






INSPIRED SENIOR LIVING

May 2026

Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Cinco De Mayo</p>	 <p>Mother's Day</p>					
<p>9:30 Knit & Stitch (2ND) 3</p> <p>10:15 Yoga with Susanne (MUL)</p> <p>11:30 Bus Outing: Lunch and Shopping at The Coquitlam Centre (TG)</p> <p>6:30 Scrabble Sundays (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 4</p> <p>10:30 Chair Fitness with Arnie Video (MUL)</p> <p>1:30 Craft Session: Making Fascinators for Mother's Day (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>Cinco de Mayo! 5</p> <p>9:30 Knit & Stitch (2ND)</p> <p>10:30 Simply Seated Exercise Video with Curtis Adams (MUL)</p> <p>2:00 Cinco de Mayo Entertainment with Cheek to Cheek (DR)</p> <p>6:30 Piano Music with Resident Bob (LOBB)</p> <p>6:45 Rummy Sticks Game (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 6</p> <p>10:30 Zumba Chair Exercise (MUL)</p> <p>1:00 Bus Outing: Greater Vancouver Food Bank Tour (LOBB)</p> <p>1:30 Scrabble (2ND)</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 & Stitch (2ND) 7</p> <p>9:30 Kitchen Tour (K)</p> <p>10:30 Chair Fitness: Better Balance (MUL)</p> <p>2:00 Birthday Party and Welcome Tea (DR)</p> <p>6:30 Giant Crosswords (MUL)</p>	<p>Living Loving Local Celebration Dinner: Featuring Rhubarb 1</p> <p>7:30 Pancake Breakfast (DR)</p> <p>9:30 Knit & Stitch (2ND)</p> <p>10:30 Chair Fitness (MUL)</p> <p>1:15 Weekly Newsletter Review with Valerie (LOBB)</p> <p>1:30 Vancouver College of Dental Hygiene Presentation (MUL)</p> <p>2:30 Happy Hour (PDR)</p> <p>7:00 Canasta (BST)</p>	<p>9:30 Knit & Stitch (2ND) 2</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: Maudie (MUL)</p> <p>7:00 Mexican Train - Resident Run (CK)</p>
<p>Happy Mother's Day! 10</p> <p>9:30 Knit & Stitch (2ND)</p> <p>10:15 Yoga with Susanne (MUL)</p> <p>11:15 Mother's Day Brunch (DR)</p> <p>1:15 Bus Outing: New Westminster Quay (LOBB)</p> <p>6:30 Scrabble Sundays (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 11</p> <p>10:30 Chair Fitness: Strength Training (MUL)</p> <p>2:00 Entertainment with Charles Johnson (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 & Stitch (2ND) 12</p> <p>10:00 Chair Yoga with Lauren Video (MUL)</p> <p>1:00 Bus Outing: Shopping Trip to Market Crossing (North Side Only) (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 & Stitch (2ND) 13</p> <p>10:00 Alzheimer's Fundraiser 50/50 Ticket Sales and Bake Sale (LOBB)</p> <p>10:30 Zumba Chair Exercise (MUL)</p> <p>1:30 Scrabble (2ND)</p> <p>2:00 Food Forum (MUL)</p> <p>3:00 Meet Me at the MoMA: Ann Craven - Painter (MUL)</p> <p>6:30 Cribbage (2ND)</p> <p>6:30 Bridge (BST)</p> <p>6:30 Brass Band Ensemble (C)</p>	<p>Audio Book Exchange 14</p> <p>9:30 Knit & Stitch (2ND)</p> <p>9:30 Alzheimer's Fundraising Table Open (LOBB)</p> <p>10:00 Walk for Alzheimer's Fundraiser (LOBB)</p> <p>1:50 Alzheimer's Fundraiser 50/50 Draw Winner and Runner-up Announcement (DR)</p> <p>2:00 Entertainment with Mellowdares Senior Choir (DR)</p> <p>6:30 Crafts & Visit with Girl Guide's "Sparks" (MUL)</p>	<p>9:30 Knit & Stitch (2ND) 15</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 Presentation with Tom Locke on TV Themes from the 50's and 60's (MUL)</p> <p>2:30 Happy Hour (PDR)</p> <p>7:00 Canasta (BST)</p>	<p>9:30 Knit & Stitch (2ND) 16</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: The Deep End of the Ocean (MUL)</p> <p>7:00 Mexican Train - Resident Run (CK)</p>




