

# livfun

Tapestry at Westbrook Village UBC

MAY 2012 • ENJOY THE JOURNEY

## Enjoy the Journey!

This month we will be going around the world in 31 days! Enjoy the journey to many different countries this month. Our programs will focus on food, music, dance and fashion from all over the globe. Dine with us at Le Crocodile for a classic French meal, travel to Dicken's Sweets for a traditional High Tea, or sign up to watch a Chef Demonstration on Israeli cooking. The possibilities are endless this month. Every day of May you will be able to learn something about another culture in the world. Join the Tapestry Staff for a Multicultural Fashion Show and see the different traditional clothing of a variety of cultures.

### Highlights

- May Day is Lei Day – Come enjoy a Hawaiian Luau Dinner on May 1!

- A Mexican Fiesta – Entertainers Pancho and Sal are here again to celebrate with Latin music.
- Bollywood Dance Lessons – Move and groove to an addicting dance beat.
- Origami Time – Come learn some basic origami.
- Cultural Appreciation Through Music – Come listen to the traditional music of China, Japan, India and beyond, and then hear how music from these cultures has changed through the years to a more modern sound.
- African Drumming Circle – We are going to try some African drumming. Come down and feel the beat!

It is going to be a busy and exciting month, so read the calendar carefully, and do not miss out on your chance to learn something new!

## Birds of a Feather

Thanks to longer days and inviting spring sunshine, May is an ideal time to try new outdoor hobbies. Bird watching is an especially fun place to start. It's a simple way to learn about nature and even socialize. What's more, this hobby can be tailored for your individual mobility and energy level. You can observe your feathered friends from the comfort of your community's porch, a balcony or your own window. Or you can amp it up a notch and explore nearby parks or nature trails. Particularly in spring, just a walk around the perimeter of your building can lead to some fun sightings.

How do you get started? Of course, you can enjoy bird watching with no equipment at all. However, you may find that a good pair of binoculars makes it even more fun. Another helpful tool is a bird-watching checklist. These checklists exist for every state and province and can be found online or in the many bird-watching field guides available. They're a handy indication of which birds you're likely to spot in your area. For a little friendly competition, get together with fellow bird enthusiasts to see who can fill out their checklist first!

A field guide will enhance your bird-watching experience, too. Descriptions and pictures help you identify which birds you've spotted. "Peterson Field Guide for Eastern Birds" and "Peterson Field Guide for Western Birds" are great resources for new birders.

Next, you've got to find the birds! Some folks like to attract them with feeders and various flowers. If your community has a bird feeder set up, well – that's the place to begin! However, there are plenty of places to spot these creatures even without feeders. Sometimes it's just a matter of patiently waiting. So grab some binoculars, round up some friends and get started!



## Staying Hydrated

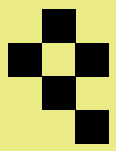
During warm months, it's important to stay hydrated. Water should be your go-to beverage. However, it's OK to mix in a few fun drinks, too. In the summer, iced tea is a delicious option. While tea has been served hot for centuries, iced tea supposedly got its start when plantation owner Richard Blechynden was selling hot tea at the St. Louis World Fair. He poured some tea over ice and served it cold to patrons to help them cool off.

According to WebMD, tea has been linked to possible health benefits. It's generally considered much healthier than soda, and tea drinks tend to have less sugar than fruit juices. It's also easy to make, and there are caffeine-free varieties as well.

Some studies indicate the high antioxidant levels of green tea can fend off cancer, alleviate high cholesterol, and even lower your risk for Alzheimer's. (However, you should not drink green tea if you take certain medications, such as the blood thinner Coumadin. Talk to your doctor for more information.) The most common iced tea, like the kind you normally get at restaurants, is what's known as black tea. Studies suggest black tea might alleviate

