

September 2024 Featured Events

Presentation on "The InterActive for Life & ICAA Partnership Program"

Tuesday, September 3rd at 11:00 am, Theatre. Wellness Dimensions: Intellectual, Occupational

Discover the "InterActive for Life & International Council on Active Aging Partnership Project: A Function2Flow Inquiry into Joyful Active Aging." Learn how this initiative promotes well-being and connection through engaging, evidence-based programs focused on joyful and active living for older adults.

Rose Garden Party

Tuesday, September 3rd at 4:00 pm, 5th Floor Patio. Wellness Dimensions: Social, Environmental

Join us for a delightful Rosé Garden Party on the 5th floor patio! Sip on a variety of exquisite rosé wines while enjoying the stunning views and vibrant atmosphere. We're thrilled to feature live music by the talented Jesse Thomas Brown, whose melodies will perfectly complement the evening. It's the perfect opportunity to relax, mingle, and celebrate the summer in style. Don't miss out on this enchanting evening! **Cost \$25 per person** (No discount, F&B credit applies)

MasterChef Showdown: Tapestry Residents vs Staff!

Thursday, September 5th at 2:30 pm, Theater. Wellness Dimensions: Social, Occupational

Get ready for an epic culinary battle as Tapestry residents face off against staff in a MasterChef-style competition! Watch as 3 teams of three residents and 3 teams of three staff members showcase their cooking skills, creativity, and teamwork. Who will emerge victorious in this exciting and friendly contest? Join us to find out and cheer for your favorite team!

Church and State Winery Tasting and Lunch

Thursday, September 19th at 11:00 am, Lobby/Bus. Wellness Dimensions: Social, Emotional

Join us for an enchanting day to the picturesque Church and State Winery for a wine tasting and a delightful lunch at 12:00 PM. We will be tasting A Flight of Sparkling, White & Vineyard Rosé Wines. We hope you'll join us for this unforgettable experience! **Cost \$30 per person plus lunch a la carte** (price includes flight and transportation)

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Tapestry at Victoria Harbour

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Embrace a New Age™

September Strolls 2024

"September is the month of sunsets and new beginnings"



SEPTEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>8:00am Gentle Seated Yoga (CH10) 1</p> <p>11:30am Walks with Wellness! Crust Bakery (L)</p> <p>4:00pm Sunday Games! (P)</p> <p>7:00pm Gentle Seated Yoga (CH10)</p> <p>7:00pm Sunday Classical Interlude (L)</p>	<p>8:00am Standing & Seated Chair Exercises (CH10) 2</p> <p>9:00am TheraBand Class (JBR)</p> <p>10:30am Shopping Shuttle (C)</p> <p>1:00pm Sip & Stitch (L)</p> <p>2:30pm Western Mahjong (GR)</p> <p>3:30pm Ping-Pong with Taizi! (JBR)</p> <p>7:00pm Standing & Seated Chair Exercises (CH10)</p> <p>7:00pm Beginners' Bridge Practice (GR)</p>	<p>8:00am Full Body Light Cardio (CH10) 3</p> <p>9:00am Balance & Core (JBR)</p> <p>11:00am Presentation The InterActive for Life & ICAA Partnership Program (THR)</p> <p>1:00pm Walks with Wellness; Beacon Hill Park & Drive-in (W)</p> <p>2:30pm Cooking Demo with Chef Chris (THR)</p> <p>3:00pm Mexican Train with Mimi (GR)</p> <p>4:00pm Rosé Garden Party (5)</p> <p>7:00pm Full Body Light Cardio (CH10)</p>	<p>8:00am Chair & Standing Yoga (CH10) 4</p> <p>9:00am Strength Exercises (JBR)</p> <p>9:00am A La Carte Car Service (C)</p> <p>12:30pm Kayaking at Kelp Reef Tours (W)</p> <p>1:30pm Bridge Game (GR)</p> <p>3:30pm Belly Dance Fusion with Fatima! (JBR)</p> <p>4:00pm Pub Night Happy Hour! (P)</p> <p>7:00pm Chair & Standing Yoga (CH10)</p>	<p>8:00am Seated Full Body HIIT Workout (CH10) 5</p> <p>9:00am Mobility & Coordination (JBR)</p> <p>9:45am Pickleball Fun at Beacon Hill Park! (W)</p> <p>2:00pm Canasta (GR)</p> <p>2:30pm MasterChef Showdown: Tapestry Residents vs. Staff! (THR)</p> <p>7:00pm Seated Full Body HIIT Workout (CH10)</p>	<p>8:00am Dance Workout (CH10) 6</p> <p>9:00am Flexibility & Posture (JBR)</p> <p>10:45am Shopping Shuttle (C)</p> <p>12:30pm A La Carte Car Service (C)</p> <p>2:00pm Canasta (GR)</p> <p>4:00pm Pub Night Happy Hour! (P)</p> <p>4:00pm Mexican Train with Mimi (GR)</p> <p>7:00pm Dance Workout (CH10)</p>	<p>8:00am Strength, Stretch & Mobility (CH10) 7</p> <p>9:00am VIDEO: Strength Interval Training (JBR)</p> <p>2:00pm Rummikub In the Games Room! (GR)</p> <p>7:00pm Strength, Stretch & Mobility (CH10)</p>
<p>8:00am Gentle Seated Yoga (CH10) 8</p> <p>11:30am Walks with Wellness: Habit Coffee (W)</p> <p>3:00pm **NEW** Strength Exercises (JBR)</p> <p>4:00pm Sunday Games! (P)</p> <p>7:00pm Gentle Seated Yoga (CH10)</p> <p>7:00pm Sunday Classical Interlude (L)</p>	<p>8:00am Standing & Seated Chair Exercises (CH10) 9</p> <p>9:00am TheraBand Class (JBR)</p> <p>10:30am Shopping Shuttle (C)</p> <p>1:00pm Sip & Stitch (L)</p> <p>2:30pm Western Mahjong (GR)</p> <p>3:30pm Ping-Pong with Taizi! (JBR)</p> <p>7:00pm Standing & Seated Chair Exercises (CH10)</p> <p>7:00pm Beginners' Bridge Practice (GR)</p>	<p>8:00am Full Body Light Cardio (CH10) 10</p> <p>9:00am Balance & Core (JBR)</p> <p>3:00pm Mobility & Coordination (JBR)</p> <p>3:00pm Mexican Train with Mimi (GR)</p> <p>3:30pm Tech Talk with Jiro (JBDR)</p> <p>7:00pm Full Body Light Cardio (CH10)</p>	<p>8:00am Chair & Standing Yoga (CH10) 11</p> <p>9:00am Strength Exercises (JBR)</p> <p>9:00am A La Carte Car Service (C)</p> <p>12:30pm Kayaking with Kelp Reef Tours! (W)</p> <p>1:30pm Bridge Game (GR)</p> <p>4:00pm Pub Night Happy Hour! (P)</p> <p>7:00pm Chair & Standing Yoga (CH10)</p>	<p>8:00am Seated Full Body HIIT Workout (CH10) 12</p> <p>9:00am Mobility & Coordination (JBR)</p> <p>9:45am Pickleball Fun at Beacon Hill Park! (W)</p> <p>2:00pm Canasta (GR)</p> <p>3:00pm Balance & Core (JBR)</p> <p>3:30pm Meditation with Jill (JBR)</p> <p>7:00pm Seated Full Body HIIT Workout (CH10)</p>	<p>8:00am Dance Workout (CH10) 13</p> <p>9:00am Flexibility & Posture (JBR)</p> <p>10:45am Shopping Shuttle (C)</p> <p>12:30pm A La Carte Car Service (C)</p> <p>2:00pm Canasta (GR)</p> <p>4:00pm Pub Night Happy Hour! (P)</p> <p>4:00pm Mexican Train with Mimi (GR)</p> <p>7:00pm Dance Workout (CH10)</p>	<p>8:00am Strength, Stretch & Mobility (CH10) 14</p> <p>9:00am VIDEO: Strength Interval Training (JBR)</p> <p>2:00pm Rummikub In the Games Room! (GR)</p> <p>7:00pm Strength, Stretch & Mobility (CH10)</p>
<p>8:00am Gentle Seated Yoga (CH10) 15</p> <p>11:30am Walks with Wellness: Moka Coffee House (L)</p> <p>3:00pm **NEW** Strength Exercises (JBR)</p> <p>4:00pm Sunday Games! (P)</p> <p>7:00pm Gentle Seated Yoga (CH10)</p> <p>7:00pm Sunday Classical Interlude (L)</p>	<p>Mexican Independence Day 16</p> <p>8:00am Standing & Seated Chair Exercises (CH10)</p> <p>9:00am TheraBand Class (JBR)</p> <p>10:30am Shopping Shuttle (C)</p> <p>1:00pm Sip & Stitch (L)</p> <p>2:30pm Western Mahjong (GR)</p> <p>3:30pm Ping-Pong with Taizi! (JBR)</p> <p>7:00pm Standing & Seated Chair Exercises (CH10)</p> <p>7:00pm Beginners' Bridge Practice (GR)</p>	<p>8:00am Full Body Light Cardio (CH10) 17</p> <p>9:00am Balance & Core (JBR)</p> <p>2:00pm Resident General Meeting (THR)</p> <p>3:00pm Mobility & Coordination (JBR)</p> <p>3:00pm Mexican Train with Mimi (GR)</p> <p>7:00pm Full Body Light Cardio (CH10)</p>	<p>8:00am Chair & Standing Yoga (CH10) 18</p> <p>9:00am Strength Exercises (JBR)</p> <p>9:00am A La Carte Car Service (C)</p> <p>10:00am Resident Fire Training and Building Tour (L)</p> <p>1:30pm Bridge Game (GR)</p> <p>3:00pm Bocce with Taylor (W)</p> <p>4:00pm Pub Night Happy Hour with Elizabeth Graham! (P)</p> <p>7:00pm Chair & Standing Yoga (CH10)</p>	<p>8:00am Seated Full Body HIIT Workout (CH10) 19</p> <p>9:00am Mobility & Coordination (JBR)</p> <p>9:45am Pickleball Fun at Beacon Hill Park! (W)</p> <p>11:00am Church and State Winery Tasting & Lunch (B)</p> <p>2:00pm Canasta (GR)</p> <p>3:00pm Balance & Core (JBR)</p> <p>7:00pm Seated Full Body HIIT Workout (CH10)</p>	<p>8:00am Dance Workout (CH10) 20</p> <p>9:00am Flexibility & Posture (JBR)</p> <p>10:45am Shopping Shuttle (C)</p> <p>12:30pm A La Carte Car Service (C)</p> <p>2:00pm Resident Fire Training and Building Tour (L)</p> <p>2:00pm Canasta (GR)</p> <p>4:00pm Pub Night Happy Hour! (P)</p> <p>4:00pm Mexican Train with Mimi (GR)</p> <p>7:00pm Dance Workout (CH10)</p>	<p>8:00am Strength, Stretch & Mobility (CH10) 21</p> <p>9:00am VIDEO: Strength Interval Training (JBR)</p> <p>2:00pm Rummikub In the Games Room! (GR)</p> <p>7:00pm Strength, Stretch & Mobility (CH10)</p>
