




INSPIRED SENIOR LIVING

May 2023

Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30 Knit & Stitch (2ND) 1 10:30 Morning Exercise (MUL) 2:00 Documentary Mondays (MUL) 3:30 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 7:00 Crib & Bridge (MUL)	9:30 Knit & Stitch (2ND) 2 10:30 Morning Exercise (MUL) 2:00 Bingo (MUL) 4:00 Balloon Volleyball (MUL) 6:30 Trivia Time (MUL)	9:30 Knit & Stitch (2ND) 3 10:30 Morning Exercise (MUL) 2:00 Wheel of Fortune (MUL) 4:00 Strength Exercise (MUL) 6:30 Name that Tune (MUL) 7:00 Crib and Bridge (MUL)	9:30 Knit & Stitch (2ND) 4 10:30 Morning Exercise (MUL) 2:00 Birthday Party and Welcome Tea (DR) 3:30 Yoga with Beate (MUL) 6:30 Giant Crossword Puzzle (MUL)	Cinco de Mayo 5 9:30 Knit & Stitch (2ND) 10:30 Morning Exercise (MUL) 11:30 Cinco de Mayo Lunch (DR) 2:00 You be the Judge (L) 2:00 MOMA: Museum of Modern Art (MUL) 3:00 Happy Hour (MUL)	9:30 Knit & Stitch (2ND) 6 10:30 Morning Stretch Class (MUL) 1:00 Scenic Drive: Cherry Blossom Sights (LOBB) 7:00 Mexican Train (MUL)
9:30 Knit & Stitch (2ND) 7 2:00 JAVA Music Club (MUL) 4:00 Stretch Class (MUL) 5:00 Visits with Bhavin (LOBB) 7:00 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 8 10:30 Morning Exercise (MUL) 1:30 Colour Workshop with Sandra (MUL) 2:00 Documentary Mondays (MUL) 3:30 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 7:00 Crib & Bridge (MUL)	9:30 Knit & Stitch (2ND) 9 10:30 Morning Exercise (MUL) 2:00 Bingo (MUL) 4:00 Balloon Volleyball (MUL) 6:30 Trivia Time (MUL)	9:30 Knit & Stitch (2ND) 10 10:30 Morning Exercise (MUL) 2:00 Classical Piano Music with Patrick Ray (DR) 4:00 Go 4 Life Walking (LOBB) 6:30 Name that Tune (MUL) 7:00 Crib and Bridge (MUL)	9:30 Knit & Stitch (2ND) 11 10:30 Morning Exercise (MUL) 2:00 Sing-Along (MUL) 3:30 Yoga with Beate (MUL) 6:30 Giant Crossword Puzzle (MUL)	9:30 Knit & Stitch (2ND) 12 10:30 Morning Exercise (MUL) 2:00 You be the Judge (L) 2:00 MOMA: Museum of Modern Art (MUL) 3:00 Happy Hour (MUL) 7:15 Spa Sensations: Manicures (MUL)	9:30 Knit & Stitch (2ND) 13 10:30 Balance Exercises (MUL) 11:15 Go 4 Life Walking (LOBB) 2:00 Painting Social (MUL) 7:00 Movie Night (MUL) 7:00 Mexican Train (MUL)
National Apple Pie Day 14 9:30 Knit & Stitch (2ND) 11:15 Mother's Day Brunch (DR) 2:00 JAVA Music Club (MUL) 4:00 Stretch Class (MUL) 5:00 Visits with Bhavin (LOBB) 7:00 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 15 10:30 Morning Exercise (MUL) 2:00 Music with Derek Barnett (DR) 3:30 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 7:00 Crib & Bridge (MUL)	9:30 Knit & Stitch (2ND) 16 10:30 Morning Exercise (MUL) 2:00 Bingo (MUL) 4:00 Balloon Volleyball (MUL) 6:30 Trivia Time (MUL)	Pancake Breakfast (DR) 17 9:30 Knit & Stitch (2ND) 