


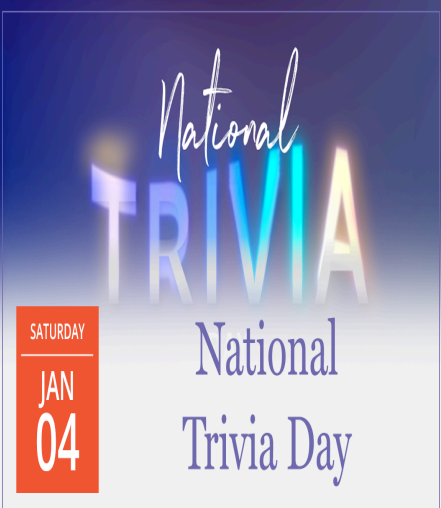


INSPIRED SENIOR LIVING

January 2025

Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>Happy New Year! 1</p> <p>9:30 Knit & Stitch - Resident Run (2ND)</p> <p>3:00 Drum Fit Exercise Class: (MUL)</p> <p>4:00 Sing-Along with Wendy: Oldies but Goodies (MUL)</p> <p>6:30 Bridge - Resident Run (BST)</p> <p>7:00 Cribbage - Resident Run (MUL)</p>	<p>9:30 Knit & Stitch - Resident Run (2ND) 2</p> <p>10:30 Better Balance Exercise (MUL)</p> <p>2:00 Birthday and New Resident Welcome Tea (DR)</p> <p>3:30 Yoga with Beate (MUL)</p> <p>4:00 Spa Sensations: Manicures (2ND)</p> <p>6:30 Giant Crossword Game (MUL)</p>	<p>9:30 Knit & Stitch - Resident Run (2ND) 3</p> <p>10:30 Morning Exercise (MUL)</p> <p>1:30 Discussion: "You be the Judge" (L)</p> <p>2:30 Friday Social Time (new time: 2:30-4:00 pm) (bdr)</p> <p>7:00 Canasta - Resident Run (BST)</p>	<p>National Trivia Day (MUL) 4</p> <p>9:30 Knit & Stitch - Resident Run (2ND)</p> <p>2:00 Bingo (MUL)</p> <p>4:00 Go 4 Life Walking: walk around the high school track (LOBB)</p> <p>6:30 Trivia Night: Fascinating Trivia to Impress Your Friends (MUL)</p> <p>7:00 Mexican Train - Resident Run (CK)</p>
<p>9:30 Knit & Stitch - Resident Run (2ND) 5</p> <p>2:00 JAVA Music Club - New Year, New Beginning (MUL)</p> <p>3:30 Indoor Basketball Game (MUL)</p> <p>6:30 Scrabble Sundays - Resident Run (MUL)</p>	<p>9:30 Knit & Stitch - Resident Run (2ND) 6</p> <p>10:30 Strengthening Exercise (MUL)</p> <p>2:00 Music with Michelle Carlisle: a blend of celtic music and classic oldies (DR)</p> <p>3:30 Yoga with Beate (MUL)</p> <p>6:30 Bridge - Resident Run (BST)</p> <p>6:30 Mind Matters (MUL)</p> <p>7:00 Cribbage - Resident Run (MUL)</p>	<p>9:30 Knit & Stitch - Resident Run (2ND) 7</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 Bingo (MUL)</p> <p>4:00 Fit Minds-Stay Sharp Brain Health (2ND)</p> <p>6:30 Piano Music with Bob (resident) (LOBB)</p> <p>6:45 Rummy Sticks Game - Resident Run (MUL)</p> <p>7:00 French Class with Lucille - Resident Run (L)</p>	<p>Elvis Presley's Birthday Today 8</p> <p>9:30 Knit & Stitch - Resident Run (2ND)</p> <p>10:30 Zumba Chair Exercise (MUL)</p> <p>11:15 Food Forum (MUL)</p> <p>3:00 Drum Fit Exercise: Country Music (MUL)</p> <p>6:30 Bridge - Resident Run (BST)</p> <p>6:30 Elvis Presley Karaoke Night (MUL)</p> <p>7:00 Cribbage - Resident Run (MUL)</p>	<p>9:30 Knit & Stitch - Resident Run (2ND) 9</p> <p>10:00 Shopping Trip: Columbia Square Plaza- Save-on-Foods and Pharmasave (LOBB)</p> <p>10:30 Better Balance Exercise (MUL)</p> <p>2:00 MOMA: Christopher Pratt (MUL)</p> <p>3:30 Yoga with Beate (MUL)</p> <p>4:00 Jenga Game (2ND)</p> <p>6:30 Words in Word Game (MUL)</p>	<p>9:30 