

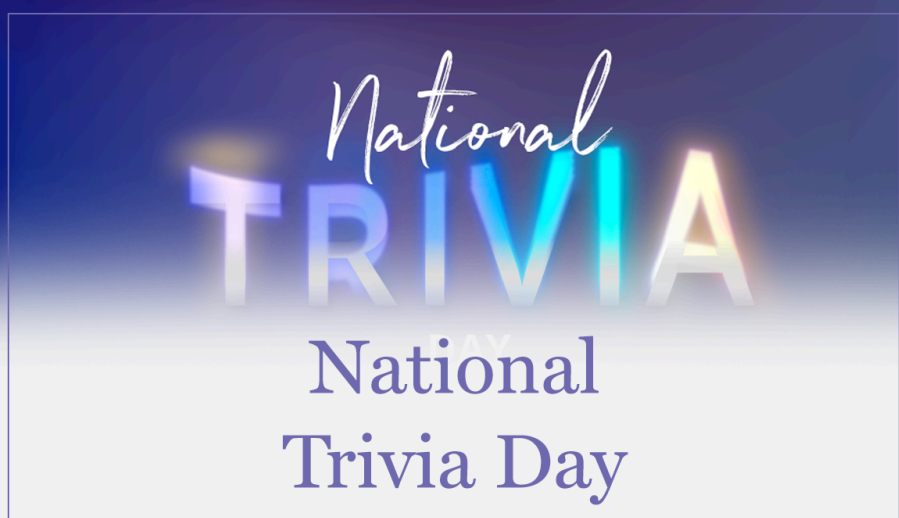


INSPIRED
SENIOR LIVING

January 2026

Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Happy New Year! 1 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness with Arnie Video (MUL) 3:15 Chair Yoga with Lauren Video (MUL) 6:30 Giant Crosswords (MUL)	9:30 Knit & Stitch (2ND) 2 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) 3 10:30 Chair Fitness with Arnie Video (MUL) 2:00 Bingo (MUL) 4:00 Drum Fit (MUL) 6:30 Bean Bag Toss (MUL) 7:00 Mexican Train - Resident Run (CK)
National Trivia Day 4 9:30 Knit & Stitch (2ND) 10:15 Yoga with Susanne (MUL) 11:30 Bus Outing: Lunch at Boston Pizza (LOBB) 2:00 Trivia Challenge (MUL) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 5 10:30 Chair Fitness: Strength Training (MUL) 2:00 Entertainment with Luke Sanford (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) 6 10:30 Chair Yoga with Lauren Video (MUL) 11:30 Bus Outing: Lunch and Shopping at The Coquitlam Centre (LOBB) 2:00 Bingo (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (BST)	De-decorate Christmas 7 9:30 Knit & Stitch (2ND) 10:30 Zumba Chair Exercise (MUL) 1:30 Scrabble (2ND) 1:30 Wellness Session: Proof of Care Presentation on Physical and Mental Wellbeing (MUL) 3:00 Craft Session: Making Table Centerpieces (MUL) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 8 10:30 Chair Fitness: Better Balance (MUL) 2:00 Birthday Party and Welcome Tea (DR) 3:15 Yoga with Beate (MUL) 6:30 Giant Crosswords (MUL)	Living Loving Local Celebration Dinner: Featuring Beans and Lentils 9 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness (MUL) 1:15 Weekly Newsletter Review with Valerie (LOBB) 1:30 Fit Minds (MUL) 1:30 Connect Hearing Clinic (L) 2:30 Happy Hour (PDR) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) 10 10:30 Chair Fitness with Arnie Video (MUL) 2:00 Bingo (MUL) 4:00 Go4Life Walking Club (LOBB) 6:30 Movie Night: The Woman in the Window (MUL) 7:00 Mexican Train - Resident Run (CK)
9:30 Knit & Stitch (2ND) 11 10:15 Yoga with Susanne (MUL) 1:00 Bus Outing: Scenic Drive to Burnaby Mountain (LOBB) 2:00 Entertainment with The Music Care Club (DR) 6:30 Scrabble Sundays (MUL)	National Popcorn Day 12 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness: Strength Training (MUL) 2:00 Entertainment with Cheek to Cheek (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) 13 10:30 Chair Fitness with Curtis Adams Video (MUL) 11:00 Bus Outing: Lunch and Shopping at Tsawwassen Mills (LOBB) 2:00 Bingo (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (BST)	9:30 Knit & Stitch (2ND) 14 10:30 Zumba Chair Exercise (MUL) 1:30 Scrabble (2ND) 2:00 Meet Me at the MoMA: Robert Colquhoun- Scottish Painter, Printmaker, Set Designer (MUL) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	National Hat Day! 15 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness: Better Balance (MUL) 2:00 Food Demo with Chef Dan (MUL) 3:15 Yoga with Beate (MUL) 6:30 Giant Crosswords (MUL)	9:30 Knit & Stitch (2ND) 16 10:30 Chair Fitness (MUL) 1:15 Weekly Newsletter Review with Valerie (LOBB) 1:30 BMO Nesbitt Burns Presentation: Save More with Tax Efficient Retirement Income (MUL) 2:30 Happy Hour (PDR) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) 17 10:30 Chair Fitness with Arnie Video (MUL) 2:00 Bingo (MUL) 4:00 Drum Fit (MUL) 6:30 Dart Challenge! (MUL) 7:00 Mexican Train - Resident Run (CK)



