR) 2:00pm Canasta (GR) 4:00pm Pub Night Happy Hour! (P) 4:00pm Mexican Train with Mimi (GR) 7:00pm 20 Minute Walking Workout (CH10) 7:30pm Movie Night: The Art of Racing In The Rain (THR)</p>	<p>4 8:00am Yoga to Fill Your Cup (CH10) 9:00am Flexibility & Posture (JBR) 1:30pm Rummikub In The Pub! (P) 2:30pm Indoor Lawn Bowling (JBR) 7:00pm Cozy Flow Yoga (CH10) 7:30pm Saturday Evening Showing: Downton Abbey (THR)</p>		
	<p>8:00am Yoga to Feel Your Best 5 9:00am Chair Exercises with Barbara! (JBR) 1:00pm Indoor Pickleball (JBR) 2:30pm Sunday Matinee: The Book Thief (THR) 4:00pm Sunday Games in the Pub! (P) 7:00pm Restorative Yoga (CH10)</p>		<p>6 8:00am Full Chair Workout (CH10) 9:00am TheraBand Class (JBR) 11:00am Balance & Core (JBR) 11:30am FLU CLINIC (JBR) 1:00pm Poker (JBDR) 1:00pm Sip & Stitch (JBR) 2:30pm Western Mahjong (GR) 3:00pm Shopping Shuttle (C) 3:30pm Ping-Pong with Taizi! (JBR) 7:00pm Full Chair Workout (CH10) 7:00pm Beginners' Bridge Practice (GR)</p>	<p>7 8:00am 50 Minute Cardio & Strength (CH10) 9:00am Balance & Core (JBR) 11:00am TheraBand Class (JBR) 1:00pm Tapestry Master Chef: "Revenge Edition!" (THR) 3:00pm Mexican Train with Mimi (P) 7:00pm 50 Minute Cardio & Strength (CH10) 7:30pm Movie Night: Book Club: The Next Chapter (2023) (THR)</p>	<p>8 8:00am Full Body Calisthenics (CH10) 9:00am Strength Exercises (JBR) 9:00am A La Carte Car Service (C) 11:00am Strength & Stability (JBR) 12:00pm Creative Time (JBR) 1:30pm Bridge Game (GR) 4:00pm Pub Night Happy Hour! (THR) 7:00pm Full Body Calisthenics (CH10) 7:00pm "Tapestry Sings!" Resident Singing Group (THR)</p>	<p>9 8:00am 8 Brocades Qigong Practice (CH10) 9:00am Strength & Stability (JBR) 11:00am Strength Exercises (JBR) 11:30am Writing Workshop with Monika (JBDR) 12:00pm Women's Lunch with Special Guest Speaker (THR) 1:30pm Indoor Pickleball (JBR) 3:00pm Canasta (GR) 3:00pm BCSLA LEAP Award Presentation (THR) 7:00pm 8 Brocades Qigong Practice (CH10)</p>	<p>10 8:00am 20 Minute Walking Workout (CH10) 9:00am Strength Interval Training (JBR) 10:45am Shopping Shuttle (C) 12:30pm A La Carte Car Service (C) 1:30pm TED Talks & Tea: Susan Cain (THR) 2:00pm Canasta (GR) 4:00pm Pub Night Happy Hour! (P) 4:00pm Mexican Train with Mimi (GR) 7:00pm 20 Minute Walking Workout (CH10) 7:30pm Movie Night: Life of Pie (THR)</p>	<p>11 8:00am Yoga to Fill Your Cup (CH10) 9:00am Flexibility & Posture (JBR) 1:30pm Rummikub In The Pub! (P) 2:30pm Indoor Lawn Bowling (JBR) 7:00pm Cozy Flow Yoga (CH10) 7:30pm Saturday Evening Showing: Downton Abbey (THR)</p>