*(Continued on back)*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Locations</b>                      Billiards Room, BRM                      Brain Fitness Room, BFR                      Bus Outing, BUS                      Classroom, CLR                      Club Room, CBR                      Courtyard, CYD                      Creative Arts Centre, CAC                      Demo Kitchen, DKN</p>	<p>Dining Room, DRM                      Golf Simulator, GSR                      Health &amp; Wellness Office, HWO                      Internet Cafe, INC                      Main Floor Lobby, MFL                      Patio 7th Floor, PA7                      PrimeFit Gym, PFG                      Pub, PUB • Theatre, THR</p>	<p>10:00 Balance and Core Conditioning, PFG                      11:00 Pacific Spirit Walking Group, INC                      11:00 This Month at Westbrook Village!, INC                      1:30 Green Thumb Gardening Club, PA7                      2:30 Relaxation Class: Healing the Body With the Mind, THR                      3:30 Name That National Anthem!, CLR                      7:00 The Great Courses Lecture Series, THR <b>PF</b></p>	<p>9:30 <b>SCENIC SHOPPING SHUTTLE, BUS</b> 2                      10:30 <b>PIANO CAFE, MFL</b>                      11:00 Pacific Spirit Walking Group, INC                      2:00 Pinata Time, CYD                      4:00 Pancho &amp; Sal Entertain at Happy Hour, PUB                      7:00 Residents' Choice Movie Night, THR                      7:00 <b>DRAMATIC DISCOVERIES: THE CHILDREN'S HOUR, CLR</b></p>	<p>10:30 Cranium Crunches Trivia, INC 3                      11:00 Pacific Spirit Walking Group: Long Walk, INC                      11:00 <b>MAURYA INDIAN LUNCHEON, BUS</b>                      3:00 Bollywood Dance Lessons, CBR                      7:00 Bridge Night, CBR                      7:00 Travel India Documentary, THR</p>	<p>9:15 Fit and Strong I, PFG 4                      10:15 Fit and Strong II, PFG                      10:30 Bridge Instruction With Peter, PUB                      11:00 Pacific Spirit Walking Group, INC                      1:30 Move &amp; Groove Dance Fitness, CBR                      3:00 Chef Demo: Philippine Cuisine, DKN                      7:00 Ping-Pong, PFG                      7:00 Globe Trekker: Philippines, THR <b>PF</b></p>	<p><b>CINCO DE MAYO</b> 5                      10:00 Yoga Class, PFG                      10:00 <b>GRANVILLE ISLAND PUBLIC MARKET, BUS</b>                      11:00 Learn Origami, CBR                      1:15 <b>NITOBÉ GARDENS, BUS</b>                      2:00 Golf Simulator Practice and Play, GSR                      7:00 Travel Japan Documentary, THR</p>
<p>10:30 The Great Courses Lecture Series, THR 6                      11:00 Name the Flag, INC                      1:00 Library Book Browsing, CBR                      2:00 Wii Sports, CLR                      2:00 <b>MYSTERY SCENIC DRIVE, BUS</b>                      3:00 Billiards Game, BRM                      7:00 Poker Night, PUB</p>	<p>9:15 Fit and Strong I, PFG 7                      10:15 Fit and Strong II, PFG                      11:00 Pacific Spirit Walking Group, INC                      11:00 Countries &amp; Capitals Trivia Time, INC                      2:30 Modern Mediums Fine Arts Class, CAC                      3:00 Pain Free Posture Workshop, CBR                      7:00 Brain Games With Rosemary, CBR                      7:00 Featured TV Series, THR <b>PF</b></p>	<p>10:00 Balance and Core Conditioning, PFG 8                      11:00 Pacific Spirit Walking Group, INC                      1:00 Relaxation Class: Healing With the Body and Mind, THR                      7:00 Move &amp; Groove Dance Fitness, PFG                      7:00 The Great Courses Lecture Series, THR <b>PF</b></p>	<p>9:30 <b>SCENIC SHOPPING SHUTTLE, BUS</b> 9                      11:00 Pacific Spirit Walking Group, INC                      11:15 Bocce, CYD                      2:00 Tapestry Team Trivia: Countries &amp; Cultures, CLR                      4:00 Canadian Happy Hour, PUB                      7:00 Residents' Choice Movie Night, THR</p>	<p>10:30 Cranium Crunches Trivia, INC 10                      11:00 Pacific Spirit Walking Group: Long Walk, INC                      11:15 <b>BANANA LEAF LUNCHEON, BUS</b>                      2:00 <b>UNIVERSITY NEIGHBOURHOOD ASSOCIATION INFORMATION SESSION, CLR</b>                      7:00 Bridge Night, CBR                      7:00 <b>WHAT LANGUAGE DO YOU SPEAK?, CLR</b>                      7:00 Pat's Choice Movie Night, THR</p>	<p>9:15 Fit and Strong I, PFG 11                      10:15 Fit and Strong II, PFG                      11:00 Pacific Spirit Walking Group, INC                      1:15 Afternoon Social Bridge Club, CBR                      4:00 Friday Social, PUB                      7:00 Ping-Pong, PFG                      7:00 Documentary Film Night, THR <b>PF</b></p>	<p>10:00 Yoga Class, PFG 12                      10:00 <b>GRANVILLE ISLAND PUBLIC MARKET, BUS</b>                      11:00 <b>CULTURAL APPRECIATION THROUGH MUSIC, CLR</b>                      1:30 Blood Pressure Drop-In Clinic, HWO                      2:00 Golf Simulator Practice and Play, GSR                      3:00 Resident Programs Meeting, CLR                      7:00 Enjoy the Journey Feature Film, THR                      8:00 <b>MOZART SCHOOL OF MUSIC FACULTY RECITAL, MFL</b></p>
<p><b>Mother's Day</b> 13                      10:30 The Great Courses Lecture Series, THR                      12:00 <b>MOTHER'S DAY HIGH TEA, DRM</b>                      1:00 Library Book Browsing, CBR                      3:00 Billiards Game, BRM                      7:00 Poker Night, PUB</p>	<p>9:15 Fit and Strong I, PFG 14                      10:15 Fit and Strong II, PFG                      11:00 Pacific Spirit Walking Group, INC                      2:30 Modern Mediums Fine Arts Class, CAC                      3:00 <b>COOKING DEMONSTRATION: ISRAELI FOODS, DKN</b>                      7:00 Brain Games With Rosemary, CBR                      7:00 Featured TV Series, THR <b>PF</b></p>	<p>10:00 Balance and Core Conditioning, PFG 15                      11:00 Pacific Spirit Walking Group, INC                      1:00 Memories Through Postcards and Souvenirs, CLR                      2:00 Jockey Person 2 Person, CBR                      2:30 Relaxation Class: Healing the Body With the Mind, THR                      7:00 The Great Courses Lecture Series, THR <b>PF</b></p>	<p>9:30 <b>SCENIC SHOPPING SHUTTLE, BUS</b> 16                      11:00 Pacific Spirit Walking Group, INC                      11:00 <b>LE CROCODILE LUNCHEON, BUS</b>                      2:00 <b>PARFAITS ON THE PATIO, PA7</b>                      4:00 Parisian Happy Hour, PUB                      7:00 Residents' Choice Movie Night, THR</p>	<p>9:30 <b>HIKING CLUB EXCURSION, BUS</b> 17                      10:30 Cranium Crunches Trivia, INC                      11:00 Pacific Spirit Walking Group: Long Walk, INC                      3:00 <b>TAPESTRY MULTICULTURAL FASHION SHOW, CLR</b>                      7:00 Bridge Night, CBR                      7:00 Pat's Choice Movie Night, THR</p>	<p>9:15 Fit and Strong I, PFG 18                      9:45 <b>PORT OF VANCOUVER HISTORY PRESENTATION, BUS</b>                      10:15 Fit and Strong II, PFG                      10:30 Bridge Instruction With Peter, PUB                      11:00 Pacific Spirit Walking Group, INC                      1:30 Move &amp; Groove Dance Fitness, CBR                      3:00 <b>WINE CLUB WITH MARK, PUB</b>                      7:00 Ping-Pong, PFG                      7:00 Documentary Film Night, THR <b>PF</b></p>	<p><b>ARMED FORCES DAY</b> 19                      10:00 Yoga Class, PFG                      10:00 <b>GRANVILLE ISLAND PUBLIC MARKET, BUS</b>                      10:15 <b>REGENT COLLEGE: CONFERENCE ON AGING, BUS</b>                      1:00 Inspiration for the Soul, CBR                      2:00 Golf Simulator Practice and Play, GSR                      7:00 Enjoy the Journey Feature Film, THR</p>
