



INSPIRED
SENIOR LIVING

October 2026

Thornebridge Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Breast Cancer Awareness Month	 Thanksgiving					
9:30 Knit & Stitch (2ND) 4 10:15 Yoga with Susanne (MUL) 1:00 Craft Mart in a Cart (L) 2:00 Craft Session: Making Autumn Plates (MUL) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 5 10:30 Chair Fitness: Strength Training (MUL) 1:00 Canasta (2ND) 2:00 Entertainment with Music Variations (DR) 3:15 Yoga with Susanne (MUL) 6:30 Mind Matters (MUL) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 6 10:30 HASFIT Senior Fitness 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 (MUL)	9:30 Knit & Stitch (2ND) 7 10:30 Chair Fitness (MUL) 1:30 Scrabble (2ND) 2:00 Lotto 649 Game (MUL) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 8 10:00 BC Cancer Foundation Fundraiser (LOBB) 10:30 Chair Fitness: Better Balance (MUL) 1:30 Walker Wellness Check with Bill Anderson-BC Medequip (MUL) 2:00 Decorate For Thanksgiving (LOBB) 6:30 Giant Crosswords (MUL)	9:30 Knit & Stitch (2ND) 9 10:30 Chair Fitness (MUL) 1:15 Weekly Newsletter Review with Valerie (LOBB) 1:30 David Darling Presents: Thanksgiving - History, Origins, and Traditions and why Canada and USA Differ (MUL) 2:30 Happy Hour (PDR)	9:30 Knit & Stitch (2ND) 10 10:30 Chair Fitness with Arnie Video (MUL) 2:00 Bingo (MUL) 4:00 Drum Fit (MUL) 6:30 Riddle Games (MUL) 7:00 Mexican Train - Resident Run (CK)
9:30 Knit & Stitch (2ND) 11 10:15 Yoga with Susanne (MUL) 2:00 Sing Along with Victoria and Friends (DR) 3:30 Tech Help with Bavneet (2ND) 6:30 Scrabble Sundays (MUL)	Happy Thanksgiving! 12 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness: Strength Training (MUL) 1:00 Canasta (2ND) 1:30 Meet Me at the MoMA: Winslow Homer: American Landscape Painter and Illustrator (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) 13 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)	9:00 Covid/Flu Clinic (MUL) 14 9:30 Knit & Stitch (2ND) 1:30 Scrabble (2ND) 2:00 Oktoberfest Entertainment with the Rheinlander Oompa Pa Band (DR) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 15 10:30 Chair Fitness: Better Balance (MUL) 1:30 Food Forum (MUL) 2:30 Craft Session: Making Autumn Wreaths (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 Discussion: "You be the Judge" (MUL) 2:30 Happy Hour (MUL)	9:30 Knit & Stitch (2ND) 17 10:30 Chair Fitness with Arnie Video (MUL) 2:00 Bingo (MUL) 4:00 Go4Life Walking Club (LOBB) 6:15 Movie Night: Beetlejuice (MUL) 7:00 Mexican Train - Resident Run (CK)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Knit & Stitch (2ND) 18 10:15 Yoga with Susanne (MUL) 1:00 Crafters Club Member Meeting (MUL) 6:30 Scrabble Sundays (MUL)	9:30 Knit & Stitch (2ND) 19 10:30 HASFIT Senior Fitness Video (MUL) 1:00 Canasta (2ND) 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) 20 10:30 HASFIT Senior Fitness Video (MUL) 2:00 Bingo (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (MUL)	9:30 Knit & Stitch (2ND) 21 10:30 Zumba Chair Exercise (MUL) 1:30 Scrabble (2ND) 1:30 Meet Me at the MoMA: Edward Gorey - Dark Whimsical Illistrations (MUL) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	9:30 Knit & Stitch (2ND) 22 10:30 HASFIT Senior Fitness Video (MUL) 2:00 Food Demo with Niladri (MUL) 6:30 Giant Crosswords (MUL)	9:30 Knit & Stitch (2ND) 23 10:30 HASFIT Senior Fitness Video (MUL) 11:00 On Time Watch and Jewelry Repair (L) 11:00 Altavida Fashions (MUL) 1:15 Weekly Newsletter Review with Valerie (LOBB) 2:00 Altavida Fashion Show (DR) 2:30 Happy Hour (PDR)	9:30 Knit & Stitch (2ND) 24 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) 25 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) 26 10:30 Chair Fitness: Strength Training (MUL) 1:00 Canasta (2ND) 1:00 Decorate for Halloween (LOBB) 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) 27 10:30 Chair Yoga with Lauren Video (MUL) 11:30 Bus Outing: Golden Ears Cheese Crafters for Lunch and Shopping (LOBB) 2:00 Bingo (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (MUL)	National Chocolate Day! 28 9:30 Knit & Stitch (2ND) 10:30 Zumba Chair Exercise (MUL) 1:30 Scrabble (2ND) 1:30 Chocolate Lover's Challenge (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 Craft Session: Decorating/Carving Pumpkins (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) 2:00 Costume Parade (DR) 2:30 Halloween Entertainment with the Suede Dogs (DR)	Happy Halloween! 31 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness with Arnie Video (MUL) 2:00 Bingo (MUL) 4:00 Go4Life Walking Club (LOBB) 6:15 Movie Night: Hocus Pocus (MUL) 7:00 Mexican Train - Resident Run (CK)



Be Celebrated

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

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