



INSPIRED
SENIOR LIVING

July 2025

Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>		<div>Happy Canada Day! 1</div> <div>9:30 Knit & Stitch (2ND)</div> <div>10:30 Chair Fitness (MUL)</div> <div>2:00 Armchair Travel to Canada (MUL)</div> <div>4:00 Fit Minds (L)</div> <div>7:00 Canada Day Entertainment with The Suede Dogs (DR)</div>	<div>9:30 Knit & Stitch (2ND) 2</div> <div>10:30 Zumba Chair Exercise (MUL)</div> <div>2:00 Food Demo with Niladri: Featuring Raspberries (MUL)</div> <div>6:30 Bridge (BST)</div> <div>6:30 Cribbage (MUL)</div> <div>6:30 Name that Tune (LOBB)</div>	<div>9:30 Knit & Stitch (2ND) 3</div> <div>10:30 Chair Fitness: Better Balance (MUL)</div> <div>2:00 Birthday Party and Welcome Tea (DR)</div> <div>3:15 Yoga with Susanne (MUL)</div> <div>6:30 Word Game: Hang Man (MUL)</div>	<div>9:30 Knit & Stitch (2ND) 4</div> <div>10:30 Chair Fitness (MUL)</div> <div>1:15 Weekly Newsletter Review (LOBB)</div> <div>1:30 Discussion: "You be the Judge" (L)</div> <div>2:30 Happy Hour (bdr)</div> <div>7:00 Canasta (BST)</div>	<div>9:30 Knit & Stitch (2ND) 5</div> <div>2:00 Bingo (MUL)</div> <div>4:00 Afternoon Stretch and Relaxation (MUL)</div> <div>6:30 Trivia: "I Should Have Known That!" (MUL)</div> <div>7:00 Mexican Train - Resident Run (CK)</div>
<div>9:30 Knit & Stitch (2ND) 6</div> <div>1:30 Resident Council Meeting (MUL)</div> <div>2:00 JAVA Music Club (L)</div> <div>3:30 Craft Session: Making Table Centerpieces (MUL)</div> <div>6:30 Scrabble Sundays (MUL)</div>	<div>National Chocolate Day! 7</div> <div>9:30 Knit & Stitch (2ND)</div> <div>10:30 Chair Fitness: Strength Training (MUL)</div> <div>11:45 Bus Outing: Lunch at The Notorious Grey Fox Taps&Patio (LOBB)</div> <div>2:00 Choir Practice with Kaia (MUL)</div> <div>3:15 Yoga with Susanne (MUL)</div> <div>6:30 Cribbage (MUL)</div> <div>6:30 Bridge (MUL)</div> <div>6:30 Mind Matters (MUL)</div>	<div>9:30 Knit & Stitch (2ND) 8</div> <div>10:30 Chair Fitness (MUL)</div> <div>2:00 Bingo (MUL)</div> <div>4:00 Fit Minds (L)</div> <div>6:30 Piano Music with Resident Bob (LOBB)</div> <div>6:45 Rummy Sticks Game (BST)</div>	<div>9:30 Knit & Stitch (2ND) 9</div> <div>10:30 Zumba Chair Exercise (MUL)</div> <div>1:30 David Darling Presents: US Threat to Canada (MUL)</div> <div>2:45 Meet Annie the Golden with Valerie (LOBB)</div> <div>6:30 Bridge (BST)</div> <div>6:30 Cribbage (MUL)</div> <div>6:30 Name that Tune (LOBB)</div>	<div>Living Loving Local Celebration Dinner: Featuring Raspberries (DR) 10</div> <div>9:30 Knit & Stitch (2ND)</div> <div>10:30 Chair Fitness: Better Balance (MUL)</div> <div>1:30 Meet Me at the MoMA: Jeff Wall - Canadian Photographer (MUL)</div> <div>2:45 Food Forum (MUL)</div> <div>3:15 Yoga with Susanne (MUL)</div> <div>6:30 Giant Crossword Game (MUL)</div>	<div>9:30 Knit & Stitch (2ND) 11</div> <div>10:30 Chair Fitness (MUL)</div> <div>11:00 Clark's Shoes (MUL)</div> <div>1:15 Weekly Newsletter Review with Valerie (LOBB)</div> <div>1:30 Discussion: "You be the Judge" (L)</div> <div>2:30 Happy Hour (bdr)</div> <div>7:00 Canasta (BST)</div>	<div>9:30 Knit & Stitch (2ND) 12</div> <div>1:00 Bus Outing: Scenic Drive Saturday (LOBB)</div> <div>2:00 Bingo (MUL)</div> <div>3:30 Go4Life Walking Club (LOBB)</div> <div>6:30 Movie Night: Carry On (MUL)</div> <div>7:00 Mexican Train - Resident Run (CK)</div>
