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Tapestry at Village Gate West

APRIL 2012 • BRANCHING OUT

Earth Day, 2012

Celebrated every April 22, Earth Day is the largest, most celebrated environmental event worldwide. More than six million Canadians join one billion people in over 170 countries in staging events and projects to address local environmental issues. Nearly every school child in Canada takes part in an Earth Day activity.

Environmental challenges abound as our daily actions pollute and degrade the fragile environment that humans and wildlife depend on to survive. What can we do? Earth Day provides the opportunity for positive actions and results. It is a time to promote awareness and appreciation for the Earth's environment and sustainable living. First launched as an environmental awareness event in the United States in 1970, Earth Day (April 22) is celebrated as the birth of the environmental movement.

Earth Day is a powerful catalyst for change. The first Earth Day, spearheaded by Wisconsin Governor Gaylord Nelson and Harvard University student Denis Hayes, involved 20 million participants in teach-ins that addressed decades of environmental pollution. The event inspired the US Congress to pass clean air and water acts and establish the Environmental Protection Agency to research and monitor environmental issues and enforce environmental laws.

In 1990, two million Canadians joined 200 million people in 141 nations in celebrating the first International Earth Day. In many countries, the global event brought pressure on heads of state to take part in the UN Earth Summit in Rio de Janeiro to address issues such as climate change and the world-wide loss of species.

In Canada, Earth Day has grown into Earth Week and even Earth Month to accommodate the profusion of events and projects. They range from large public events, such as Victoria's Earth Walk (5,000 participants), Edmonton's Earth Day Festival at Hawrelak Park (30,000 participants), and Oakville, Ontario's Waterways Clean-up (2,000 participants) to the thousands of

small, private events staged by schools, employee groups and community groups. You can take part in local Earth Day activities, celebrations and events by conserving more energy and cleaning up your community.



