Verve INSPIRED SENIOR LIVING

November 2026

Thornebridge Gardens

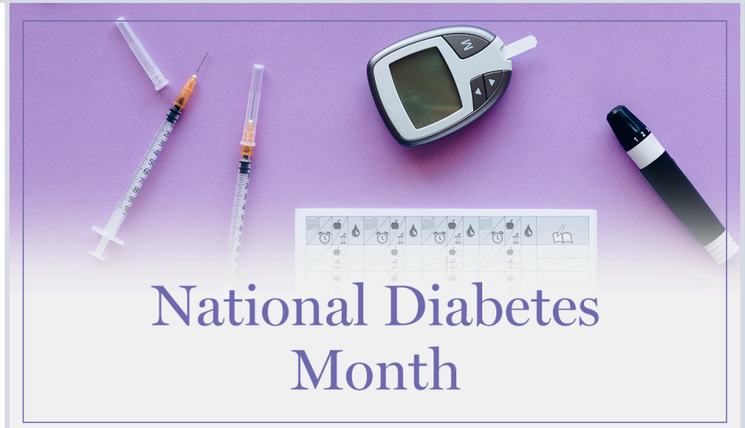
THORNEBRIDGE gardens

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Knit & Stitch (2ND) 1:00 Craft Mart in a Cart (L) 1:30 Craft Session: Collaborative Painting with Emily and Helen (MUL) 3:45 Fitness with Bhavin (MUL) 6:30 Scrabble Sundays (MUL)	**2** 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness: Strength Training (MUL) 1:00 Canasta (2ND) 2:00 Entertainment with Roberto Risman (DR) 3:15 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	**3** 9:30 Knit & Stitch (2ND) 10:30 HASFIT Senior Fitness 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)	**4** 9:30 Knit & Stitch (2ND) 10:30 Zumba Chair Exercise (MUL) 1:30 Scrabble (2ND) 1:30 Lotto 649 Game (MUL) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	**5** 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness: Better Balance (MUL) 2:00 Birthday Party and Welcome Tea (DR) 3:15 Yoga with Susanne (MUL) 6:30 Resident Family Feud (MUL)	**6** Living Loving Local Celebration Dinner: Featuring Tomatoes/Honey 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 (MUL) 6:30 Sing Along with Cindy (LOBB)	**7** 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)
8 9:30 Knit & Stitch (2ND) 2:00 Piano with Claire (DR) 3:30 Tech Help with Bavneet (2ND) 3:45 Fitness with Bhavin (MUL) 6:30 Scrabble Sundays (MUL)	**9** 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness: Strength Training (MUL) 1:00 Canasta (2ND) 3:15 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	**10** 9:30 Knit & Stitch (2ND) 10:30 Chair Yoga with Lauren 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 (MUL)	**11** Remembrance Day 9:30 Knit & Stitch (2ND) 10:30 Remembrance Day Service (DR) 1:30 Scrabble (2ND) 2:00 Meet Me at the MoMA: Alex Colville - Canadian Painter and Printmaker (MUL) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	**12** 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness: Better Balance (MUL) 11:30 Raffle Ticket Sales (LOBB) 2:00 Food Forum (MUL) 3:15 Yoga with Susanne (MUL) 6:30 Giant Crosswords (MUL)	**13** 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness (MUL) 11:30 Raffle Ticket Sales (LOBB) 1:00 NWSS Musical Theatre Performance (LOBB) 1:15 Weekly Newsletter Review with Valerie (LOBB) 2:30 Happy Hour (MUL) 6:30 Sing Along with Cindy (LOBB)	**14** 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness with Arnie Video (MUL) 11:30 Raffle Ticket Sales (LOBB) 2:00 Bingo (MUL) 4:00 Go4Life Walking Club (LOBB) 6:15 Movie Night: The Judge (MUL) 7:00 Mexican Train - Resident Run (CK)
15 9:30 Knit & Stitch (2ND) 11:30 Raffle Ticket Sales (LOBB) 1:30 Craft Session: Collaborative Painting with Emily and Helen (MUL) 3:45 Fitness with Bhavin (MUL) 6:30 Scrabble Sundays (MUL)	**16** 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness: Strength Training (MUL) 11:30 Raffle Ticket Sales (LOBB) 1:00 Canasta (2ND) 2:00 Entertainment with Jana Seale (DR) 3:15 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	**17** 9:30 Knit & Stitch (2ND) 10:30 HASFIT Senior Fitness Video (MUL) 11:30 Bus Outing: Bistro Lunch and Shopping at Mandeville Gardens (LOBB) 11:30 Raffle Ticket Sales (LOBB) 2:00 Bingo (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (MUL)	**18** 9:30 Knit & Stitch (2ND) 10:30 Zumba Chair Exercise (MUL) 11:30 Raffle Ticket Sales (LOBB) 1:30 Scrabble (2ND) 1:30 Orientation Session on Fire Drills with Van (MUL) 2:30 Meet Me at the MoMA: George Campbell Tinning - Landscape Artist (MUL) 6:30 Name that Tune (LOBB) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	**19** 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness: Better Balance (MUL) 11:30 Raffle Ticket Sales (LOBB) 2:00 Entertainment with the Metropolitan Vancouver Mandolin Orchestra (DR) 3:15 Yoga with Susanne (MUL) 6:30 Resident Family Feud (MUL)	**20** 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness (MUL) 11:30 Raffle Ticket Sales (LOBB) 1:15 Weekly Newsletter Review with Valerie (LOBB) 1:30 Fit Minds (MUL) 2:30 Happy Hour (MUL) 6:30 Sing Along with Cindy (LOBB)	**21** 9:30 Knit & Stitch (2ND) 11:00 Christmas Craft Fair and Bake Sale (MUL) 6:30 Super Trivia! (MUL) 7:00 Mexican Train - Resident Run (CK)

