

October 2024 Featured Events

Wine Tasting

Wednesday, October 3rd at 3:30 PM: Theatre

Join us for an engaging blind wine tasting session hosted by wine expert Luis Chaves. Discover the unique characteristics of different wines while enjoying a relaxed and welcoming atmosphere. Whether you're a seasoned wine lover or just curious to explore, this is the perfect opportunity to socialize and try something new. **\$35 per person.**

Scarecrow Reveal

Wednesday, October 11th at 2:00 PM. Lobby

Join us for a fun and festive Scarecrow Reveal! Residents have worked hard to craft unique scarecrows that represent the spirit of our community. The creations will be on display in the lobby, and we'll celebrate with hot cider and delicious donuts. Don't miss out on this cozy afternoon of creativity and connection! **Free Event.**

Thanksgiving Dinner

Monday, October 14th at 6:00 PM. Restaurant

Celebrate Thanksgiving with us at Tapestry Victoria Harbour! Invite your friends and family to enjoy a delicious feast, great company, and the cozy atmosphere of our community. Mark your calendars and come together for an evening of gratitude, connection, and delightful food. **\$50 per person (No Discount). F&B Credit Applies.**

Day of the Dead Celebration

Tuesday, October 31st at 6:00 PM. Restaurant

Celebrate Day of the Dead with us at Tapestry on October 31! This vibrant event honors loved ones who have passed away, embracing the joyful tradition of Día de los Muertos. The afternoon kicks off with a presentation on the holiday's significance, followed by dinner from 6:00 to 7:00 PM, and dancing until 8:00 PM with a traditional band and folk dancers. We encourage residents to bring photos of their departed loved ones to place on our 'ofrenda' table, a beautiful altar featuring offerings like candles, food, and mementos that welcome the spirits of the departed. **\$50 per person (No Discount). F&B Credit Applies.**

Hello, October! 2024

"The winds of change really can be beautiful"




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Tapestry at Victoria Harbour

