



INSPIRED
SENIOR LIVING

August 2025

Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>SUNDAY AUG 3</div>	 <div>MONDAY AUG 4</div> <div>Friendship Day</div>	 <div>MONDAY AUG 4</div> <div>Civic Holiday</div>			<div>International Beer Day! 1</div> <div>9:30 Knit & Stitch (2ND)</div> <div>10:30 Chair Fitness (MUL)</div> <div>1:15 Weekly Newsletter Review with Valerie (LOBB)</div> <div>1:30 Discussion: "You be the Judge" (L)</div> <div>2:30 Happy Hour (bdr)</div> <div>7:00 Canasta (BST)</div>	<div>9:30 Knit & Stitch (2ND) 2</div> <div>10:30 Piano with Claire (LNG)</div> <div>2:00 Bingo (MUL)</div> <div>4:00 Afternoon Stretch and Relaxation (MUL)</div> <div>6:30 Riddles and Brain Teasers (MUL)</div> <div>7:00 Mexican Train - Resident Run (CK)</div>
<div>National Friendship Day 3</div> <div>9:30 Knit & Stitch (2ND)</div> <div>2:00 Craft Session: Artful Enrichment Workshop - Pastel Fruit Vase (MUL)</div> <div>3:30 Java Music Club (MUL)</div> <div>6:30 Scrabble Sundays (MUL)</div>	<div>Happy BC Day! 4</div> <div>9:30 Knit & Stitch (2ND)</div> <div>10:30 Chair Fitness: Strength Training (MUL)</div> <div>1:30 Armchair Travel to BC (MUL)</div> <div>3:15 Yoga with Susanne (MUL)</div> <div>6:30 Cribbage (MUL)</div> <div>6:30 Bridge (MUL)</div> <div>6:30 Mind Matters (MUL)</div>	<div>9:30 Knit & Stitch (2ND) 5</div> <div>10:30 Chair Fitness (MUL)</div> <div>11:30 Bus Outing: Mandeville Gardens and Bistro (MUL)</div> <div>2:00 Bingo (MUL)</div> <div>4:00 Fit Minds (MUL)</div> <div>6:30 Piano Music with Resident Bob (LOBB)</div> <div>6:45 Rummy Sticks Game (BST)</div>	<div>9:30 Knit & Stitch (2ND) 6</div> <div>10:30 Chair Cardio and Strength with Lauren Video (MUL)</div> <div>2:00 Timbits in the Lobby (LOBB)</div> <div>3:30 Craft Session: Framed Pebble Art (MUL)</div> <div>6:30 Cribbage (MUL)</div> <div>6:30 Name that Tune (LOBB)</div> <div>6:30 Bridge (MUL)</div>	<div>9:30 Knit & Stitch (2ND) 7</div> <div>10:30 Chair Fitness: Better Balance (MUL)</div> <div>2:00 Birthday Party and Welcome Tea (DR)</div> <div>3:15 Yoga with Susanne (MUL)</div> <div>6:30 Giant Crosswords (MUL)</div>	<div>Living Loving Local Celebration Dinner: Featuring Blueberries (DR) 8</div> <div>National Cat Day</div> <div>9:30 Knit & Stitch (2ND)</div> <div>10:30 Chair Fitness (MUL)</div> <div>1:15 Weekly Newsletter Review with Valerie (LOBB)</div> <div>1:30 Discussion: "You be the Judge" (L)</div> <div>1:30 Artful Aging with Keli: Painting Clay Sculptures (MUL)</div> <div>2:30 Happy Hour (bdr)</div> <div>7:00 Canasta (BST)</div>	<div>9:30 Knit & Stitch (2ND) 9</div> <div>10:30 Piano with Claire (LNG)</div> <div>1:00 Bus Outing: Scenic Drive Saturday (LOBB)</div> <div>2:00 Bingo (MUL)</div> <div>3:30 Go4Life Walking Club (LOBB)</div> <div>6:30 Movie Night: Jurassic World Dominion (2022) (MUL)</div> <div>7:00 Mexican Train - Resident Run (CK)</div>
<div>9:30 Knit & Stitch (2ND) 10</div> <div>2:00 Music Care Club (DR)</div> <div>3:30 Go4Life Walking Club (LOBB)</div> <div>6:30 Scrabble Sundays (MUL)</div>	<div>9:30 Knit & Stitch (2ND) 11</div> <div>10:30 Chair Fitness: Strength Training (MUL)</div> <div>2:00 Blueberry Social and Entertainment with Mike Kinal (DR)</div> <div>3:15 Yoga with Beate (MUL)</div> <div>6:30 Cribbage (MUL)</div> <div>6:30 Bridge (MUL)</div> <div>6:30 Mind Matters (MUL)</div>	<div>9:30 Knit & Stitch (2ND) 12</div> <div>10:30 Chair Fitness (MUL)</div> <div>11:30 Bus Outing: Lunch and Shopping at The Coquitlam Centre (TG)</div> <div>2:00 Bingo (MUL)</div> <div>4:00 Fit Minds (MUL)</div> <div>6:30 Piano Music with Resident Bob (LOBB)</div> <div>6:45 Rummy Sticks Game (BST)</div>	<div>9:30 Knit & Stitch (2ND) 13</div> <div>10:30 Zumba Chair Exercise (MUL)</div> <div>1:30 Meet Me at the MoMA: Jasper Johns - American Painter, Sculptor, Draftsman (MUL)</div> <div>2:45 Food Forum (MUL)</div> <div>6:30 Cribbage (MUL)</div> <div>6:30 Name that Tune (LOBB)</div> <div>6:30 Bridge (MUL)</div>	<div>9:30 Knit & Stitch (2ND) 14</div> <div>10:30 Chair Fitness: Better Balance (MUL)</div> <div>2:00 Wellness Session: Proof of Care Presentation on Heat Stroke (MUL)</div> <div>3:15 Yoga with Beate (MUL)</div> <div>6:30 Trivia: "I Should Have Known That!" (MUL)</div>	<div>9:30 Knit & Stitch (2ND) 15</div> <div>10:30 Chair Fitness (MUL)</div> <div>1:15 Weekly Newsletter Review with Valerie (LOBB)</div> <div>1:30 Discussion: "You be the Judge" (L)</div> <div>2:30 Happy Hour (bdr)</div> <div>7:00 Canasta (BST)</div>	<div>9:30 Knit & Stitch (2ND) 16</div> <div>2:00 Bingo (MUL)</div> <div>4:00 Afternoon Stretch and Relaxation (MUL)</div> <div>6:30 Men's Club (MUL)</div> <div>7:00 Mexican Train - Resident Run (CK)</div>




