

June 2024 Featured Events

Arabian Nights, A Middle Eastern Dining Experience

Friday, June 7th, 5:30pm-7:30pm. Restaurant. Wellness Dimensions: Social, Emotional

Step into the enchanting realm of "Arabian Nights" at Tapestry Victoria Harbour! Join us for an unforgettable themed dinner experience, where the flavors, colors, and aromas of Arabian cuisine come to life. Indulge in a sumptuous feast featuring tantalizing dishes, meticulously crafted by our talented culinary team. Let the allure of Arabian culture transport you to a world of wonder and excitement right here at home. Reserve your spot now! \$60.00, no discount, credit applies.

Father's Day BBQ

Sunday, June 16th, 12:30pm. 5th Floor Patio. Wellness Dimensions: Social, Emotional

Let's celebrate Father's Day in style with a sizzling BBQ extravaganza on the 5th-floor patio at Victoria Harbour! Join us for an afternoon of delicious food, great company, and unforgettable memories. This event is not just for dads—everyone is welcome to join in the festivities! Bring along your loved ones, whether they're family or friends, and let's make this Father's Day one to remember! Reserve today! \$50.00, no discount, credit applies.

Qigong with Frances

Tuesday, June 11th & 25th, 1:30pm. James Bay Room. Wellness Dimensions: Social, Spiritual, Physical

Recharge your mind and body with Qigong sessions led by Frances! Join us for 75-minute sessions on the 5th floor at 1:30pm on Tuesday, June 11th and Tuesday, June 25th. With a maximum of 6 participants per session, immerse yourself in the gentle movements and calming energy of Qigong. Priced at \$20 per session, reserve your spot now for a holistic wellness experience like no other.

Intergenerational Program - Lawn Bowling

Thursday, June 13th, 1:30pm. 5th Floor. Wellness Dimensions: Social, Intellectual, Emotional

Join us for a heartwarming day as Tapestry residents team up with kindergartners from James Bay Community School for indoor lawn bowling fun! Laughter fills the air as generations bond over friendly competition. After the game, we'll treat our young guests to sweet treats on the 5th-floor patio, where they'll also get to explore our rooftop vegetable garden. It's a delightful blend of play, treats, and green-thumb learning!

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Tapestry at Victoria Harbour

Tapestry®
Embrace a New Age™

Joyful June 2024

"June is the pearl of summer, shining with warmth and joy."



