

## May 2012 Outings

### GREENTHUMB LUNCH & NURSERY TRIP- TUESDAY, MAY 1ST

The Greenthumb Club is heading out to the suburbs for lunch and trip to the Amsterdam Nursery to collect supplies for this year's garden and container display.

### BIRD WATCHING AT VAN DUSEN GARDENS- AN INTRODUCTION AND WALKING TOUR OF THE BIRDS AT THE BOTANICAL GARDENS.- THURSDAY, MAY 3RD

Jeremy lead us in a wonderful presentation about Birds at The O'Keefe in April. He will be leading us in this tour. Did you know there are over 250 different kinds of birds seen annually around Metro Vancouver. How can you tell which one you just saw? Jeremy will speak about some of the common and less-common birds, and how to narrow down and (hopefully) identify which bird is which. Then we'll go for a walk in beautiful Van Dusen Botanical Gardens and see how many we can spot. Please wear comfortable walking shoes. This is approximately a 60 minute slow paced walk. Cost of this trip is \$12.00 charged to your account.

### TEA AND TRUMPETS- THURSDAY, MAY 10TH

For those of you with tickets, this is our final Tea & Trumpets concert of the season.

### RICHMOND CENTRE-TUESDAY, MAY 15TH

Many of you have been asking for a trip to Richmond Centre. Cost of this trip is \$5.

### URBAN WOOL- TUESDAY, MAY 15TH

The ladies from Urban Wool joined us in March to give us some inspiration for this coming year's knitting season. We'll be taking a trip to their shop this time to see if anything tickles our fancy.

### SYMPHONY SUNDAY- SUNDAY MAY 27TH

For those of you with tickets to Tea & Trumpets, you also have a ticket & transportation for the final Symphony Sunday. Meet in the Lobby at 1:15pm.

*When Signing up for Bus Trips, please remember:*

- Sign up sheets are posted one week prior to the trip. They are located in the Activity Binder at the Front Desk.
- Sign ups for theatre trips will be posted a minimum of three weeks in advance.
- Bus trip fees are charged to your suite account.
- If you cancel a trip that requires advance ticket purchase, you will be charged, unless a replacement is found.



2799 Yew Street  
Vancouver, BC V6K 4W2

## MANAGER & STAFF PHONE LIST

<b>General Manager</b>	<b>Bill Rankin</b>	<b>ext. 3202</b>
<b>Administrative Manager</b>	<b>Susan Jones</b>	<b>ext. 3203</b>
<b>Recreation Manager</b>	<b>Maria Perretta</b>	<b>ext. 3213</b>
<b>Health &amp; Wellness Director</b>	<b>Annie Pesht</b>	<b>ext. 3211</b>
<b>Restaurant Manager</b>	<b>Suzanne Summersgill</b>	<b>ext. 3217</b>
<b>Marketing Manager</b>	<b>Linda Jacobs</b>	<b>ext. 3195</b>
<b>Hair Salon</b>	<b>Almas &amp; Elaine</b>	<b>ext. 3210</b>
<b>Maintenance Supervisor</b>	<b>Scott Gardner</b>	<b>ext. 3215</b>
<b>Housekeeping Supervisor</b>	<b>Leanne Forsyth</b>	<b>ext. 3205</b>
<b>Chef</b>	<b>Rob Cleland</b>	<b>ext. 3208</b>
<b>PrimeFit Instructors</b>	<b>Laura &amp; Liz</b>	<b>ext. 3222</b>

