



INSPIRED
SENIOR LIVING

June 2025

Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Knit & Stitch (2ND) 2:00 JAVA Music Club (MUL) 3:30 Craft Session: Ocean Themed Painting (MUL) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 10:30 Strength Exercise (MUL) 11:15 Alta Vida Fashions (MUL) 1:00 Bus Outing: Scenic Drive (TG) 3:15 Yoga with Beate (MUL) 4:00 Jenga Game (2ND) 6:30 Mind Matters (MUL) 6:30 Bridge (BST) 6:30 Cribbage (MUL)	9:30 Knit & Stitch (2ND) 10:30 Morning Exercise (MUL) 2:00 Bingo (MUL) 4:00 Fit Minds: Stay Sharp Brain Health (L) 6:30 Piano Music with Bob (resident) (LOBB) 6:45 Rummy Sticks Game (MUL) 6:45 Bean Bag Toss (MUL)	9:30 Knit & Stitch (2ND) 10:30 Zumba Chair Exercise (MUL) 2:00 Dental Presentation: Vancouver College (MUL) 3:00 Drum Fit Exercise (MUL) 6:30 Name that Tune (LOBB) 6:30 Bridge (BST) 6:30 Cribbage (MUL)	9:30 Knit & Stitch (2ND) 10:30 Better Balance Exercise (MUL) 2:00 Birthday Party and Welcome Tea (DR) 3:15 Yoga with Beate (MUL) 6:00 Trivia: "I Should Have Known That!" (MUL)	National Donut Day! Living Loving Local Celebration Dinner: Featuring Peas and Strawberries 9:30 Knit & Stitch (2ND) 10:30 Morning Exercise (MUL) 11:00 Timbits in the Lobby (LOBB) 1:30 Discussion: "You be the Judge" (L) 2:30 Happy Hour (bdr) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) 11:30 Bus Outing: Lunch at White Spot (LOBB) 1:30 Piano Music with Hariah (LNG) 2:00 Bingo (MUL) 4:00 Afternoon Stretch and Relaxation (MUL) 6:30 Riddle Game: Test Your Logic and Improve Your Thinking (MUL) 7:00 Mexican Train - Resident Run (CK)
9:30 Knit & Stitch (2ND) 2:00 JAVA Music Club (MUL) 3:30 Indoor Bean Bag Toss Game (MUL) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 10:30 Strength Exercise (MUL) 11:30 Bus Outing: Lunch and Shopping at The Coquitlam Centre (TG) 2:00 Choir Practice with Kaia (MUL) 3:15 Yoga with Beate (MUL) 4:00 Scrabble Game (2ND) 6:30 Mind Matters (MUL) 6:30 Bridge (BST) 6:30 Cribbage (MUL)	9:30 Knit & Stitch (2ND) 10:30 Morning Exercise (MUL) 2:00 Bingo (MUL) 4:00 Spa Sensations: Relaxing Hand Massages (2ND) 6:30 Piano Music with Bob (resident) (LOBB) 6:45 Trivia: "I Should Have Known That!" (MUL) 6:45 Rummy Sticks Game (BST)	9:30 Knit & Stitch (2ND) 10:30 Zumba Chair Exercise (MUL) 1:30 Food Demo with Niladri: Featuring Peas (MUL) 6:30 Board Game Night (MUL) 6:30 Bridge (BST) 6:30 Cribbage (MUL)	9:30 Knit & Stitch (2ND) 10:30 Better Balance Exercise (MUL) 11:30 London Drugs Optical (L) 1:00 Meet Me at the MoMA: Life Only Gets Better with Age - George Baselitz (MUL) 2:00 Artful Aging with Keli: Seeing, Feeling, Being (MUL) 3:15 Yoga with Beate (MUL) 6:00 Giant Crossword Game (MUL)	Wear Blue Day: Support Men's Health 9:30 Knit & Stitch (2ND) 10:30 Morning Exercise (MUL) 1:30 Discussion: "You be the Judge" (L) 2:30 Happy Hour (bdr) 6:30 Movie Night: Field of Dreams (MUL) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) 11:30 Bus Outing: Picnic at Queens Park (LOBB) 1:00 Piano Music with Hariah (LNG) 2:00 Bingo (MUL) 4:00 Go4Life Walking Club: High School Track (LOBB) 6:30 Haiku Poetry Program (MUL) 7:00 Mexican Train - Resident Run (CK)
