

March 2024 Featured Events

Sip & Paint: Easter Syle

Tuesday, March 5th at 3:00pm, 5th Floor Dining Room. Wellness Dimensions: Social, Emotional, Occupational

Join us for an afternoon of creativity and fun as we celebrate the spirit of Easter through art. Release your inner artist with guided painting sessions, sip on refreshing beverages, and mingle with fellow art enthusiasts. No prior painting experience required – just bring your enthusiasm and creativity!

Tea for Tu-Tu: Dracula!

Thursday, March 7th, 1:30pm-3pm. Walk. Wellness Dimensions: Social, Emotional

Indulge in an enchanting afternoon of dance and delight at Ballet Victoria's special event, "Tea for Tutu"! Join us for a free 45-minute performance featuring mesmerizing ballet, followed by an exclusive opportunity to meet the talented dancers and enjoy delightful refreshments.

International Women's Day

Friday, March 8th at 2:30 pm, Theater & Pub. Wellness Dimensions: Social, Emotional, Occupational, Intellectual

Join us in celebrating International Women's Day with a special guest speaker, Karen Christie, renowned author of "Six Continents over Five Decades." Hosted by Chris Kilford from the CIC, Karen will inspire with her journey across the globe. After the insightful talk, continue the festivities at our pub night, raising a toast to the achievements and empowerment of women worldwide.

Tapestry Gives: BC Cancer Foundation Fundraiser Event

Friday, March 22nd, 3pm-5pm. Theatre/Pub. Wellness Dimensions: Social, Emotional, Occupational, Intellectual

Residents of Tapestry Victoria Harbour are hosting the inaugural "Tapestry Gives" event at 3pm on March 22 in support of the BC Cancer Foundation. Funds raised will support the new BC Cancer – Victoria Integrated Care and Research Pavilion located 250 meters from BC Cancer – Victoria, and will offer patient and family counselling, psychiatry, hereditary counselling, and nursing support lines.

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

Tapestry at Victoria Harbour

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


Tapestry®
Embrace a New Age™

Marvelous March 2024

"Spring will come and so will happiness. Hold on. Life will get warmer."



MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	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)						
	8:00am Yoga to Feel Your Best (CH10) 3 11:30am Walks with Wellness: Discovery Coffee (L) 1:00pm Indoor Pickleball (JBR) 2:30pm Sunday Matinee: Julie & Julia (THR) 4:00pm Sunday Games! (P) 7:00pm Restorative Yoga (CH10) 7:00pm Sunday Classical Interlude (L)	8:00am Full Chair Workout (CH10) 4 9:00am TheraBand Class (JBR) 10:30am Shopping Shuttle (C) 1:00pm Poker (GR) 1:00pm Sip & Stitch (L) 2:30pm Western Mahjong (P) 3:30pm Ping-Pong with Taizi! (JBR) 7:00pm Full Chair Workout (CH10) 7:00pm Beginners' Bridge Practice (GR)	8:00am 50 Minute Cardio & Strength (CH10) 5 9:00am Balance & Core (JBR) 3:00pm Sip & Paint: Easter! (P) 3:00pm Mexican Train with Mimi (GR) 7:00pm 50 Minute Cardio & Strength (CH10) 7:30pm Matthew's Movie Night: Star Trek Into Darkness (THR)	8:00am Full Body Calisthenics (CH10) 6 9:00am Strength Exercises (JBR) 9:00am A La Carte Car Service (C) 1:30pm Bridge Game (GR) 3:00pm Dancing with the Staff! (THR) 4:00pm Pub Night Happy Hour! (P) 7:00pm Full Body Calisthenics (CH10)	8:00am 8 Brocades Qigong Practice (CH10) 7 9:00am Mobility & Coordination (JBR) 11:30am Writing Workshop with Monika: Creative Jumpstarts (JBDR) 1:30pm Indoor Pickleball (JBR) 1:30pm Tea For Tutu - Dracula (W) 2:00pm Canasta (GR) 4:00pm Travel Discussion Group (JBDR) 7:00pm 8 Brocades Qigong Practice (CH10)	1 8:00am 20 Minute Walking Workout (CH10) 9:00am Strength Interval Training (JBR) 9:00am Movie Night: 10:45am Shopping Shuttle (C) 11:00am Play reading with Barbara Kite (THR) 12:30pm A La Carte Car Service (C) 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 Devil Wears Prada (THR)	2 8:00am Yoga to Fill Your Cup (CH10) 9:00am Flexibility & Posture (JBR) 1:00pm Rummikub In the Games Room! (GR) 2:30pm Indoor Lawn Bowling (JBR) 7:00pm Cozy Flow Yoga (CH10)
	8:00am Yoga to Feel Your Best (CH10) 10 11:30am Walks with Wellness: Breakwater Lighthouse (L) 1:00pm Indoor Pickleball (JBR) 4:00pm Sunday Games! (P) 4:00pm Oscars Viewing (THR) 7:00pm Restorative Yoga (CH10) 7:00pm Sunday Classical Interlude (L)	8:00am Full Chair Workout (CH10) 11 9:00am TheraBand Class (JBR) 10:30am Shopping Shuttle (C) 1:00pm Poker (GR) 1:00pm Sip & Stitch (L) 2:30pm Western Mahjong (P) 3:30pm Ping-Pong with Taizi! (JBR) 7:00pm Full Chair Workout (CH10) 7:00pm Beginners' Bridge Practice (GR)	8:00am 50 Minute Cardio & Strength (CH10) 12 9:00am Balance & Core (JBR) 3:00pm Mexican Train with Mimi (GR) 7:00pm 50 Minute Cardio & Strength (CH10) 7:30pm Matthew's Movie Night: Age of Adeline (THR)	8:00am Full Body Calisthenics (CH10) 13 9:00am Strength Exercises (JBR) 9:00am A La Carte Car Service (C) 1:30pm Bridge Game (GR) 4:00pm Pub Night Happy Hour! (P) 7:00pm Full Body Calisthenics (CH10)	8:00am 8 Brocades Qigong Practice (CH10) 14 9:00am Mobility & Coordination (JBR) 12:00pm Women's Lunch (RES) 1:30pm Indoor Pickleball (JBR) 2:00pm Canasta (GR) 4:00pm Travel Discussion Group (JBDR) 7:00pm 8 Brocades Qigong Practice (CH10)	8 International Women's Day 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) 2:00pm Canasta (GR) 2:30pm International Women's Day Special Guest Speaker (THR) 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: Eat, Pray, Love (THR)	9 8:00am Yoga to Fill Your Cup (CH10) 9:00am Flexibility & Posture (JBR) 1:00pm Rummikub In the Games Room! (GR) 2:30pm Indoor Lawn Bowling (JBR) 7:00pm Cozy Flow Yoga (CH10)
