



INSPIRED SENIOR LIVING

# April 2024

## Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Easter Monday. No Yoga today.</b> <b>1</b> 9:30 Knit & Stitch (2ND) 1:30 Documentary Mondays (MUL) 4:00 Go 4 Life Walking (LOBB) 6:30 Mind Matters (MUL) 6:30 Bridge (BST) 7:00 Cribbage (MUL)	9:30 Knit & Stitch (2ND) <b>2</b> 10:30 Morning Exercise (MUL) 2:00 Bingo (MUL) 4:00 Sing Along (MUL)	9:30 Knit & Stitch (2ND) <b>3</b> 10:30 Zumba Exercise (MUL) 2:00 Drum Fit (MUL) 4:00 Fit Minds (2ND) 6:30 Name that Tune (MUL) 6:30 Bridge (BST) 7:00 Cribbage (MUL)	9:30 Knit & Stitch (2ND) <b>4</b> 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)	Vaccine clinic 9:00-2:00 <b>5</b> 9:30 Knit & Stitch (2ND) 2:00 You be the Judge (L) 2:15 MOMA: Museum of Modern Art (MUL) 3:00 Happy Hour (PAPD) 7:00 Canasta (2ND)	9:30 Knit & Stitch (2ND) <b>6</b> 10:30 Balance Exercises (MUL) 2:00 Painting Social (MUL) 7:00 Mexican Train (CK)
9:30 Knit & Stitch (2ND) <b>7</b> 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) <b>8</b> 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) 6:30 Bridge (BST) 7:00 Cribbage (MUL)	9:30 Knit & Stitch (2ND) <b>9</b> 10:30 Morning Exercise (MUL) 2:00 Bingo (MUL) 4:00 Wii Bowling (MUL) 6:30 Trivia Time (MUL)	9:30 Knit & Stitch (2ND) <b>10</b> 10:30 Zumba Exercise (MUL) 2:00 Drum Fit (MUL) 4:00 Fit Minds (2ND) 6:30 Name that Tune (MUL) 6:30 Bridge (BST) 7:00 Cribbage (MUL)	9:30 Knit & Stitch (2ND) <b>11</b> 10:30 Morning Exercise (MUL) 11:00 London Drugs Optical (L) 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) <b>12</b> 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)	9:30 Knit & Stitch (2ND) <b>13</b> 10:30 Balance Exercises (MUL) 2:00 Bingo (MUL) 7:00 Mexican Train (CK)
9:30 Knit & Stitch (2ND) <b>14</b> 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) <b>15</b> 10:30 Morning Exercise (MUL) 1:00 Scenic Drive: Cherry Blossom Sights (LOBB) 3:30 Yoga with Beate (MUL) 4:00 Go 4 Life Walking (LOBB) 6:30 Mind Matters (MUL) 6:30 Bridge (BST) 7:00 Cribbage (MUL)	9:30 Knit & Stitch (2ND) <b>16</b> 10:00 Narissa from Avon (LOBB) 10:30 Morning Exercise (MUL) 2:00 Bingo (MUL) 4:00 Wii Bowling (MUL) 6:30 Trivia Time (MUL)	9:30 Knit & Stitch (2ND) <b>17</b> 10:30 Zumba Exercise (MUL) 11:15 Resident Forum (MUL) 2:00 Old Broadway Trio (DR) 4:00 Fit Minds (2ND) 6:30 Name that Tune (MUL) 6:30 Bridge (BST) 7:00 Cribbage (MUL)	9:30 Knit & Stitch (2ND) <b>18</b> 10:30 Morning Exercise (MUL) 2:30 Tea Social (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) <b>19</b> 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)	9:30 Knit & Stitch (2ND) <b>20</b> 10:30 Balance Exercises (MUL) 2:00 Painting Social (MUL) 7:00 Mexican Train (CK)





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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Knit & Stitch (2ND) <b>21</b> <b>2:00 JAVA Music Club (MUL)</b> 4:00 Stretch Class (MUL) 5:00 Visits with Bhavin (LOBB) 7:00 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) <b>22</b> 10:30 Morning Exercise (MUL) <b>2:00 Music with Michael (DR)</b> 3:30 Yoga with Beate (MUL) <b>4:00 Go 4 Life Walking (LOBB)</b> 6:30 Mind Matters (MUL) 6:30 Bridge (BST) 7:00 Cribbage (MUL)	9:30 Knit & Stitch (2ND) <b>23</b> 10:30 Morning Exercise (MUL) <b>10:30 Shopping Trip: Lougheed Town Centre (LOBB)</b> 2:00 Bingo (MUL) 4:00 Wii Bowling (MUL) 6:30 Trivia Time (MUL)	9:30 Knit & Stitch (2ND) <b>24</b> 10:30 Zumba Exercise (MUL) <b>11:15 Food Forum (MUL)</b> <b>2:00 Spring Craft Program (MUL)</b> <b>4:00 Fit Minds (2ND)</b> 6:30 Name that Tune (MUL) 6:30 Bridge (BST) 7:00 Cribbage (MUL)	9:30 Knit & Stitch (2ND) <b>25</b> 10:30 Morning Exercise (MUL) <b>2:00 Melodious Mandolins (DR)</b> 3:30 Yoga with Beate (MUL) <b>4:00 Go 4 Life Walking (LOBB)</b> 6:30 Giant Crossword Game (MUL)	9:30 Knit & Stitch (2ND) <b>26</b> 10:30 Morning Exercise (MUL) <b>11:00 Outing: Harrison Tulip Festival (LOBB)</b> 2:00 You be the Judge (L) <b>2:00 MOMA: Museum of Modern Art (MUL)</b> 3:00 Happy Hour (PAPD) 7:00 Canasta (2ND)	9:30 Knit & Stitch (2ND) <b>27</b> 10:30 Balance Exercises (MUL) 2:00 Bingo (MUL) 7:00 Mexican Train (CK)
9:30 Knit & Stitch (2ND) <b>28</b> <b>2:00 JAVA Music Club (MUL)</b> 4:00 Stretch Class (MUL) 5:00 Visits with Bhavin (LOBB) <b>6:15 Piano music with Robin (LOBB)</b> 7:00 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) <b>29</b> 10:30 Morning Exercise (MUL) 1:30 Documentary Mondays (MUL) 3:30 Yoga with Beate (MUL) <b>4:00 Go 4 Life Walking (LOBB)</b> 6:30 Mind Matters (MUL) 6:30 Bridge (BST) 7:00 Cribbage (MUL)	9:30 Knit & Stitch (2ND) <b>30</b> 10:30 Morning Exercise (MUL) 2:00 Bingo (MUL) 4:00 Wii Bowling (MUL) 6:30 Trivia Time (MUL) 6:30 Men's Club (MUL)	 <p>Parkinson's Awareness Month</p>		 <p>SUNDAY APR 21 Tea Day</p>	



**Multipurpose Room (MUL)**  
**2nd floor (2ND)**  
**Lobby (LOBB)**

**Locations Legend**  
**Bistro (BST)**  
**Dining Room (DR)**  
**Library (L)**

**Pub and Private Dining Room (PAPD)**  
**County 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**