

# July 2024 Featured Events

## Canada Day Dinner

*Monday, July 1st, 5:30pm to 7:30pm. Restaurant. Wellness Dimensions: Social, Emotional*

Celebrate Canada Day in style at Tapestry at Victoria Harbour with a sumptuous Prime Rib Dinner event! Join us on July 1st for an unforgettable evening starting with a reception at 5:30pm in the lobby, followed by dinner from 6:00pm to 7:30pm. Enjoy the flavors of tender prime rib served with all the trimmings, perfectly paired with our finest wines. Special guest pianist Stacey Benn will serenade you throughout the evening, adding to the festive atmosphere. Don't miss out on this elegant celebration of Canada's birthday. Reserve your table now via InTouch Link and join us for an evening of gourmet delights and live entertainment! Price per person \$55.00. No Discount. F&B Credit applies.

## Victoria Mariners Game

*Sunday, July 14<sup>th</sup>, 11:30am-2:30pm. Bus. Wellness Dimensions: Social, Physical, Emotional*

Come on out to the Henderson Rec Centre and watch Cameron's son play ball! We are heading out to the Mariners game today. Transportation is by bus for \$10.00 (invoiced to you), and there will be lunch provided at the concession for \$10.00, (Burger or Hotdog and drink to be paid for at game). Chef Chris will be joining Cameron on the grill just for you!

## Staff Appreciation Party

*Thursday, July 18th, 2:00pm. 5th floor patio. Wellness Dimensions: Emotional, Social*

Join us in celebrating our incredible team at the Staff Appreciation Party on Thursday, July 18th, at 2:00pm on the 5th floor patio. This special event, led by our wonderful residents, is a heartfelt thank you for all the hard work and dedication shown by our staff. Come together for an afternoon of appreciation, camaraderie, and fun in a beautiful setting. We look forward to seeing you there!

## Sooke Fine Arts Show

*Sunday, June 16th at 12:30pm, 5<sup>th</sup> Floor Patio. Wellness Dimensions: Social, Emotional, Intellectual, Occupational*

Join us at the Sooke Fine Arts Show! We will be leaving Tapestry at 9:00am to arrive for 10:00am in Sooke. The Main Gallery houses ~370 works of original island art from artists living on BC's coastal islands. Each day, some of the show's exhibiting artists share their skills & techniques through live demonstrations, talks and engaging docent tours. Cost is \$36.00 per person and includes admission and transportation. No lunch is provided, though there are many spots to stop and eat.

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Tapestry at Victoria Harbour