Knit & Stitch - Resident Run (2ND) 10</p> <p>10:30 Morning Exercise (MUL)</p> <p>1:30 Discussion: "You be the Judge" (L)</p> <p>2:30 Friday Social Time (new time: 2:30-4:00 pm) (bdr)</p> <p>6:30 Movie Night: Happy Feet (MUL)</p> <p>7:00 Canasta - Resident Run (BST)</p>	<p>9:30 Knit & Stitch - Resident Run (2ND) 11</p> <p>2:00 Bingo (MUL)</p> <p>4:00 Afternoon Stretch and Relaxation (MUL)</p> <p>6:30 Artful Enrichment: Winter Themes Painting Social (MUL)</p> <p>7:00 Mexican Train - Resident Run (CK)</p>
<p>9:30 Knit & Stitch - Resident Run (2ND) 12</p> <p>2:00 JAVA Music Club (MUL)</p> <p>3:30 Electronic Help with Alfreda (2ND)</p> <p>6:30 Scrabble Sundays - Resident Run (MUL)</p>	<p>9:30 Knit & Stitch - Resident Run (2ND) 13</p> <p>10:30 Strengthening Exercise (MUL)</p> <p>3:00 Choir Practice with Kaia (MUL)</p> <p>3:30 Yoga with Beate (MUL)</p> <p>6:30 Bridge - Resident Run (BST)</p> <p>6:30 Mind Matters (MUL)</p> <p>7:00 Cribbage - Resident Run (MUL)</p>	<p>9:30 Knit & Stitch - Resident Run (2ND) 14</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 Bingo (MUL)</p> <p>4:00 Fit Minds-Stay Sharp Brain Health (2ND)</p> <p>6:30 Piano Music with Bob (resident) (LOBB)</p> <p>6:45 Rummy Sticks Game - Resident Run (MUL)</p> <p>7:00 French Class with Lucille - Resident Run (L)</p>	<p>National Hat Day: wear your favorite hat! Win a Prize! 15</p> <p>9:30 Knit & Stitch - Resident Run (2ND)</p> <p>10:30 Zumba Chair Exercise (MUL)</p> <p>2:00 Entertainment Duo: Suede Dogs (classic tunes, rock 'n roll and more!) (DR)</p> <p>3:00 Drum Fit Exercise: Indie Music (MUL)</p> <p>6:30 Bridge - Resident Run (BST)</p> <p>6:30 Name that Tune: Country Music (LOBB)</p> <p>7:00 Cribbage - Resident Run (MUL)</p>	<p>9:30 Knit & Stitch - Resident Run (2ND) 16</p> <p>10:30 Better Balance Exercise (MUL)</p> <p>11:00 London Drugs Optical / Sunquest Mobility (L)</p> <p>12:30 Dance Show: Titled "Perfect" at the Massey Theatre (LOBB)</p> <p>2:00 MOMA: JMW Turner (MUL)</p> <p>3:30 Yoga with Beate (MUL)</p> <p>4:00 Spa Sensations: Relaxing Hand Massage (2ND)</p> <p>6:30 Giant Crossword Puzzle (MUL)</p>	<p>9:30 Knit & Stitch - Resident Run (2ND) 17</p> <p>10:30 Morning Exercise (MUL)</p> <p>11:15 Chat with Life Enrichment (MUL)</p> <p>1:30 Discussion: "You be the Judge" (L)</p> <p>2:30 Friday Social Time (new time: 2:30-4:00 pm) (bdr)</p> <p>7:00 Canasta - Resident Run (BST)</p>	<p>National Popcorn Day 18</p> <p>9:30 Knit & Stitch - Resident Run (2ND)</p> <p>1:00 Scenic Drive: Deer Lake Park (LOBB)</p> <p>2:00 Bingo (MUL)</p> <p>4:00 Go 4 Life Walking: walk to Moody Park (LOBB)</p> <p>6:30 Movie and Popcorn: "About Schmidt" (drama) (MUL)</p> <p>7:00 Mexican Train - Resident Run (CK)</p>



