Verve INSPIRED SENIOR LIVING

November 2022
Gilmore Gardens

GILMORE GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Armchair Video 11:30 Meditation 1:30 Wellness Session: Chair Yoga with Lynn Walters 2:45 Giant Crosswords 7:00 Crib/Chess	2 10:00 Chair Fitness 10:30 Catholic Prayer and Communion 11:00 Armchair Video 1:00 Bus Outing: Shopping Trip to Landsdowne 3:00 Happy Hour 7:00 Rummikub	3 National Sandwich Day! 9:45 GPUC "The Seekers" Bible Study Group 11:00 Armchair Video 1:30 Java Music Club 3:00 Resident Council Meeting 7:00 Game of Hearts	4 Living Loving Local Celebration Dinner: Featuring Cranberries 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 李週活動 2:00 Entertainment with Jennifer Lauren 3:00 Happy Hour "Joking Around!" 6:45 Mah Jong National Candy Day!	5 10:00 Armchair Video 11:00 Virtual Tai Chi
6 10:00 Armchair Video 10:30 GPUC Worship Service 11:00 Zumba with Winnie	7 10:00 Chair Fitness 11:00 Go4Life Walking Club 11:00 Armchair Video 11:00 Avon with Janice 1:00 Bus Outing: Shopping Trip Ironwood 1:30 Craft Session: Rock Art Painting Poppies 7:30 Bingo	8 National Cappuccino Day! 9:00 Esthetician 10:00 Armchair Video 11:30 Meditation 2:00 Fit Minds 3:30 Tech Time with Makena and Alexa 7:00 Crib/Chess	9 10:00 Chair Yoga with Robin Masters 10:30 Catholic Prayer and Communion 11:00 Armchair Video 11:00 Bus Outing: Lunch at Milltown Pub 3:00 Happy Hour 5:00 Decorate for Remembrance Day 7:00 Rummikub	10 10:00 Purdy's Chocolate Orders 11:00 Armchair Video 1:30 Scrabble with Pat 1:30 Meet Me at the Moma: Mary Ritter (Painter) "The Heritage of The Great War" 2:00 Meet Me at the Moma: Mathew Wong (Painter) "The Journey Home" 7:00 Game of Hearts	11 10:30 Remembrance Day Service with Reverend Bruce 1:30 Weekender Review in Chinese: 中文講解 李週活動 1:30 Armchair Travel to South Africa 3:00 Happy Hour 6:45 Mah Jong Remembrance Day	12 10:00 Armchair Video 11:00 Virtual Tai Chi 2:00 Artful Aging: Painting with Elizabeth and Friends 7:00 Movie Night: Indiscreet
13 10:00 Armchair Video 10:30 GPUC Worship Service 11:00 Zumba with Winnie 7:30 Sing Along with Errol	14 11:00 Go4Life Walking Club 11:00 Armchair Video 1:00 Bus Outing: Shopping Trip to FreshCo 7:30 Bingo	15 7:30 Big Brothers Donation Pick up 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	16 10:00 Chair Yoga with Robin Masters 10:30 Catholic Prayer and Communion 11:00 Armchair Video 11:00 Bus Outing: Richmond Centre Mall 3:00 Happy Hour 7:00 Rummikub	17 9:45 GPUC "The Seekers" Bible Study Group 11:00 Armchair Video 1:30 Java Music Club 3:00 Jeopardy! 7:00 Game of Hearts	18 10:00 Osteofit with Robin Masters 11:00 Play Reading with Stephen 11:00 Armchair Video 1:30 Weekender Review in Chinese: 中文講解 李週活動 2:00 Entertainment with Greg Alcock Pianist 3:00 Happy Hour 6:45 Mah Jong	19 10:00 Armchair Video 11:00 Virtual Tai Chi
20 10:00 Armchair Video 10:30 GPUC Worship Service 11:00 Zumba with Winnie 2:30 Pacific Chamber Music Academy	21 Purdys Orders In 10:00 Chair Fitness 11:00 Go4Life Walking Club 11:00 Armchair Video 1:00 Bus Outing: Shopping Trip to Seafair 1:30 Poker! 5 Card Stud 2:00 Men's Chat Club 7:30 Bingo	22 10:00 Armchair Video 11:30 Meditation 2:00 Fit Minds 3:30 Tech Time with Makena and Alexa 7:00 Crib/Chess	23 10:00 Chair Yoga with Robin Masters 10:00 Raffle Draw and Bottle Draw Ticket Sales 10:30 Catholic Prayer and Communion 11:00 Armchair Video 1:00 Bus Outing: Scenic Drive 3:00 Happy Hour 7:00 Rummikub	24 10:00 Chair Fitness: Strength and Balance 10:00 Raffle Draw and Bottle Draw Ticket Sales 11:00 Armchair Video 11:00 5th Ave Jewelry 2:00 Birthday Party & Welcome Tea 7:00 Game of Hearts	25 10:00 Osteofit with Robin Masters 10:00 Raffle Draw and Bottle Draw Ticket Sales 11:00 Play Reading with Stephen 11:00 Chair Yoga Stretch and Strength with Lauren 11:00 Wellness Session: TBA 1:30 Weekender Review in Chinese: 中文講解 李週活動 2:00 The Price is Right! 3:00 Happy Hour 6:45 Mah Jong	26 10:00 Armchair Video 11:00 Virtual Tai Chi 2:00 Artful Aging: Painting with Elizabeth and Friends 7:00 Movie Night: The American President National Cake Day!
27 9:00 Foot Care with Nerissa 10:00 Armchair Video 10:30 GPUC Worship Service 11:00 Zumba with Winnie 2:00 Youth Musician Performance	28 10:00 Chair Fitness 11:00 Go4Life Walking Club 11:00 Armchair Video 1:00 Bus Outing: Shopping Trip to Superstore 1:30 Dart Challenge 7:30 Bingo	29 10:00 Armchair Video 11:30 Meditation 1:30 Wellness Session: Chair Yoga with Lynn Walters 2:45 Giant Crosswords 7:00 Crib/Chess	30 10:00 Chair Fitness 10:00 Raffle Draw and Bottle Draw Ticket Sales 10:30 Catholic Mass 11:00 Armchair Video 11:00 Bus Outing: River Rock Casino 3:00 Happy Hour 7:00 Rummikub			