Tapestry®  
Embrace a New Age™

# Spry July 2024

**"July, when summer is in its light and life is at its peak."**



# JULY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p style="font-size: 2em; margin: 0;"><b>Tapestry</b><sup>®</sup></p> <p style="margin: 0;"><i>Embrace a New Age™</i></p>	<p>8:00am Standing &amp; Seated Chair Exercises (CH10) <b>1</b></p> <p>9:00am TheraBand Class (JBR)</p> <p>10:30am Shopping Shuttle (C)</p> <p>1:00pm Poker (GR)</p> <p>1:00pm Sip &amp; Stitch (L)</p> <p>2:30pm Western Mahjong (GR)</p> <p>3:30pm <b>Ping-Pong with Taizi! (JBR)</b></p> <p>5:30pm <b>Canada Day Dinner (RES)</b></p> <p>7:00pm Standing &amp; Seated Chair Exercises (CH10)</p> <p>7:00pm Beginners' Bridge Practice (GR)</p>	<p>8:00am Full Body Light Cardio (CH10) <b>2</b></p> <p>9:00am Balance &amp; Core (JBR)</p> <p>3:00pm Mexican Train with Mimi (GR)</p> <p>3:30pm <b>Tech Talk with Jiro (JBDR)</b></p> <p>7:00pm Full Body Light Cardio (CH10)</p>	<p>8:00am Chair &amp; Standing Yoga (CH10) <b>3</b></p> <p>9:00am <b>Day Trip! Chemainus Theater and Playbill Dining Room (B)</b></p> <p>9:00am Strength Exercises (JBR)</p> <p>9:00am A La Carte Car Service (C)</p> <p>1:30pm Bridge Game (GR)</p> <p>3:30pm <b>Meditation with Jill (JBR)</b></p> <p>4:00pm <b>Pub Night Happy Hour! (P)</b></p> <p>7:00pm Chair &amp; Standing Yoga (CH10)</p>	<p>8:00am Seated Full Body HIIT Workout (CH10) <b>4</b></p> <p>9:00am Mobility &amp; Coordination (JBR)</p> <p>9:45am <b>Pickleball @ Beacon Hill Park (W)</b></p> <p>12:30pm <b>Kayaking with Kelp Reef Tours! (W)</b></p> <p>2:00pm Canasta (GR)</p> <p>7:00pm Seated Full Body HIIT Workout (CH10)</p>	<p>8:00am Dance Workout (CH10) <b>5</b></p> <p>9:00am Strength Interval Training (JBR)</p> <p>10:45am <b>Shopping Shuttle (C)</b></p> <p>12:30pm A La Carte Car Service (C)</p> <p>2:00pm Canasta (GR)</p> <p>4:00pm <b>Pub Night Happy Hour! (P)</b></p> <p>4:00pm Mexican Train with Mimi (GR)</p> <p>7:00pm Dance Workout (CH10)</p>	<p>8:00am Strength, Stretch &amp; Mobility (CH10) <b>6</b></p> <p>9:00am Flexibility &amp; Posture (JBR)</p> <p>1:00pm Rummikub In the Games Room! (GR)</p> <p>7:00pm Strength, Stretch &amp; Mobility (CH10)</p>	
	<p>8:00am Gentle Seated Yoga (CH10) <b>7</b></p> <p>4:00pm <b>Sunday Games! (P)</b></p> <p>7:00pm Gentle Seated Yoga (CH10)</p> <p>7:00pm <b>Sunday Classical Interlude (L)</b></p>	<p>8:00am Standing &amp; Seated Chair Exercises (CH10) <b>8</b></p> <p>9:00am TheraBand Class (JBR)</p> <p>10:30am Shopping Shuttle (C)</p> <p>1:00pm Poker (GR)</p> <p>1:00pm Sip &amp; Stitch (L)</p> <p>2:30pm Western Mahjong (GR)</p> <p>3:30pm <b>Ping-Pong (JBR)</b></p> <p>7:00pm Standing &amp; Seated Chair Exercises (CH10)</p> <p>7:00pm Beginners' Bridge Practice (GR)</p>	<p>8:00am Full Body Light Cardio (CH10) <b>9</b></p> <p>9:00am Balance &amp; Core (JBR)</p> <p>11:00am <b>Tapestry Masterclass Series: Christiane Smyth (THR)</b></p> <p>3:00pm Mexican Train with Mimi (GR)</p> <p>7:00pm Full Body Light Cardio (CH10)</p>	<p>8:00am Chair &amp; Standing Yoga (CH10) <b>10</b></p> <p>9:00am Strength Exercises (JBR)</p> <p>9:00am A La Carte Car Service (C)</p> <p>1:30pm Bridge Game (GR)</p> <p>4:00pm <b>Pub Night Happy