<p>10:30 The Great Courses Lecture Series, THR 20                      1:00 Library Book Browsing, CBR                      2:00 <b>LEMONADE SOCIAL, PA7</b>                      2:00 <b>MORROCAN ART DISPLAY BY MEDHI, CAC</b>                      3:00 Billiards Game, BRM                      7:00 Poker Night, PUB</p>	<p><b>VICTORIA DAY</b> 21                      11:00 Pacific Spirit Walking Group, INC                      11:00 Queen Victoria Trivia, INC                      3:00 Glen Stevenson &amp; Tony Caruso Perform, MFL                      7:00 Brain Games With Rosemary, CBR                      7:00 Featured TV Series, THR</p>	<p>10:00 Balance and Core Conditioning, PFG 22                      11:00 Pacific Spirit Walking Group, INC                      1:30 Resident Meeting, CLR                      2:30 Relaxation Class: Healing the Body With the Mind, THR                      7:00 Move &amp; Groove Dance Fitness, PFG                      7:00 The Great Courses Lecture Series, THR <b>PF</b></p>	<p>9:30 <b>SCENIC SHOPPING SHUTTLE, BUS</b> 23                      11:00 Pacific Spirit Walking Group, INC                      1:30 Green Thumb Gardening Club, PA7                      4:00 Dancing Happy Hour, PUB                      7:00 Residents' Choice Movie Night, THR</p>	<p>9:30 <b>DICKEN'S SWEETS BRITISH LUNCHEON, BUS</b> 24                      10:30 Cranium Crunches Trivia, INC                      11:00 Pacific Spirit Walking Group: Long Walk, INC                      7:00 Bridge Night, CBR                      7:00 Pat's Choice Movie Night, THR</p>	<p>9:15 Fit and Strong I, PFG 25                      10:15 Fit and Strong II, PFG                      11:00 Pacific Spirit Walking Group, INC                      11:00 <b>DIM SUM LUNCHEON, BUS</b>                      1:15 Afternoon Social Bridge Club, CBR                      7:00 Ping-Pong, PFG                      7:00 Documentary Film Night, THR <b>PF</b></p>	<p>10:00 Yoga Class, PFG 26                      10:00 <b>GRANVILLE ISLAND PUBLIC MARKET, BUS</b>                      2:00 Nanaimo Bar Social, CYD                      3:00 Bocce, CYD                      7:00 Enjoy the Journey Feature Film, THR</p>
<p>10:30 The Great Courses Lecture Series, THR 27                      1:00 Library Book Browsing, CBR                      2:00 <b>WORLD GEOGRAPHY JEOPARDY, CLR</b>                      3:00 Billiards Game, BRM                      7:00 Poker Night, PUB</p>	<p>9:15 Fit and Strong I, PFG 28                      10:15 Fit and Strong II, PFG                      11:00 Pacific Spirit Walking Group, INC                      2:00 <b>MOUNT KILIMANJARO WITH ALICE, CLR</b>                      2:30 Modern Mediums Fine Arts Class, CAC                      3:00 Pain Free Posture Workshop, CBR                      7:00 Brain Games With Rosemary, CBR                      7:00 Featured TV Series, THR <b>PF</b></p>	<p>10:00 Balance and Core Conditioning, PFG 29                      11:00 Pacific Spirit Walking Group, INC                      2:30 Relaxation Class: Healing the Body With the Mind, THR                      5:30 <b>HAWAIIAN LUAU DINNER!, DRM</b>                      7:00 The Great Courses Lecture Series, THR <b>PF</b></p>	<p>9:30 <b>SCENIC SHOPPING SHUTTLE, BUS</b> 30                      11:00 Pacific Spirit Walking Group, INC                      11:00 African Safari Slideshow With Michiko, CLR                      2:30 <b>AFRICAN DRUMMING CIRCLE, MFL</b>                      4:00 Happy Hour, PUB                      7:00 Residents' Choice Movie Night, THR</p>	<p><b>Hearing Clinic</b> 31                      10:30 Cranium Crunches Trivia, INC                      10:45 <b>THE OLD BAVARIA HAUS LUNCHEON, BUS</b>                      11:00 Pacific Spirit Walking Group: Long Walk, INC                      3:00 Resident Birthday Tea, DRM                      7:00 Bridge Night, CBR                      7:00 Pat's Choice Movie Night, THR</p>	<p><b>Bold &amp; Capped: Sign-Up Required</b></p>	



