



INSPIRED
SENIOR LIVING

October 2025

Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div><div>WEDNESDAY</div><div>OCT 1</div></div><div>International Day of Seniors</div></div>			<div>International Day of Seniors 1</div> <div>9:30 Knit & Stitch (2ND)</div> <div>10:30 Zumba Chair Exercise (MUL)</div> <div>1:30 Scrabble (2ND)</div> <div>2:00 Food Forum (MUL)</div> <div>3:30 Meet Me at the MoMA: Mike Nudelman - Ball Point Pen (MUL)</div> <div>6:30 Name that Tune (LOBB)</div> <div>6:30 Cribbage (2ND)</div> <div>6:30 Bridge (BST)</div>	<div>9:30 Knit & Stitch (2ND) 2</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>Living Loving Local Celebration Dinner: Featuring Apples 3</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 (PDR)</div> <div>7:00 Canasta (BST)</div>	<div>9:30 Knit & Stitch (2ND) 4</div> <div>10:30 Chair Fitness with Arnie Video (MUL)</div> <div>1:00 Bus Outing: Cloverdale Craft Fair (LOBB)</div> <div>2:00 Bingo (MUL)</div> <div>3:30 Go4Life Walking Club (LOBB)</div> <div>6:30 Movie Night: Good Will Hunting (MUL)</div> <div>7:00 Mexican Train - Resident Run (CK)</div>
<div>9:30 Knit & Stitch (2ND) 5</div> <div>10:15 Yoga with Susanne (MUL)</div> <div>1:30 Decorate for Oktoberfest (DR)</div> <div>2:30 Java Music Club (L)</div> <div>6:30 Scrabble Sundays (MUL)</div>	<div>9:30 Knit & Stitch (2ND) 6</div> <div>10:30 Chair Fitness: Strength Training (MUL)</div> <div>2:00 Oktoberfest Entertainment with the Rheinlander Oompa Pa Band (DR)</div> <div>3:15 Yoga with Beate (MUL)</div> <div>6:30 Mind Matters (MUL)</div> <div>6:30 Cribbage (2ND)</div> <div>6:30 Bridge (BST)</div>	<div>9:30 Knit & Stitch (2ND) 7</div> <div>10:30 Chair Fitness (MUL)</div> <div>11:30 Bus Outing: Honey Bee Centre (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) 8</div> <div>10:30 Osteofit with Robin Masters (MUL)</div> <div>11:00 Avon with Narissa (L)</div> <div>1:30 Scrabble (2ND)</div> <div>2:00 Resident Forum (MUL)</div> <div>6:30 Name that Tune (LOBB)</div> <div>6:30 Cribbage (2ND)</div> <div>6:30 Bridge (BST)</div>	<div>9:30 Knit & Stitch (2ND) 9</div> <div>10:30 Chair Fitness: Better Balance (MUL)</div> <div>2:00 Decorate For Thanksgiving (LOBB)</div> <div>3:15 Yoga with Beate (MUL)</div> <div>6:30 Giant Crosswords (MUL)</div>	<div>9:30 Knit & Stitch (2ND) 10</div> <div>9:30 Kitchen Tour (K)</div> <div>10:30 Chair Fitness (MUL)</div> <div>11:00 Altavida Fashions (MUL)</div> <div>1:15 Weekly Newsletter Review with Valerie (LOBB)</div> <div>1:30 Meet Me at the MoMA: Edward Hopper (Painter) "Gas" (MUL)</div> <div>2:30 Happy Hour (PDR)</div> <div>7:00 Canasta (BST)</div>	<div>9:30 Knit & Stitch (2ND) 11</div> <div>10:30 Chair Fitness with Arnie Video (MUL)</div> <div>1:00 Bus Outing: Scenic Drive to White Rock with Ice Cream (LOBB)</div> <div>2:00 Bingo (MUL)</div> <div>4:00 Afternoon Stretch and Relaxation (MUL)</div> <div>6:30 Trivia: "I Should Have Known That!" (MUL)</div> <div>7:00 Mexican Train - Resident Run (CK)</div>
<div>9:30 Knit & Stitch (2ND) 12</div> <div>10:15 Yoga with Susanne (MUL)</div> <div>2:00 Go4Life Walking Club (LOBB)</div> <div>6:30 Scrabble Sundays (MUL)</div>	<div>Happy Thanksgiving! 