

# August 2024 Featured Events

## **Dover Quartet & Quiche! Tuesday, August 13th, 11:00am, Theatre**

We are thrilled to announce the return of the Dover Quartet! Renowned as one of the greatest string quartets of the last century by BBC Music Magazine and a two-time GRAMMY nominee, the Dover Quartet stands among the most sought-after chamber ensembles worldwide. Join us for this captivating performance, which will take place in the theater and last for 45 minutes. Lunch will accompany. Cost \$24.00pp, No Discount. F&B Credit Applies.

## **Cold Dip & Sauna at Willow Beach. Thursday, August 15th, 12:00pm & 1:30pm, Car**

Join us for a rejuvenating 1.5-hour experience at our Sauna & Ocean Dip Retreat. This invigorating event includes a scenic drive to the beautiful Willows Beach, where you can enjoy a refreshing sauna session followed by an exhilarating dip in the ocean. Refreshments and Shuttle in the Tapestry Tesla provided. Escape the daily grind and embrace the therapeutic benefits of alternating between the warmth of the sauna and the cool embrace of the ocean. It's the perfect opportunity to relax, recharge, and connect with nature. Don't miss out on this unique and refreshing experience! Limited to 6 people per slot (12:00pm, and 1:30pm). Cost \$100pp.

## **Diner en Blanc. Thursday, August 22nd, 5:30pm, 5<sup>th</sup> Floor**

Step into the elegance and warmth of Tapestry at Victoria Harbour, for Diner en Blanc on our 5th-floor patio. Dressed in white, savor gourmet delights, fine wines, and waterfront views. Embrace the spirit of togetherness and create unforgettable memories in our charming community setting. Our very special musical guest will be Edie Daponte. Edie delivers an intimate and dynamic performance honoring the great songwriters of Latin and Jazz standards. Cost \$70.00pp. No Discount. F&B Credit Applies.

## **Canine & Community Walk. Tuesday, August 27th, 2:30pm, Walk**

Join us for a delightful Paws & Paths Adventure! Bring your furry friends and enjoy a fun-filled walk with fellow residents. This is a wonderful opportunity to socialize, get some exercise, and enjoy the company of your canine companions.