Hour! (P)</b></p> <p>7:00pm Chair &amp; Standing Yoga (CH10)</p>	<p>8:00am Seated Full Body HIIT Workout (CH10) <b>11</b></p> <p>9:00am Mobility &amp; Coordination (JBR)</p> <p>9:45am <b>Pickleball @ Beacon Hill Park (W)</b></p> <p>2:00pm Canasta (GR)</p> <p>3:00pm <b>Outdoor Fun at St. Anne's (W)</b></p> <p>7:00pm Seated Full Body HIIT Workout (CH10)</p>	<p>8:00am Dance Workout (CH10) <b>12</b></p> <p>9:00am Strength Interval Training (JBR)</p> <p>10:45am <b>Shopping Shuttle (C)</b></p> <p>12:30pm A La Carte Car Service (C)</p> <p>2:00pm Canasta (GR)</p> <p>4:00pm <b>Pub Night Happy Hour! (P)</b></p> <p>4:00pm Mexican Train with Mimi (GR)</p> <p>7:00pm Dance Workout (CH10)</p>	<p>8:00am Strength, Stretch &amp; Mobility (CH10) <b>13</b></p> <p>9:00am Flexibility &amp; Posture (JBR)</p> <p>1:00pm Rummikub In the Games Room! (GR)</p> <p>7:00pm Strength, Stretch &amp; Mobility (CH10)</p>
	<p>8:00am Gentle Seated Yoga (CH10) <b>14</b></p> <p>11:45am <b>Mariner's Baseball Game! (B)</b></p> <p>4:00pm <b>Sunday Games! (P)</b></p> <p>7:00pm Gentle Seated Yoga (CH10)</p> <p>7:00pm <b>Sunday Classical Interlude (L)</b></p>	<p>8:00am Standing &amp; Seated Chair Exercises (CH10) <b>15</b></p> <p>9:00am TheraBand Class (JBR)</p> <p>10:30am Shopping Shuttle (C)</p> <p>1:00pm Poker (GR)</p> <p>1:00pm Sip &amp; Stitch (L)</p> <p>2:30pm Western Mahjong (GR)</p> <p>3:30pm <b>Ping-Pong with Taizi! (JBR)</b></p> <p>7:00pm Standing &amp; Seated Chair Exercises (CH10)</p> <p>7:00pm Beginners' Bridge Practice (GR)</p>	<p>8:00am Full Body Light Cardio (CH10) <b>16</b></p> <p>9:00am Balance &amp; Core (JBR)</p> <p>2:00pm <b>Resident General Meeting (THR)</b></p> <p>3:00pm Mexican Train with Mimi (GR)</p> <p>7:00pm Full Body Light Cardio (CH10)</p>	<p>8:00am Chair &amp; Standing Yoga (CH10) <b>17</b></p> <p>9:00am Strength Exercises (JBR)</p> <p>9:00am A La Carte Car Service (C)</p> <p>12:30pm <b>Kayaking with Kelp Reef Tours! (W)</b></p> <p>1:30pm Bridge Game (GR)</p> <p>3:30pm <b>Meditation with Jill (JBR)</b></p> <p>4:00pm <b>Pub Night Happy Hour! (P)</b></p> <p>7:00pm Chair &amp; Standing Yoga (CH10)</p>	<p>8:00am Seated Full Body HIIT Workout (CH10) <b>18</b></p> <p>9:00am Mobility &amp; Coordination (JBR)</p> <p>9:45am <b>Pickleball @ Beacon Hill Park (W)</b></p> <p>2:00pm <b>Staff Appreciation Party (5)</b></p> <p>2:00pm Canasta (GR)</p> <p>7:00pm Seated Full Body HIIT Workout (CH10)</p>	<p>8:00am Dance Workout (CH10) <b>19</b></p> <p>9:00am Strength Interval Training (JBR)</p> <p>10:45am <b>Shopping Shuttle (C)</b></p> <p>12:30pm A La Carte Car Service (C)</p> <p>2:00pm Canasta (GR)</p> <p>2:30pm <b>Cooking Demo with Trevor (THR)</b></p> <p>4:00pm <b>Pub Night Happy Hour! (P)</b></p> <p>4:00pm Mexican Train with Mimi (GR)</p> <p>7:00pm Dance Workout (CH10)</p>	<p>8:00am Strength, Stretch &amp; Mobility (CH10) <b>20</b></p> <p>9:00am Flexibility &amp; Posture (JBR)</p> <p>1:00pm Rummikub In the Games Room! (GR)</p> <p>7:00pm Strength, Stretch &amp; Mobility (CH10)</p>
