



INSPIRED
SENIOR LIVING

October 2022

Gilmore Gardens



GILMORE
GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Welcome October Leaves are falling, Autumn is calling!		"Hand over Heart" Saturday, September 17th at 1:30PM Fireside Lounge		Happy Thanksgiving! Sunday, October 9th		10:00 Armchair Video 11:00 Virtual Tai Chi 2:00 Artful Aging: Painting with Elizabeth and Friends 7:00 Movie Night: Shall We Dance
10:00 Armchair Video 10:30 GPUC Worship Service 11:00 Zumba with Winnie 7:30 Sing Along with Errol	10:00 Chair Fitness 11:00 Go4Life Walking Club 11:00 Armchair Video 1:00 Bus Outing: Shopping Trip to Superstore 7:30 Bingo	10:00 Armchair Video 11:30 Meditation 1:30 Wellness Session: Chair Yoga with Lynn Walters 3:00 Food Committee Meeting 7:00 Crib/Chess	10:00 Chair Fitness 10:30 Catholic Prayer and Communion 11:00 Armchair Video 1:00 Bus Outing: Scenic Drive 1:30 Wellness Session with Teresa Hansen "The Power of Connection" 3:00 Happy Hour 7:00 Rummikub	11:00 Armchair Video 1:30 Java Music Club 4:30 Entertainment with Hand over Heart 7:00 Game of Hearts Thanksgiving Buffet 5:00 and 6:30 Seating	10:00 Osteofit with Robin Masters 11:00 Play Reading with Stephen 1:30 Weekender Review in Chinese: 中文講解 本週活動 2:00 Richmond Election Advance Polling Station 3:00 Happy Hour 6:45 Mah Jong	10:00 Armchair Video 11:00 Virtual Tai Chi
10:00 Armchair Video 10:30 GPUC Worship Service 11:00 Zumba with Winnie	Happy Thanksgiving Day! Library Books Due 11:00 Go4Life Walking Club 11:00 Armchair Video 7:30 Bingo	9:00 Esthetician 10:00 Armchair Video 11:00 Avon with Janice 11:30 Meditation 2:00 Fit Minds 3:30 Tech Time with Makena and Alexa 7:00 Crib/Chess	New Library Books In 10:00 Chair Yoga with Robin Masters 10:30 Catholic Prayer and Communion 1:00 Bus Outing: Shopping Trip Ironwood 3:00 Happy Hour 7:00 Rummikub	10:00 Chair Fitness: Strength and Balance 10:30 Clarks Shoes 11:00 Armchair Video 1:30 Scrabble with Pat 1:30 Armchair Travel to Alaska 7:00 Game of Hearts	Living Loving Local Celebration Dinner: Featuring Apples 10:00 Osteofit with Robin Masters 11:00 Play Reading with Stephen 11:00 Chair Yoga Stretch and Strength with Lauren 1:30 Weekender Review in Chinese: 中文講解 本週活動 2:00 Entertainment with Kierah Raymond, Celtic Fiddle Performer 3:00 Happy Hour 6:45 Mah Jong National Dessert Day!	10:00 Armchair Video 11:00 Virtual Tai Chi 2:00 Artful Aging: Painting with Elizabeth and Friends 7:00 Movie Night: Beetle Juice
10:00 Armchair Video 10:30 GPUC Worship Service 11:00 Zumba with Winnie	10:00 Chair Fitness 11:00 Go4Life Walking Club 11:00 Armchair Video 11:00 Altavida Fashions 1:00 Bus Outing: Shopping Trip to FreshCo 7:30 Bingo	10:00 Armchair Video 10:00 Sign up for Flu Clinic 11:30 Meditation 1:30 Wellness Session: Chair Yoga with Lynn Walters 3:00 Recreation Committee Meeting 7:00 Crib/Chess	10:00 Chair Fitness 10:30 Catholic Prayer and Communion 10:30 Catholic Mass 11:00 Armchair Video 11:30 Bus Outing: Lunch at O'Hares Pub 1:30 Meet Me at the MoMA: Sarah Robertson "Northern Lake" 3:00 Happy Hour 7:00 Rummikub	10:30 BC Cancer Foundation Fundraiser 1:30 Java Music Club 3:00 Resident Forum 7:00 Game of Hearts	10:00 Osteofit with Robin Masters 11:00 Play Reading with Stephen 11:00 Chair Yoga Stretch and Strength with Lauren 11:00 Wellness Session: The Cold and Flu Season 1:30 Weekender Review in Chinese: 中文講解 本週活動 2:00 Entertainment with The Fera Brothers 3:00 Happy Hour 6:45 Mah Jong	10:00 Armchair Video 11:00 Virtual Tai Chi
10:00 Armchair Video 10:30 GPUC Worship Service 11:00 Zumba with Winnie 2:00 Youth Musician Performance 7:30 Sing Along with Errol	10:00 Chair Fitness 11:00 Go4Life Walking Club 11:00 Armchair Video 1:00 Bus Outing: Shopping Trip to Seafair 2:45 Craft Session: Pumpkin Carving/Decorating 7:30 Bingo	Flu Clinic 2:45 Meet Me at the Moma: Akesuk Tudlik (Inuit Artist) "Division of Meat" 3:30 Tech Time with Makena and Alexa 7:00 Crib/Chess	10:00 Chair Yoga with Robin Masters 10:30 Catholic Prayer and Communion 11:00 Armchair Video 1:30 Decorate for Halloween 3:00 Happy Hour 7:00 Rummikub	10:00 Chair Fitness: Strength and Balance 11:00 Armchair Video 2:00 Birthday Party and Welcome Tea 7:00 Game of Hearts	10:00 Osteofit with Robin Masters 11:00 Play Reading with Stephen 11:00 Choose your Halloween Costume 1:30 Weekender Review in Chinese: 中文講解 本週活動 2:00 Spooktacular Performance by the Richmond Singers 3:00 Happy Hour with Halloween Bingo 6:45 Mah Jong	10:00 Armchair Video 11:00 Virtual Tai Chi 2:00 Artful Aging: Painting with Elizabeth and Friends 7:00 Movie Night: Hocus Pocus
9:00 Foot Care with Nerissa 10:00 Armchair Video 10:30 GPUC Worship Service 11:00 Zumba with Winnie	Happy Halloween! 10:00 Chair Fitness 11:00 Go4Life Walking Club 11:00 Armchair Video 1:30 Halloween Costume Parade! 2:00 Halloween Party with Music Variations 7:30 Bingo	HALLOWEEN ENTERTAINMENT WITH "MUSIC VARIATIONS" MONDAY, OCTOBER 31ST AT 2:00PM JOIN US FOR A SCARY GOOD TIME!		The Fabulous Fera Brothers FRIDAY, OCTOBER 21ST [AT] 2PM IN THE FIRESIDE LOUNGE	Living Loving Local APPLES	