**TAPESTRY™**  
The Art of Seniors Living

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## Staff

### General Manager

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Amber de Souza

### Community Sales Manager

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Mark Ryan

### Health and Wellness Director

Annie Pesht

### Bookkeeper

Paul Silny

### Programs Director

Michiko Mazloum

### PrimeFit Instructor

Christabel Chan

### Concierge

Christopher Storey

### Plant Operations Supervisor

Geoff Maunder



## Staying Hydrated (Continued)

the risk of stroke. Both green tea and black tea contain caffeine. Herbal, caffeine-free teas can be served over ice, too – the possibilities are endless!

Here's a recipe for an invigorating twist on iced tea. Enjoy!

### Peach-Mint Green Tea

- 2 cups water
- 5 green tea bags
- 12-ounce can peach nectar
- 1/2 cup fresh mint leaves
- 3 tablespoons sugar

Bring water to boil and add tea bags. Steep for five minutes. Remove bags and stir in nectar, mint and sugar. Cover and chill for up to 24 hours. Serve over ice.

## Scenic Shopping Shuttle

Tapestry at Wesbrook Village UBC is delighted to offer its residents a variety of complimentary shuttle services. One we would like to feature is our Scenic Shopping Shuttle. This shuttle departs every Wednesday, and we encourage people to just take a ride and see all the fantastic places it goes!

Here is the Scenic Shopping Shuttle's route:

### Going There

- 9:30 a.m. – Departure from Tapestry
- 9:45 a.m. – Drop off at West 10th Ave at Safeway
- 9:50 a.m. – Drop off at West 10th Ave at Discovery
- 10 a.m. – Drop off at Dunbar St. at 27th Ave
- 10:15 a.m. – Drop off at 41st Ave at East Blvd
- 10:35 a.m. – Drop off at Oakridge Mall
- Return Pick-up
- 11:30 a.m. – Pick up on 10th Ave at Safeway

- 11:40 a.m. – Pick up on 10th Ave at Discovery
- 11:50 a.m. – Pick up on Dunbar
- 12:05 p.m. – Pick up at 41st Ave at East Blvd
- 12:30 p.m. – Pick up at Oakridge Mall
- 1 p.m. – Drop off at Tapestry

### Places of Interest on This Shuttle

BMO, TD Bank, Scotia Bank, CIBC, VanCity, Royal Bank, HSBC, Safeway, Stong's, Shopper's Drug Mart, London Drugs, Starbucks, Burgoo, Tim Hortons, Purdy's Chocolates, Benton Brother's Fine Cheese, Thomas Hobbs Florist, Pier 1 Imports, Vancouver Public Library (West Point Grey and Oakridge)

Our Scenic Shopping Shuttle goes through West Point Grey, Dunbar, Kerrisdale and Oakridge. Try it out every Wednesday! Please sign up at the Front Desk, and meet in the lobby or internet cafe five to 10 minutes prior to departure.

## Sleep Tight!

Did you know that May is Better Sleep Month? These tips may prevent you from tossing and turning throughout the night.

The most important thing you can do to sleep better is to keep a consistent schedule. Try to fall asleep around the same time every night. Keeping a schedule will

regulate your sleep-wake cycle and help you stay asleep for a full eight hours. Another tip: Make sure you don't go to bed too hungry or too full. Eating certain foods just before bed has been shown to cause vivid dreams, which may leave you feeling tired in the morning. And, of course, ingesting caffeine before bed, or even too late in the afternoon, can keep you up longer. If you have trouble falling or staying asleep, stick to non-caffeinated beverages at the day's end. Decaf coffee and herbal tea are just a few options.

Another helpful habit is to have a bedtime ritual to prepare your body for sleep. Try taking a hot shower or soaking in a relaxing bath. Read a book or listen to soothing music. Studies have shown that electronic devices, particularly those with backlit screens, may keep you from falling asleep. For that reason, try to do something besides watching the TV or using the computer when bedtime draws near. Setting up your room for sleep is also important. Most people sleep best in slightly cool, dark, quiet places. Turn on a fan or invest in a sleep mask to create the perfect sleep setting.

Limiting naps and exercising regularly will improve your slumber as well. Try to nap no longer than 30 minutes a day in the middle of the afternoon. Exercise helps make you tired, but you should work out at least two hours before bedtime, since people tend to feel more energized immediately after a workout.

Here's wishing you more restful, rejuvenating sleep throughout Better Sleep Month and beyond.

Sleep tight!

