



INSPIRED SENIOR LIVING

# March 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 Beate (MUL)</p> <p>2:00 Craft Session: Making Fascinators (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>1:30 Lotto 649 Game (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><b>World Wildlife Day</b> <b>3</b></p> <p>9:30 Knit &amp; Stitch (2ND)</p> <p>10:30 Chair Yoga with Lauren Video (MUL)</p> <p>11:30 Bus Outing: Bistro Lunch and Shopping at Mandeville Gardens (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>4</b></p> <p>9:30 Kitchen Tour (dinr)</p> <p>10:30 Zumba Chair Exercise (MUL)</p> <p>1:30 Scrabble (2ND)</p> <p>2:00 Entertainment with Hand over Heart (DR)</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 Giant Crosswords (MUL)</p>	<p><b>Living Loving Local Celebration Dinner: Featuring Maple</b> <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 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>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: Blue Miracle (MUL)</p> <p>7:00 Mexican Train - Resident Run (CK)</p> <p><b>Turn your clocks forward one hour before bed</b></p>
<p><b>Daylight Savings Time Begins</b> <b>8</b></p> <p><b>International Women's Day</b></p> <p>9:30 Knit &amp; Stitch (2ND)</p> <p>10:15 Yoga with Susanne (MUL)</p> <p>1:30 Documentary: Martha (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 Entertainment with John Parsons (DR)</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>10</b></p> <p>10:30 Simply Seated Exercise Video with Curtis Adams (MUL)</p> <p>11:30 Bus Outing: Lunch and Shopping at The Coquitlam Centre (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>10:30 Zumba Chair Exercise (MUL)</p> <p>1:30 Scrabble (2ND)</p> <p>2:00 Food 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>12</b></p> <p>10:30 Chair Fitness: Better Balance (MUL)</p> <p>1:30 Meet Me at the MoMA: Judy Chicago, Feminist Artist - The Dinner Party (MUL)</p> <p>3:00 Craft Session: Making Felt Cloverleaf Pins (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>1:00 Connect Hearing (L)</p> <p>1:15 Weekly Newsletter Review with Valerie (LOBB)</p> <p>1:30 Discussion: "You be the Judge" (MUL)</p> <p>2:30 Happy Hour (PDR)</p> <p>7:00 Canasta (BST)</p>	<p>9:30 Knit &amp; Stitch (2ND) <b>14</b></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>2:00 Piano with Claire (LNG)</p> <p>6:30 Scrabble Sundays (MUL)</p>	<p>9:30 Knit &amp; Stitch (2ND) <b>16</b></p> <p>10:30 Chair Fitness: Strength Training (MUL)</p> <p>1:30 Presentation: Moments in Time with Tom Locke - Male Singers from the 40's and 50's (MUL)</p> <p>3:00 Decorate for St. Patrick's Day (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><b>Happy St. Patrick's Day!</b> <b>17</b></p> <p>9:30 Knit &amp; Stitch (2ND)</p> <p>10:30 Chair Yoga with Lauren Video (MUL)</p> <p>2:00 St. Patrick's Day Entertainment with The Suede Dogs (DR)</p> <p>6:30 Piano Music with Resident Bob (LOBB)</p> <p>6:45 Rummy Sticks Game (MUL)</p>	<p><b>Audio Books Due</b> <b>18</b></p> <p>9:30 Knit &amp; Stitch (2ND)</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><b>New Audio Books Arrive</b> <b>19</b></p> <p>9:30 Knit &amp; Stitch (2ND)</p> <p>10:30 Chair Fitness: Better Balance (MUL)</p> <p>1:30 Wellness Session with Sharon on Digestion and Gut Health (MUL)</p> <p>6:30 Giant Crosswords (MUL)</p>	<p><b>Welcome Spring!</b> <b>20</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 Wellness Session: Physio2U Presents "Put Some Spring in Your Step!" (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: Gifted Hands (MUL)</p> <p>7:00 Mexican Train - Resident Run (CK)</p>

