



INSPIRED SENIOR LIVING

September 2023

Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>World Alzheimer's Month</p>		 <p>Grandparent's Day</p>				<p>9:30 Knit & Stitch (2ND) 1</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) 2</p> <p>10:30 Balance Exercises (MUL)</p> <p>1:00 Scenic Drive: Barnet Marine Park (LOBB)</p> <p>2:00 Riddle Game (MUL)</p> <p>7:00 Mexican Train (CK)</p>
<p>9:30 Knit & Stitch (2ND) 3</p> <p>2:00 JAVA Music Club (MUL)</p> <p>4:00 Stretch Class (MUL)</p> <p>4:30 Prime Rib dinner tonight</p> <p>5:00 Visits with Bhavin (LOBB)</p> <p>7:00 Scrabble Sundays (MUL)</p>	<p>Labour Day: no morning exercise or yoga today</p> <p>9:30 Knit & Stitch (2ND)</p> <p>2:00 Documentary Mondays (MUL)</p> <p>4:00 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) 5</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) 6</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 Wii Bowling (MUL)</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) 7</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 Birthday Party and Welcome Tea (DR)</p> <p>3:30 Yoga with Beate (MUL)</p> <p>6:30 Giant Crossword Game (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 8</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 (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 9</p> <p>10:30 Balance Exercises (MUL)</p> <p>2:00 Painting Social (MUL)</p> <p>7:00 Mexican Train (CK)</p>	
<p>9:30 Knit & Stitch (2ND) 10</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) 11</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 Music with Camila (LOBB)</p> <p>3:30 Yoga with Beate (MUL)</p> <p>4:00 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) 12</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) 13</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 Wii Bowling (MUL)</p> <p>3:30 Fall Craft (MUL)</p> <p>6:30 Name that Tune (MUL)</p> <p>7:00 Crib and Bridge (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 14</p> <p>10:30 Morning Exercise (MUL)</p> <p>11:00 London Drugs Optical (L)</p> <p>2:00 Sing-Along (MUL)</p> <p>3:30 Yoga with Beate (MUL)</p> <p>6:30 Giant Crossword Game (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 15</p> <p>10:30 Morning Exercise (MUL)</p> <p>11:00 5th Avenue Jewelry (L)</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>Open House 1:00-4:00 pm</p> <p>9:30 Knit & Stitch (2ND)</p> <p>10:30 Balance Exercises (MUL)</p> <p>7:00 Mexican Train (CK)</p>	



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Knit & Stitch (2ND) 17</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) 18</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 Moon Festival Dance with Jessica (LOBB)</p> <p>3:30 Yoga with Beate (MUL)</p> <p>4:00 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) 19</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) 20</p> <p>10:30 Morning Exercise (MUL)</p> <p>11:15 Resident Forum (MUL)</p> <p>2:00 Shoe Shakers Singers (LOBB)</p> <p>3:00 Help with your electronics (2ND)</p> <p>6:30 Name that Tune (MUL)</p> <p>7:00 Crib and Bridge (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 21</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:30 Tea Social (DR)</p> <p>3:30 Yoga with Beate (MUL)</p> <p>6:30 Giant Crossword Game (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 22</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 (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 23</p> <p>10:30 Balance Exercises (MUL)</p> <p>2:00 Painting Social (MUL)</p> <p>6:30 Movie Night (MUL)</p> <p>7:00 Mexican Train (CK)</p>
<p>9:30 Knit & Stitch (2ND) 24</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>6:15 Music with Robin Goodfellow (LOBB)</p> <p>7:00 Scrabble Sundays (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 25</p> <p>10:30 Morning Exercise (MUL)</p> <p>1:30 Colour Workshop (MUL)</p> <p>3:30 Yoga with Beate (MUL)</p> <p>4:00 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) 26</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 Bingo (MUL)</p> <p>4:00 Drum Fit (MUL)</p> <p>4:00 Balloon Volleyball (MUL)</p> <p>6:30 Trivia Time (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 27</p> <p>10:30 Morning Exercise (MUL)</p> <p>11:15 Food Forum (MUL)</p> <p>2:00 Lauren's Food Demo (MUL)</p> <p>2:30 Classical music with Ethan (LOBB)</p> <p>4:00 Go 4 Life Walking (LOBB)</p> <p>6:30 Men's Club (MUL)</p> <p>7:00 Crib and Bridge (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 28</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 Sing-Along (MUL)</p> <p>2:00 Melodious Harp Music (LOBB)</p> <p>3:30 Yoga with Beate (MUL)</p> <p>6:30 Giant Crossword Game (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 29</p> <p>10:30 Morning Exercise (MUL)</p> <p>1:00 Bus Trip: Birchwood Farm (LOBB)</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) 30</p> <p>10:30 Balance Exercises (MUL)</p> <p>2:00 Riddle Game (MUL)</p> <p>7:00 Mexican Train (CK)</p>



Locations Legend		Calendar Legend
Multipurpose Room (MUL)	Library (L)	All Day
2nd floor (2ND)	County Kitchen (CK)	Outing
Lobby (LOBB)	Dining Room (DR)	Special Program
		Vendor
		New Program
		Meet Me at the MOMA
		Go 4 Life Walking
		Java Music Club
		Living, Loving, Local
		Signature Program
		Highlight
		Artful Enrichment
		Drumfit