



INSPIRED
SENIOR LIVING

January 2023

Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Knit and Stitch 1 2:00 JAVA Music Club 4:00 Afternoon Stretch Class 5:00 Visits with Bhavin 	No Yoga Today 2 9:30 Knit and Stitch 10:30 Balance Exercises 2:00 Documentary Matinee 7:00 Mind Matters 7:00 Crib & Bridge	9:30 Knit and Stitch 3 10:30 Morning Exercise 2:00 Bingo 4:00 Finish the Story 6:30 Trivia Time	9:30 Knit and Stitch 4 10:00 Kitchen Tour 10:30 Morning Exercise 2:00 Movie Matinee 7:00 Crib and Bridge 	9:30 Knit and Stitch 5 10:30 Morning Exercise 2:00 Birthday Party & Welcome Tea 3:30 Yoga with Beate 6:30 Giant Crossword Puzzle	9:30 Knit and Stitch 6 10:30 Morning Exercise 2:00 Museum of Modern Art Presentation 2:00 You be the Judge (Discussion Program) 3:00 Happy Hour	9:30 Knit and Stitch 7 10:30 Go 4 Life Walking 2:00 Painting Social 7:00 Mexican Train (Country Kitchen) 
9:30 Knit and Stitch 8 2:00 JAVA Music Club 4:00 Afternoon Stretch Class 5:00 Visits with Bhavin	9:30 Knit and Stitch 9 10:30 Balance Exercises 2:00 Colour Workshop with Sandra 3:30 Yoga with Beate 7:00 Mind Matters 7:00 Crib & Bridge	9:30 Knit and Stitch 10 10:30 Morning Exercise 2:00 Bingo 4:00 Finish the Story 6:30 Trivia Time	9:30 Knit and Stitch 11 10:30 Morning Exercise 11:15 Residents Forum 2:00 Doris's Knits Fashion Show 7:00 Crib and Bridge 	9:30 Knit and Stitch 12 10:30 Morning Exercise 2:00 Music with Mike Kinal 3:30 Yoga with Beate 6:30 Giant Crossword Puzzle	9:30 Knit and Stitch 13 10:30 Morning Exercise 1:00 Scenic Drive: Pitt Lake 2:00 Museum of Modern Art Presentation 2:00 You be the Judge (Discussion Program) 3:00 Happy Hour 7:15 Spa Sensation - Manicures	9:30 Knit and Stitch 14 10:30 Go 4 Life Walking 2:00 Elder Song Sing Along 7:00 Mexican Train (Country Kitchen) 7:00 Movie Night
9:30 Knit and Stitch 15 2:00 JAVA Music Club 4:00 Afternoon Stretch Class 5:00 Visits with Bhavin	9:30 Knit and Stitch 16 10:00 Kitchen Tour 10:30 Balance Exercises 2:00 Documentary Matinee 3:30 Yoga with Beate 7:00 Mind Matters 7:00 Crib & Bridge	9:30 Knit and Stitch 17 10:30 Morning Exercise 2:00 Bingo 4:00 Finish the Story 6:30 Trivia Time	National Hat Day 18 9:30 Knit and Stitch 10:00 Kitchen Tour 10:30 Morning Exercise 2:00 Endless Word Game 4:00 Visits with Gina 6:30 Name That Tune 7:00 Crib and Bridge	9:30 Knit and Stitch 19 10:30 Morning Exercise 2:30 Afternoon Tea Social 3:30 Yoga with Beate 6:30 Giant Crossword Puzzle	9:30 Knit and Stitch 20 10:30 Morning Exercise 2:00 Museum of Modern Art Presentation 2:00 You be the Judge (Discussion Program) 3:00 Happy Hour	9:30 Knit and Stitch 21 10:30 Go 4 Life Walking 2:00 Painting Social 7:00 Mexican Train (Country Kitchen)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Chinese New Year 22</p> <p>9:30 Knit and Stitch</p> <p>2:00 JAVA Music Club</p> <p>4:00 Afternoon Stretch Class</p> <p>5:00 Visits with Bhavin</p> 	<p>9:30 Knit and Stitch 23</p> <p>2:00 Music with Derek Barnett</p> <p>3:30 Yoga with Beate</p> <p>7:00 Mind Matters</p> <p>7:00 Crib & Bridge</p>	<p>9:30 Knit and Stitch 24</p> <p>10:30 Morning Exercise</p> <p>2:00 Bingo</p> <p>4:00 Finish the Story</p> <p>6:30 Trivia Time</p>	<p>Robbie Burns Day 25</p> <p>9:30 Knit and Stitch</p> <p>10:30 Morning Exercise</p> <p>11:15 Food Forum</p> <p>2:00 Food Demo with Lauren</p> <p>4:00 Visits with Gina</p> <p>6:30 Spin the Wheel Game</p> <p>7:00 Crib and Bridge</p>	<p>9:30 Knit and Stitch 26</p> <p>10:30 Morning Exercise</p> <p>2:00 Karaoke</p> <p>3:30 Yoga with Beate</p> <p>6:30 Giant Crossword Puzzle</p> 	<p>9:30 Knit and Stitch 27</p> <p>10:30 Morning Exercise</p> <p>12:00 Lunch Outing: Chan's Garden</p> <p>2:00 Museum of Modern Art Presentation</p> <p>2:00 You be the Judge (Discussion Program)</p> <p>3:00 Happy Hour</p> <p>7:15 Spa Sensations: Hand Massage</p>	<p>9:30 Knit and Stitch 28</p> <p>10:30 Go 4 Life Walking</p> <p>2:00 Elder Song Sing Along</p> <p>7:00 Mexican Train (Country Kitchen)</p> <p>7:00 Movie Night</p>
<p>9:30 Knit and Stitch 29</p> <p>2:00 JAVA Music Club</p> <p>4:00 Afternoon Stretch Class</p> <p>5:00 Visits with Bhavin</p> <p>6:15 Music with Robin Goodfellow</p>	<p>9:30 Knit and Stitch 30</p> <p>10:00 Kitchen Tour</p> <p>2:00 Colour Workshop with Sandra</p> <p>3:30 Yoga with Beate</p> <p>7:00 Mind Matters</p> <p>7:00 Crib & Bridge</p>	<p>9:30 Knit and Stitch 31</p> <p>10:30 Morning Exercise</p> <p>1:30 Hot Chocolate Day</p> <p>2:00 Bingo</p> <p>4:00 Finish the Story</p> <p>6:30 Trivia Time</p> 				
						