May 2012



May 2012

# TAPESTRY™



# Look Inside for Exciting Events!

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

		9:30 Total Body Fit 10:30 Sit Fit 10:30 Majong <b>11:15 Greenthumb Lunch &amp; Nursery Trip</b> 1-5 Acupuncture Services <b>1:30 Movie Committee Meeting</b> <b>2:30 Knit &amp; Stitch</b> 3:00 Classic Movie Matinee 7:45 Movie Night	<b>1</b>	9-3:30 Dr. Appt. Shuttle 9:30-5 Esthetician Services 11-12 Mobile Library <b>2:00 Discussion Group: Services for Seniors</b> 3:15 Wii Games 5:00 Cocktail Social with Greg Hampson at Guitar 6:00 Buffet Dinner 7:30 Whist	<b>2</b>	9:30-5 Massage Services 9:30 Total Body Fit <b>9:30 Bird Watching Walk at Van Dusen</b> 10:30 Sit Fit <b>1:30 Greenthumb Club</b> 2:00 Scrabble 7:30 Bridge	<b>3</b>	9,10,11 Oakridge Shuttle 9:00 Balance & Core 2:15 How the Earth Works Series 2:30 Craft Making 2:45 Pathfinders Pole Walking 4:00 Friday Night Fred 7:30 Big Buck Bingo Canasta	<b>4</b>	9:00 Total Body Fit 10:00 Sit Fit 11:00 Wii Golf 1:30 Parlour Games 3:00 Movie Matinee 7:45 Night at the Movies	<b>5</b>		
10:00 Computer Training 11:30 Sunday Brunch <b>2:00 Classic Film &amp; Discussion Club</b> 3:00 Travel Matinee 7:45 Travel Movie	<b>6</b>	9,10 Grocery Shopping 9:00 Balance & Core 11:00 Trivia Teasers 1:00 Granville Island 2:30 Bridge Lessons 6:30 War Movie 7:30 Bridge	<b>7</b>	9:30 Total Body Fit 10:30 Sit Fit 10:30 Majong 1-5 Acupuncture Services <b>1:15 Community Meeting</b> <b>2:00 Indian Cooking Demo with Chef Rob &amp; Lella</b> 3:00 Classic Movie Matinee 7:45 Movie Night	<b>8</b>	9-3:30 Dr. Appt. Shuttle 9:30-5 Esthetician Services 11-12 Mobile Library 1:15 Write Here, Write Now! 3:15 Wii Games 5:00 Cocktail Social with Brian Zalo <b>6:00 Indian Buffet Dinner</b> 7:30 Whist	<b>9</b>	9:30-5 Massage Services 9:30 Total Body Fit 10:30 Sit Fit <b>10:30 Lecture: A Great Melody's Journey (Lobby) Tea &amp; Trumpets</b> 1:15 Scrabble 2:00 Bridge	<b>10</b>	9,10,11 Oakridge Shuttle 9:00 Balance & Core 2:15 How the Earth Works Series 2:30 Watercolor Painting 2:45 Pathfinders Pole Walking 4:00 Meditation & Relaxation 4:00 Friday Night Fred 7:30 Big Buck Bingo Canasta	<b>11</b>	9:00 Total Body Fit 10:00 Sit Fit 11:00 Wii Golf 1:30 Parlour Games 3:00 Movie Matinee 7:45 Movie Night	<b>12</b>
10:00 Computer Training 10:45-12 Antique Jewelry Display <b>11:30 Mother's Day Brunch</b> 1:30 Antique Jewelry Presentation Media Room 3:00 Travel Movie 7:45 Travel Movie	<b>13</b>	9,10 Grocery Shopping 9:00 Balance & Core 11:00 Trivia Teasers 1:00 Arbutus Mall 1:30 Melody Makers 4:00 Yoga 6:30 War Movie 7:30 Bridge	<b>14</b>	9:30 Total Body Fit <b>9:30 Richmond Centre Mall</b> 10:30 Sit Fit 10:30 Majong 1-5 Acupuncture Services <b>2:00 