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Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:30 Knit & Stitch (2ND) 17 10:15 Yoga with Susanne (MUL) 3:00 Community Connections with Ayyan and Matthew (MUL) 6:30 Scrabble Sundays (MUL)	Victoria Day 18 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness Video with Arnie (MUL) 1:30 Victoria Day Trivia (MUL) 1:45 Queen Victoria Documentary: The Life and Legacy of a Complicated Queen (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) 19 10:30 Simply Seated Exercise Video with Curtis Adams (MUL) 1:00 Bus Outing: Shopping Trip to Superstore (LOBB) 2:00 Bingo (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (MUL)	9:30 Knit & Stitch (2ND) 20 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) 21 10:30 Chair Fitness: Better Balance (MUL) 1:30 Wellness Session: Proof of Care Presents: Heart Health with Stroke and TIA Awareness (MUL) 3:00 Lotto 649 Game (MUL) 6:30 Giant Crosswords (MUL)	9:30 Knit & Stitch (2ND) 22 10:30 Chair Fitness (MUL) 10:30 On Time Watch and Jewelry Repair (L) 11:30 Casual Chic Couture (MUL) 1:15 Weekly Newsletter Review with Valerie (LOBB) 1:30 Fashion Show with Casual Chic Couture (DR) 2:30 Happy Hour (C) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) 23 10:30 Chair Fitness with Arnie Video (MUL) 2:00 Bingo (MUL) 4:00 Drum Fit (MUL) 7:00 Mexican Train - Resident Run (CK)	
9:30 Knit & Stitch (2ND) 24 10:15 Yoga with Susanne (MUL) 2:00 Fit Minds (MUL) 2:00 Craft Session: Making Bookmarks for Fundraiser (MUL) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 25 10:30 Chair Fitness: Strength Training (MUL) 2:00 Entertainment with Mike Kinal (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) 26 10:30 Chair Yoga with Lauren Video (MUL) 11:30 Picnic at Queen Elizabeth Park (LOBB) 2:00 Bingo (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (MUL)	9:30 Knit & Stitch (2ND) 27 10:30 Zumba Chair Exercise (MUL) 1:30 Scrabble (2ND) 2:00 Food Demo (MUL) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 28 10:30 Chair Fitness: Better Balance (MUL) 1:30 Walker Wellness Check with Bill Anderson-BC Medequip (MUL) 3:00 Meet Me at the MoMA: Amy Sherald - Painter (MUL) 6:30 Giant Crosswords (MUL)	9:30 Knit & Stitch (2ND) 29 10:30 Chair Fitness (MUL) 1:00 Planting Flowers in the Courtyard (C) 1:15 Weekly Newsletter Review with Valerie (LOBB) 1:30 Discussion: "You be the Judge" (MUL) 2:30 Happy Hour (C) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) 30 10:30 Chair Fitness with Arnie Video (MUL) 2:00 Bingo (MUL) 6:30 Movie Night: Champagne Problems (MUL) 7:00 Mexican Train - Resident Run (CK)	
9:30 Knit & Stitch (2ND) 31 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)	<div style="text-align: center;">  <p>Be Among Friends</p> </div>					<div style="text-align: center;"> <p><u>Locations Legend</u></p> <ul style="list-style-type: none"> Multipurpose Room (MUL) 2nd floor (2ND) Lobby (LOBB) Bistro (BST) Dining Room (DR) Country Kitchen (CK) Courtyard (C) Private Dining Room (PDR) Library (L) Thornebridge Gardens (TG) Kitchen (K) Lounge (LNG) </div>	<div style="text-align: center;"> <p><u>Calendar Legend</u></p> <ul style="list-style-type: none"> Technology Outing Special Program Vendor Theme Day Living, Loving, Local Signature Program Can Fit Pro Resident Run </div>