DiscoverTapestry.com

Tapestry at Victoria Harbour


Tapestry®  
Embrace a New Age™

# Amazing August 2024

**"August is the month to celebrate the beauty of simplicity and the joy of summer's last dance."**



# AUGUST 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>LOCATION</b> 5th Floor Patio (5) Car (C) Channel 10 (CH10) Games Room (GR) James Bay Dining Room (JBDR) James Bay Room (JBR) Lobby (L) Pub (5) Pub (P) Restaurant (RES)	<b>LOCATION</b> Theatre (THR) Walk (W)		8:00am Seated Full Body HIIT Workout (CH10) <b>1</b> 9:00am Mobility & Coordination (JBR) 9:45am <b>Pickleball Fun at Beacon Hill Park! (W)</b> 12:30pm <b>Kayaking with Kelp Reef Tours! (W)</b> 2:00pm Canasta (GR) 7:00pm Seated Full Body HIIT Workout (CH10)	8:00am Dance Workout (CH10) <b>2</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 <b>Fifth Floor Patio Pub Night Happy Hour! (P)</b> 4:00pm Mexican Train with Mimi (GR) 7:00pm Dance Workout (CH10)	8:00am Strength, Stretch & Mobility (CH10) <b>3</b> 9:00am Flexibility & Posture (JBR) 1:00pm Rummikub In the Games Room! (GR) 7:00pm Strength, Stretch & Mobility (CH10)	
	8:00am Gentle Seated Yoga (CH10) <b>4</b> 4:00pm <b>Sunday Games! (P)</b> 7:00pm Gentle Seated Yoga (CH10) 7:00pm <b>Sunday Classical Interlude (L)</b>	8:00am Standing & Seated Chair Exercises (CH10) <b>5</b> 9:00am TheraBand Class (JBR) 10:30am Shopping Shuttle (C) 1:00pm Sip & Stitch (L) 2:30pm Western Mahjong (GR) 3:30pm <b>Ping-Pong (JBR)</b> 7:00pm Standing & Seated Chair Exercises (CH10) 7:00pm Beginners' Bridge Practice (GR)	8:00am Full Body Light Cardio (CH10) <b>6</b> 9:00am Balance & Core (JBR) 2:30pm <b>Cooking Demo with Trevor (THR)</b> 3:00pm Mexican Train with Mimi (GR) 7:00pm Full Body Light Cardio (CH10)	8:00am Chair & Standing Yoga (CH10) <b>7</b> 9:00am Strength Exercises (JBR) 9:00am A La Carte Car Service (C) 1:30pm Bridge Game (GR) 4:00pm <b>Pub Night Happy Hour! (P)</b> 7:00pm Chair & Standing Yoga (CH10)	8:00am Seated Full Body HIIT Workout (CH10) <b>8</b> 9:00am Mobility & Coordination (JBR) 9:45am <b>Pickleball Fun at Beacon Hill Park! (W)</b> 2:00pm Canasta (GR) 3:00pm <b>Outdoor Fun at Saint Anne's! (W)</b> 7:00pm Seated Full Body HIIT Workout (CH10)	8:00am Dance Workout (CH10) <b>9</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 <b>Fifth Floor Patio Pub Night Happy Hour! (P)</b> 4:00pm Mexican Train with Mimi (GR) 7:00pm Dance Workout (CH10)	8:00am Strength, Stretch & Mobility (CH10) <b>10</b> 9:00am Flexibility & Posture (JBR) 1:00pm Rummikub In the Games Room! (GR) 7:00pm Strength, Stretch & Mobility (CH10)
	8:00am Gentle Seated Yoga (CH10) <b>11</b> 11:30am <b>Walks with Wellness! Milano Coffee (L)</b> 4:00pm <b>Sunday Games! (P)</b> 7:00pm Gentle Seated Yoga (CH10) 7:00pm <b>Sunday Classical Interlude (L)</b>	8:00am Standing & Seated Chair Exercises (CH10) <b>12</b> 9:00am TheraBand Class (JBR) 10:30am Shopping Shuttle (C) 1:00pm Sip & Stitch (L) 2:30pm Western Mahjong (GR) 3:30pm <b>Ping-Pong with Taizi! (JBR)</b> 7:00pm Standing & Seated Chair Exercises (CH10) 7:00pm Beginners' Bridge Practice (GR)	8:00am Full Body Light Cardio (CH10) <b>13</b> 9:00am Balance & Core (JBR) 11:00am <b>Dover Quartet &amp; Quiche! (THR)</b> 3:00pm Mexican Train with Mimi (GR) 3:30pm <b>Tech Talk with Jiro (JBDR)</b> 7:00pm Full Body Light Cardio (CH10)	8:00am Chair & Standing Yoga (CH10) <b>14</b> 9:00am Strength Exercises (JBR) 9:00am A La Carte Car Service (C) 11:00am <b>Tapestry Masterclass Series: Christiane Smyth (THR)</b> 12:30pm <b>Kayaking with Kelp Reef Tours! (W)</b> 1:30pm Bridge Game (GR) 3:30pm <b>Meditation with Jill (JBR)</b> 4:00pm <b>Pub Night Happy Hour! (P)</b> 7:00pm Chair & Standing Yoga (CH10)	8:00am Seated Full Body HIIT Workout (CH10) <b>15</b> 9:00am Mobility & Coordination (JBR) 9:45am <b>Pickleball Fun at Beacon Hill Park! (W)</b> 12:00pm <b>Sauna &amp; Ocean Dip Retreat (C)</b> 12:00pm <b>Tapestry Resident Lunch (W)</b> 2:00pm Canasta (GR) 7:00pm Seated Full Body HIIT Workout (CH10)	8:00am Dance Workout (CH10) <b>16</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 Dance Workout (CH10)	8:00am Strength, Stretch & Mobility (CH10) <b>17</b> 9:00am Flexibility & Posture (JBR) 1:00pm Rummikub In the Games Room! (GR) 7:00pm Strength, Stretch & Mobility (CH10)