	<p>8:00am Yoga to Feel Your Best 12 9:00am Functional Training (JBR) 11:30am Walks with Wellness: Murchie's Tea & coffee (W) 1:00pm Indoor Pickleball (JBR) 2:30pm Sunday Matinee: The Mountain Between Us (THR) 4:00pm Sunday Games in the Pub! (P) 7:00pm Restorative Yoga (CH10)</p>		<p>13 8:00am Full Chair Workout (CH10) 9:00am TheraBand Class (JBR) 11:00am Balance & Core (JBR) 1:00pm Poker (JBDR) 1:00pm Sip & Stitch (JBR) 2:30pm Western Mahjong (GR) 3:00pm Shopping Shuttle (C) 3:30pm Ping-Pong with Taizi! (JBR) 7:00pm Full Chair Workout (CH10) 7:00pm Beginners' Bridge Practice (GR)</p>	<p>14 8:00am 50 Minute Cardio & Strength (CH10) 9:00am Balance & Core (JBR) 11:00am TheraBand Class (JBR) 12:00pm Orientation to InTouch Link! (THR) 1:00pm Resident Building Tour (L) 3:00pm Mexican Train with Mimi (P) 4:00pm Sip & Create with Wellness: Pinecones & Pinot! (P) 7:00pm 50 Minute Cardio & Strength (CH10) 7:30pm Movie Night: The English Patient (THR)</p>	<p>15 8:00am Full Body Calisthenics (CH10) 9:00am Strength Exercises (JBR) 9:00am A La Carte Car Service (C) 11:00am CANCELLED: Strength Exercises (JBR) 11:00am Celebration of Life (JBR) 1:30pm Bridge Game (GR) 4:00pm Pub Night Happy Hour! (THR) 7:00pm Full Body Calisthenics (CH10) 7:00pm "Tapestry Sings!" Resident Singing Group (THR)</p>	<p>16 8:00am 8 Brocades Qigong Practice (CH10) 9:00am Strength & Stability (JBR) 11:00am Strength Exercises (JBR) 1:30pm Indoor Pickleball (JBR) 2:00pm Grandmother's For Africa Presentation and Christmas Sale Event! (THR) 3:00pm Canasta (GR) 7:00pm 8 Brocades Qigong Practice (CH10)</p>	<p>17 8:00am 20 Minute Walking Workout (CH10) 9:00am Strength Interval Training (JBR) 10:45am Shopping Shuttle (C) 12:30pm A La Carte Car Service (C) 1:30pm TED Talks & Tea: Elon Musk (THR) 2:00pm Canasta (GR) 4:00pm Pub Night Happy Hour! (P) 4:00pm Mexican Train with Mimi (GR) 7:00pm 20 Minute Walking Workout (CH10) 7:30pm Movie Night: Water for Elephants (THR)</p>	<p>18 8:00am Yoga to Fill Your Cup (CH10) 9:00am Flexibility & Posture (JBR) 1:30pm Rummikub In The Pub! (P) 2:30pm Indoor Lawn Bowling (JBR) 7:00pm Cozy Flow Yoga (CH10) 7:30pm Saturday Evening Showing: Downton Abbey (THR)</p>
	<p>8:00am Yoga to Feel Your Best 19 9:00am Functional Training (JBR) 11:30am Sunday Brunch (RES) 1:00pm Indoor Pickleball (JBR) 2:30pm Sunday Matinee: Under the Tuscan Sun (THR) 4:00pm Sunday Games in the Pub! (P) 7:00pm Restorative Yoga (CH10)</p>		<p>20 8:00am Full Chair Workout (CH10) 9:00am TheraBand Class (JBR) 11:00am Balance & Core (JBR) 1:00pm Poker (JBDR) 1:00pm Sip & Stitch (JBR) 2:30pm Western Mahjong (GR) 3:00pm Shopping Shuttle (C) 3:30pm Ping-Pong with Taizi! (JBR) 7:00pm Full Chair Workout (CH10) 7:00pm Book Club: 'Mad Honey' by Jody Picoult (JBR) 7:00pm Beginners' Bridge Practice (GR)</p>	<p>21 8:00am 50 Minute Cardio & Strength (CH10) 9:00am Balance & Core (JBR) 11:00am TheraBand Class (JBR) 2:00pm Resident General Meeting (THR) 3:00pm Mexican Train with Mimi (P) 7:00pm 50 Minute Cardio & Strength (CH10) 7:30pm Movie Night: Murder on the Orient Express (THR)</p>	<p>22 8:00am Full Body