JUNE 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <i>Embrace a New Age™</i>	LOCATION 5th Floor Patio (5) Car (C) Channel 10 (CH10) Games Room (GR) James Bay Dining Room (JBDR) James Bay Room (JBR) Lobby (L)	LOCATION Pub (P) Restaurant (RES) Theatre (THR) Walk (W)				8:00am Strength, Stretch & Mobility (CH10) 1 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) 2 11:30am Walks with Wellness: Delta Hotel (Waterfront Walk) (L) 2:30pm Sunday Matinee: (THR) 4:00pm Sunday Games! (P) 7:00pm Gentle Seated Yoga (CH10) 7:00pm Sunday Classical Interlude (L)	8:00am Standing & Seated Chair Exercises (CH10) 3 9:00am TheraBand Class (JBR) 10:30am Shopping Shuttle (C) 1:00pm Poker (GR) 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)	8:00am Full Body Light Cardio (CH10) 4 9:00am Balance & Core (JBR) 3:00pm Mexican Train with Mimi (GR) 3:30pm Tech Talk with Jiro (JBDR) 7:00pm Full Body Light Cardio (CH10)	8:00am Chair & Standing Yoga (CH10) 5 9:00am Strength Exercises (JBR) 9:00am A La Carte Car Service (C) 1:30pm Bridge Game (GR) 3:30pm Meditation with Jill (JBR) 4:00pm Pub Night Happy Hour! (P) 7:00pm Chair & Standing Yoga (CH10)	8:00am Seated Full Body HIIT Workout (CH10) 6 9:00am Mobility & Coordination (JBR) 9:45am Pickleball @ Beacon Hill Park (W) 12:45pm Kayaking with Kelp Reef Tours! (W) 2:00pm Canasta (GR) 7:00pm Seated Full Body HIIT Workout (CH10)	8:00am Dance Workout (CH10) 7 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) 5:30pm Arabian Nights: A Middle Eastern Dining Experience (RES) 7:00pm Dance Workout (CH10)	8:00am Strength, Stretch & Mobility (CH10) 8 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) 9 11:30am Walks with Wellness: World Ocean Day Celebrations!! (L) 2:30pm Sunday Matinee: (THR) 4:00pm Sunday Games! (P) 7:00pm Gentle Seated Yoga (CH10) 7:00pm Sunday Classical Interlude (L)	8:00am Standing & Seated Chair Exercises (CH10) 10 9:00am TheraBand Class (JBR) 10:30am Shopping Shuttle (C) 1:00pm Poker (GR) 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)	8:00am Full Body Light Cardio (CH10) 11 9:00am Balance & Core (JBR) 1:30pm QiGong with Frances (JBR) 3:00pm Mexican Train with Mimi (GR) 7:00pm Full Body Light Cardio (CH10)	8:00am Chair & Standing Yoga (CH10) 12 9:00am Strength Exercises (JBR) 9:00am A La Carte Car Service (C) 11:00am Tapestry Masterclass Series: Barbara Kite (THR) 1:30pm Bridge Game (GR) 4:00pm Pub Night Happy Hour! (P) 7:00pm Chair & Standing Yoga (CH10)	8:00am Seated Full Body HIIT Workout (CH10) 13 9:00am Mobility & Coordination (JBR) 9:45am Pickleball @ Beacon Hill Park (W) 1:30pm Intergenerational Program - Lawn Bowling! (JBR) 2:00pm Canasta (GR) 3:00pm Outdoor Fun at St. Ann's (W) 7:00pm Seated Full Body HIIT Workout (CH10)	8:00am Dance Workout (CH10) 14 9:00am Strength Interval Training (JBR) 10:45am Shopping Shuttle (C) 12:30pm A La Carte Car Service (C) 2:00pm Canasta (GR) 3:00pm Reading of "Magic Travels" with author Patrick McLaren (THR) 4:00pm Pub Night Happy Hour! (P) 4:00pm Mexican Train with Mimi (GR) 7:00pm Dance Workout (CH10)	8:00am Strength, Stretch & Mobility (CH10) 15 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) 16 12:30pm Father's Day BBQ (5) 2:30pm Sunday Matinee: (THR) 4:00pm Sunday Games! (P) 7:00pm Gentle Seated Yoga (CH10) 7:00pm Sunday Classical Interlude (L)	8:00am Standing & Seated Chair Exercises (CH10) 17 9:00am TheraBand Class (JBR) 10:30am Shopping Shuttle (C) 1:00pm Poker (GR) 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)	8:00am Full Body Light Cardio (CH10) 18 9:00am Balance & Core (JBR) 2:00pm Resident General Meeting (THR) 3:00pm Mexican Train with Mimi (GR) 3:30pm Tech Talk with Jiro (JBDR) 4:00pm Book Club: Tom Lake by Ann Patchet (JBR) 7:00pm Full Body Light Cardio (CH10)	8:00am Chair & Standing Yoga (CH10) 19 9:00am Strength Exercises (JBR) 9:00am A La Carte Car Service (C) 12:45pm Kayaking with Kelp Reef Tours! (W) 1:30pm Bridge Game (GR) 3:30pm Meditation with Jill (JBR) 4:00pm Pub Night Happy Hour! (P) 7:00pm Chair & Standing Yoga (CH10)	8:00am Seated Full Body HIIT Workout (CH10) 20 9:00am Mobility & Coordination (JBR) 9:45am Pickleball @ Beacon Hill Park (W) 2:00pm Canasta (GR) 2:30pm Cooking Demo 7:00pm Seated Full Body HIIT Workout (CH10)	8:00am Dance Workout (CH10) 21 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 Dance Workout (CH10)	8:00am Strength, Stretch & Mobility (CH10) 22 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) 23 11:30am Walks with Wellness: Union Pacific Coffee Company (L) 2:30pm Sunday Matinee: (THR) 4:00pm Sunday Games! (P) 7:00pm Gentle Seated Yoga (CH10) 7:00pm Sunday Classical Interlude (L)	8:00am Standing & Seated Chair Exercises (CH10) 24 9:00am TheraBand Class (JBR) 10:30am Shopping Shuttle (C) 1:00pm Poker (GR) 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)	8:00am Full Body Light Cardio (CH10) 25 9:00am Balance & Core (JBR) 1:30pm QiGong with Frances (JBR) 3:00pm Mexican Train with Mimi (GR) 7:00pm Full Body Light Cardio (CH10)	8:00am Chair & Standing Yoga (CH10) 26 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)	8:00am Seated Full Body HIIT Workout (CH10) 27 9:00am Mobility & Coordination (JBR) 9:45am Pickleball @ Beacon Hill Park (W) 2:00pm Canasta (GR) 3:00pm Sip & Paint with Wellness (5) 7:00pm Seated Full Body HIIT Workout (CH10)	8:00am Dance Workout (CH10) 28 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) 5:00pm Tacos & Tequila! (RES) 7:00pm Dance Workout (CH10)	8:00am Strength, Stretch & Mobility (CH10) 29 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) 30 11:30am Walks with Wellness: Breakwater Lighthouse (L) 2:30pm Sunday Matinee: (THR) 4:00pm Sunday Games! (P) 7:00pm Gentle Seated Yoga (CH10) 7:00pm Sunday Classical Interlude (L)						