




INSPIRED SENIOR LIVING

August 2023

Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 Knit & Stitch (2ND) 1 10:30 Morning Exercise (MUL) 2:00 Bingo (MUL) 6:30 Movie Night (MUL)	9:30 Knit & Stitch (2ND) 2 10:30 Morning Exercise (MUL) 2:00 Help with Your Electronics (2ND) 2:00 Wii Bowling (MUL) 4:00 Go 4 Life Walking (LOBB) 6:30 Name that Tune (MUL) 7:00 Crib and Bridge (MUL)	9:30 Knit & Stitch (2ND) 3 10:30 Morning Exercise (MUL) 2:00 Birthday and Welcome Tea (DR) 3:30 Yoga with Beate (MUL) 4:00 Go 4 Life Walking (LOBB) 6:30 Giant Crossword Game (MUL)	9:30 Knit & Stitch (2ND) 4 10:30 Morning Exercise (MUL) 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) 5 10:30 Balance Exercises (MUL) 1:00 Bus Trip: Queen's Park (LOBB) 2:00 Riddle Game (MUL) 4:00 One-to-One Visits (EB) 7:00 Mexican Train (CK)
"Invite a friend to a program today" 6 Prime Rib dinner tonight 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)	No morning exercise today 7 9:30 Knit & Stitch (2ND) 2:00 Documentary Mondays (MUL) 3:30 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 7:00 Crib & Bridge (MUL)	Resident surveys out today 8 9:30 Knit & Stitch (2ND) 10:30 Morning Exercise (MUL) 2:00 Bingo (MUL) 4:00 Two Minute Mysteries (MUL) 6:30 Trivia Time (MUL)	9:30 Knit & Stitch (2ND) 9 10:30 Morning Exercise (MUL) 2:00 Wii Bowling (MUL) 2:00 Classical Music with Ethan (LOBB) 4:00 Strength Exercise (MUL) 6:30 Name that Tune (MUL) 7:00 Crib and Bridge (MUL)	9:30 Knit & Stitch (2ND) 10 10:30 Morning Exercise (MUL) 2:00 Sing-Along (MUL) 3:30 Yoga with Beate (MUL) 4:00 Go 4 Life Walking (LOBB) 6:30 Giant Crossword Game (MUL)	9:30 Knit & Stitch (2ND) 11 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) 12 10:30 Balance Exercises (MUL) 2:00 Painting Social (MUL) 4:00 One-to-One Visits (EB) 6:30 Movie Night (MUL) 7:00 Mexican Train (CK)
9:30 Knit & Stitch (2ND) 13 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) 14 10:30 Morning Exercise (MUL) 2:00 Patrick Ray Classical Piano (DR) 3:30 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 7:00 Crib & Bridge (MUL)	9:30 Knit & Stitch (2ND) 15 10:30 Morning Exercise (MUL) 2:00 Bingo (MUL) 4:00 Balloon Volleyball (MUL) 6:30 Trivia Time (MUL)	9:30 Knit & Stitch (2ND) 16 10:30 Morning Exercise (MUL) 11:15 Resident Forum (MUL) 2:00 Wii Bowling (MUL) 2:00 Help with Your Electronics (2ND) 4:00 Go 4 Life Walking (LOBB) 6:30 Name that Tune (MUL) 7:00 Crib and Bridge (MUL)	9:30 Knit & Stitch (2ND) 17 10:30 Morning Exercise (MUL) 2:30 Tea Social (DR) 3:30 Yoga with Beate (MUL) 4:00 Visits with Elaine (EB) 6:30 Giant Crossword Game (MUL)	9:30 Knit & Stitch (2ND) 18 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) 19 10:30 Balance Exercises (MUL) 1:00 Outing: The Village Langley (LOBB) 2:00 Riddle Game (MUL) 4:00 One-to-One Visits (EB) 7:00 Mexican Train (CK)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Knit & Stitch (2ND) 20 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) 21 10:30 Morning Exercise (MUL) 2:00 Music with Michelle (DR) 3:30 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 7:00 Crib & Bridge (MUL)	9:30 Knit & Stitch (2ND) 22 10:30 Morning Exercise (MUL) 2:00 Bingo (MUL) 4:00 Balloon Volleyball (MUL) 6:30 Trivia Time (MUL)	9:30 Knit & Stitch (2ND) 23 10:30 Morning Exercise (MUL) 2:00 Wii Bowling (MUL) 2:00 Classical Music with Ethan (LOBB) 4:00 Strength Exercise (MUL) 7:00 Crib and Bridge (MUL) 7:00 Beauty Shop Dolls Singers (MUL)	9:30 Knit & Stitch (2ND) 24 10:30 Morning Exercise (MUL) 2:00 Sing-Along (MUL) 3:30 Yoga with Beate (MUL) 4:00 Go 4 Life Walking (LOBB) 6:30 Giant Crossword Game (MUL)	Special drinks at Happy Hour today 9:30 Knit & Stitch (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)	9:30 Knit & Stitch (2ND) 26 10:30 Balance Exercises (MUL) 2:00 Painting Social (MUL) 4:00 One-to-One Visits (EB) 7:00 Mexican Train (CK)
9:30 Knit & Stitch (2ND) 27 2:00 JAVA Music Club (MUL) 4:00 Stretch Class (MUL) 5:00 Visits with Bhavin (LOBB) 6:15 Piano Music with Robin Goodfellow (DR) 7:00 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 28 10:30 Morning Exercise (MUL) 1:30 Colour Workshop (MUL) 3:30 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 7:00 Crib & Bridge (MUL)	9:30 Knit & Stitch (2ND) 29 10:30 Morning Exercise (MUL) 2:00 Bingo (MUL) 4:00 Two-Minute Mysteries (MUL) 6:30 Trivia Time (MUL)	9:30 Knit & Stitch (2ND) 30 10:30 Morning Exercise (MUL) 11:15 Food Forum (MUL) 2:00 Help with Your Electronics (2ND) 2:00 Food Demo with Lauren (MUL) 4:00 Go 4 Life Walking (LOBB) 6:30 Men's Club (MUL) 7:00 Crib and Bridge (MUL)	9:30 Knit & Stitch (2ND) 31 10:30 Morning Exercise (MUL) 2:00 Sing-Along (MUL) 3:30 Yoga with Beate (MUL) 4:00 Visits with Elaine (EB) 6:30 Giant Crossword Game (MUL)		



Resident survey
Aug 8-29



Locations Legend

- Multipurpose Room (MUL)
- 2nd floor (2ND)
- Lobby (LOBB)
- Entire Building (EB)
- Dining Room (DR)
- Library (L)
- County Kitchen (CK)

Calendar Legend

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