Tapestry Book Exchange

Tapestry is introducing a book exchange. A book exchange is the practice of exchanging books between one person and another. It provides an inexpensive way for people to weed out old books and end up with new material to enjoy. Sort through your bookshelves and find books that you have enjoyed and outgrown to exchange with other residents. If you have any books you no longer want or need and would like to donate or trade in, this is how our system will work. Residents can donate any unwanted books to Tapestry, and the first Wednesday of each month we will host our book exchange in the Demo Kitchen. Residents will then have an opportunity to exchange their old book for something new.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																				
APRIL FOOLS' DAY; PALM SUNDAY 1 10:00 Game Day: Chinese Checkers, B 2:00 Giant Crossword Puzzle, B 2:00 Euchre Club, L 2:30 Sunday Matinee, T 3:30 Billiards, L 7:00 Golf, T	2 9:30 AquaFit, P 10:30 Sit Fit, PF 1:00 Euchre Club, G 1:00 Intermediate Golf, T 2:00 Current Events Club, DK 2:00 Afternoon Bridge Club, L 3:00 Wii Bowling, T 7:30 Movie Night, T	3 10:30 Stretching & Relaxation, PF 11:00 Making Maple Syrup, DK 2:00 This Day in History, G 3:00 Indoor Bocce, PF 3:30 Beginners Blackjack, G	4 9:30 AquaFit, P 10:30 Balance Builders, PF 11:00 Tapestry Book Exchange, DK 2:00 Beginners Wii Bowling, T 2:00 Afternoon Bridge Club, L 3:00 Cocktail Hour, BA 7:00 Texas Hold 'Em Poker Club, G	5 9:00 Golf, T 10:30 Stretching & Relaxation, PF 11:00 The Memoir Writing Group, DK 1:00 Colours in Motion Painting, AC 1:00 Tapestry Chorus Club, L 1:00 Intermediate Golf, T 7:15 Evening Bridge Club, L	GOOD FRIDAY 6 1:30 Refresher Bridge Club, L 2:30 What Would You Do?, G 3:00 Wii Bowling, T 3:30 Beginners Poker Club, G 5:00 Limited Choice Menu, M 7:30 Movie Night, T	PASSOVER BEGINS 7 11:00 Gin Rummy, L 2:00 Wii Bowling, T 2:00 Texas Hold 'Em Poker Club, G 3:00 Knitters With a Cause, L 4:00 Pass the Popcorn Game, G 7:30 Movie Night, T																				
EASTER SUNDAY 8 10:00 Game Day: Boggle, B 11:00 Easter Brunch, M 2:00 Trivia Challenge, B 2:00 Euchre Club, L 2:30 Sunday Matinee, T 3:30 Billiards, L 5:00 Easter Buffet, M 7:00 Golf, T	EASTER MONDAY 9 9:30 AquaFit, P 10:30 Sit Fit, PF 1:00 Euchre Club, G 1:00 Intermediate Golf, T 2:00 Current Events Club, DK 2:00 Afternoon Bridge Club, L 3:00 Wii Bowling, T 7:30 Movie Night, T	10 10:30 Stretching & Relaxation, PF 11:00 Phillip Brown Presents "From Farm to Fame," DK 2:00 Glitz 'n' Glamour Jewelry Making, L 3:00 Indoor Bocce, PF 3:30 Beginners Blackjack, G	11 9:30 AquaFit, P 10:30 Balance Builders, PF 11:00 Botanical Gardens, \$ 2:00 Beginners Wii Bowling, T 2:00 Afternoon Bridge Club, L 3:00 Cocktail Hour, BA 7:00 Texas Hold 'Em Poker Club, G	12 9:00 Golf, T 10:30 Stretching & Relaxation, PF 11:00 The Memoir Writing Group, DK 1:00 Colours in Motion Painting, AC 1:00 Tapestry Chorus Club, L 1:00 Intermediate Golf, T 7:15 Evening Bridge Club, L	13 9:30 AquaFit, P 10:30 Sit Fit, PF 1:30 Refresher Bridge Club, L 2:00 Chair Yoga, PF 2:30 Would You Rather?, G 3:00 Wii Bowling, T 3:30 Beginners Poker Club, G 7:30 Movie Night, T	14 11:00 Trip to Richview Library 11:00 Kingsway Art Show Outing, \$ 11:00 Gin Rummy, L 2:00 Wii Bowling, T 2:00 Texas Hold 'Em Poker Club, G 3:00 Knitters With a Cause, L 4:00 Brain Teasers, G 7:30 Movie Night, T																				