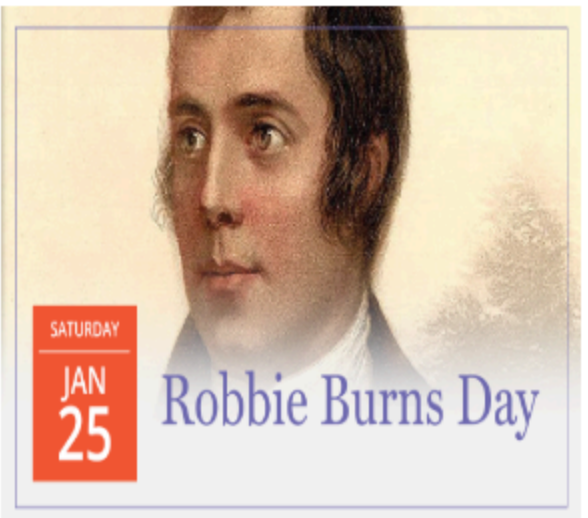
INSPIRED SENIOR LIVING

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Knit & Stitch - Resident Run (2ND) 19</p> <p>2:00 JAVA Music Club (MUL)</p> <p>3:30 Indoor Bean Bag Toss Game (MUL)</p> <p>6:30 Scrabble Sundays - Resident Run (MUL)</p>	<p>9:30 Knit & Stitch - Resident Run (2ND) 20</p> <p>10:30 Strengthening Exercise (MUL)</p> <p>11:45 Lunch Outing: Cockney Kings Fish and Chips in New Westminster (LOBB)</p> <p>1:30 Artfull Enrichment : Craft-Macrame Wall Hanging (MUL)</p> <p>3:30 Yoga with Beate (MUL)</p> <p>6:30 Bridge - Resident Run (BST)</p> <p>6:30 Mind Matters (MUL)</p> <p>7:00 Cribbage - Resident Run (MUL)</p>	<p>9:30 Knit & Stitch - Resident Run (2ND) 21</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 Bingo (MUL)</p> <p>4:00 Introduction to Journal Writing (MUL)</p> <p>6:30 Piano Music with Bob (resident) (LOBB)</p> <p>6:45 Rummy Sticks Game - Resident Run (MUL)</p> <p>7:00 French Class with Lucille - Resident Run (L)</p>	<p>9:30 Knit & Stitch - Resident Run (2ND) 22</p> <p>10:30 Zumba Chair Exercise (MUL)</p> <p>11:15 Resident Forum (MUL)</p> <p>3:00 Drum Fit Exercise: Pop Music (MUL)</p> <p>6:30 Bridge - Resident Run (BST)</p> <p>6:30 Name that Tune: Rock & Roll Music (LOBB)</p> <p>7:00 Cribbage - Resident Run (MUL)</p>	<p>9:30 Knit & Stitch - Resident Run (2ND) 23</p> <p>10:30 Better Balance Exercise (MUL)</p> <p>2:00 MOMA: Agnes Martin (MUL)</p> <p>3:30 Yoga with Beate (MUL)</p> <p>4:00 Jenga Game (2ND)</p> <p>6:30 Words in a Word Game (MUL)</p>	<p>9:30 Knit & Stitch - Resident Run (2ND) 24</p> <p>10:30 Morning Exercise (MUL)</p> <p>1:30 Discussion: "You be the Judge" (L)</p> <p>2:30 Friday Social Time (new time: 2:30-4:00 pm) (bdr)</p> <p>7:00 Canasta - Resident Run (BST)</p>	<p>Robbie Burns Day. Wear Your Tartan! 25</p> <p>9:30 Knit & Stitch - Resident Run (2ND)</p> <p>2:00 Bingo (MUL)</p> <p>4:00 Afternoon Stretch and Relaxation (MUL)</p> <p>6:30 Travelogue: Visit Scotland and Haggis Tasting Portion (MUL)</p> <p>7:00 Mexican Train - Resident Run (CK)</p>