10:30 Morning Exercise (MUL) 11:15 Residents Forum (MUL) 4:00 Strength Exercise (MUL) 6:30 Name that Tune (MUL) 7:00 Crib and Bridge (MUL)	9:30 Knit & Stitch (2ND) 18 10:30 Morning Exercise (MUL) 2:30 Tea Social (DR) 3:30 Yoga with Beate (MUL) 6:30 Giant Crossword Puzzle (MUL)	9:30 Knit & Stitch (2ND) 19 10:30 Morning Exercise (MUL) 2:00 You be the Judge (L) 2:00 MOMA: Museum of Modern Art (MUL) 3:00 Happy Hour (MUL)	9:30 Knit & Stitch (2ND) 20 10:30 Balance Exercises (MUL) 11:15 Go 4 Life Walking (LOBB) 1:00 Bus trip: Hard Rock Casino (LOBB) 2:00 Riddle Game (MUL) 7:00 Mexican Train (MUL)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Knit & Stitch 21 (2ND) 2:00 JAVA Music Club (MUL) 4:00 Stretch Class (MUL) 5:00 Visits with Bhavin (LOBB) 7:00 Scrabble Sundays (MUL)	9:30 Knit & Stitch 22 (2ND) 10:30 Morning Exercise (MUL) 2:00 Documentary Mondays (MUL) 3:30 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 7:00 Crib & Bridge (MUL)	9:30 Knit & Stitch 23 (2ND) 10:30 Morning Exercise (MUL) 2:00 Bingo (MUL) 4:00 Balloon Volleyball (MUL) 6:30 Trivia Time (MUL)	9:30 Knit & Stitch 24 (2ND) 10:30 Morning Exercise (MUL) 11:15 Food Forum (MUL) 2:00 Food Demo with Lauren (MUL) 4:00 Go 4 Life Walking (LOBB) 6:30 Name that Tune (MUL) 7:00 Crib and Bridge (MUL)	9:30 Knit & Stitch 25 (2ND) 10:30 Morning Exercise (MUL) 2:00 Flower Arrangements Program (MUL) 3:30 Yoga with Beate (MUL) 6:30 Giant Crossword Puzzle (MUL)	9:30 Knit & Stitch 26 (2ND) 10:30 Morning Exercise (MUL) 2:00 You be the Judge (L) 2:00 MOMA: Museum of Modern Art (MUL) 3:00 Happy Hour (MUL) 7:15 Spa Sensations: Manicures (MUL)	Hyack Parade Event 27 No Programs Today (CE) 7:00 Movie Night (MUL) 7:00 Mexican Train (MUL)
National Hamburger 28 Day (DR) 9:30 Knit & Stitch (2ND) 2:00 JAVA Music Club (MUL) 4:00 Stretch Class (MUL) 5:00 Visits with Bhavin (LOBB) 7:00 Scrabble Sundays (MUL)	9:30 Knit & Stitch 29 (2ND) 10:30 Morning Exercise (MUL) 11:30 Lunch Outing: Flying Beaver Restaurant (LOBB) 2:00 Music with Darcy (DR) 3:30 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 7:00 Crib & Bridge (MUL)	9:30 Knit & Stitch 30 (2ND) 10:30 Morning Exercise (MUL) 2:00 Bingo (MUL) 4:00 Balloon Volleyball (MUL) 6:30 Trivia Time (MUL)	9:30 Knit & Stitch 31 (2ND) 10:30 Morning Exercise (MUL) 2:00 Wheel of Fortune (MUL) 4:00 Strength Exercise (MUL) 6:30 Name that Tune (MUL) 7:00 Crib and Bridge (MUL)			



Locations Legend

- Multipurpose Room (MUL)
- 2nd floor (2ND)
- Lobby (LOBB)
- Dining Room (DR)
- Library (L)
- Community Event (CE)

Calendar Legend

- All Day
- Outing
- Special Program
- Resident Request
- Holidays
- New Program
- Meet Me at the MOMA
- Go 4 Life Walking
- Java Music Club
- Living, Loving, Local
- Signature Program
- Highlight