



INSPIRED SENIOR LIVING

# February 2026

## Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Knit &amp; Stitch (2ND) <b>1</b></p> <p>10:15 Yoga with Susanne (MUL)</p> <p>11:30 Bus Outing: Lunch at The Old Spaghetti Factory (LOBB)</p> <p>3:00 Italy Trivia (MUL)</p> <p>6:30 Scrabble Sundays (MUL)</p>	<p>9:30 Knit &amp; Stitch (2ND) <b>2</b></p> <p>10:30 Chair Fitness: Strength Training (MUL)</p> <p>1:00 Bus Outing: Shopping Trip to Market Crossing (North Side Only) (LOBB)</p> <p>1:30 Wellness Session with Sharon on Falls Prevention (MUL)</p> <p>3:15 Yoga with Beate (MUL)</p> <p>6:30 Mind Matters (MUL)</p> <p>6:30 Cribbage (2ND)</p> <p>6:30 Bridge (BST)</p>	<p>9:30 Knit &amp; Stitch (2ND) <b>3</b></p> <p>10:30 Chair Yoga with Lauren Video (MUL)</p> <p>1:45 Senior Olympics Torch Relay/Opening Ceremonies (DR)</p> <p>2:00 Entertainment with Mike Kinal (DR)</p> <p>6:30 Piano Music with Resident Bob (LOBB)</p> <p>6:45 Rummy Sticks Game (MUL)</p>	<p>9:30 Knit &amp; Stitch (2ND) <b>4</b></p> <p>10:30 Zumba Chair Exercise (MUL)</p> <p>1:30 Scrabble (2ND)</p> <p>2:00 Olympic Pong Ball (MUL)</p> <p>6:30 Name that Tune (LOBB)</p> <p>6:30 Cribbage (2ND)</p> <p>6:30 Bridge (BST)</p>	<p>9:30 Knit &amp; Stitch (2ND) <b>5</b></p> <p>10:30 Chair Fitness: Better Balance (MUL)</p> <p>2:00 Birthday Party and Welcome Tea (DR)</p> <p>3:15 Yoga with Beate (MUL)</p> <p>6:30 Olympic Dart Challenge (MUL)</p>	<p>Living Loving Local Celebration Dinner: Featuring Beets and Potatoes <b>6</b></p> <p>9:30 Knit &amp; Stitch (2ND)</p> <p>10:30 Chair Fitness (MUL)</p> <p>1:15 Weekly Newsletter Review with Valerie (LOBB)</p> <p>1:30 Olympic Bean Bag Toss (MUL)</p> <p>2:30 Italian Bingo Happy Hour (PDR)</p> <p>7:00 Canasta (BST)</p>	<p>9:30 Knit &amp; Stitch (2ND) <b>7</b></p> <p>10:30 Chair Fitness with Arnie Video (MUL)</p> <p>2:00 Bingo (MUL)</p> <p>4:00 Go4Life Walking Club (LOBB)</p> <p>6:30 Movie Night: Toscana (MUL)</p> <p>7:00 Mexican Train - Resident Run (CK)</p>
<p>9:30 Knit &amp; Stitch (2ND) <b>8</b></p> <p>10:15 Yoga with Susanne (MUL)</p> <p>11:30 Bus Outing: New Westminster Quay (LOBB)</p> <p>2:30 Craft Session: Making Heartstrings (MUL)</p> <p>6:30 Scrabble Sundays (MUL)</p>	<p>9:30 Knit &amp; Stitch (2ND) <b>9</b></p> <p>10:30 Chair Fitness: Strength Training (MUL)</p> <p>2:00 Olympic Price is Right! (MUL)</p> <p>3:15 Yoga with Beate (MUL)</p> <p>6:30 Cribbage (2ND)</p> <p>6:30 Bridge (BST)</p> <p>6:30 Mind Matters in Italy (MUL)</p>	<p>9:30 Knit &amp; Stitch (2ND) <b>10</b></p> <p>10:30 Simply Seated Exercise Video with Curtis Adams (MUL)</p> <p>1:00 Bus Outing: Shopping Trip to Superstore (LOBB)</p> <p>2:00 Bingo (MUL)</p> <p>6:30 Piano Music with Resident Bob (LOBB)</p> <p>6:45 Rummy Sticks Game (MUL)</p>	<p>9:30 Knit &amp; Stitch (2ND) <b>11</b></p> <p>10:00 Heart and Stroke Foundation Fundraiser (LOBB)</p> <p>10:30 Zumba Chair Exercise (MUL)</p> <p>1:30 Scrabble (2ND)</p> <p>1:30 Lotto 649 Game (MUL)</p> <p>3:00 Meet Me at the MoMA: Qian Songyan-Landscape of the Great Wall of China (MUL)</p> <p>6:30 Cribbage (2ND)</p> <p>6:30 Bridge (BST)</p> <p>6:30 Olympic Name that Tune (LOBB)</p>	<p>9:30 Knit &amp; Stitch (2ND) <b>12</b></p> <p>10:30 Chair Fitness: Better Balance (MUL)</p> <p>2:00 Armchair Travel to Italy (MUL)</p> <p>3:15 Yoga with Beate (MUL)</p> <p>6:30 Giant Crosswords (MUL)</p>	<p>9:30 Knit &amp; Stitch (2ND) <b>13</b></p> <p>10:30 Chair Fitness (MUL)</p> <p>11:30 Casual Chic Couture (MUL)</p> <p>1:15 Weekly Newsletter Review with Valerie (LOBB)</p> <p>1:45 Winter Olympics Closing Ceremony (DR)</p> <p>2:00 Valentine's Entertainment with Music Variations (DR)</p> <p>7:00 Canasta (BST)</p>	<p>Happy Valentine's Day <b>14</b></p> <p>9:30 Knit &amp; Stitch (2ND)</p> <p>10:30 Chair Fitness with Arnie Video (MUL)</p> <p>2:00 Bingo (MUL)</p> <p>4:00 Drum Fit (MUL)</p> <p>6:30 Super Trivia! (MUL)</p> <p>7:00 Mexican Train - Resident Run (CK)</p>
<p>9:30 Knit &amp; Stitch (2ND) <b>15</b></p> <p>10:15 Yoga with Susanne (MUL)</p> <p>11:30 Family Day Sunday Brunch</p> <p>1:00 Bus Outing: Scenic Drive around UBC (LOBB)</p> <p>6:30 Scrabble Sundays (MUL)</p>	<p>Family Day <b>16</b></p> <p>9:30 Knit &amp; Stitch (2ND)</p> <p>10:30 Simply Seated Exercise Video with Curtis Adams (MUL)</p> <p>2:00 Decorate for Chinese New Year (LOBB)</p> <p>3:15 Yoga with Beate (MUL)</p> <p>6:30 Mind Matters (MUL)</p> <p>6:30 Cribbage (2ND)</p> <p>6:30 Bridge (BST)</p>	<p>Happy Chinese New Year - Year of the Horse <b>17</b></p> <p>9:30 Knit &amp; Stitch (2ND)</p> <p>10:30 Chair Yoga with Lauren Video (MUL)</p> <p>1:00 Bus Outing: Shopping Trip to Royal Square Mall (LOBB)</p> <p>2:00 Bingo (MUL)</p> <p>6:30 Piano Music with Resident Bob (LOBB)</p> <p>6:45 Rummy Sticks Game (MUL)</p>	<p>9:30 Knit &amp; Stitch (2ND) <b>18</b></p> <p>10:30 Zumba Chair Exercise (MUL)</p> <p>1:30 Scrabble (2ND)</p> <p>2:00 Resident Forum (MUL)</p> <p>6:30 Name that Tune (LOBB)</p> <p>6:30 Cribbage (2ND)</p> <p>6:30 Bridge (BST)</p>	<p>9:30 Knit &amp; Stitch (2ND) <b>19</b></p> <p>10:30 Chair Fitness: Better Balance (MUL)</p> <p>1:30 Wellness Session: Proof of Care Presentation on Physical and Mental Wellbeing (MUL)</p> <p>2:30 Food Demo with Niladri: Featuring Beets and Potatoes (MUL)</p> <p>3:15 Yoga with Beate (MUL)</p> <p>6:30 Giant Crosswords (MUL)</p>	<p>9:30 Knit &amp; Stitch (2ND) <b>20</b></p> <p>10:30 Chair Fitness (MUL)</p> <p>1:15 Weekly Newsletter Review with Valerie (LOBB)</p> <p>1:30 Fit Minds (MUL)</p> <p>2:30 Happy Hour (PDR)</p> <p>7:00 Canasta (BST)</p>	<p>9:30 Knit &amp; Stitch (2ND) <b>21</b></p> <p>10:30 Chair Fitness with Arnie Video (MUL)</p> <p>2:00 Bingo (MUL)</p> <p>4:00 Go4Life Walking Club (LOBB)</p> <p>6:30 Movie Night: A Beautiful Life (MUL)</p> <p>7:00 Mexican Train - Resident Run (CK)</p>



