



INSPIRED SENIOR LIVING

January 2024

Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>New Year's Day</u> 1 9:30 Knit & Stitch (2ND) 10:30 Morning Exercise (MUL) 11:30 Visits with Bhavin (EB) 7:00 Crib & Bridge (MUL)	2 9:30 Knit & Stitch (2ND) 10:30 Morning Exercise (MUL) 12:30 Visits with Life Enrichment Staff (EB) 2:00 Bingo (MUL) 4:00 Wii Bowling (MUL) 6:30 Trivia Time (MUL)	3 9:30 Knit & Stitch (2ND) 10:30 Morning Exercise (MUL) 2:00 Drum Fit (MUL) 4:00 Fit Minds (2ND) 6:30 Name that Tune (MUL) 7:00 Crib and Bridge (MUL)	4 <u>National Trivia Day</u> 9:30 Knit & Stitch (2ND) 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 Trivia Night (MUL)	5 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 (PAPD) 7:00 Canasta (2ND)	6 9:30 Knit & Stitch (2ND) 10:30 Balance Exercises (MUL) 1:00 Shopping trip: Guildford Town Centre (LOBB) 2:00 Riddle Game (MUL) 4:00 TED Talks (MUL) 7:00 Mexican Train (ck)
7 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)	8 9:30 Knit & Stitch (2ND) 10:30 Morning Exercise (MUL) 1:30 Documentary Mondays (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 9:30 Knit & Stitch (2ND) 10:30 Morning Exercise (MUL) 12:30 Visits with Life Enrichment Staff (EB) 2:00 Bingo (MUL) 4:00 Wii Bowling (MUL) 6:30 Trivia Time (MUL)	10 9:30 Knit & Stitch (2ND) 10:30 Morning Exercise (MUL) 2:00 Drum Fit (MUL) 4:00 Help with Your Electronics (2ND) 4:00 Fit Minds (2ND) 6:30 Name that Tune (MUL) 7:00 Crib and Bridge (MUL)	11 9:30 Knit & Stitch (2ND) 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)	12 9:30 Knit & Stitch (2ND) 10:30 Morning Exercise (MUL) 11:30 Lunch outing: Cockney Kings fish and chips (LOBB) 2:00 You be the Judge (L) 2:00 MOMA: Museum of Modern Art (MUL) 3:00 Happy Hour (PAPD) 7:00 Canasta (2ND) 7:15 Spa Sensations: manicures/hand massage (MUL)	13 9:30 Knit & Stitch (2ND) 10:30 Balance Exercises (MUL) 2:00 Painting Social (MUL) 4:00 TED Talks (MUL) 7:00 Mexican Train (ck)
14 <u>National Dress Up Your Pet Day</u> 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)	15 <u>National Hat Day: wear your favorite hat!</u> 9:30 Knit & Stitch (2ND) 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)	16 9:30 Knit & Stitch (2ND) 10:30 Morning Exercise (MUL) 12:30 Visits with Life Enrichment Staff (EB) 2:00 Bingo (MUL) 4:00 Wii Bowling (MUL) 6:30 Trivia Time (MUL)	17 9:30 Knit & Stitch (2ND) 10:30 Zumba Exercise (MUL) 11:15 Resident Forum (MUL) 2:00 Drum Fit (MUL) 4:00 Fit Minds (2ND) 6:30 Name that Tune (MUL) 7:00 Crib and Bridge (MUL)	18 9:30 Knit & Stitch (2ND) 10:30 Morning Exercise (MUL) 11:00 London Drugs Optical (L) 2:00 Bookmark Craft (MUL) 3:30 Yoga with Beate (MUL) 4:00 Go 4 Life Walking (LOBB) 6:30 Giant Crossword Game (MUL)	19 9:30 Knit & Stitch (2ND) 10:30 Morning Exercise (MUL) 1:00 Scenic Drive: Deep Cove (LOBB) 2:00 You be the Judge (L) 2:00 MOMA: Museum of Modern Art (MUL) 3:00 Happy Hour (PAPD) 7:00 Canasta (2ND)	20 9:30 Knit & Stitch (2ND) 10:30 Balance Exercises (MUL) 2:00 Riddle Game (MUL) 4:00 TED Talks (MUL) 7:00 Mexican Train (ck)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Knit & Stitch (2ND) 21 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) 22 10:30 Morning Exercise (MUL) 2:00 Music with Darcy (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) 23 10:30 Morning Exercise (MUL) 12:30 Visits with Life Enrichment Staff (EB) 2:00 Bingo (MUL) 4:00 Wii Bowling (MUL) 6:30 Trivia Time (MUL)	9:30 Knit & Stitch (2ND) 24 10:30 Zumba Exercise (MUL) 11:15 Food Forum (MUL) 2:00 Drum Fit (MUL) 4:00 Help with Your Electronics (2ND) 4:00 Fit Minds (2ND) 6:30 Name that Tune (MUL) 7:00 Crib and Bridge (MUL)	Robbie Burns Day. Wear Your Tartan! 25 9:30 Knit & Stitch (2ND) 10:30 Morning Exercise (MUL) 2:30 Tea Social (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) 26 10:30 Morning Exercise (MUL) 1:00 Outing: Glen McArthur Mall (LOBB) 2:00 You be the Judge (L) 2:00 MOMA: Museum of Modern Art (MUL) 3:00 Happy Hour (PAPD) 7:00 Canasta (2ND) 7:15 Spa Sensations: manicures/hand massage (MUL)	National Chocolate Cake Day 27 9:30 Knit & Stitch (2ND) 10:30 Balance Exercises (MUL) 2:00 Painting Social (MUL) 4:00 TED Talks (MUL) 7:00 Mexican Train (ck)
9:30 Knit & Stitch (2ND) 28 2:00 JAVA Music Club (MUL) 4:00 Stretch Class (MUL) 5:00 Visits with Bhavin (LOBB) 6:15 Music with Robin Goodfellow (LOBB) 7:00 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 29 10:30 Morning Exercise (MUL) 1:30 Documentary Mondays (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) 30 10:30 Morning Exercise (MUL) 12:30 Visits with Life Enrichment Staff (EB) 2:00 Bingo (MUL) 4:00 Wii Bowling (MUL) 6:30 Trivia Time (MUL)	National Hot Chocolate Day 31 9:30 Knit & Stitch (2ND) 10:30 Zumba Exercise (MUL) 2:00 Food Demo with Lauren (MUL) 2:00 Drum Fit (MUL) 4:00 Fit Minds (2ND) 6:30 Men's Club (MUL) 7:00 Crib and Bridge (MUL)			



Be your best self

Locations Legend

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

Calendar Legend

- All Day
- Outing
- Special Program
- Vendor
- Resident Request
- New Program
- Living, Loving, Local
- Signature Program