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22 9:30 Knit & Stitch (2ND) 1:30 Craft Session: Collaborative Painting with Emily and Helen (MUL) 3:30 Tech Help with Bavneet (2ND) 3:45 Fitness with Bhavin (MUL) 6:30 Scrabble Sundays (MUL)	**23** 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness: Strength Training (MUL) 1:00 Canasta (2ND) 2:00 Entertainment with The Shoe Shakers (DR) 3:15 Yoga with Beate (MUL) 6:30 Mind Matters (MUL) 6:30 Cribbage (2ND) 6:30 Bridge (BST)	**24** 9:30 Knit & Stitch (2ND) 10:30 Chair Yoga with Lauren Video (MUL) 11:30 Bus Outing: Potters Garden Center and Christmas Store (LOBB) 2:00 Bingo (MUL) 6:30 Piano Music with Resident Bob (LOBB) 6:45 Rummy Sticks Game (MUL)	**25** 8:00 Pancake Breakfast (DR) 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)	**26** National Social Hour Day 9:00 RSV Clinic (MUL) 9:30 Knit & Stitch (2ND) 2:00 Timbits in the Lounge (LNG) 3:15 Yoga with Susanne (MUL) 6:30 Giant Crosswords (MUL)	**27** 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) 2:30 Happy Hour (MUL) 6:30 Sing Along with Cindy (LOBB)	**28** 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: Aloha (MUL) 7:00 Mexican Train - Resident Run (CK)
29 9:30 Knit & Stitch (2ND) 1:30 Craft Session: Collaborative Painting with Emily and Helen (MUL) 2:30 Piano Music with Robin Goodfellow (LNG) 3:45 Fitness with Bhavin (MUL) 6:30 Scrabble Sundays (MUL)	**30** 9:30 Knit & Stitch (2ND) 10:30 Chair Fitness: Strength Training (MUL) 1:00 Canasta (2ND) 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)					







Be Celebrated

Locations Legend

- Multipurpose Room (MUL)
- 2nd floor (2ND)
- Lobby (LOBB)
- Dining Room (DR)
- Bistro (BST)
- Country Kitchen (CK)
- Library (L)
- Lounge (LNG)

Calendar Legend

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