<p>8:00am Gentle Seated Yoga (CH10) 22</p> <p>11:30am Walks with Wellness! Good Earth Coffee House (Behind Parliament) (W)</p> <p>3:00pm **NEW** Strength Exercises (JBR)</p> <p>4:00pm Sunday Games! (P)</p> <p>7:00pm Gentle Seated Yoga (CH10)</p> <p>7:00pm Sunday Classical Interlude (L)</p>	<p>8:00am Standing & Seated Chair Exercises (CH10) 23</p> <p>9:00am TheraBand Class (JBR)</p> <p>10:30am Shopping Shuttle (C)</p> <p>1:00pm Sip & Stitch (L)</p> <p>2:30pm Western Mahjong (GR)</p> <p>3:30pm Ping-Pong with Taizi! (JBR)</p> <p>7:00pm Standing & Seated Chair Exercises (CH10)</p> <p>7:00pm Beginners' Bridge Practice (GR)</p>	<p>8:00am Full Body Light Cardio (CH10) 24</p> <p>9:00am Balance & Core (JBR)</p> <p>11:00am Tapestry Masterclass Series: Liz Baggs (THR)</p> <p>3:00pm Mobility & Coordination (JBR)</p> <p>3:00pm Mexican Train with Mimi (GR)</p> <p>3:30pm Tech Talk with Jiro (JBDR)</p> <p>7:00pm Full Body Light Cardio (CH10)</p>	<p>8:00am Chair & Standing Yoga (CH10) 25</p> <p>9:00am Strength Exercises (JBR)</p> <p>9:00am A La Carte Car Service (C)</p> <p>10:00am Topics of Interest Discussion Group (THR)</p> <p>1:30pm Bridge Game (GR)</p> <p>2:00pm Sip & Paint with Wellness (JBR)</p> <p>4:00pm Pub Night Happy Hour! (P)</p> <p>7:00pm Chair & Standing Yoga (CH10)</p>	<p>8:00am Seated Full Body HIIT Workout (CH10) 26</p> <p>9:00am Mobility & Coordination (JBR)</p> <p>9:45am Pickleball Fun at Beacon Hill Park! (W)</p> <p>12:30pm Kayaking with Kelp Reef Tours! (W)</p> <p>2:00pm Canasta (GR)</p> <p>3:00pm Balance & Core (JBR)</p> <p>3:30pm Meditation with Jill (JBR)</p> <p>7:00pm Seated Full Body HIIT Workout (CH10)</p>	<p>8:00am Dance Workout (CH10) 27</p> <p>9:00am Flexibility & Posture (JBR)</p> <p>10:45am Shopping Shuttle (C)</p> <p>12:30pm A La Carte Car Service (C)</p> <p>2:00pm Canasta (GR)</p> <p>4:00pm Pub Night Happy Hour! (P)</p> <p>4:00pm Mexican Train with Mimi (GR)</p> <p>5:00pm Tacos & Tequila! (RES)</p> <p>7:00pm Dance Workout (CH10)</p>	<p>8:00am Strength, Stretch & Mobility (CH10) 28</p> <p>9:00am Strength Interval Training with BM Taylor! (JBR)</p> <p>2:00pm Rummikub In the Games Room! (GR)</p> <p>7:00pm Strength, Stretch & Mobility (CH10)</p>
<p>8:00am Gentle Seated Yoga (CH10) 29</p> <p>11:30am Walk with Wellness! Hey Happy Coffee (W)</p> <p>3:00pm **NEW** Strength Exercises (JBR)</p> <p>4:00pm Sunday Games! (P)</p> <p>7:00pm Gentle Seated Yoga (CH10)</p> <p>7:00pm Sunday Classical Interlude (L)</p>	<p>8:00am Standing & Seated Chair Exercises (CH10) 30</p> <p>9:00am TheraBand Class (JBR)</p> <p>10:30am Shopping Shuttle (C)</p> <p>1:00pm Sip & Stitch (L)</p> <p>2:30pm Western Mahjong (GR)</p> <p>3:30pm Ping-Pong with Taizi! (JBR)</p> <p>7:00pm Standing & Seated Chair Exercises (CH10)</p> <p>7:00pm Beginners' Bridge Practice (GR)</p>	<p>LOCATION</p> <p>5th Floor Patio (5)</p> <p>Bus (B)</p> <p>Car (C)</p> <p>Channel 10 (CH10)</p> <p>Games Room (GR)</p> <p>James Bay Dining Room (JBDR)</p> <p>James Bay Room (JBR)</p> <p>Lobby (L)</p> <p>Pub (P)</p> <p>Restaurant (RES)</p> <p>Theatre (THR)</p>	<p>LOCATION</p> <p>Walk (W)</p>			<p>Tapestry[®]</p> <p><i>Embrace a New Age™</i></p>