




INSPIRED SENIOR LIVING

November 2023

Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>National Family Caregivers Month</p>			<p>9:30 Knit & Stitch (2ND) 1</p> <p>10:30 Morning Exercise (MUL)</p> <p>11:30 Visits with Bhavin (EB)</p> <p>2:00 Wii Bowling (MUL)</p> <p>3:00 Hot Chocolate Social (LOBB)</p> <p>6:30 Name that Tune (MUL)</p> <p>7:00 Crib and Bridge (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 2</p> <p>10:30 Morning Exercise (MUL)</p> <p>11:30 Visits with Bhavin (EB)</p> <p>2:00 Birthday Party and Welcome Tea (DR)</p> <p>3:30 Yoga with Beate (MUL)</p> <p>4:30 Visits with Wendy (EB)</p> <p>6:30 Giant Crossword Game (MUL)</p>	<p>Flu vaccinations - no morning exercise today 3</p> <p>9:30 Knit & Stitch (2ND)</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) 4</p> <p>10:30 Balance Exercises (MUL)</p> <p>2:00 Riddle Game (MUL)</p> <p>7:00 Mexican Train (ck)</p>
<p>9:30 Knit & Stitch (2ND) 5</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) 6</p> <p>10:30 Morning Exercise (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) 7</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>National Cappuccino Day 8</p> <p>9:30 Knit & Stitch (2ND)</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 Music with Derek (DR)</p> <p>3:30 Drum Fit (MUL)</p> <p>6:30 Name that Tune (MUL)</p> <p>7:00 Crib and Bridge (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 9</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>4:30 Visits with Wendy (EB)</p> <p>6:30 Giant Crossword Game (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 10</p> <p>10:30 Morning Exercise (MUL)</p> <p>1:00 Outing: Potters Christmas Store in Langley (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>7:15 Spa Sensations (MUL)</p>	<p>Remembrance Day 11</p> <p>9:30 Knit & Stitch (2ND)</p> <p>10:30 Balance Exercises (MUL)</p> <p>2:00 Riddle Game (MUL)</p> <p>2:00 Movie Matinee: Courage Under Fire (MUL)</p> <p>7:00 Mexican Train (ck)</p>
<p>Brunch Buffet Today 12</p> <p>9:30 Knit & Stitch (2ND)</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) 13</p> <p>10:30 Morning Exercise (MUL)</p> <p>1:15 Scenic Drive: Queensborough and Richmond Dike (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) 14</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 Bingo (MUL)</p> <p>4:00 Strength Exercise (MUL)</p> <p>6:30 Trivia Time (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 15</p> <p>10:30 Morning Exercise (MUL)</p> <p>11:00 Nazreen's Designs (L)</p> <p>11:15 Resident Forum (MUL)</p> <p>2:00 Wii Bowling (MUL)</p> <p>3:30 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) 16</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 Craft: handmade picture frame (MUL)</p> <p>3:30 Yoga with Beate (MUL)</p> <p>6:30 Giant Crossword Game (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 17</p> <p>10:30 Morning Exercise (MUL)</p> <p>11:00 Connect Hearing Clinic (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>Apple Cider Day 18</p> <p>9:30 Knit & Stitch (2ND)</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>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Knit & Stitch (2ND) 19 2:00 Sing a long with Victoria (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) 20 10:30 Morning Exercise (MUL) 3:30 Yoga with Beate (MUL) 4:00 Go 4 Life Walking (LOBB) 6:30 Mind Matters (MUL) 7:00 Crib & Bridge (MUL)	9:30 Knit & Stitch (2ND) 21 10:30 Morning Exercise (MUL) 2:00 Bingo (MUL) 4:00 Balloon Volleyball (MUL) 6:30 Trivia Time (MUL)	9:30 Knit & Stitch (2ND) 22 10:30 Morning Exercise (MUL) 2:00 Drum Fit (MUL) 3:30 Go 4 Life Walking (LOBB) 6:30 Name that Tune (MUL) 7:00 Crib and Bridge (MUL)	9:30 Knit & Stitch (2ND) 23 10:30 Morning Exercise (MUL) 2:00 Sing-Along (MUL) 3:30 Yoga with Beate (MUL) 6:30 Giant Crossword Game (MUL)	9:30 Knit & Stitch (2ND) 24 10:00 Narissa from Avon (LOBB) 10:30 Morning Exercise (MUL) 11:30 Lunch outing: Ladner Fish and Chips (LOBB) 2:00 You be the Judge (L) 2:00 MOMA: Museum of Modern Art (MUL) 3:00 Happy Hour (MUL) 7:15 Spa Sensations (MUL)	9:30 Knit & Stitch (2ND) 25 10:30 Balance Exercises (MUL) 2:00 Riddle Game (MUL) 7:00 Mexican Train (ck)
National Cake Day 26 9:30 Knit & Stitch (2ND) 2:00 JAVA Music Club (MUL) 4:00 Stretch Class (MUL) 5:00 Visits with Bhavin (LOBB) 6:15 Music with Robin (LOBB) 7:00 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 27 10:30 Morning Exercise (MUL) 2:00 Shoe Shakers Duo (DR) 3:30 Yoga with Beate (MUL) 4:00 Go 4 Life Walking (LOBB) 6:30 Mind Matters (MUL) 7:00 Crib & Bridge (MUL)	9:30 Knit & Stitch (2ND) 28 10:30 Morning Exercise (MUL) 2:00 Bingo (MUL) 4:00 Strength Exercise (MUL) 6:30 Trivia Time (MUL)	9:30 Knit & Stitch (2ND) 29 10:30 Morning Exercise (MUL) 11:15 Food Forum (MUL) 2:00 Lauren's Food Demo (MUL) 3:30 Go 4 Life Walking (LOBB) 6:30 Name that Tune (MUL) 7:00 Crib and Bridge (MUL)	9:30 Knit & Stitch (2ND) 30 10:30 Morning Exercise (MUL) 2:30 Tea Social (DR) 3:30 Yoga with Beate (MUL) 3:30 Fit Minds (2ND) 6:30 Men's Club (MUL)		



Locations Legend

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

Calendar Legend

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