15 10:00 Game Day: Yahtzee, B 2:00 Giant Crossword Puzzle, B 2:00 Euchre Club, L 2:30 Sunday Matinee, T 3:30 Billiards, L 7:00 Golf, T	16 9:30 AquaFit, P 10:30 Sit Fit, PF 1:00 Euchre Club, G 1:00 Intermediate Golf, T 2:00 Current Events Club, DK 2:00 Afternoon Bridge Club, L 3:00 Wii Bowling, T 7:30 Movie Night, T	17 10:30 Stretching & Relaxation, PF 11:00 "Fabulous in Five Minutes" With Mary Kay, DK 2:00 Fifth Avenue Collection Jewelry Sale, DK 3:00 Indoor Bocce, PF 3:30 Beginners Blackjack, G	18 9:30 AquaFit, P 10:30 Balance Builders, PF 12:00 Resident Luncheon, \$ 2:00 Beginners Wii Bowling, T 2:00 Afternoon Bridge Club, L 3:00 Cocktail Hour, BA 7:00 Texas Hold 'Em Poker Club, G	19 9:00 Golf, T 10:30 Stretching & Relaxation, PF 11:00 The Memoir Writing Group, DK 1:00 Colours in Motion Painting, AC 1:00 Tapestry Chorus Club, L 1:00 Intermediate Golf, T 7:15 Evening Bridge Club, L	20 9:30 AquaFit, P 10:30 Sit Fit, PF 12:00 New Resident Luncheon, M 1:30 Refresher Bridge Club, L 2:00 Tania's Spring Tune-Up, PF 2:30 Believe It or Not, G 3:00 Wii Bowling, T 3:30 Beginners Poker Club, G 7:30 Movie Night, T	21 11:00 Gin Rummy, L 2:00 Wii Bowling, T 2:00 Texas Hold 'Em Poker Club, G 3:00 Knitters With a Cause, L 4:00 "Analyze Me" Game, G 7:30 Movie Night, T																				
EARTH DAY 22 10:00 Game Day: Scrabble, B 2:00 Trivia Challenge, B 2:00 Euchre Club, L 2:30 Sunday Matinee, T 3:30 Billiards, L 7:00 Golf, T	23 9:30 AquaFit, P 10:30 Sit Fit, PF 1:00 Euchre Club, G 1:00 Intermediate Golf, T 2:00 Current Events Club, DK 2:00 Afternoon Bridge Club, L 3:00 Wii Bowling, T 7:30 Movie Night, T	24 10:30 Stretching & Relaxation, PF 11:00 Floral Creations by Patricia Flint, DK 2:00 Glitz 'n' Glamour Jewelry Making, L 3:00 Indoor Bocce, PF 3:30 Blackjack \$, G	25 9:30 AquaFit, P 10:30 Balance Builders, PF 11:00 Sherway Gardens 2:00 Beginners Wii Bowling, T 2:00 Afternoon Bridge Club, L 3:00 Cocktail Hour, BA 7:00 Texas Hold 'Em Poker Club, G	26 9:00 Golf, T 10:30 Stretching & Relaxation, PF 11:00 Shoppers Drug Mart Outing 11:00 The Memoir Writing Group, DK 1:00 Colours in Motion Painting, AC 1:00 Tapestry Chorus Club, L 1:00 Intermediate Golf, T 7:15 Evening Bridge Club, L	27 9:30 AquaFit, P 10:30 Sit Fit, PF 11:00 RESIDENT MONTHLY MEETING, DK 1:30 Refresher Bridge Club, L 2:00 Chair Yoga, PF 3:00 Wii Bowling, T 3:30 Beginners Poker Club, G 7:30 Movie Night, T	28 11:00 Trip to Richview Library 11:00 Gin Rummy, L 2:00 Wii Bowling, T 2:00 Texas Hold 'Em Poker Club, G 3:00 Knitters With a Cause, L 4:00 Password, G 7:30 Movie Night, T																				
29 10:00 Game Day: Boggle, B 2:00 Giant Crossword Puzzle, B 2:00 Euchre Club, L 2:30 Sunday Matinee, T 3:30 Billiards, L 7:00 Golf, T	30 9:30 AquaFit, P 10:30 Sit Fit, PF 1:00 Euchre Club, G 1:00 Intermediate Golf, T 2:00 Current Events Club, DK 2:00 Afternoon Bridge Club, L 3:00 Wii Bowling, T 7:30 Movie Night, T	<p style="text-align: center;">Locations</p> <table border="0"> <tr> <td>Arts & Crafts Room, AC</td> <td>Main Floor Theater, T</td> </tr> <tr> <td>Bistro, B</td> <td>Montgomery's, M</td> </tr> <tr> <td>Black Alder Pub, BA</td> <td>Patio, PA</td> </tr> <tr> <td>Charged Event, \$</td> <td>Pool, P</td> </tr> <tr> <td>Courtyard, CY</td> <td>PrimeFit Gym, PF</td> </tr> <tr> <td>Demo Kitchen, DK</td> <td>Second Floor Lounge, L</td> </tr> <tr> <td>Games Room, G</td> <td></td> </tr> </table> <p style="text-align: center;">Transportation</p> <table border="0"> <tr> <td>Monday</td> <td>10 a.m. and 11:45 a.m.</td> <td>Weekly shopping excursion</td> </tr> <tr> <td>Friday</td> <td>10-10:30 a.m. and 11:45 a.m.-12:15 p.m.</td> <td>Cloverdale Mall</td> </tr> </table>					Arts & Crafts Room, AC	Main Floor Theater, T	Bistro, B	Montgomery's, M	Black Alder Pub, BA	Patio, PA	Charged Event, \$	Pool, P	Courtyard, CY	PrimeFit Gym, PF	Demo Kitchen, DK	Second Floor Lounge, L	Games Room, G		Monday	10 a.m. and 11:45 a.m.	Weekly shopping excursion	Friday	10-10:30 a.m. and 11:45 a.m.-12:15 p.m.	Cloverdale Mall
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Spring in High Park