<div>9:30 Knit & Stitch (2ND) 13</div> <div>2:00 Go4Life Walking Club (LOBB)</div> <div>3:30 Craft Session: Making Table Centerpieces (MUL)</div> <div>6:30 Scrabble Sundays (MUL)</div>	<div>9:30 Knit & Stitch (2ND) 14</div> <div>10:30 Chair Fitness: Strength Training (MUL)</div> <div>11:30 Bus Outing: Lunch and Shopping at Tsawwassen Mills (LOBB)</div> <div>3:15 Yoga with Susanne (MUL)</div> <div>6:30 Cribbage (MUL)</div> <div>6:30 Bridge (MUL)</div> <div>6:30 Mind Matters (MUL)</div>	<div>9:30 Knit & Stitch (2ND) 15</div> <div>10:30 Chair Fitness (MUL)</div> <div>2:00 Bingo (MUL)</div> <div>4:00 Fit Minds (L)</div> <div>6:30 Piano Music with Resident Bob (LOBB)</div> <div>6:45 Rummy Sticks Game (BST)</div>	<div>National Hot Dog Day (DR) 16</div> <div>9:30 Knit & Stitch (2ND)</div> <div>10:30 Zumba Chair Exercise (MUL)</div> <div>2:00 Entertainment with Hand over Heart (DR)</div> <div>6:30 Bridge (BST)</div> <div>6:30 Cribbage (MUL)</div> <div>6:30 Name that Tune (LOBB)</div>	<div>9:30 Knit & Stitch (2ND) 17</div> <div>10:30 Chair Fitness: Better Balance (MUL)</div> <div>1:00 Connect Hearing Clinic (L)</div> <div>2:00 Artful Aging with Keli: Seeing, Feeling, Being (MUL)</div> <div>3:15 Yoga with Susanne (MUL)</div> <div>6:30 Words in a Word Game (MUL)</div>	<div>9:30 Knit & Stitch (2ND) 18</div> <div>10:30 Chair Fitness (MUL)</div> <div>1:15 Weekly Newsletter Review with Valerie (LOBB)</div> <div>1:30 Discussion: "You be the Judge" (L)</div> <div>1:30 Walker Wellness Check with Bill Anderson-BC Medequip (MUL)</div> <div>2:30 Happy Hour (bdr)</div> <div>7:00 Canasta (BST)</div>	<div>9:30 Knit & Stitch (2ND) 19</div> <div>2:00 Bingo (MUL)</div> <div>3:30 Classical Piano with Brian (DR)</div> <div>4:30 Afternoon Stretch and Relaxation (MUL)</div> <div>6:30 Men's Club (MUL)</div> <div>7:00 Mexican Train - Resident Run (CK)</div>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Knit & Stitch (2ND) 20 2:00 JAVA Music Club (L) 3:30 Craft Session: Making Table Centerpieces (MUL) 6:30 Scrabble Sundays (MUL)	World Ice Cream Day 21 World Music Day 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness: Strength Training (MUL) 2:00 Entertainment with The Fera Brothers (DR) 3:15 Yoga with Susanne (MUL) 6:30 Cribbage (MUL) 6:30 Bridge (MUL) 6:30 Mind Matters (MUL)	9:30 Knit & Stitch (2ND) 22 10:30 Chair Fitness (MUL) 2:00 Bingo (MUL) 4:00 Fit Minds (L) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (BST)	9:30 Knit & Stitch (2ND) 23 10:30 Zumba Chair Exercise (MUL) 1:30 Meet Me at the MoMA: Luchita Hurtado - Painter (MUL) 6:30 Bridge (BST) 6:30 Cribbage (MUL) 6:30 Name that Tune (LOBB)	9:30 Knit & Stitch (2ND) 24 10:30 Chair Fitness: Better Balance (MUL) 11:30 London Drugs Optical (L) 2:00 Personal Safety Workshop with the New Westminster Police (MUL) 3:15 Yoga with Susanne (MUL) 6:30 Giant Crossword Game (MUL)	9:30 Knit & Stitch (2ND) 25 10:00 La-Z Boy Demo and Sales Event (MUL) 1:15 Weekly Newsletter Review with Valerie (LOBB) 1:30 Ears to You Hearing Presentation (MUL) 2:30 Happy Hour (bdr) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) 26 1:00 Bus Outing: Scenic Drive Saturday (LOBB) 2:00 Bingo (MUL) 3:30 Go4Life Walking Club (LOBB) 6:30 Movie Night: A Man Called Otto (MUL) 7:00 Mexican Train - Resident Run (CK)
9:30 Knit & Stitch (2ND) 27 2:00 Go4Life Walking Club (LOBB) 3:30 Tech Help with Bavneet (2ND) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 28 10:30 Chair Fitness: Strength Training (MUL) 2:00 Entertainment with Music Variations (DR) 3:15 Yoga with Susanne (MUL) 6:30 Cribbage (MUL) 6:30 Bridge (MUL) 6:30 Mind Matters (MUL)	9:30 Knit & Stitch (2ND) 29 10:30 Chair Fitness (MUL) 2:00 Bingo (MUL) 4:00 Fit Minds (L) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (BST)	National Cheesecake Day! 30 9:30 Knit & Stitch (2ND) 2:00 Choir Practice with Kaia (MUL) 6:30 Bridge (BST) 6:30 Cribbage (MUL) 6:30 Name that Tune (LOBB)	9:30 Knit & Stitch (2ND) 31 10:30 Chair Fitness: Better Balance (MUL) 2:00 The Price is Right! (MUL) 3:15 Yoga with Susanne (MUL) 6:30 Word Game: Hang Man (MUL)	<div><div>WEDNESDAY JULY 16</div><div>National Hot Dog Day</div></div>	



Be
Heard

Multipurpose Room (MUL)
2nd floor (2ND)
Lobby (LOBB)

Locations Legend

Bistro (BST)
Library (L)
Dining Room (DR)

bistro and dining room (bdr)
County Kitchen (CK)

Calendar Legend

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