








INSPIRED
SENIOR LIVING

November 2022

Thornebridge Gardens





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 Knit and Stitch 1 10:30 Morning Exercise 2:00 Bingo	9:30 Knit and Stitch 2 10:00 Kitchen Tour 10:30 Morning Exercise 3:00 Indoor Golf 6:30 Giant Crossword 7:00 Crib and Bridge	9:30 Knit and Stitch 3 10:30 Morning Exercise 2:00 Birthday Party & Welcome Tea 3:30 Drop In Yoga with Beate	9:30 Knit and Stitch 4 10:00 Shopping Trip: Lougheed Town Centre 10:30 Morning Exercise 2:00 Museum of Modern Art Presentation 3:00 Happy Hour	9:30 Knit and Stitch 5 10:30 Morning Walks: Go 4 Life Walking 11:30 Visits with Gina 2:00 "Elder Songs" Sing-a-long 7:00 Drop in Table Games (Country Kitchen)
9:30 Knit and Stitch 6 2:00 JAVA Music Club 4:00 Afternoon Stretch Class 5:00 Visits with Bhavin 7:00 Scrabble Sundays	9:30 Knit and Stitch 7 2:00 Documentary: The Nile: 5,000 years of History 3:30 Drop In Yoga with Beate 7:00 Crib & Bridge 7:00 Mind Matters	Vaccination Day: No Recreation Programs 	9:30 Knit and Stitch 9 10:30 Morning Exercise 2:00 Creative Expressions 3:00 Indoor Tennis 6:30 Giant Crossword 7:00 Crib and Bridge	9:30 Knit and Stitch 10 10:30 Morning Exercise 10:30 Walker Clinic: Sunquest Mobility 2:00 Entertainment: The Sax of Us 3:30 Drop In Yoga with Beate 6:30 Word Games 7:15 Spa Sensations: Manicures	Remembrance Day: No Recreation Programs 	9:30 Knit and Stitch 12 10:30 Morning Walks 11:30 Visits with Gina 2:00 Painting Social 7:00 Drop in Table Games (Country Kitchen) 7:00 Movie Night
9:30 Knit and Stitch 13 2:00 JAVA Music Club 4:00 Afternoon Stretch Class 5:00 Visits with Bhavin 7:00 Scrabble Sundays 	9:30 Knit and Stitch 14 2:00 Documentary: Egypt: The Temples Saved from the Nile 3:30 Drop In Yoga with Beate 7:00 Crib & Bridge 7:00 Mind Matters	9:30 Knit and Stitch 15 10:30 Morning Exercise 2:00 Bingo 2:30 Tea and Crumpets Social 6:30 Trivia Time	9:30 Knit and Stitch 16 10:00 Kitchen Tour 10:30 Morning Exercise 11:15 Residents Forum 2:00 Entertainment with Derek Barnett 6:30 Giant Crossword 7:00 Crib and Bridge	9:30 Knit and Stitch 17 10:30 Morning Exercise 2:00 Arts and Crafts 7:00 Word Games 	9:30 Knit and Stitch 18 10:30 Morning Exercise 1:00 Bus Trip: Mandeville Gardens 2:00 Museum of Modern Art Presentation 3:00 Happy Hour	9:30 Knit and Stitch 19 7:00 Drop in Table Games (Country Kitchen)



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9:30 Knit and Stitch 20 2:00 JAVA Music Club 4:00 Afternoon Stretch Class 5:00 Visits with Bhavin 7:00 Scrabble Sundays	9:30 Knit and Stitch 21 2:00 Documentary: Mysteries of Easter Island 3:30 Drop In Yoga with Beate 7:00 Crib & Bridge 7:00 Mind Matters	9:30 Knit and Stitch 22 10:30 Morning Exercise 2:00 Bingo 6:30 Trivia Time 	9:30 Knit and Stitch 23 10:30 Morning Exercise 2:00 Creative Expressions 3:00 Indoor Golf 6:30 Giant Crossword 7:00 Crib and Bridge	9:30 Knit and Stitch 24 10:30 Morning Exercise 3:30 Drop In Yoga with Beate 7:00 Karaoke and Wine Evening 7:15 Spa Sensations: Hand Massage 	9:30 Knit and Stitch 25 10:30 Morning Exercise 2:00 Museum of Modern Art Presentation 3:00 Happy Hour	9:30 Knit and Stitch 26 10:30 Morning Walks 11:30 Visits with Gina 2:00 "Elder Songs" Sing-a-Long 7:00 Movie Night 7:00 Drop in Table Games (Country Kitchen)
9:30 Knit and Stitch 27 2:00 JAVA Music Club 4:00 Afternoon Stretch Class 5:00 Visits with Bhavin 7:00 Scrabble Sundays	9:30 Knit and Stitch 28 2:00 Documentary: The Mystery of Atlit-Yam 3:30 Drop In Yoga with Beate 7:00 Crib & Bridge 7:00 Mind Matters	9:30 Knit and Stitch 29 10:30 Morning Exercise 2:00 Bingo	9:30 Knit and Stitch 30 10:00 Kitchen Tour 10:30 Morning Exercise 11:15 Residents Food Forum 2:00 Lauren's Food Demo 6:30 Gentlemen's Club 7:00 Crib and Bridge 