Calisthenics (CH10) 9:00am Strength Exercises (JBR) 9:00am A La Carte Car Service (C) 10:00am Topics of Interest Discussion Group (THR) 11:00am Strength & Stability (JBR) 1:30pm Bridge Game (GR) 3:00pm Wellness Wednesday! (THR) 4:00pm Pub Night Happy Hour! (THR) 7:00pm Full Body Calisthenics (CH10) 7:00pm "Tapestry Sings!" Resident Singing Group (THR)</p>	<p>23 8:00am 8 Brocades Qigong Practice (CH10) 9:00am Strength & Stability (JBR) 11:00am Strength & Stability (JBR) 1:30pm Indoor Pickleball (JBR) 1:30pm Tea for Tutu - The Gift of the Nutcracker (W) 3:00pm Canasta (GR) 3:30pm Staff Fire Safety Training (L) 7:00pm 8 Brocades Qigong Practice (CH10)</p>	<p>24 8:00am 20 Minute Walking Workout (CH10) 9:00am Strength Interval Training (JBR) 10:45am Shopping Shuttle (C) 12:30pm A La Carte Car Service (C) 1:30pm TED Talks & Tea: Jill Bolte Taylor (THR) 2:00pm Canasta (GR) 4:00pm Pub Night Happy Hour! (P) 4:00pm Mexican Train with Mimi (GR) 5:30pm Pizza & Wine! (RES) 7:00pm 20 Minute Walking Workout (CH10) 7:30pm Movie Night: The Second Best Exotic Marigold Hotel (THR)</p>	<p>25 8:00am Yoga to Fill Your Cup (CH10) 9:00am Flexibility & Posture (JBR) 9:00am Holiday Market & Silent Auction at Cook Street Village (W) 1:30pm Rummikub In The Pub! (P) 2:30pm Indoor Lawn Bowling (JBR) 7:00pm Cozy Flow Yoga (CH10) 7:30pm Saturday Evening Showing: Downton Abbey (THR)</p>
	<p>8:00am Yoga to Feel Your Best 26 9:00am Functional Training (JBR) 11:30am Walks with Wellness: Bean Around the Word - Coffee house in Chinatown (W) 1:00pm Indoor Pickleball (JBR) 2:30pm Sunday Matinee: Secretariat (THR) 4:00pm Sunday Games in the Pub! (P) 7:00pm Restorative Yoga (CH10)</p>		<p>27 8:00am Full Chair Workout (CH10) 9:00am TheraBand Class (JBR) 11:00am Balance & Core (JBR) 1:00pm Poker (JBDR) 1:00pm Sip & Stitch (JBR) 2:30pm Western Mahjong (GR) 3:00pm Shopping Shuttle (C) 3:30pm Ping-Pong with Taizi! (JBR) 7:00pm Full Chair Workout (CH10) 7:00pm Beginners' Bridge Practice (GR)</p>	<p>28 8:00am 50 Minute Cardio & Strength (CH10) 9:00am Balance & Core (JBR) 10:30am Resident Fire Safety Training (L) 11:00am TheraBand Class (JBR) 2:30pm Cooking Demo (THR) 3:00pm Mexican Train with Mimi (P) 7:00pm 50 Minute Cardio & Strength (CH10) 7:30pm Movie Night: Red Sparrow (THR)</p>	<p>29 8:00am Full Body Calisthenics (CH10) 9:00am Strength Exercises (JBR) 9:00am A La Carte Car Service (C) 11:00am Strength & Stability (JBR) 1:30pm Bridge Game (GR) 4:00pm Pub Night Happy Hour! (THR) 7:00pm Full Body Calisthenics (CH10) 7:00pm "Tapestry Sings!" Resident Singing Group (THR)</p>	<p>30 8:00am 8 Brocades Qigong Practice (CH10) 9:00am Strength & Stability (JBR) 11:00am Strength Exercises (JBR) 11:30am Talks & Treats with GM Amber Reis (P) 1:30pm Indoor Pickleball (JBR) 3:00pm Canasta (GR) 7:00pm 8 Brocades Qigong Practice (CH10)</p>		