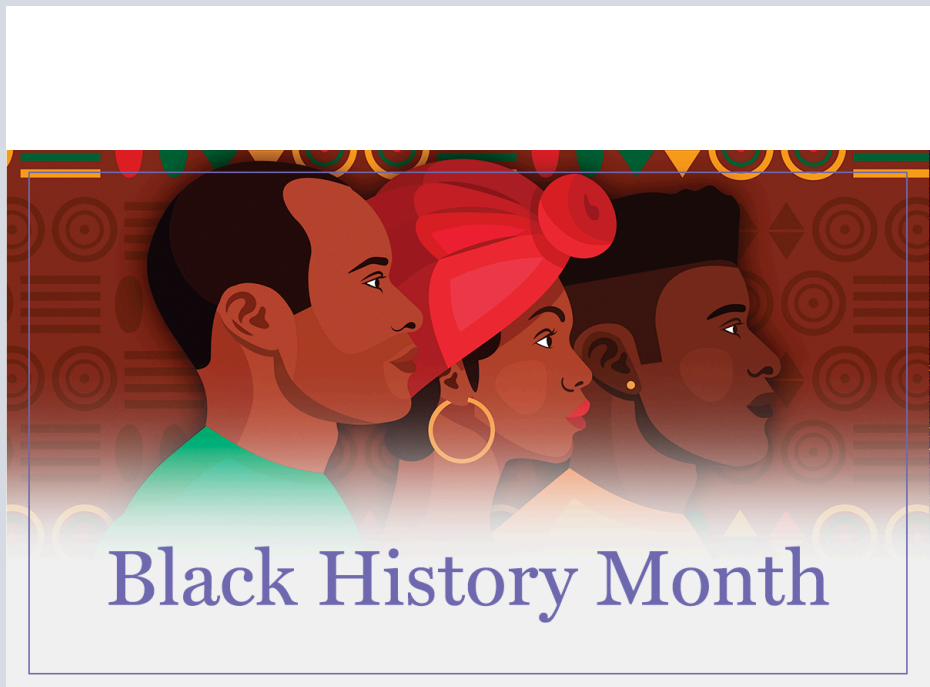
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Knit & Stitch <b>22</b> (2ND) 10:15 Yoga with Susanne (MUL) 11:30 Bus Outing: Lunch at Cactus Club - Market Crossing (LOBB) 2:30 Piano Music with Robin Goodfellow (LNG) 3:30 Tech Help with Bavneet (2ND) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch <b>23</b> (2ND) 10:30 Chair Fitness: Strength Training (MUL) 2:00 Chinese New Year Lion Dance Entertainment (DR) 3:15 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch <b>24</b> (2ND) 10:30 Simply Seated Exercise Video with Curtis Adams (MUL) 1:00 Bus Outing: Shopping Trip to Market Crossing (South Side Only) (LOBB) 2:00 Bingo (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (MUL)	9:30 Knit & Stitch (2ND) <b>25</b> 10:30 Zumba Chair Exercise (MUL) 11:00 On Time Watch and Jewelry Repair (L) 1:30 Scrabble (2ND) 2:00 Meet Me at the MoMA: Kehinde Wiley-Influential Black Artists (MUL) 3:30 Walker Wellness Check with Bill Anderson-BC Medequip (MUL) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch <b>26</b> (2ND) 10:30 Chair Fitness: Better Balance (MUL) 2:00 Food Forum (MUL) 3:15 Yoga with Beate (MUL) 6:30 Giant Crosswords (MUL)	9:30 Knit & Stitch <b>27</b> (2ND) 10:30 Chair Fitness (MUL) 1:15 Weekly Newsletter Review with Valerie (LOBB) 1:30 Discussion: "You be the Judge" (MUL) 2:30 Happy Hour (PDR) 7:00 Canasta (BST)	9:30 Knit & Stitch <b>28</b> (2ND) 10:30 Chair Fitness with Arnie Video (MUL) 2:00 Bingo (MUL) 4:00 Drum Fit (MUL) 6:30 Super Trivia! (MUL) 7:00 Mexican Train - Resident Run (CK)



Be  
Welcomed

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

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