13</div> <div>9:30 Knit & Stitch (2ND)</div> <div>10:30 Chair Fitness with Arnie Video (MUL)</div> <div>1:30 Craft Session: Making Leaf Bowls (MUL)</div> <div>3:15 Yoga with Beate (MUL)</div> <div>6:30 Mind Matters (MUL)</div> <div>6:30 Cribbage (2ND)</div> <div>6:30 Bridge (BST)</div>	<div>9:30 Knit & Stitch (2ND) 14</div> <div>10:30 Chair Fitness (MUL)</div> <div>1:00 Bus Outing: Shopping Trip to Market Crossing (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) 15</div> <div>10:30 Osteofit with Robin Masters (MUL)</div> <div>1:30 Scrabble (2ND)</div> <div>2:00 Entertainment with Hand over Heart (DR)</div> <div>6:30 Name that Tune (LOBB)</div> <div>6:30 Cribbage (2ND)</div> <div>6:30 Bridge (BST)</div>	<div>9:30 Knit & Stitch (2ND) 16</div> <div>6:30 Men's Club (MUL)</div> <div>Flu Clinic Today (MUL):</div> <div>10:00AM-11:30AM 1st floor</div> <div>11:30AM-1:00PM 2nd floor</div> <div>1:00PM-2:30PM 3rd floor</div> <div>2:30PM-4:00PM 4th floor</div>	<div>9:30 Knit & Stitch (2ND) 17</div> <div>9:30 Kitchen Tour (K)</div> <div>10:30 Chair Fitness (MUL)</div> <div>1:15 Weekly Newsletter Review with Valerie (LOBB)</div> <div>1:30 "Moments in Time" Presentation on Girl Groups with Tom Locke (MUL)</div> <div>2:30 Happy Hour (PDR)</div> <div>7:00 Canasta (BST)</div>	<div>9:30 Knit & Stitch (2ND) 18</div> <div>10:30 Chair Fitness with Arnie Video (MUL)</div> <div>12:00 Bus Outing: Lunch at The Flying Beaver (LOBB)</div> <div>2:00 Bingo (MUL)</div> <div>3:30 Go4Life Walking Club (LOBB)</div> <div>6:30 Movie Night: Planes, Trains, and Automobiles (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) 19 10:15 Yoga with Susanne (MUL) 2:00 Japanese Dancing (DR) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 20 10:30 Chair Fitness: Strength Training (MUL) 2:00 Entertainment with Mike Kinal (DR) 3:15 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 21 10:30 Chair Fitness (MUL) 1:30 Presentation with Michael Leung on the FLO Balance 2.0 (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) 22 10:30 Osteofit with Robin Masters (MUL) 1:30 Scrabble (2ND) 2:00 Food Demo with Niladri: Featuring Apples (MUL) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 23 10:30 Chair Fitness: Better Balance (MUL) 11:00 Clark's Shoes (MUL) 11:30 London Drugs Optical (L) 3:15 Yoga with Beate (MUL) 6:30 Giant Crosswords (MUL)	9:30 Knit & Stitch (2ND) 24 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 (PDR) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) 25 10:30 Chair Fitness with Arnie Video (MUL) 12:00 Bus Outing: Lunch at Shaughnessy Restaurant and Van Dusen Gardens (LOBB) 2:00 Bingo (MUL) 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) 26 10:15 Yoga with Susanne (MUL) 2:00 Go4Life Walking Club (LOBB) 2:30 Piano Music with Robin (DR) 3:30 Tech Help with Bavneet (2ND) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 27 10:30 Chair Fitness: Strength Training (MUL) 2:00 Entertainment with Music Variations (DR) 3:15 Yoga with Susanne (MUL) 6:30 Mind Matters (MUL) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 28 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) 29 10:30 Zumba Chair Exercise (MUL) 1:30 Decorate for Halloween (LOBB) 1:30 Scrabble (2ND) 2:00 Wellness Session: Presentation on Sleep with Natasha Churath (LPN) (MUL) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 30 10:30 Chair Fitness: Better Balance (MUL) 1:30 Meet Me at the MoMA: Daniel Gardener - "Three Witches from MacBeth" (MUL) 3:00 Craft Session: Decorating Pumpkins (MUL) 3:15 Yoga with Susanne (MUL) 6:30 Giant Crosswords (MUL)	Happy Halloween! 31 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness (MUL) 1:15 Weekly Newsletter Review with Valerie (LOBB) 2:00 Costume Parade (DR) 2:30 Halloween Happy Hour (PDR) 7:00 Halloween Magic Show with Chris Yuill (DR)	



Locations Legend	
Multipurpose Room (MUL)	Library (L)
2nd floor (2ND)	Private Dining Room (PDR)
Lobby (LOBB)	Country Kitchen (CK)
Bistro (BST)	Kitchen (K)
Dining Room (DR)	

Calendar Legend
Technology
Outing
Special Program
Vendor
Theme Day
Living, Loving, Local
Signature Program
Can Fit Pro
Resident Run