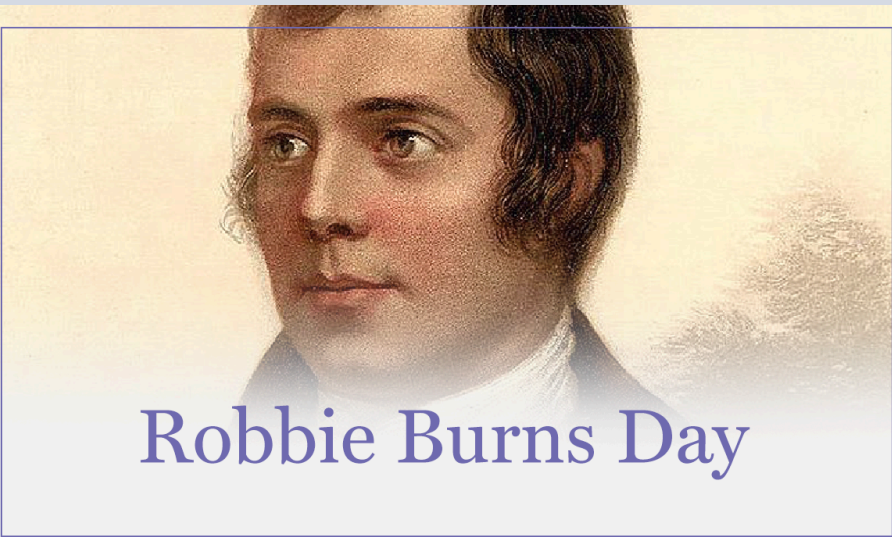
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cheese Lovers Day! 18 9:30 Knit & Stitch (2ND) 10:15 Yoga with Susanne (MUL) 11:00 Bus Outing: Lunch and Shopping at Golden Ears Cheese Crafters (LOBB) 1:30 Resident Council Meeting (MUL) 6:30 Scrabble Sundays (MUL)	Martin Luther King Jr. Day 19 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness: Strength Training (MUL) 2:00 Entertainment with Charles Johnson (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) 20 10:30 Chair Yoga with Lauren 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 (BST)	9:30 Knit & Stitch (2ND) 21 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) 22 10:30 Chair Fitness: Better Balance (MUL) 2:00 Presentation with David Darling: The Mysteries of Machu Picchu (MUL) 3:15 Yoga with Beate (MUL) 6:30 Giant Crosswords (MUL)	9:30 Knit & Stitch (2ND) 23 10:30 Chair Fitness (MUL) 1:15 Weekly Newsletter Review with Valerie (LOBB) 1:30 Presentation with Gord Hobbis: Exploring the Technical Impact the Bicycle has had Over the Past 150yrs (MUL) 2:30 Happy Hour (PDR) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) 24 10:30 Chair Fitness with Arnie Video (MUL) 2:00 Bingo (MUL) 4:00 Go4Life Walking Club (LOBB) 6:30 Movie Night: Heaven is for Real (MUL) 7:00 Mexican Train - Resident Run (CK)
Robbie Burns Day! 25 9:30 Knit & Stitch (2ND) 10:15 Yoga with Susanne (MUL) 11:30 Bus Outing: Lunch at White Spot (LOBB) 2:00 Robbie Burns Day Entertainment with The Highland Dancers (DR) 3:30 Tech Help (2ND) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 26 10:30 Chair Yoga with Lauren Video (MUL) 1:30 Presentation with Tom Locke (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) 27 10:30 Chair Fitness with Curtis Adams Video (MUL) 2:00 Bingo (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (BST)	9:30 Knit & Stitch (2ND) 28 10:30 Zumba Chair Exercise (MUL) 1:30 Scrabble (2ND) 2:00 Meet Me at the MoMA: Clarke Reynolds-Mr. Dot, the Blind Braille Artist (MUL) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 29 10:30 Chair Fitness: Better Balance (MUL) 2:00 Food Forum (MUL) 3:15 Yoga with Beate (MUL) 6:30 Giant Crosswords (MUL)	9:30 Knit & Stitch (2ND) 30 10:30 Chair Fitness (MUL) 1:15 Weekly Newsletter Review with Valerie (LOBB) 1:30 Discussion: "You be the Judge" (MUL) 2:30 Farewell to Chris Happy Hour (DR) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) 31 10:30 Chair Fitness with Arnie Video (MUL) 2:00 Bingo (MUL) 4:00 Drum Fit (MUL) 6:30 Pictionary (MUL) 7:00 Mexican Train - Resident Run (CK)



Be Welcomed

Locations Legend	
Multipurpose Room (MUL)	Dining Room (DR)
2nd floor (2ND)	Country Kitchen (CK)
Lobby (LOBB)	Private Dining Room (PDR)
Bistro (BST)	Library (L)

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