

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<div>Labour Day 1</div> <div>9:30 Knit & Stitch (2ND)</div> <div>10:30 Chair Fitness Video with Arnie (MUL)</div> <div>2:00 Craft Session: Making Beaded Bookmarks (MUL)</div> <div>3:15 Yoga with Beate (MUL)</div> <div>6:30 Bridge (MUL)</div> <div>6:30 Mind Matters (MUL)</div> <div>6:30 Cribbage (L)</div>	<div>9:30 Knit & Stitch (2ND) 2</div> <div>10:30 Chair Fitness (MUL)</div> <div>11:30 Bus Outing: Starlight Casino (LOBB)</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) 3</div> <div>9:30 Kitchen Tour (dinr)</div> <div>10:30 Zumba Chair Exercise (MUL)</div> <div>11:00 Avon with Narissa (L)</div> <div>6:30 Name that Tune (LOBB)</div> <div>6:30 Bridge (MUL)</div> <div>6:30 Cribbage (L)</div>	<div>9:30 Knit & Stitch (2ND) 4</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 Beate (MUL)</div> <div>6:30 Giant Crosswords (MUL)</div>	<div>9:00 Living Loving Local Celebration Dinner: Featuring Pears and Corn 5</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) 6</div> <div>10:30 Chair Fitness with Arnie Video (MUL)</div> <div>2:00 Bingo (MUL)</div> <div>3:30 Go4Life Walking Club (LOBB)</div> <div>6:30 Movie Night: The Firm (MUL)</div> <div>7:00 Mexican Train - Resident Run (CK)</div>	
	<div>Grandparents Day 7</div> <div>9:30 Knit & Stitch (2ND)</div> <div>10:15 Yoga with Susanne (MUL)</div> <div>1:30 Grandparents Day Event (MUL)</div> <div>1:30 Entertainment with Debbie Blount (DR)</div> <div>6:30 Scrabble Sundays (MUL)</div>	<div>9:30 Knit & Stitch (2ND) 8</div> <div>10:30 Chair Fitness: Strength Training (MUL)</div> <div>1:30 Meet Me at the MoMA: Edward Hopper (Painter) "Gas" (MUL)</div> <div>3:15 Yoga with Beate (MUL)</div> <div>6:30 Bridge (MUL)</div> <div>6:30 Mind Matters (MUL)</div> <div>6:30 Cribbage (L)</div>	<div>9:30 Knit & Stitch (2ND) 9</div> <div>10:30 Chair Fitness (MUL)</div> <div>11:30 Bus Outing: Lunch at Season's in the Park (LOBB)</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) 10</div> <div>9:30 Kitchen Tour (dinr)</div> <div>10:30 Zumba Chair Exercise (MUL)</div> <div>6:30 Name that Tune (LOBB)</div> <div>6:30 Bridge (MUL)</div> <div>6:30 Cribbage (L)</div>	<div>9:30 Knit & Stitch (2ND) 11</div> <div>1:00 Connect Hearing Clinic (L)</div> <div>3:15 Yoga with Beate (MUL)</div> <div>6:30 Giant Crosswords (MUL)</div>	<div>9:30 Knit & Stitch (2ND) 12</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>Great Canadian Open House 1:00PM - 3:00PM Red and White Day! 13</div> <div>9:30 Knit & Stitch (2ND)</div> <div>10:30 Chair Fitness with Arnie Video (MUL)</div> <div>1:15 Entertainment with Greg Alcock (DR)</div> <div>2:00 Craft Session: Maple Sugar Scrub (2ND)</div> <div>7:00 Mexican Train - Resident Run (CK)</div>
	<div>9:30 Knit & Stitch (2ND) 14</div> <div>10:15 Yoga with Susanne (MUL)</div> <div>1:30 Council Meeting (MUL)</div> <div>2:45 Bean Bag Toss (MUL)</div> <div>6:30 Scrabble Sundays (MUL)</div>	<div>9:30 Knit & Stitch (2ND) 15</div> <div>10:30 Chair Fitness: Strength Training (MUL)</div> <div>2:00 Entertainment with Darcy Murdoch (DR)</div> <div>3:15 Yoga with Beate (MUL)</div> <div>6:30 Bridge (MUL)</div> <div>6:30 Mind Matters (MUL)</div> <div>6:30 Cribbage (L)</div>	<div>9:30 Knit & Stitch (2ND) 16</div> <div>10:30 Chair Fitness (MUL)</div> <div>11:30 Linda's Jewelry (L)</div> <div>1:00 Bus Outing: Shopping Trip to Safeway (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>International Country Music Day 17</div> <div>9:30 Knit & Stitch (2ND)</div> <div>10:30 Zumba Chair Exercise (MUL)</div> <div>1:30 Wellness Session: Fall Prevention presented by Physio2U (MUL)</div> <div>3:00 Resident Forum (MUL)</div> <div>6:30 Name that Tune (LOBB)</div> <div>6:30 Bridge (MUL)</div> <div>6:30 Cribbage (L)</div>	<div>9:30 Knit & Stitch (2ND) 18</div> <div>10:30 Chair Fitness: Better Balance (MUL)</div> <div>1:30 Meet Me at the MoMA: Faith Ringgold (Cultural Arts) (MUL)</div> <div>2:45 Food Forum (MUL)</div> <div>3:15 Yoga with Beate (MUL)</div> <div>6:30 Men's Club (MUL)</div>	<div>9:30 Knit & Stitch (2ND) 19</div> <div>10:30 Chair Fitness (MUL)</div> <div>1:15 Weekly Newsletter Review with Valerie (LOBB)</div> <div>1:30 David Darling Presents: Prime Minister/President Relations (MUL)</div> <div>2:30 Happy Hour (bdr)</div> <div>7:00 Canasta (BST)</div>	<div>9:30 Knit & Stitch (2ND) 20</div> <div>10:30 Chair Fitness with Arnie Video (MUL)</div> <div>2:00 Bingo (MUL)</div> <div>3:30 Go4Life Walking Club (LOBB)</div> <div>6:30 Movie Night: Sleepless in Seattle (MUL)</div> <div>7:00 Mexican Train - Resident Run (CK)</div>



