



INSPIRED
SENIOR LIVING

August 2026

Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Civic Holiday		 Friendship Day		 National Dog Day		9:30 Knit & Stitch (2ND) 1 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)
National Friendship Day 2 9:30 Knit & Stitch (2ND) 10:15 Yoga with Susanne (MUL) 1:00 Craft Mart in a Cart (L) 2:00 Craft Session: Making Cupcake Liner Ornaments (MUL) 6:30 Scrabble Sundays (MUL)	Happy BC Day! 3 9:30 Knit & Stitch (2ND) 10:30 HASFIT Senior Fitness Video (MUL) 1:00 Betty Brussel Documentary Screening (MUL) 1:45 Lotto 649 Game (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) 4 10:30 Chair Yoga with Lauren Video (MUL) 11:15 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 (MUL)	9:30 Knit & Stitch (2ND) 5 10:30 Chair Fitness: Strength Training (MUL) 1:00 Bus Outing: Shopping Trip to Market Crossing (South Side Only) (LOBB) 1:30 Scrabble (2ND) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 6 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)	Living Loving Local Celebration Dinner: Featuring Blueberries (DR) 7 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness (MUL) 11:00 Avon with Nerissa (L) 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)	National Cat Day 8 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: Inside the Mind of a Cat (MUL) 7:00 Mexican Train - Resident Run (CK)
9 9:30 Knit & Stitch (2ND) 10:15 Yoga with Susanne (MUL) 1:00 Crafters Club Member Meeting (MUL) 6:30 Scrabble Sundays (MUL)	10 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness: Strength Training (MUL) 2:00 Blueberry Social and Entertainment with Jana Seale (C) 3:15 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	11 9:30 Knit & Stitch (2ND) 10:30 HASFIT Senior Fitness Video (MUL) 1:00 Bus Outing: The Great Canadian Casino (LOBB) 2:00 Bingo (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (MUL)	12 9:30 Knit & Stitch (2ND) 10:30 HASFIT Senior Fitness Video (MUL) 1:30 Scrabble (2ND) 2:00 Food Forum (MUL) 3:00 Learn to Line Dance! (MUL) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	13 9:30 Knit & Stitch (2ND) 9:30 Ears to You Hearing Health Clinic (L) 10:30 Chair Fitness: Better Balance (MUL) 1:30 Walker Wellness Check with Bill Anderson-BC Medequip (MUL) 3:00 Meet Me at the MoMA: Roland Lee's "The Dove Cottage" - Landscape Painter (MUL) 6:30 Giant Crosswords (MUL)	14 National Prosecco Day 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness (MUL) 1:15 Weekly Newsletter Review with Valerie (LOBB) 1:30 Fit Minds (MUL) 2:30 Happy Hour (PDR) 7:00 Canasta (BST)	15 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) 16 10:15 Yoga with Susanne (MUL) 2:00 Dart Challenge! (MUL) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 17 10:30 HASFIT Senior Fitness Video (MUL) 2:00 Entertainment with Darcy Murdoch (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) 18 10:30 Chair Yoga with Lauren Video (MUL) 12:00 Bus Outing: Reifel Migratory Bird Sanctuary (LOBB) 2:00 Bingo (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (MUL)	Ice Cream Float Day 19 9:30 Knit & Stitch (2ND) 10:30 Zumba Chair Exercise (MUL) 1:30 Scrabble (2ND) 2:00 Ice Cream Floats in the Courtyard (C) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 20 10:30 Chair Fitness: Better Balance (MUL) 1:30 Presentation with Crime Stoppers (MUL) 2:45 Bus Outing: New West Farmers Market (LOBB) 6:30 Giant Crosswords (MUL)	9:30 Knit & Stitch (2ND) 21 10:30 HASFIT Senior Fitness Video (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) 22 10:30 Chair Fitness with Arnie Video (MUL) 2:00 Bingo (MUL) 4:00 Go4Life Walking Club (LOBB) 6:30 Movie Night: Hachi - A Dog's Tale (MUL) 7:00 Mexican Train - Resident Run (CK)
9:30 Knit & Stitch (2ND) 23 10:15 Yoga with Susanne (MUL) 2:00 Craft Session: Painting Wild Flowers (MUL) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 24 10:30 HASFIT Senior Fitness Video (MUL) 2:00 Entertainment with Roberto Risman (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) 25 10:30 HASFIT Senior Fitness Video (MUL) 11:30 Bus Outing: Picnic and Stroll at Queen Elizabeth Park (LOBB) 2:00 Bingo (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (MUL)	National Dog Day 26 9:30 Knit & Stitch (2ND) 10:30 Zumba Chair Exercise (MUL) 1:30 Scrabble (2ND) 2:00 Food Demo with Niladri (MUL) 3:00 Meet Annie the Golden Retriever and friends (LNG) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 27 10:30 Chair Fitness: Better Balance (MUL) 11:00 London Drugs Optical (L) 2:00 Meet Me at the MoMA: Cynthia McLean's "Sailors Ashore" - Painter, Sculptor, Jeweler, Fabric Designer (MUL) 6:30 Giant Crosswords (MUL)	9:30 Knit & Stitch (2ND) 28 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 Happy Hour (PDR) 7:00 Canasta (BST)	9:30 Knit & Stitch (2ND) 29 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) 30 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) 31 10:30 Chair Fitness: Strength Training (MUL) 2:00 Entertainment with Jennifer Lauren (DR) 3:15 Yoga with Susanne (MUL) 6:30 Mind Matters (MUL) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	Be Supported		Locations Legend Multipurpose Room (MUL) 2nd floor (2ND) Lobby (LOBB) Bistro (BST) Country Kitchen (CK) Library (L) Private Dining Room (PDR) Courtyard (C) Dining Room (DR) Lounge (LNG) Kitchen (K)		Calendar Legend Technology Outing Special Program Vendor Theme Day Living, Loving, Local Signature Program Can Fit Pro Resident Run