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OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	LOCATION 5th Floor Patio (5) 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)	ACTIVE AGEING WEEK 1 8:00am Full Body Light Cardio (CH10) 9:00am Balance & Core (JBR) 11:00am **Active Ageing Week!** Longevity Nutrition (JBR) 3:00pm **NEW** Mobility & Coordination (JBR) 3:00pm Mexican Train (GR) 7:00pm Full Body Light Cardio (CH10)	ACTIVE AGEING WEEK 2 8:00am Chair & Standing Yoga (CH10) 9:00am Strength Exercises (JBR) 9:00am A La Carte Car Service (C) 1:30pm Bridge Game (GR) 3:30pm **Active Ageing Week!** Wine Tasting! (THR) 4:00pm Pub Night Happy Hour! (P) 7:00pm Chair & Standing Yoga (CH10)	ACTIVE AGEING WEEK 3 8:00am Seated Full Body HIIT Workout (CH10) 9:00am Mobility & Coordination (JBR) 9:45am **Active Ageing Week!** Mobility & Coordination! (JBR) 2:00pm Canasta (GR) 3:00pm **Active Ageing Week - Balance and Core! ** (JBR) 3:45pm **Active Ageing Week! ** Meditation (5) 3:45pm Meditation with Jill (JBR) 7:00pm Seated Full Body HIIT Workout (CH10)	ACTIVE AGEING WEEK 4 8:00am Dance Workout (CH10) 9:00am Flexibility & Posture (JBR) 10:45am Shopping Shuttle (C) 12:30pm A La Carte Car Service (C) 2:00pm **Active Ageing Week!** Writing Workshop with Monika Davies! (JBR) 2:00pm Canasta (GR) 4:00pm Pub Night Happy Hour! (P) 4:00pm Mexican Train (GR) 5:30pm Oktoberfest! (RES) 7:00pm Dance Workout (CH10)	ACTIVE AGEING WEEK 5 8:00am Strength, Stretch & Mobility (CH10) 9:00am VIDEO: Strength Interval Training (JBR) 2:00pm Rummikub In the Games Room! (GR) 7:00pm Strength, Stretch & Mobility (CH10)	
	ACTIVE AGEING WEEK 6 8:00am Gentle Seated Yoga (CH10) 11:30am Walks with Wellness: Beacon Hill Park (L) 3:00pm **NEW** Strength Exercises (JBR) 4:00pm Sunday Games! (P) 7:00pm Gentle Seated Yoga (CH10) 7:00pm Sunday Classical Interlude (L)	7 8:00am Standing & Seated Chair Exercises (CH10) 9:00am TheraBand Class (JBR) 10:30am Shopping Shuttle (C) 1:00pm Sip & Stitch (L) 2:30pm Western Mahjong (GR) 3:30pm Ping-Pong with Taizi! (JBR) 7:00pm Standing & Seated Chair Exercises (CH10) 7:00pm Beginners' Bridge Practice (GR)	8 8:00am Full Body Light Cardio (CH10) 9:00am Balance & Core (JBR) 3:00pm **NEW** Mobility & Coordination (JBR) 3:00pm Mexican Train (GR) 7:00pm Full Body Light Cardio (CH10)	9 8:00am Chair & Standing Yoga (CH10) 9:00am Strength Exercises (JBR) 9:00am A La Carte Car Service (C) 1:30pm Bridge Game (GR) 2:00pm Sip & Paint with Wellness: Pumpkins & Petals (JBR) 4:00pm Pub Night Happy Hour! (P) 7:00pm Chair & Standing Yoga (CH10)	10 8:00am Seated Full Body HIIT Workout (CH10) 9:00am Mobility & Coordination (JBR) 1:30pm Indoor Pickleball! (JBR) 2:00pm Canasta (GR) 3:00pm **NEW** Balance & Core (JBR) 3:45pm Meditation with Jill (JBR) 7:00pm Seated Full Body HIIT Workout (CH10)	11 8:00am Dance Workout (CH10) 9:00am Flexibility & Posture (JBR) 10:45am Shopping Shuttle (C) 12:30pm A La Carte Car Service (C) 2:00pm Scarecrow Reveal Event (L) 2:00pm Canasta (GR) 4:00pm Pub Night Happy Hour! (P) 4:00pm Mexican Train (GR) 7:00pm Dance Workout (CH10)	12 8:00am Strength, Stretch & Mobility (CH10) 9:00am VIDEO: Strength Interval Training (JBR) 2:00pm Rummikub In the Games Room! (GR) 5:05pm Tech Talk with Jiro (JBR) 7:00pm Strength, Stretch & Mobility (CH10)
