





INSPIRED SENIOR LIVING

July 2026

Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 Canada Day		Happy Canada Day! Red and White Day! 9:30 Knit & Stitch (2ND) 10:30 Zumba Chair Exercise (MUL) 1:30 Canadian Trivia and Travelogue (MUL) 1:30 Scrabble (2ND) 6:30 Cribbage (2ND) 6:30 Bridge (BST) 7:00 Canada Day Entertainment with The Suede Dogs (C)	9:30 Knit & Stitch (2ND) 9:30 Kitchen Tour (K) 10:30 Chair Fitness: Better Balance (MUL) 2:00 Birthday Party and Welcome Tea (DR) 6:30 Giant Crosswords (MUL)	9:30 Knit & Stitch (2ND) 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) 10:30 Chair Fitness with Arnie Video (MUL) 2:00 Bingo (MUL) 4:00 Drum Fit (MUL) 6:30 Super Trivia! (MUL) 7:00 Mexican Train - Resident Run (CK)
9:30 Knit & Stitch (2ND) 10:15 Yoga with Susanne (MUL) 2:00 Entertainment with the Unmentionables (DR) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 10:30 Chair Fitness: Strength Training (MUL) 1:30 TV's Greatest Hits part 2 with Tom Locke (MUL) 3:15 Yoga with Susanne (MUL) 6:30 Mind Matters (MUL) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 10:30 Chair Yoga with Lauren Video (MUL) 1:00 Bus Outing: Shopping Trip to Market Crossing (North Side Only) (LOBB) 2:00 Bingo (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (MUL)	9:30 Knit & Stitch (2ND) 10:30 Zumba Chair Exercise (MUL) 1:30 Scrabble (2ND) 2:00 Resident Council Meeting (MUL) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 10:30 Chair Fitness: Better Balance (MUL) 1:30 Wellness Session: Proof of Care Presents - The Importance of Staying Hydrated (MUL) 3:00 Meet Me at the MoMA: Lawren S. Harris - Canadian Landscape Artist (MUL) 6:30 Giant Crosswords (MUL)	Living Loving Local Celebration Dinner: Featuring Raspberries (DR) National Pina Colada Day! 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness (MUL) 1:00 Connect Hearing (L) 1:15 Weekly Newsletter Review with Valerie (LOBB) 1:30 Fit Minds (MUL) 2:30 Happy Hour with Pina Coladas! (PDR) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) 10:30 Chair Fitness with Arnie Video (MUL) 2:00 Bingo (MUL) 4:00 Go4Life Walking Club (LOBB) 6:30 Movie Night: Gerry and Marge Go Large (MUL) 7:00 Mexican Train - Resident Run (CK)
9:30 Knit & Stitch (2ND) 10:15 Yoga with Susanne (MUL) 2:00 Craft Session: Painting Tutorial - A Single Pear (MUL) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 10:30 Chair Fitness: Strength Training (MUL) 2:00 Entertainment with The Shoe Shakers (C) 3:15 Yoga with Susanne (MUL) 6:30 Mind Matters (MUL) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 10:30 HASFIT Senior Fitness Video (MUL) 11:00 Bus Outing: Fish and Chips Lunch at Garry Point (LOBB) 2:00 Bingo (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (MUL)	9:30 Knit & Stitch (2ND) 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) 10:30 Chair Fitness: Better Balance (MUL) 2:00 Armchair Travel to Brazil (MUL) 6:30 Giant Crosswords (MUL)	9:30 Knit & Stitch (2ND) 10:30 Chair Fitness (MUL) 11:30 Casual Chic Couture (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) 10:30 Chair Fitness with Arnie Video (MUL) 2:00 Bingo (MUL) 4:00 Drum Fit (MUL) 6:30 Super Trivia! (MUL) 7:00 Mexican Train - Resident Run (CK)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Knit & Stitch (2ND) 19 10:15 Yoga with Susanne (MUL) 1:00 Crafters Club Member Meeting (MUL) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 20 10:30 Chair Fitness: Strength Training (MUL) 2:00 Entertainment with Cherelle Jardine (C) 3:15 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 21 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 (MUL)	9:30 Knit & Stitch (2ND) 22 10:30 Zumba Chair Exercise (MUL) 1:30 Scrabble (2ND) 2:00 Food Forum (MUL) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 23 10:30 Chair Fitness: Better Balance (MUL) 1:30 Presentation with David Darling on Famous Foods (MUL) 3:00 Meet Me at the MoMA: Winifred Petchey Marsh - Painter Indigenous Culture (MUL) 6:00 Paint Nite with Galina (MUL)	Wine and Cheese Day! 24 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness (MUL) 11:00 On Time Watch and Jewelry Repair (L) 1:15 Weekly Newsletter Review with Valerie (LOBB) 1:30 Fit Minds (MUL) 2:30 Wine and Cheese Happy Hour (MUL) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) 25 10:30 Chair Fitness with Arnie Video (MUL) 2:00 Bingo (MUL) 4:00 Go4Life Walking Club (LOBB) 6:30 Movie Night: Ordinary Angels (MUL) 7:00 Mexican Train - Resident Run (CK)
9:30 Knit & Stitch (2ND) 26 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)	9:30 Knit & Stitch (2ND) 27 10:30 Chair Fitness: Strength Training (MUL) 2:00 Entertainment with Greg Alcock (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) 28 10:30 HASFIT Senior Fitness Video (MUL) 1:00 Bus Outing: Scenic Drive to White Rock with Ice Cream (LOBB) 2:00 Bingo (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (MUL)	9:30 Knit & Stitch (2ND) 29 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) 30 10:30 Chair Fitness: Better Balance (MUL) 2:00 Falls Prevention Workshop and Presentation with Mary McLaughlin (MUL) 6:30 Giant Crosswords (MUL)	9:30 Knit & Stitch (2ND) 31 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)	



Be Supported

Locations Legend

Multipurpose Room (MUL)	Private Dining Room (PDR)
2nd floor (2ND)	Country Kitchen (CK)
Lobby (LOBB)	Courtyard (C)
Bistro (BST)	Library (L)
Dining Room (DR)	Kitchen (K)
	Lounge (LNG)

Calendar Legend

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