	St Patrick's Day 8:00am Yoga to Feel Your Best (CH10) 17 11:30am Walks with Wellness: Government Street to celebrate St. Patrick's Day (L) 1:00pm Indoor Pickleball (JBR) 2:30pm Sunday Matinee: Infinite Storm (THR) 4:00pm Sunday Games! (P) 7:00pm Restorative Yoga (CH10) 7:00pm Sunday Classical Interlude (L)	8:00am Full Chair Workout (CH10) 18 9:00am TheraBand Class (JBR) 10:30am Shopping Shuttle (C) 1:00pm Poker (GR) 1:00pm Sip & Stitch (L) 2:30pm Western Mahjong (P) 3:30pm Ping-Pong with Taizi! (JBR) 7:00pm Full Chair Workout (CH10) 7:00pm Book Club: The Reason You Walk 7:00pm Beginners' Bridge Practice (GR)	8:00am 50 Minute Cardio & Strength (CH10) 19 9:00am Balance & Core (JBR) 2:00pm Resident General Meeting (THR) 3:00pm Mexican Train with Mimi (GR) 7:00pm 50 Minute Cardio & Strength (CH10) 7:30pm Matthew's Movie Night: Ghost (THR)	8:00am Full Body Calisthenics (CH10) 20 9:00am Strength Exercises (JBR) 9:00am A La Carte Car Service (C) 1:30pm Bridge Game (GR) 4:00pm Pub Night Happy Hour! (P) 7:00pm Full Body Calisthenics (CH10)	8:00am 8 Brocades Qigong Practice (CH10) 21 9:00am Mobility & Coordination (JBR) 1:30pm Indoor Pickleball (JBR) 2:00pm Canasta (GR) 4:00pm Travel Discussion Group (JBDR) 7:00pm 8 Brocades Qigong Practice (CH10)	15 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) 2:00pm Canasta (GR) 4:00pm St. Patrick's Pub Night with Irish Dancers! (THR) 4:00pm Mexican Train with Mimi (GR) 7:00pm 20 Minute Walking Workout (CH10) 7:30pm Movie Night: NYAD (THR)	16 8:00am Yoga to Fill Your Cup (CH10) 9:00am Flexibility & Posture (JBR) 1:00pm Rummikub In the Games Room! (GR) 2:30pm Indoor Lawn Bowling (JBR) 7:00pm Cozy Flow Yoga (CH10)
	8:00am Yoga to Feel Your Best (CH10) 24 11:30am Walks with Wellness: Duo Cafe Bakery (L) 1:00pm Indoor Pickleball (JBR) 2:30pm Sunday Matinee: The Tourist (THR) 4:00pm Sunday Games! (P) 7:00pm Restorative Yoga (CH10) 7:00pm Sunday Classical Interlude (L)	8:00am Full Chair Workout (CH10) 25 9:00am TheraBand Class (JBR) 10:30am Shopping Shuttle (C) 1:00pm Poker (GR) 1:00pm Sip & Stitch (L) 2:30pm Western Mahjong (P) 3:30pm Ping-Pong with Taizi! (JBR) 7:00pm Full Chair Workout (CH10) 7:00pm Beginners' Bridge Practice (GR)	8:00am 50 Minute Cardio & Strength (CH10) 26 9:00am Balance & Core (JBR) 2:30pm Cooking Demo (THR) 3:00pm Mexican Train with Mimi (GR) 7:00pm 50 Minute Cardio & Strength (CH10) 7:30pm Matthew's Movie Night: Mission, Impossible (THR)	8:00am Full Body Calisthenics (CH10) 27 9:00am Strength Exercises (JBR) 9:00am A La Carte Car Service (C) 10:00am Topics of Interest Discussion Group (JBDR) 1:30pm Bridge Game (GR) 4:00pm Pub Night Happy Hour! (P) 7:00pm Full Body Calisthenics (CH10)	8:00am 8 Brocades Qigong Practice (CH10) 28 9:00am Mobility & Coordination (JBR) 11:00am Guest Speaker Dr. Jordan Morton (THR) 1:30pm Indoor Pickleball (JBR) 2:00pm Canasta (GR) 4:00pm Travel Discussion Group (JBDR) 7:00pm 8 Brocades Qigong Practice (CH10)	22 Good Friday 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) 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: Elvis (THR)	23 8:00am Yoga to Fill Your Cup (CH10) 9:00am Flexibility & Posture (JBR) 1:00pm Rummikub In the Games Room! (GR) 2:30pm Indoor Lawn Bowling (JBR) 7:00pm Cozy Flow Yoga (CH10)
	8:00am Yoga to Feel Your Best (CH10) 31 11:30am Walks with Wellness: Delta Hotel (Waterfront Walk) (L) 1:00pm Indoor Pickleball (JBR) 2:30pm Sunday Matinee: The Secret, Dare to Dream (THR) 4:00pm Sunday Games! (P) 7:00pm Restorative Yoga (CH10) 7:00pm Sunday Classical Interlude (L)						