Knit &amp; Stitch</b> <b>Visit to Urban Wool Shop</b> 3:00 Classic Movie Matinee 7:45 Movie Night	<b>15</b>	9-3:30 Dr. Appt. Shuttle 9:30-5 Esthetician Services 11-12 Mobile Library 3:15 Wii Games <b>5:00 Cocktail Social with Angela</b> <b>Haensch German Opera</b> <b>German Buffet Dinner</b> 7:30 Whist	<b>16</b>	9:30-5 Massage Services <b>9:15 Tapestry Hiking Club</b> 9:30 Total Body Fit 10:30 Sit Fit <b>10:30 Lecture: The Road to Ragtime &amp; Cakewalk (Media Room) Drum Circle with Lulu</b> 1:15 Scrabble 2:00 Playreading 7:30 Bridge	<b>17</b>	9,10,11 Oakridge Shuttle 9:00 Balance & Core 1-4 Podiatrist Visit 2:15 How the Earth Works Series 2:30 Craft Making 2:45 Pathfinders Pole Walking 4:00 Friday Night Fred Canasta	<b>18</b>	3:00 Movie Matinee 7:45 Night at the Movies	<b>19</b>
10-11:15 Blood Pressure & Weight Clinic 11:30 Sunday Brunch 3:00 Travel Matinee 7:45 Travel Movie	<b>20</b>	<b>Victoria Day</b> 2:30 Bridge Lessons <b>3:00 Movie: The Story of Edith Piaf</b> 4:00 Yoga 6:30 War Movie 7:30 Bridge	<b>21</b>	9:30 Total Body Fit 10:30 Sit Fit 10:30 Majong <b>11:00 Fashion History</b> 1-5 Acupuncture Services 2:30 Knit & Stitch <b>2:30 Welcome &amp; Birthday Tea</b> 3:00 Classic Movie Matinee 3:15 Fire Drill 7:45 Movie Night	<b>22</b>	9-3:30 Dr. Appt. Shuttle 9:30-5 Esthetician Services 11-12 Mobile Library 1:15 Write Here, Write Now! 3:15 Laughter Yoga 5:00 Cocktail Social with TBD 6:00 Buffet Dinner 7:30 Whist	<b>23</b>	9:30-5 Massage Services 9:30 Total Body Fit 10:30 Sit Fit 2:00 Scrabble 7:30 Bridge	<b>24</b>	9,10,11 Oakridge Shuttle 9:00 Balance & Core 2:15 How the Earth Works Series 2:30 Watercolor Painting 2:45 Pathfinders Pole Walking 4:00 Meditation & Relaxation 4:00 Friday Night Fred 7:30 Big Buck Bingo Canasta	<b>25</b>	9:00 Total Body Fit 10:00 Sit Fit 11:00 Wii Golf 1:30 Parlour Games 3:00 Movie Matinee 7:45 Night at the Movies	<b>26</b>
10:00 Computer Training 11:30 Sunday Brunch <b>1:15 Symphony Sunday</b> 3:00 Travel Matinee 7:45 Travel Movie	<b>27</b>	9,10 Grocery Shopping 9:00 Balance & Core <b>11-3 Coco's Clothing</b> 11:00 Trivia Teasers 1:00 Arbutus Mall 1:30 Melody Makers - Media Room 4:00 Yoga 6:30 War Movie 7:30 Bridge	<b>28</b>	9:30 Total Body Fit 10:30 Sit Fit 10:30 Majong 1-5 Acupuncture Services <b>1:30 Ultimate Jeopardy</b> 2:30 Knit & Stitch 3:00 Classic Movie Matinee 7:45 Movie Night	<b>29</b>	No Dr. Appt. Shuttle Today 9:30-5 Esthetician Services 11-12 Mobile Library <b>2:00 Book Club</b> 3:15 Wii Games 5:00 Cocktail Social with Nostalgic Mood 6:00 Buffet Dinner 7:30 Whist	<b>30</b>	9:30-5 Massage Services 9:30 Total Body Fit 10:30 Sit Fit <b>1:30 Concert: La Serenata</b> 2:00 Scrabble 2:30 Playreading 7:30 Bridge	<b>31</b>				