



INSPIRED SENIOR LIVING

July 2023

Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SATURDAY JUL 1 Canada Day</p>		 <p>National Culinary Arts Month</p>				<p>9:30 Knit & Stitch (2ND) 1</p> <p>10:30 Balance Exercises (MUL)</p> <p>11:30 Visits with Sadia (EB)</p> <p>11:30 Canada Day Bbq Lunch</p> <p>2:30 The Shoeshakers Duo (DR)</p> <p>4:30 Go 4 Life Walking (LOBB)</p> <p>7:00 Mexican Train (CK)</p>
<p>9:30 Knit & Stitch (2ND) 2</p> <p>2:00 JAVA Music Club (MUL)</p> <p>4:00 Stretch Class (MUL)</p> <p>5:00 Visits with Bhavin (LOBB)</p> <p>7:00 Scrabble Sundays (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 3</p> <p>10:30 Morning Exercise (MUL)</p> <p>11:15 Go 4 Life Walking (LOBB)</p> <p>2:00 Documentary Mondays (MUL)</p> <p>3:30 Outdoor Games (C)</p> <p>6:30 Mind Matters (MUL)</p> <p>7:00 Crib & Bridge (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 4</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 Bingo (MUL)</p> <p>4:00 Balloon Volleyball (MUL)</p> <p>6:30 Trivia Time (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 5</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 Wii Bowling (MUL)</p> <p>2:00 Help with Your Electronics (L)</p> <p>3:30 New Westminster High School Visit (LOBB)</p> <p>4:00 Go 4 Life Walking (LOBB)</p> <p>6:30 Name that Tune (MUL)</p> <p>7:00 Crib and Bridge (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 6</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 Birthday and New Resident Welcome Tea (DR)</p> <p>4:00 One-to-One Visits (EB)</p> <p>6:30 Giant Crossword Game (MUL)</p>	<p>World Chocolate Day 7</p> <p>9:30 Knit & Stitch (2ND)</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 You be the Judge (L)</p> <p>2:00 MOMA: Museum of Modern Art (MUL)</p> <p>3:00 Happy Hour (MUL)</p> <p>7:15 Spa Sensations: Hand Massage (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 8</p> <p>10:30 Balance Exercises (MUL)</p> <p>11:30 Visits with Sadia (EB)</p> <p>12:30 Country Vines Winery (LOBB)</p> <p>2:00 Painting Social (MUL)</p> <p>7:00 Mexican Train (CK)</p>
<p>9:30 Knit & Stitch (2ND) 9</p> <p>2:00 JAVA Music Club (MUL)</p> <p>4:00 Stretch Class (MUL)</p> <p>5:00 Visits with Bhavin (LOBB)</p> <p>7:00 Scrabble Sundays (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 10</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 Documentary Mondays (MUL)</p> <p>3:30 Go 4 Life Walking (LOBB)</p> <p>6:30 Mind Matters (MUL)</p> <p>7:00 Crib & Bridge (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 11</p> <p>10:30 Morning Exercise (MUL)</p> <p>11:00 Walker Clinic (L)</p> <p>2:00 Bingo (MUL)</p> <p>4:00 Balloon Volleyball (MUL)</p> <p>6:30 Trivia Time (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 12</p> <p>10:00 Kitchen Tour (dintr)</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 Wii Bowling (MUL)</p> <p>4:00 Strength Exercise (MUL)</p> <p>6:30 Name that Tune (MUL)</p> <p>7:00 Crib and Bridge (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 13</p> <p>10:00 Avon (LOBB)</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 Sing-Along (MUL)</p> <p>3:30 Pillow Toss Game (MUL)</p> <p>6:30 Giant Crossword Game (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 14</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 You be the Judge (L)</p> <p>2:00 MOMA: Museum of Modern Art (MUL)</p> <p>3:00 Happy Hour (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 15</p> <p>10:30 Balance Exercises (MUL)</p> <p>11:30 Visits with Sadia (EB)</p> <p>2:00 Riddle Game (MUL)</p> <p>7:00 Mexican Train (CK)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Knit & Stitch (2ND) 16 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) 17 10:30 Morning Exercise (MUL) 2:00 Music with Darcy (DR) 3:30 Outdoor Games (C) 6:30 Mind Matters (MUL) 7:00 Crib & Bridge (MUL)	9:30 Knit & Stitch (2ND) 18 10:30 Morning Exercise (MUL) 2:00 Bingo (MUL) 4:00 Balloon Volleyball (MUL) 6:30 Elisa: Harpist (DR)	National Hot Dog Day 19 9:30 Knit & Stitch (2ND) 10:30 Morning Exercise (MUL) 11:15 Residents Forum (MUL) 2:00 Wii Bowling (MUL) 2:00 Help with Your Electronics (L) 4:00 Go 4 Life Walking (LOBB) 6:30 Name that Tune (MUL) 7:00 Crib and Bridge (MUL)	9:30 Knit & Stitch (2ND) 20 10:30 Morning Exercise (MUL) 2:00 Sing-Along (MUL) 2:30 Tea Social (DR) 4:00 One to One Visits (EB) 6:30 Giant Crossword Game (MUL)	9:30 Knit & Stitch (2ND) 21 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: Hand Massage (MUL)	9:30 Knit & Stitch (2ND) 22 10:30 Balance Exercises (MUL) 11:30 Visits with Juliano (EB) 1:00 Burnaby Village Museum (LOBB) 2:00 Painting Social (MUL) 7:00 Mexican Train (CK)
9:30 Knit & Stitch (2ND) 23 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) 24 10:30 Morning Exercise (MUL) 11:00 Alta Vida Fashions (MUL) 2:00 Documentary Mondays (MUL) 3:30 Go 4 Life Walking (LOBB) 6:30 Mind Matters (MUL) 7:00 Crib & Bridge (MUL)	9:30 Knit & Stitch (2ND) 25 10:30 Morning Exercise (MUL) 2:00 Bingo (MUL) 4:00 Balloon Volleyball (MUL) 6:30 Trivia Time (MUL)	9:30 Knit & Stitch (2ND) 26 10:30 Morning Exercise (MUL) 11:15 Food Forum (MUL) 2:00 Lauren's Food Demo (MUL) 4:00 Strength Exercise (MUL) 6:30 Men's Club (MUL) 7:00 Crib and Bridge (MUL)	9:30 Knit & Stitch (2ND) 27 10:30 Morning Exercise (MUL) 2:00 Sing-Along (MUL) 3:30 Afternoon Crafts (MUL) 6:30 Giant Crossword Game (MUL)	9:30 Knit & Stitch (2ND) 28 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) 29 10:30 Balance Exercises (MUL) 11:30 Visits with Juliano (EB) 2:00 Riddle Game (MUL) 7:00 Mexican Train (CK)
9:30 Knit & Stitch (2ND) 30 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) 31 10:30 Morning Exercise (MUL) 1:30 Colour Workshop (MUL) 3:30 Outdoor Games (C) 6:30 Mind Matters (MUL) 7:00 Crib & Bridge (MUL)			Locations Legend Multipurpose Room (MUL) 2nd floor (2ND) Lobby (LOBB) Entire Building (EB) Library (L) Dining Room (DR) County Kitchen (CK) Courtyard (C) kitchen (dintr)		Calendar Legend All Day Outing Special Program Vendor Living, Loving, Local Signature Program Highlight Artful Enrichment