	<p>8:00am Gentle Seated Yoga (CH10) <b>21</b></p> <p>11:30am <b>Walks with Wellness: Beacon Hill Park (L)</b></p> <p>4:00pm <b>Sunday Games! (P)</b></p> <p>7:00pm Gentle Seated Yoga (CH10)</p> <p>7:00pm <b>Sunday Classical Interlude (L)</b></p>	<p>8:00am Standing &amp; Seated Chair Exercises (CH10) <b>22</b></p> <p>9:00am TheraBand Class (JBR)</p> <p>10:30am Shopping Shuttle (C)</p> <p>1:00pm Poker (GR)</p> <p>1:00pm Sip &amp; Stitch (L)</p> <p>2:30pm Western Mahjong (GR)</p> <p>3:30pm <b>Ping-Pong with Taizi! (JBR)</b></p> <p>7:00pm Standing &amp; Seated Chair Exercises (CH10)</p> <p>7:00pm Beginners' Bridge Practice (GR)</p>	<p>8:00am Full Body Light Cardio (CH10) <b>23</b></p> <p>9:00am Balance &amp; Core (JBR)</p> <p>11:00am <b>Resident Fire Safety Training (L)</b></p> <p>3:00pm <b>Bocce Ball with Taylor! (W)</b></p> <p>3:00pm Mexican Train with Mimi (GR)</p> <p>7:00pm Full Body Light Cardio (CH10)</p>	<p>8:00am Chair &amp; Standing Yoga (CH10) <b>24</b></p> <p>9:00am Strength Exercises (JBR)</p> <p>9:00am A La Carte Car Service (C)</p> <p>1:30pm Bridge Game (GR)</p> <p>4:00pm <b>Pub Night Happy Hour! (P)</b></p> <p>7:00pm Chair &amp; Standing Yoga (CH10)</p>	<p>8:00am Seated Full Body HIIT Workout (CH10) <b>25</b></p> <p>9:00am Mobility &amp; Coordination (JBR)</p> <p>9:45am <b>Pickleball @ Beacon Hill Park (W)</b></p> <p>2:00pm <b>Watercolor Workshop with Wendy Harris (JBDR)</b></p> <p>2:00pm Canasta (GR)</p> <p>7:00pm Seated Full Body HIIT Workout (CH10)</p>	<p>8:00am Dance Workout (CH10) <b>26</b></p> <p>9:00am Strength Interval Training (JBR)</p> <p>10:45am <b>Shopping Shuttle (C)</b></p> <p>12:30pm A La Carte Car Service (C)</p> <p>2:00pm Canasta (GR)</p> <p>4:00pm <b>Pub Night Happy Hour! (P)</b></p> <p>4:00pm Mexican Train with Mimi (GR)</p> <p>5:00pm <b>Tacos &amp; Tequila! (RES)</b></p> <p>7:00pm Dance Workout (CH10)</p>	<p>8:00am Strength, Stretch &amp; Mobility (CH10) <b>27</b></p> <p>9:00am <b>Sooke Fine Arts Show (B)</b></p> <p>9:00am Flexibility &amp; Posture (JBR)</p> <p>1:00pm Rummikub In the Games Room! (GR)</p> <p>7:00pm Strength, Stretch &amp; Mobility (CH10)</p>
	<p>8:00am Gentle Seated Yoga (CH10) <b>28</b></p> <p>11:30am <b>Walks with Wellness: Bastion Square Market (L)</b></p> <p>4:00pm <b>Sunday Games! (P)</b></p> <p>7:00pm Gentle Seated Yoga (CH10)</p> <p>7:00pm <b>Sunday Classical Interlude (L)</b></p>	<p>8:00am Standing &amp; Seated Chair Exercises (CH10) <b>29</b></p> <p>9:00am TheraBand Class (JBR)</p> <p>10:30am Shopping Shuttle (C)</p> <p>1:00pm Poker (GR)</p> <p>1:00pm Sip &amp; Stitch (L)</p> <p>2:30pm Western Mahjong (GR)</p> <p>3:30pm <b>Ping-Pong with Taizi! (JBR)</b></p> <p>7:00pm Standing &amp; Seated Chair Exercises (CH10)</p> <p>7:00pm Beginners' Bridge Practice (GR)</p>	<p>8:00am Full Body Light Cardio (CH10) <b>30</b></p> <p>9:00am Balance &amp; Core (JBR)</p> <p>2:30pm <b>Staff Fire Safety Training (L)</b></p> <p>3:00pm Mexican Train with Mimi (GR)</p> <p>7:00pm Full Body Light Cardio (CH10)</p>	<p>8:00am Chair &amp; Standing Yoga (CH10) <b>31</b></p> <p>9:00am Strength Exercises (JBR)</p> <p>9:00am A La Carte Car Service (C)</p> <p>1:30pm Bridge Game (GR)</p> <p>3:30pm <b>Meditation with Jill (JBR)</b></p> <p>4:00pm <b>Pub Night Happy Hour! (P)</b></p> <p>7:00pm Chair &amp; Standing Yoga (CH10)</p>	<p><b>LOCATION</b></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>Walk (W)</p>		