High Park is the largest park in Toronto, Ontario, Canada. It is located in the city's west end, near the Bloor West Village. High Park is a wonderful place for outdoor activities for Toronto residents and a popular tourist attraction. Beautiful gardens and the Grenadier Pond are especially charming in the spring when trees are in full bloom and in the fall with its mosaic of colors.

Highlights include the historic Colborne Lodge, trackless train ride and outdoor theatre where you can watch a play during the annual Dream in High Park event. You will also find tennis courts, swimming pool, cozy restaurant, playgrounds, a small zoo and ice rink. Celebrate spring's arrival with a visit to High Park and participate in the centuries old Japanese tradition of Sakura Hanami, roughly translated as "cherry blossom flower viewing." The spectacular flowering of the Sakura (Japanese flowering cherry) trees is not to be missed – plan on spending at least an hour wandering under the blossoms and appreciating the beauty of High Park in the spring. The blooming of High Park's Sakura trees typically occurs from late April to early May. During the odd spring when Toronto's winter has been harsh and cold, the trees do not bloom at all because even the most cold tolerant flowering cherry tree species are at their northern limit of bud-hardiness in Toronto. In 1959, the Japanese ambassador to Canada, Toru-Hagiwara, presented 2000 Japanese Somei-Yoshino Sakura trees to the citizens of Toronto on behalf of the citizens of Tokyo. The trees were planted in appreciation of Toronto accepting re-located Japanese-Canadians following the Second World War. Many of these trees were planted on the hillside overlooking Grenadier Pond and around the west shore of the pond. In 1984, a grove of Japanese cherry trees were planted along a pathway west of the Children's Adventure Playground in High Park. The trees were donated by Yoriki and Midori Iwasaki as a special gift to the people of Toronto and "a joyful symbol of life."

Through the Consulate General of Japan in Toronto's "Sakura Project," 34 Yoshino "Akebono" and Kwanzan "Fugenzo" Sakura trees were donated to High Park in 2001 on the west shore of Grenadier Pond near the Maple Leaf garden. In 2006, 16 additional Yoshino Sakura trees were planted near the original 1959 planting site.

Plaques commemorating each of the plantings can be found under the cherry trees in High Park. Sakura is the Japanese name for flowering cherry trees and their flowers – often referred to as cherry blossoms. The most popular variety of flowering cherry tree in Japan is the Yoshino. The Yoshino Cherry tree was first introduced to North America in 1902. In Japan there is a legend that each spring a fairy maiden hovers low in the warm sky, wakening the sleeping cherry trees to life with her delicate breath. Sakura trees are the first to bloom with flowers that are nearly pure white with a hint of pink near the stem. The blossoms last for about a week, before the leaves come out. Due to their very short bloom time, Sakura blossoms are seen as a metaphor for life itself, luminous and beautiful, yet fleeting and ephemeral. The Japanese traditional custom of hanami or "flower viewing" dates back to the Nara Period (710-794) when the Chinese Tang Dynasty influenced Japan with their custom of enjoying flowers. Ume (Japanese apricot) blossoms were admired by most during this period, but by the Heian Period (794-1191), cherry trees attracted more attention and were planted and cultivated for their beauty, especially in Kyoto (Japan's capital city during this era). The custom of hanami was originally limited to the elite and Japanese nobility, but soon spread to samurai society and then blossomed to include all levels of Japanese society. To this day, when the Sakura trees bloom, Japanese people continue the tradition of hanami, gathering in great numbers during the day or evening to hold feasts and drink sake under the flowering trees. Many people also take part in processional walks through parks, contemplating and renewing their spirits under the Sakura trees. Hanami at night is called yozakura (meaning "night sakura"). In many places, paper lanterns are hung under trees for yozakura. Sakura trees are not limited to Japan and High Park! Thanks to the "Sakura Project," many other sites in Toronto are graced by these beautiful trees, including the CNE and the University of Toronto's Main and Scarborough campuses. Outside of Toronto, blossoms can be viewed at McMaster University and the Royal Botanical Gardens in Burlington. Cherry blossom viewing is a rite of spring in many cities across North America, where Sakura Matsuri (matsuri means "festival") are held to celebrate the beauty of the Sakura trees.

Bocce at Tapestry

Bocce is a competitive, strategic game that's easy to learn and will provide hours of entertainment. This ancient game, whose modern adaptation most closely resembles bowling, requires skill, strategy and just a little luck. The early Egyptians are believed to have played a version of the game. A painting of two boys playing a bocce-style game was found in an Egyptian tomb dated to 5200 B.C.

From Egypt, the game made its way to Greece and then to Rome. Early Greek physicians advised patients to play bocce as therapeutic exercise. Roman soldiers played a game like bocce during the Punic Wars in the third century B.C., using stones instead of balls. Later, the Romans played the game with coconuts they brought back from Africa.

During the Middle Ages, bocce was banned by both kings and the church, saying that it took people's attention away from the military or led to gambling. Legend has it that English Admiral Sir Francis Drake was playing bocce when he was told that an attack by the Spanish armada was imminent. His response: "First, we finish the game, then we have time for the invincible armada."