Happy Father's Day! 9:30 Knit & Stitch (2ND) 2:00 JAVA Music Club (MUL) 3:30 Fatherly Wit and Wisdom: Group Discussion (MUL) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 10:30 Strength Exercise (MUL) 2:00 Entertainment with Mike Kinal (DR) 3:15 Yoga with Beate (MUL) 4:00 Jenga Game (2ND) 6:30 Mind Matters (MUL) 6:30 Cribbage (MUL) 6:30 Bridge (MUL)	9:30 Knit & Stitch (2ND) 10:30 Morning Exercise (MUL) 2:00 Bingo (MUL) 4:00 Fit Minds: Stay Sharp Brain Health (L) 6:30 Piano Music with Bob (resident) (LOBB) 6:45 Dart Challenge! (MUL) 6:45 Rummy Sticks Game (Bst)	9:30 Knit & Stitch (2ND) 10:30 Zumba Chair Exercise (MUL) 11:15 Resident Forum (MUL) 2:00 "Outside In" Dance Performance at the Massey Theatre (LOBB) 3:00 Drum Fit Exercise (MUL) 6:30 Name that Tune (LOBB) 6:30 Bridge (BST) 6:30 Cribbage (MUL)	9:30 Knit & Stitch (2ND) 10:30 Better Balance Exercise (MUL) 1:00 Meet Me at the MoMA: Unapologetic Artists - Women: Agnes Martin Canadian Painter (MUL) 2:00 Metropolitan Vancouver Mandolin Orchestra (DR) 3:15 Yoga with Beate (MUL) 6:00 Word Game: Words within Words (MUL)	Welcome Summer! 9:30 Knit & Stitch (2ND) 10:30 Morning Exercise (MUL) 1:30 Discussion: "You be the Judge" (L) 2:30 Happy Hour (bdr) 7:00 Canasta (BST)	Canada's National Indigenous People's Day 9:30 Knit & Stitch (2ND) 2:00 Bingo (MUL) 4:00 Afternoon Stretch and Relaxation (MUL) 6:30 Craft Session: Making Indigenous Kachina Dolls (MUL) 7:00 Mexican Train - Resident Run (CK)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Knit & Stitch (2ND) 22 2:00 JAVA Music Club (MUL) 3:30 Indoor Dart Game (MUL) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 23 10:30 Strength Exercise (MUL) 2:00 Strawberry Social and Entertainment with John Parsons (C) 4:00 Scrabble Game (2ND) 6:30 Mind Matters (MUL) 6:30 Cribbage (MUL) 6:30 Bridge (MUL)	9:30 Knit & Stitch (2ND) 24 10:30 Morning Exercise (MUL) 2:00 Bingo (MUL) 4:00 Spa Sensations: Nail Polish Application (L) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (BST) 6:45 Pictionary (MUL)	9:30 Knit & Stitch (2ND) 25 10:30 Zumba Chair Exercise (MUL) 11:15 Food Forum (MUL) 1:00 Bus Outing: Bistro and Shopping at Mandeville Gardens (MUL) 6:30 Men's Club (MUL) 6:30 Bridge (BST) 6:30 Cribbage (MUL)	9:30 Knit & Stitch (2ND) 26 10:30 Better Balance Exercise (MUL) 1:30 Wellness Session: Cosco Presents a Personal Planning Workshop (MUL) 3:15 Yoga with Beate (MUL) 6:00 Giant Crossword Game (MUL)	9:30 Knit & Stitch (2ND) 27 10:30 Morning Exercise (MUL) 11:30 Chic Couture Clothing (MUL) 1:30 Discussion: "You be the Judge" (L) 2:00 Choir Practice with Kaia (MUL) 2:30 Happy Hour (bdr) 6:30 Movie Night: A Dog's Way Home (MUL) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) 28 1:00 Bus Outing: Scenic Drive (TG) 2:00 Bingo (MUL) 3:30 Classical Piano Music with Brian (LNG) 6:30 Craft Session: Painting Garden Rocks (MUL) 7:00 Mexican Train - Resident Run (CK)
9:30 Knit & Stitch (2ND) 29 2:00 JAVA Music Club (MUL) 3:30 Tech Help with Bavneet (2ND) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 30 10:30 Strength Exercise (MUL) 2:00 Entertainment with The Paramount Singers: Rob and Darla (DR) 3:15 Yoga with Beate (MUL) 4:00 Jenga Game (2ND) 6:30 Mind Matters (MUL) 6:30 Cribbage (MUL) 6:30 Bridge (MUL)	<div><div>FRIDAY JUNE 13</div><div>Men's Health (Wear Blue Day)</div></div>		<div><div>SUNDAY JUNE 15</div><div>Father's Day</div></div>		

SATURDAY
JUNE
21

Indigenous Peoples Day

Be Heard

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)
Thornebridge Gardens (TG)
Lounge (LNG)
Bistro (Bst)
Courtyard (C)

Calendar Legend

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