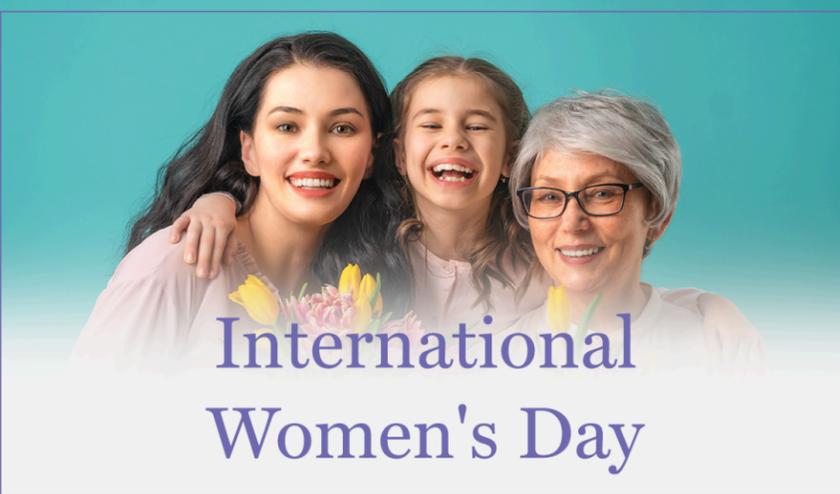


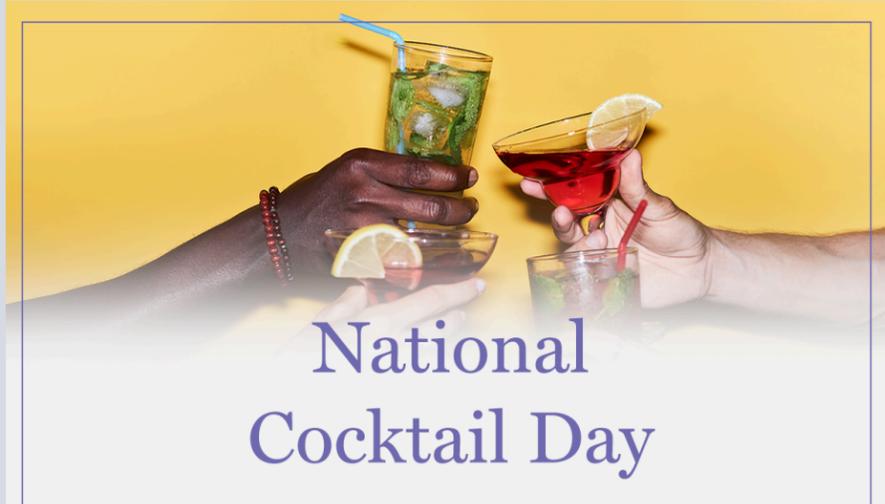
INSPIRED SENIOR LIVING

# March 2026

## Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Knit & Stitch (2ND) <b>22</b> 10:15 Yoga with Susanne (MUL) 2:30 Craft Session: Butterfly Leaf Print Tutorial (MUL) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) <b>23</b> 10:30 Chair Fitness: Strength Training (MUL) 2:00 Entertainment with Roberto Risman (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) <b>24</b> 10:30 Simply Seated Exercise Video with Curtis Adams (MUL) 1:00 Bus Outing: Shopping Trip to Market Crossing (North 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) 1:30 Scrabble (2ND) 2:00 Food Demo with Niladri Featuring Maple (MUL) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) <b>26</b> 10:30 Chair Fitness: Better Balance (MUL) 1:30 Meet Me at the MoMA: Jim Fitzpatrick, Celtic Artwork: Che Guevera (MUL) 3:00 Estate Planning with Maria Starko - Lawyer (MUL) 6:30 Presentation and Games with the Scouts (MUL)	<b>National Cocktail Day 27</b> 9:30 Knit & Stitch (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: Featuring Complimentary Rum Punch (PDR) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) <b>28</b> 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)
9:30 Knit & Stitch (2ND) <b>29</b> 10:15 Yoga with Susanne (MUL) 2:30 Piano Music with Robin Goodfellow (LNG) 3:30 Tech Help with Bavneet (2ND) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) <b>30</b> 10:30 Chair Fitness: Strength Training (MUL) 1:30 Medix Boxing Demo (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) <b>31</b> 10:30 Chair Yoga with Lauren Video (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)	 <b>International Women's Day</b>		 <b>St. Patrick's Day</b>	



# Be Welcomed

**Locations Legend**

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

**Calendar Legend**

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