



INSPIRED SENIOR LIVING

April 2026

Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Easter</p>			<p>9:30 Knit & Stitch (2ND) 1 10:30 Zumba Chair Exercise (MUL) 1:30 Scrabble (2ND) 1:30 Presentation with the NWFd on Fire Safety (MUL) 3:00 Decorate for Easter (LOBB) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)</p>	<p>9:30 Knit & Stitch (2ND) 2 9:30 Kitchen Tour (K) 10:30 Chair Fitness: Better Balance (MUL) 2:00 Birthday Party and Welcome Tea (DR) 6:30 Giant Crosswords (MUL)</p>	<p>Good Friday 3 9:30 Knit & Stitch (2ND) 10:00 Simply Seated Exercise Video with Curtis Adams (MUL) 11:00 Clark's Shoes (MUL) 1:15 Weekly Newsletter Review with Valerie (LOBB) 1:30 Fit Minds (L) 2:30 Happy Hour (PDR) 7:00 Canasta (BST)</p>	<p>9:30 Knit & Stitch (2ND) 4 10:30 Chair Fitness with Arnie Video (MUL) 2:00 Bingo (MUL) 4:00 Go4Life Walking Club (LOBB) 6:15 Movie Night: The Ten Commandments (Part 1) (MUL) 7:00 Mexican Train - Resident Run (CK)</p>
<p>Happy Easter! 5 9:00 Easter Egg Hunt (MUL) 9:30 Knit & Stitch (2ND) 10:15 Yoga with Susanne (MUL) 11:30 Easter Brunch (DR) 1:15 Scenic Drive (LOBB) 2:30 Afternoon Matinee: The Ten Commandments (Part 2) (MUL) 6:30 Scrabble Sundays (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 6 10:30 Chair Fitness: Strength Training (MUL) 2:00 Entertainment with Greg Alcock (DR) 3:15 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 6:30 Cribbage (2ND) 6:30 Bridge (BST)</p>	<p>9:30 Knit & Stitch (2ND) 7 10:30 Simply Seated Exercise Video with Curtis Adams (MUL) 11:00 Bus Outing: Lunch and Shopping at Tsawwassen Mills (LOBB) 2:00 Bingo (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 8 10:30 Zumba Chair Exercise (MUL) 1:30 Scrabble (2ND) 2:00 Food Forum (MUL) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)</p>	<p>9:30 Knit & Stitch (2ND) 9 10:30 Chair Fitness Video with Arnie (MUL) 1:30 Meet Me at the MoMA: Camille Pissaro- Impressionist Painter: "Passover" (MUL) 2:00 On Time Watch and Jewelry Repair (L) 6:30 Giant Crosswords (MUL)</p>	<p>Living Loving Local Celebration Dinner: Featuring Eggs 10 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 (PDR) 7:00 Canasta (BST)</p>	<p>9:30 Knit & Stitch (2ND) 11 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)</p>
<p>9:30 Knit & Stitch (2ND) 12 10:15 Yoga with Susanne (MUL) 1:00 Bus Outing: Scenic Drive to Stanley Park (LOBB) 2:00 Piano with Claire (LNG) 6:30 Scrabble Sundays (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 13 10:30 Chair Fitness: Strength Training (MUL) 11:30 Decorate for Cruise Week (LOBB) 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)</p>	<p>9:30 Knit & Stitch (2ND) 14 10:30 Chair Yoga with Lauren Video (MUL) 11:30 Bus Outing: Lunch and Shopping at The Coquitlam Centre (LOBB) 2:00 Bingo (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 15 10:30 Zumba Chair Exercise (MUL) 12:00 London Drugs Optical (L) 1:30 Scrabble (2ND) 2:00 Resident Forum (MUL) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)</p>	<p>Cruise Week Begins Mexico! 16 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness: Better Balance (MUL) 1:30 Armchair Travel to Mexico (MUL) 6:30 Giant Crosswords (MUL)</p>	<p>Aruba! 17 Tacky Tourist Day! 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness (MUL) 1:15 Weekly Newsletter Review with Valerie (LOBB) 1:30 Fit Minds (MUL) 2:30 Caribbean Happy Hour (PDR) 7:00 Canasta (BST)</p>	<p>Jamaica! 18 9:30 Knit & Stitch (2ND) 1:00 Cruise Week Open House (EB) 1:15 Caribbean Entertainment with Robert Davies on the Steel Drums (DR) 1:45 Sip and Paint (CK) 4:00 Go4Life Walking Club (LOBB) 6:30 Movie Night: Pirates of the Caribbean - Curse of the Black Pearl (MUL) 7:00 Mexican Train - Resident Run (CK)</p>




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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Belize! 19 It's Beach Day! Wear your Beach Attire!! 9:30 Knit & Stitch (2ND) 10:15 Yoga with Susanne (MUL) 11:30 Bus Outing: Lunch at The Flying Beaver (LOBB) 2:00 Pong Ball on the Beach! (MUL) 6:30 Scrabble Sundays (MUL)	Bahamas! 20 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness: Strength Training in the Bahamas! (MUL) 2:00 Entertainment with Darcy Murdoch (DR) 3:15 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	Cuba! 21 It's Nautical Day! Wear your Stripes! 9:30 Knit & Stitch (2ND) 10:30 Simply Seated Exercise Video with Curtis Adams (MUL) 1:00 Bus Outing: Shopping Trip to Royal Square Mall (LOBB) 2:00 Bingo (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (MUL)	Back to Port - Canada Earth Day 22 9:30 Knit & Stitch (2ND) 10:30 Zumba Chair Exercise (MUL) 1:30 Scrabble (2ND) 2:00 Earth Day Craft Session: Making Indoor/Outdoor Planters (C) 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) 1:30 Presentation with Nina Hobbis on Rabbits (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" (MUL) 2:30 Happy Hour (PDR) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) 25 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) 26 10:15 Yoga with Susanne (MUL) 1:00 Bus Outing: Scenic Drive to White Rock with Ice Cream (LOBB) 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) 1:30 Chinese Culture Presentation with Tea Ceremony (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) 28 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)	9:30 Knit & Stitch (2ND) 29 10:30 Zumba Chair Exercise (MUL) 1:30 Scrabble (2ND) 2:00 Entertainment with Jana Seale (DR) 2:00 Volunteer Appreciation Social (DR) 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: Maude Lewis- Canadian Artist (MUL) 3:00 Lotto 649 Game (MUL) 6:30 Giant Crosswords (MUL)	 <p style="text-align: center;">Earth Day</p>	



Locations Legend

Multipurpose Room (MUL)	Private Dining Room (PDR)
2nd floor (2ND)	Library (L)
Lobby (LOBB)	Kitchen (K)
Bistro (BST)	Lounge (LNG)
Dining Room (DR)	Entire Building (EB)
Country Kitchen (CK)	Courtyard (C)

Calendar Legend

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