



INSPIRED SENIOR LIVING

June 2026

Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	National Game Show Day! 1 9:30 Knit & Stitch (2ND) 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) 2 10:30 HASFIT Senior Fitness 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) 3 9:30 Kitchen Tour (K) 10:30 Zumba Chair Exercise (MUL) 1:30 Scrabble (2ND) 2:00 Entertainment with Hand over Heart (DR) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 4 10:30 Chair Fitness: Better Balance (MUL) 2:00 Birthday Party and Welcome Tea (DR) 6:30 Giant Crosswords (MUL)	Living Loving Local Celebration Dinner: Featuring Strawberries National Donut Day! 5 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness (MUL) 12:00 Jewelry Event with Malcolm and Linda (L) 1:15 Weekly Newsletter Review with Valerie (LOBB) 1:30 Fit Minds (MUL) 2:00 Timbits in the Lounge (LNG) 2:30 Happy Hour (PDR) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) 6 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) 7 10:15 Yoga with Susanne (MUL) 2:00 Lotto 649 Game (MUL) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 8 10:30 Chair Fitness: Strength Training (MUL) 2:00 Entertainment with Music Variations (DR) 3:15 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 6:30 Cribbage (2ND) 6:30 Bridge (L)	9:30 Knit & Stitch (2ND) 9 10:30 Chair Yoga with Lauren Video (MUL) 11:30 Bus Outing: Bistro Lunch and Shopping at Mandeville Gardens (LOBB) 2:00 Bingo (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (MUL)	9:30 Knit & Stitch (2ND) 10 10:30 Zumba Chair Exercise (MUL) 1:30 Scrabble (2ND) 1:30 Food Forum (MUL) 2:30 Resident Council Meeting (MUL) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (L)	9:30 Knit & Stitch (2ND) 11 10:30 Chair Fitness: Better Balance (MUL) 11:00 London Drugs Optical (L) 2:00 Meet Me at the MoMA: Kent Monkman - Cree Visual Artist (MUL) 6:30 Giant Crosswords (MUL)	9:30 Knit & Stitch (2ND) 12 10:00 5th Avenue Jewelry (L) 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) 13 10:30 Chair Fitness with Arnie Video (MUL) 2:00 Bingo (MUL) 4:00 Go4Life Walking Club (LOBB) 6:30 Movie Night: The Devil Wears Prada (MUL) 7:00 Mexican Train - Resident Run (CK)
9:30 Knit & Stitch (2ND) 14 10:15 Yoga with Susanne (MUL) 1:00 Girl Guide Cookie Sales (LOBB) 2:00 Afternoon Name that Tune! (LOBB) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 15 10:30 Chair Fitness: Strength Training (MUL) 1:00 Bus Outing: Starlight Casino (LOBB) 3:15 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 6:30 Cribbage (2ND) 6:30 Bridge (L)	9:15 Bus Outing: Van Dusen Gardens Tour (LOBB) 16 9:30 Knit & Stitch (2ND) 10:30 HASFIT Senior Fitness Video (MUL) 2:00 Bingo (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (MUL)	9:30 Knit & Stitch (2ND) 17 10:30 Zumba Chair Exercise (MUL) 1:30 Scrabble (2ND) 1:30 NWSS Dance Performance at the Massey Theatre (LOBB) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 18 10:30 Chair Fitness: Better Balance (MUL) 1:30 Craft Session: Framed Pebble Art (MUL) 7:00 Royal City Concert Band (C)	9:30 Knit & Stitch (2ND) 19 10:00 Chair Fitness (MUL) 11:00 Altavida Fashions (MUL) 2:00 Father's Day Social (DR) 2:00 Entertainment with Luke Sanford (DR) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) 20 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)