	13 8:00am Gentle Seated Yoga (CH10) 11:30am Walks with Wellness: Moka Coffee House (L) 3:00pm **NEW** Strength Exercises (JBR) 4:00pm Sunday Games! (P) 7:00pm Gentle Seated Yoga (CH10) 7:00pm Sunday Classical Interlude (L)	THANKSGIVING DAY 14 8:00am Standing & Seated Chair Exercises (CH10) 9:00am TheraBand Class (JBR) 10:30am Shopping Shuttle (C) 1:00pm Sip & Stitch (L) 2:30pm Western Mahjong (GR) 3:30pm Ping-Pong with Taizi! (JBR) 5:30pm Thanksgiving Dinner (RES) 7:00pm Standing & Seated Chair Exercises (CH10) 7:00pm Beginners' Bridge Practice (GR)	15 8:00am Full Body Light Cardio (CH10) 9:00am Balance & Core (JBR) 2:00pm Resident General Meeting (THR) 3:00pm **NEW** Mobility & Coordination (JBR) 3:00pm Mexican Train (GR) 7:00pm Full Body Light Cardio (CH10)	16 8:00am Chair & Standing Yoga (CH10) 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 Chair & Standing Yoga (CH10)	17 8:00am Seated Full Body HIIT Workout (CH10) 9:00am Mobility & Coordination (JBR) 11:30am Workshop series: Tiny Life Stories with Monika Davies (JBDR) 1:30pm Indoor Pickleball! (JBR) 2:00pm Canasta (GR) 3:00pm **NEW** Balance & Core (JBR) 3:45pm Meditation with Jill (JBR) 7:00pm Seated Full Body HIIT Workout (CH10)	18 8:00am Dance Workout (CH10) 9:00am Flexibility & Posture (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 (GR) 7:00pm Dance Workout (CH10)	19 8:00am Strength, Stretch & Mobility (CH10) 9:00am VIDEO: Strength Interval Training (JBR) 2:00pm Rummikub In the Games Room! (GR) 2:30pm Indoor Lawn Bowling (JBR) 7:00pm Strength, Stretch & Mobility (CH10)
	20 8:00am Gentle Seated Yoga (CH10) 11:30am Walks with Wellness: Discovery Coffee (L) 3:00pm **NEW** Strength Exercises (JBR) 4:00pm Sunday Games! (P) 7:00pm Gentle Seated Yoga (CH10) 7:00pm Sunday Classical Interlude (L)	21 8:00am Standing & Seated Chair Exercises (CH10) 9:00am TheraBand Class (JBR) 10:30am Shopping Shuttle (C) 1:00pm Sip & Stitch (L) 2:30pm Western Mahjong (GR) 3:30pm Ping-Pong with Taizi! (JBR) 7:00pm Standing & Seated Chair Exercises (CH10) 7:00pm Beginners' Bridge Practice (GR)	22 8:00am Full Body Light Cardio (CH10) 9:00am Balance & Core (JBR) 3:00pm **NEW** Mobility & Coordination (JBR) 3:00pm Mexican Train (GR) 4:00pm TENTATIVE: Intro to Ballet (JBR) 7:00pm Full Body Light Cardio (CH10)	23 8:00am Chair & Standing Yoga (CH10) 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 Chair & Standing Yoga (CH10)	24 8:00am Seated Full Body HIIT Workout (CH10) 9:00am Mobility & Coordination (JBR) 11:30am Workshop series: Tiny Life Stories with Monika Davies (JBDR) 1:30pm Indoor Pickleball! (JBR) 2:00pm Canasta (GR) 3:00pm **NEW** Balance & Core (JBR) 3:45pm Meditation with Jill (JBR) 7:00pm Seated Full Body HIIT Workout (CH10)	25 Tapestry Hearts For Giving: Victoria Conservatory of Music 8:00am Dance Workout (CH10) 9:00am Flexibility & Posture (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 (GR) 7:00pm Dance Workout (CH10)	26 8:00am Strength, Stretch & Mobility (CH10) 9:00am VIDEO: Strength Interval Training (JBR) 2:00pm Rummikub In the Games Room! (GR) 2:30pm Indoor Lawn Bowling (JBR) 5:05pm Tech Talk with Jiro (JBR) 7:00pm Strength, Stretch & Mobility (CH10)
	27 8:00am Gentle Seated Yoga (CH10) 11:30am Walks with Wellness: Fisherman's Wharf (L) 3:00pm **NEW** Strength Exercises (JBR) 4:00pm Sunday Games! (P) 7:00pm Gentle Seated Yoga (CH10) 7:00pm Sunday Classical Interlude (L)	28 8:00am Standing & Seated Chair Exercises (CH10) 9:00am TheraBand Class (JBR) 10:30am Shopping Shuttle (C) 1:00pm Sip & Stitch (L) 2:30pm Western Mahjong (GR) 3:30pm Ping-Pong with Taizi! (JBR) 7:00pm Standing & Seated Chair Exercises (CH10) 7:00pm Beginners' Bridge Practice (GR)	29 8:00am Full Body Light Cardio (CH10) 9:00am Balance & Core (JBR) 3:00pm **NEW** Mobility & Coordination (JBR) 3:00pm Mexican Train (GR) 7:00pm Full Body Light Cardio (CH10)	30 8:00am Chair & Standing Yoga (CH10) 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 Chair & Standing Yoga (CH10)	31 Halloween 8:00am Seated Full Body HIIT Workout (CH10) 9:00am Mobility & Coordination (JBR) 11:30am Workshop series: Tiny Life Stories with Monika Davies (JBDR) 1:30pm Indoor Pickleball! (JBR) 2:00pm Canasta (GR) 3:00pm **NEW** Balance & Core (JBR) 3:45pm Meditation with Jill (JBR) 6:00pm Día de los Muertos (RES) 7:00pm Seated Full Body HIIT Workout (CH10)		