INSPIRED
SENIOR LIVING

September 2025

Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Knit & Stitch (2ND) 21 10:15 Yoga with Susanne (MUL) 2:00 Decorate for Western Day (LOBB) 3:30 Tech Help with Bavneet (2ND) 6:30 Scrabble Sundays (MUL)	Welcome Autumn! Western Day! 22 9:30 Knit & Stitch (2ND) 10:00 Chair Fitness: Strength Training (MUL) 11:00 Corn Shucking in the Courtyard (C) 2:00 Corn Festival Entertainment with John Parsons (C) 3:15 Yoga with Beate (MUL) 6:30 Bridge (MUL) 6:30 Mind Matters (MUL) 6:30 Cribbage (L)	9:30 Knit & Stitch (2ND) 23 10:30 Chair Fitness (MUL) 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) 24 10:30 Zumba Chair Exercise (MUL) 2:00 Food Demo with Niladri: Featuring Pears and Corn (MUL) 3:15 Craft Session: Creating Inukshuk (MUL) 6:30 Name that Tune (LOBB) 6:30 Bridge (MUL) 6:30 Cribbage (L)	9:30 Knit & Stitch (2ND) 25 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) 26 10:00 Chair Fitness (MUL) 11:00 Casual Chic Couture (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) 27 10:30 Chair Fitness with Arnie Video (MUL) 2:00 Bingo (MUL) 3:30 Classical Piano Music with Brian (LNG) 4:00 Afternoon Stretch and Relaxation (MUL) 6:30 Trivia: "I Should Have Known That!" (MUL) 7:00 Mexican Train - Resident Run (CK)
9:30 Knit & Stitch (2ND) 28 10:15 Yoga with Susanne (MUL) 1:30 Craft Session: Autumn Table Centerpieces (MUL) 2:30 Piano Music with Robin Goodfellow (DR) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 29 10:30 Chair Fitness: Strength Training (MUL) 2:00 Entertainment with Charles Johnson (C) 3:15 Yoga with Beate (MUL) 6:30 Bridge (MUL) 6:30 Mind Matters (MUL) 6:30 Cribbage (L)	National Truth and Reconciliation Day 30 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness (MUL) 2:00 Bingo (MUL) 3:30 Indigenous Dancers (DR) 4:00 Fit Minds (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (BST)				

TUESDAY
SEPT
30

Day for Truth and Reconciliation

Be Bold

Locations Legend

Multipurpose Room (MUL)
2nd floor (2ND)
Lobby (LOBB)
Library (L)
Bistro (BST)
Dining Room (DR)

bistro and dining room (bdr)
County Kitchen (CK)
Courtyard (C)
kitchen (dinr)
Thornebridge Gardens (TG)
Lounge (LNG)

Calendar Legend

Technology

Outing

Special Program

Vendor

Theme Day

Living, Loving, Local

Signature Program

Can Fit Pro

Resident Run