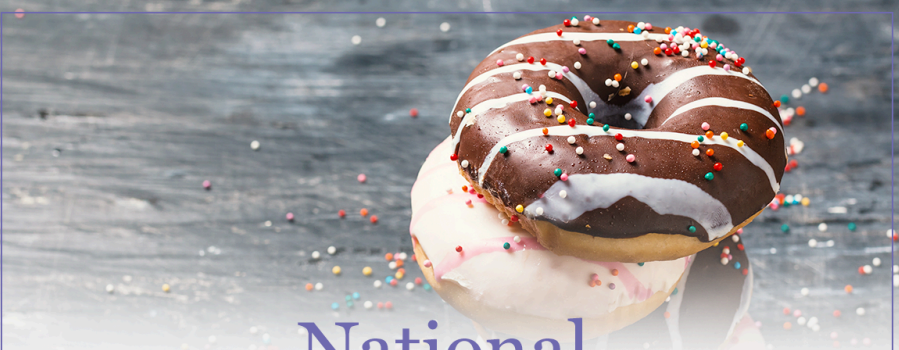


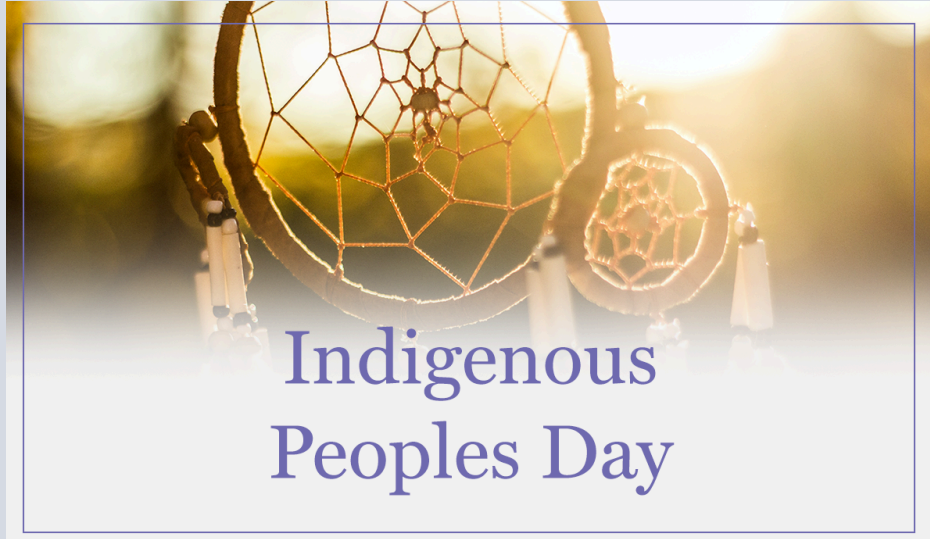
INSPIRED SENIOR LIVING

June 2026

Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Father's Day! National Indigenous People's Day Welcome Summer! 9:30 Knit & Stitch (2ND) 10:15 Yoga with Susanne (MUL) 2:00 Craft Session: Making Inukshuk (MUL) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 10:30 Chair Fitness Video with Arnie (MUL) 1:30 Lotto 649 Game (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) 10:30 Chair Yoga with Lauren Video (MUL) 2:00 Bingo (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (MUL)	9:30 Knit & Stitch (2ND) 10:30 Zumba Chair Exercise (MUL) 1:30 Scrabble (2ND) 2:00 Food Demo with Niladri: Featuring Strawberries (MUL) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 10:30 HASFIT Senior Fitness Video (MUL) 1:30 Wellness Session: Falls Prevention with Sharon (MUL) 2:45 Meet Me at the MoMA: Emily Carr - Painter (MUL) 6:30 Giant Crosswords (MUL)	9:30 Knit & Stitch (2ND) 10:00 On Time Watch and Jewelry Repair (L) 10:30 HASFIT Senior Fitness Video (MUL) 1:15 Weekly Newsletter Review with Valerie (LOBB) 1:30 Fit Minds (MUL) 2:30 Happy Hour (PDR) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) 10:30 Chair Fitness with Arnie Video (MUL) 2:00 Bingo (MUL) 4:00 Go4Life Walking Club (LOBB) 6:30 Movie Night: Matilda - The Musical (MUL) 7:00 Mexican Train - Resident Run (CK)
9:30 Knit & Stitch (2ND) 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) 10:30 Chair Fitness: Strength Training (MUL) 2:00 Strawberry Social and Entertainment with John Parsons (C) 3:15 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 10:30 HASFIT Senior Fitness Video (MUL) 11:30 Bus Outing: Picnic at Fraser River Foreshore Park (LOBB) 2:00 Bingo (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (MUL)	 Father's Day		 National Donut Day	



Be Among Friends

Locations Legend

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

Calendar Legend

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