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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Knit & Stitch (2ND) 17 10:15 Yoga with Susanne (MUL) 2:00 Java Music Club (MUL) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 18 10:30 Chair Fitness: Strength Training (MUL) 2:00 Presentation: Moments in Time with Tom Locke (MUL) 3:15 Yoga with Beate (MUL) 6:30 Cribbage (MUL) 6:30 Bridge (MUL) 6:30 Mind Matters (MUL)	9:30 Knit & Stitch (2ND) 19 10:30 Chair Fitness (MUL) 11:30 Bus Outing: Steveston Village (LOBB) 2:00 Bingo (MUL) 4:00 Fit Minds (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (BST)	9:30 Knit & Stitch (2ND) 20 10:30 Zumba Chair Exercise (MUL) 2:00 Resident Forum (MUL) 3:15 Poker 5 Card Stud! (MUL) 6:30 Cribbage (MUL) 6:30 Name that Tune (LOBB) 6:30 Bridge (MUL)	9:30 Knit & Stitch (2ND) 21 10:30 Chair Fitness: Better Balance (MUL) 11:30 London Drugs Optical (L) 2:00 Food Demo with Niladri: Featuring Blueberries (MUL) 3:15 Yoga with Beate (MUL) 6:30 Words in a Word Game (MUL)	9:30 Knit & Stitch (2ND) 22 10:30 Chair Fitness (MUL) 1:15 Weekly Newsletter Review with Valerie (LOBB) 1:30 Presentation and Open Discussion with MP Jake Sawatsky (MUL) 2:30 Happy Hour (bdr) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) 23 1:00 Bus Outing: Scenic Drive Saturday (LOBB) 2:00 Bingo (MUL) 3:30 Go4Life Walking Club (LOBB) 6:30 Movie Night: The Twister - Caught in the Storm (2025) (MUL) 7:00 Mexican Train - Resident Run (CK)
9:30 Knit & Stitch (2ND) 24 10:15 Yoga with Susanne (MUL) 2:00 Go4Life Walking Club (LOBB) 3:30 Classical Piano with Brian (DR) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 25 10:30 Chair Fitness: Strength Training (MUL) 2:00 Entertainment with Jana Seale (DR) 3:15 Yoga with Beate (MUL) 6:30 Cribbage (MUL) 6:30 Bridge (MUL) 6:30 Mind Matters (MUL)	National Dog Day 26 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness (MUL) 1:00 Meet the Thornebridge Family Dogs in the Courtyard (C) 2:00 Bingo (MUL) 4:00 Fit Minds (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (BST)	9:30 Knit & Stitch (2ND) 27 10:30 Zumba Chair Exercise (MUL) 1:30 Meet Me at the MoMA: Georgia O' Keeffe - American Modernist Painter (MUL) 6:30 Cribbage (MUL) 6:30 Name that Tune (LOBB) 6:30 Bridge (MUL)	9:30 Knit & Stitch (2ND) 28 10:30 Chair Fitness: Better Balance (MUL) 2:00 Afternoon Tea Social (DR) 3:15 Yoga with Beate (MUL) 6:30 Giant Crosswords (MUL)	9:30 Knit & Stitch (2ND) 29 10:30 Chair Fitness (MUL) 1:15 Weekly Newsletter Review with Valerie (LOBB) 1:30 Discussion: "You be the Judge" (L) 2:30 Happy Hour (bdr) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) 30 2:00 Bingo (MUL) 4:00 Afternoon Stretch and Relaxation (MUL) 6:30 Riddles and Brain Teasers (MUL) 7:00 Mexican Train - Resident Run (CK)
9:30 Knit & Stitch (2ND) 31 10:15 Yoga with Susanne (MUL) 2:00 Karaoke with Victoria and the Dining Staff (DR) 3:30 Tech Help with Bavneet (2ND) 6:30 Scrabble Sundays (MUL)		<div>Be</div> <div>Be Bold</div>		<div>Locations Legend</div> <div>Multipurpose Room (MUL) 2nd floor (2ND) Lobby (LOBB) Bistro (BST) Dining Room (DR) Library (L)</div> <div>bistro and dining room (bdr) County Kitchen (CK) Lounge (LNG) Thornebridge Gardens (TG) Courtyard (C)</div>		<div>Calendar Legend</div> <div>Technology Outing Special Program Vendor New Program Theme Day Go 4 Life Walking Living, Loving, Local Signature Program Can Fit Pro Resident Run</div>