<p>9:30 Knit & Stitch - Resident Run (2ND) 26</p> <p>2:00 JAVA Music Club (MUL)</p> <p>3:30 Electronic Help with Alfreda (2ND)</p> <p>6:30 Scrabble Sundays - Resident Run (MUL)</p>	<p>9:30 Knit & Stitch - Resident Run (2ND) 27</p> <p>10:30 Strengthening Exercise (MUL)</p> <p>1:00 Tour of New Westminster High School (LOBB)</p> <p>2:00 Music with Darcy: Classic Crooner (DR)</p> <p>3:30 Yoga with Beate (MUL)</p> <p>6:30 Bridge - Resident Run (BST)</p> <p>6:30 Mind Matters (MUL)</p> <p>7:00 Cribbage - Resident Run (MUL)</p>	<p>9:30 Knit & Stitch - Resident Run (2ND) 28</p> <p>10:30 Morning Exercise (MUL)</p> <p>2:00 Bingo (MUL)</p> <p>4:00 Fit Minds: Expand Your Happiness (2ND)</p> <p>6:30 Piano Music with Bob (resident) (LOBB)</p> <p>6:45 Rummy Sticks Game - Resident Run (MUL)</p> <p>7:00 French Class with Lucille - Resident Run (L)</p>	<p>National Puzzle Day 29</p> <p>9:30 Knit & Stitch - Resident Run (2ND)</p> <p>10:30 Zumba Chair Exercise (MUL)</p> <p>2:00 Food Demo with Niladri (MUL)</p> <p>3:00 Drum Fit Exercise Class: (MUL)</p> <p>4:00 Puzzle Competition: with Prizes! (2ND)</p> <p>6:30 Bridge - Resident Run (BST)</p> <p>6:30 Mens Club (MUL)</p> <p>7:00 Cribbage - Resident Run (MUL)</p>	<p>9:30 Knit & Stitch - Resident Run (2ND) 30</p> <p>10:30 Better Balance Exercise (MUL)</p> <p>2:00 Tea Social (DR)</p> <p>3:30 Yoga with Beate (MUL)</p> <p>4:00 Go 4 Life: High School Track (MUL)</p> <p>6:30 Giant Crossword Game (MUL)</p>	<p>9:30 Knit & Stitch - Resident Run (2ND) 31</p> <p>10:30 Morning Exercise (MUL)</p> <p>1:30 Discussion: "You be the Judge" (L)</p> <p>2:30 Friday Social Time (new time: 2:30-4:00 pm) (bdr)</p> <p>6:30 Movie Night: Life is Beautiful (MUL)</p> <p>7:00 Canasta - Resident Run (BST)</p>	



Be Limitless

- Locations Legend
- Multipurpose Room (MUL)
 - 2nd floor (2ND)
 - Bistro (BST)
 - Lobby (LOBB)
 - Library (L)
 - Dining Room (DR)
 - bistro and dining room (bdr)
 - County Kitchen (CK)

- Calendar Legend
- All Day
 - Outing
 - Special Program
 - Resident Request
 - New Program
 - Fit Minds
 - Meet Me at the MOMA
 - Go 4 Life Walking
 - Java Music Club
 - Living, Loving, Local
 - Signature Program
 - Artful Enrichment
 - Drumfit