



INSPIRED SENIOR LIVING

December 2023

Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>9:30 Knit & Stitch (2ND) 1</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>9:30 Knit & Stitch (2ND) 2</p> <p>10:30 Balance Exercises (MUL)</p> <p>1:00 <u>Craft Sale</u> (MUL)</p> <p>2:00 Holiday Beverage Feature (LOBB)</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>5:00 Visits with Bhavin (LOBB)</p> <p>7:00 Scrabble Sundays (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 4</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 Piano music with Michael Turner (DR)</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) 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 Drum Fit (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>11:00 London Drugs Optical (L)</p> <p>2:00 Birthday Party & Welcome Tea (DR)</p> <p>3:30 Yoga with Beate (MUL)</p> <p>5:30 Scenic Drive: Holiday Light Tour (MUL)</p> <p>7:00 Scenic Drive: Holiday Light Tour (LOBB)</p>	<p>9:30 Knit & Stitch (2ND) 8</p> <p>10:30 Morning Exercise (MUL)</p> <p>1:00 Bus trip: Burnaby Village (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: manicures/hand massage (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 9</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) 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>3:30 Yoga with Beate (MUL)</p> <p>4:00 Go 4 Life Walking (LOBB)</p> <p>6:30 Movie Night (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 Strength Exercise (MUL)</p> <p>7:00 Music with Michelle Carlisle (LOBB)</p>	<p>9:30 Knit & Stitch (2ND) 13</p> <p>10:30 Morning Exercise (MUL)</p> <p>11:15 <u>Resident Forum</u> (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) 14</p> <p>10:00 Narissa from Avon (LOBB)</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 Holiday Beverage Feature (LOBB)</p> <p>2:00 Christmas Sing-Along (MUL)</p> <p>3:30 Yoga with Beate (MUL)</p> <p>5:30 Scenic Drive: Holiday Light Tour (LOBB)</p> <p>7:00 Scenic Drive: Holiday Light Tour (LOBB)</p>	<p>9:30 Knit & Stitch (2ND) 15</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) 16</p> <p>10:30 Balance Exercises (MUL)</p> <p>2:00 Beauty Shop Dolls Singers (DR)</p> <p>7:00 Mexican Train (ck)</p>




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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Christmas Brunch Today 17 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 (2ND) 18 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) 19 10:30 Morning Exercise (MUL) 2:00 Bingo (MUL) 4:00 Balloon Volleyball (MUL) 5:30 Scenic Drive: Lights at Lafarge Lake (LOBB)	9:30 Knit & Stitch (2ND) 20 10:30 Morning Exercise (MUL) 11:15 Food Forum (MUL) 2:00 Piano Music with Patrick Ray (DR) 2:00 Drum Fit (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) 21 10:30 Morning Exercise (MUL) 2:30 Tea Social (MUL) 4:00 Visits with Wendy (EB) 6:30 Giant Crossword Game (MUL)	9:30 Knit & Stitch (2ND) 22 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/hand massage (MUL)	9:30 Knit & Stitch (2ND) 23 10:30 Balance Exercises (MUL) 2:00 Riddle Game (MUL) 7:00 Mexican Train (ck)	
9:30 Knit & Stitch (2ND) 24 2:00 JAVA Music Club (MUL) 4:00 Stretch Class (MUL) 5:00 Visits with Bhavin (LOBB) 7:00 Scrabble Sundays (MUL)	Christmas Day 25 9:30 Knit & Stitch (2ND) 2:00 Christmas Movie Matinee (MUL) 7:00 Crib & Bridge (MUL)	9:30 Knit & Stitch (2ND) 26 10:30 Morning Exercise (MUL) 11:30 Visits with Bhavin (EB) 2:00 Bingo (MUL) 4:00 Strength Exercise (MUL) 6:30 Trivia Time (MUL)	9:30 Knit & Stitch (2ND) 27 10:30 Morning Exercise (MUL) 2:00 Wii Bowling (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) 28 10:30 Morning Exercise (MUL) 1:30 Craft: Holiday Corsage (MUL) 3:30 Yoga with Beate (MUL) 6:30 Giant Crossword Game (MUL)	9:30 Knit & Stitch (2ND) 29 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) 30 10:30 Balance Exercises (MUL) 2:00 Painting Social (MUL) 3:30 New Year's Eve decorating with Bhavin (LOBB) 7:00 Mexican Train (ck)	
New Year's Eve 31 9:30 Knit & Stitch (2ND) 7:00 New Years Eve with Pianist Peter Tam (DR)				Locations Legend Multipurpose Room (MUL) 2nd floor (2ND) Lobby (LOBB)		Calendar Legend All Day Outing Special Program Vendor Resident Request Holidays Java Music Club Signature Program	