	8:00am Gentle Seated Yoga (CH10) <b>18</b> 11:30am <b>Walks with Wellness: Delta Hotel (Waterfront Walk) (L)</b> 4:00pm <b>Sunday Games! (P)</b> 7:00pm Gentle Seated Yoga (CH10) 7:00pm <b>Sunday Classical Interlude (L)</b>	8:00am Standing & Seated Chair Exercises (CH10) <b>19</b> 9:00am TheraBand Class (JBR) 10:30am Shopping Shuttle (C) 1:00pm Sip & Stitch (L) 2:30pm Western Mahjong (GR) 3:30pm <b>Ping-Pong with Taizi! (JBR)</b> 7:00pm Standing & Seated Chair Exercises (CH10) 7:00pm Beginners' Bridge Practice (GR)	8:00am Full Body Light Cardio (CH10) <b>20</b> 9:00am Balance & Core (JBR) 2:00pm <b>Resident General Meeting (THR)</b> 3:00pm Mexican Train with Mimi (GR) 7:00pm Full Body Light Cardio (CH10)	8:00am Chair & Standing Yoga (CH10) <b>21</b> 9:00am Strength Exercises (JBR) 9:00am A La Carte Car Service (C) 1:30pm Bridge Game (GR) 3:00pm <b>Bocce Ball with Taylor!</b> 4:00pm <b>Pub Night Happy Hour! (P)</b> 7:00pm Chair & Standing Yoga (CH10)	8:00am Seated Full Body HIIT Workout (CH10) <b>22</b> 9:00am Mobility & Coordination (JBR) 9:45am <b>Pickleball Fun at Beacon Hill Park! (W)</b> 2:00pm Canasta (GR) 5:30pm <b>Diner en Blanc (5)</b> 7:00pm Seated Full Body HIIT Workout (CH10)	8:00am Dance Workout (CH10) <b>23</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 <b>5th Floor Summer Sippers: An Afternoon with Attila Fias (5)</b> 4:00pm Mexican Train with Mimi (GR) 7:00pm Dance Workout (CH10)	8:00am Strength, Stretch & Mobility (CH10) <b>24</b> 9:00am Flexibility & Posture (JBR) 1:00pm Rummikub In the Games Room! (GR) 7:00pm Strength, Stretch & Mobility (CH10)
	8:00am Gentle Seated Yoga (CH10) <b>25</b> 11:30am <b>Walks with Wellness: Imagine Studio Cafe (L)</b> 4:00pm <b>Sunday Games! (P)</b> 7:00pm Gentle Seated Yoga (CH10) 7:00pm <b>Sunday Classical Interlude (L)</b>	8:00am Standing & Seated Chair Exercises (CH10) <b>26</b> 9:00am TheraBand Class (JBR) 10:30am Shopping Shuttle (C) 1:00pm Sip & Stitch (L) 2:30pm Western Mahjong (GR) 3:30pm <b>Ping-Pong with Taizi! (JBR)</b> 7:00pm Standing & Seated Chair Exercises (CH10) 7:00pm Beginners' Bridge Practice (GR)	8:00am Full Body Light Cardio (CH10) <b>27</b> 9:00am Balance & Core (JBR) 2:30pm <b>Canine &amp; Community Walk</b> 3:00pm Mexican Train with Mimi (GR) 3:30pm <b>Tech Talk with Jiro (JBDR)</b> 7:00pm Full Body Light Cardio (CH10)	8:00am Chair & Standing Yoga (CH10) <b>28</b> 9:00am Strength Exercises (JBR) 9:00am A La Carte Car Service (C) 11:00am <b>Tapestry Masterclass Series: John Wilton (THR)</b> 1:30pm Bridge Game (GR) 3:30pm <b>Meditation with Jill (JBR)</b> 4:00pm <b>Pub Night Happy Hour! (P)</b> 7:00pm Chair & Standing Yoga (CH10)	8:00am Seated Full Body HIIT Workout (CH10) <b>29</b> 9:00am Mobility & Coordination (JBR) 9:45am <b>Pickleball Fun at Beacon Hill Park! (W)</b> 2:00pm Canasta (GR) 4:00pm <b>Sip &amp; Paint with Wellness</b> 7:00pm Seated Full Body HIIT Workout (CH10)	8:00am Dance Workout (CH10) <b>30</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 <b>5th Floor Summer Sippers: An Afternoon with Tyler Johnson (5)</b> 4:00pm Mexican Train with Mimi (GR) 5:00pm <b>Burgers &amp; Brew (RES)</b> 7:00pm Dance Workout (CH10)	8:00am Strength, Stretch & Mobility (CH10) <b>31</b> 9:00am Flexibility & Posture (JBR) 1:00pm Rummikub In the Games Room! (GR) 7:00pm Strength, Stretch & Mobility (CH10)

