



INSPIRED
SENIOR LIVING

November 2025

Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 National Gratitude Month	 National Family Caregivers Month	 TUESDAY NOV 11 Remembrance Day			Fall Back! Turn your clocks back 1 hour before bed 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness with Arnie Video (MUL) 11:30 Bus Outing: Lunch and Shopping at The Coquitlam Centre (TG) 2:00 Bingo (MUL) 3:30 Piano Music with Brian (LNG) 6:30 Movie Night: The Forgotten Battle (MUL) 7:00 Mexican Train - Resident Run (CK)	1
9:30 Knit & Stitch (2ND) 2 10:15 Yoga with Susanne (MUL) 2:00 Go4Life Walking Club (LOBB) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 3 10:30 Chair Fitness: Strength Training (MUL) 1:30 The Price is Right! (MUL) 3:15 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 4 10:30 Chair Fitness (MUL) 1:30 Dance Performance at the NWSS Theatre (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) 5 10:30 Zumba Chair Exercise (MUL) 1:00 Bus Outing: Shopping Trip to Safeway (TG) 1:30 Scrabble (2ND) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 6 10:30 Chair Fitness: Better Balance (MUL) 2:00 Birthday Party and Welcome Tea (DR) 3:15 Yoga with Beate (MUL) 6:30 Giant Crosswords (MUL)	Living Loving Local Celebration Dinner: Featuring Honey and Tomato 7 9:30 Knit & Stitch (2ND) 10:00 5th Avenue Jewelry (L) 10:30 Chair Fitness (MUL) 1:15 Weekly Newsletter Review with Valerie (LOBB) 1:30 Frauds and Scams Presentation: New Westminster Police (MUL) 2:30 Happy Hour (PDR) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) 8 10:30 Chair Fitness with Arnie Video (MUL) 1:00 Bus Outing: Cloverdale Christmas Craft Fair (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) 9 10:15 Yoga with Susanne (MUL) 2:00 Entertainment with the Unmentionables (DR) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 10 10:30 Chair Fitness: Strength Training (MUL) 1:30 Walker Wellness Check with Bill Anderson-BC Medequip (MUL) 3:15 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	Remembrance Day 11 9:30 Knit & Stitch (2ND) 10:30 Remembrance Day Service (DR) 1:00 Bus Outing: Scenic Drive around UBC (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) 12 10:30 Zumba Chair Exercise (MUL) 1:30 Scrabble (2ND) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 13 10:30 Chair Fitness: Better Balance (MUL) 2:00 Meet Me at the MoMA: David Hockney: Digital Art (MUL) 3:15 Yoga with Beate (MUL) 6:30 Giant Crosswords (MUL)	9:30 Knit & Stitch (2ND) 14 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) 15 11:00 Thornebridge Gardens Christmas Craft Fair (MUL) 11:30 Bus Outing: New Westminster Quay (LOBB) 3:30 Go4Life Walking Club (LOBB) 6:30 Movie Night: The Woman in Cabin 10 (MUL) 7:00 Mexican Train - Resident Run (CK)



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9:30 Knit & Stitch (2ND) 16 10:15 Yoga with Susanne (MUL) 2:00 Piano Music with Claire (LNG) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 17 10:30 Chair Fitness: Strength Training (MUL) 2:00 Entertainment with The Suede Dogs: Mexican Travel Show (MUL) 3:15 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 18 10:30 Chair Fitness (MUL) 11:30 Bus Outing: Mandeville Gardens and Bistro (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) 19 10:30 Zumba Chair Exercise (MUL) 1:30 Scrabble (2ND) 2:00 Resident Forum (MUL) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 20 10:30 Chair Fitness: Better Balance (MUL) 11:00 Avon with Narissa (L) 1:30 David Darling Presents: WW1 the 20th Century and Beyond (MUL) 3:15 Yoga with Beate (MUL) 3:30 Men's Club (MUL)	9:30 Knit & Stitch (2ND) 21 10:30 Chair Fitness (MUL) 1:00 Connect Hearing Clinic (L) 1:15 Weekly Newsletter Review with Valerie (LOBB) 1:30 Discussion: "You be the Judge" (LNG) 2:30 Happy Hour (PDR) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) 22 10:30 Chair Fitness with Arnie Video (MUL) 11:30 Bus Outing: Starlight Casino (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) 23 10:15 Yoga with Susanne (MUL) 1:00 Girl Guide Cookie Sales (L) 2:00 Java Music Club (L) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 24 10:30 Chair Fitness: Strength Training (MUL) 2:00 Entertainment with The Fabulous Fera Brothers (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) 25 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) 26 10:30 Zumba Chair Exercise (MUL) 1:30 Scrabble (2ND) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 27 10:30 Chair Fitness: Better Balance (MUL) 11:30 London Drugs Optical (L) 2:00 Meet Me at the MoMA: Pacita Abad (Painter) - Contemporary Art (MUL) 3:15 Yoga with Beate (MUL) 6:30 Giant Crosswords (MUL)	9:30 Knit & Stitch (2ND) 28 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 (PDR) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) 29 10:30 Chair Fitness with Arnie Video (MUL) 11:30 Bus Outing: Lunch at Boston Pizza (LOBB) 2:00 Bingo (MUL) 3:30 Go4Life Walking Club (LOBB) 6:30 Movie Night: Limitless (MUL) 7:00 Mexican Train - Resident Run (CK)
9:30 Knit & Stitch (2ND) 30 10:15 Yoga with Susanne (MUL) 1:30 Tech Help with Bavneet (2ND) 2:30 Piano Music with Robin Goodfellow (LNG) 6:30 Scrabble Sundays (MUL)				Locations Legend Multipurpose Room (MUL) 2nd floor (2ND) Lobby (LOBB) Bistro (BST) Library (L) Country Kitchen (CK) Lounge (LNG) Dining Room (DR) Private Dining Room (PDR) Thornebridge Gardens (TG)		Calendar Legend All Day Technology Outing Special Program Vendor Theme Day Living, Loving, Local Signature Program Can Fit Pro Resident Run