



INSPIRED
SENIOR LIVING

April 2023

Gilmore Gardens



GILMORE
GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Happy Easter			April Fools Day 1 10:00 Armchair Video 11:00 Tai Chi 1:00 Cherie Lam Music Recital 2:00 Artful Aging: Painting with Elizabeth and Friends			
10:00 Armchair Video 2 10:30 GPUC Worship Service 11:00 Gentle Fit with Winnie	10:00 Chair Fitness 3 11:00 Go4Life Walking Club 11:00 Armchair Video 1:00 Bus Outing: Shopping Trip to Save on Foods 1:30 Drumfit 2:00 De decorate Cruise Week 7:30 Bingo	10:00 Armchair Video 4 11:30 Meditation 1:30 Wellness Session: Chair Yoga with Lynn Walters 1:30 Connect Hearing Clinic 2:45 Giant Crosswords 7:00 Crib/Chess	10:00 Chair Fitness 5 10:30 Catholic Prayer and Communion 11:00 Armchair Video 11:30 Bus Outing: Lunch at Milltown Pub 2:00 Decorate for Easter! 3:00 Happy Hour 7:00 Rummikub	10:00 Chair Fitness: Strength and Balance 6 11:00 Armchair Video 1:30 Java Music Club 1:30 Meet Me at the MoMA: Alfred Sisley - Artist 4:30 Entertainment with Hand over Heart 5:00 Easter Buffet: 5:00PM & 6:30PM Seatings 7:00 Game of Hearts	World Health Day Good Friday 7 10:00 Osteofit with Robin Masters 10:45 Drumfit 11:00 Play Reading with Stephen 11:15 Advanced Armchair Video with Curtis 1:30 Weekender Review in Chinese: 中文講解 本週活動 2:00 Armchair Travel to Finland 3:00 Happy Hour 6:45 Mah Jong	10:00 Armchair Video 8 11:00 Tai Chi 2:00 Easter Craft with Jill
Easter Day! 9 10:00 Armchair Video 10:30 GPUC Worship Service 11:00 Gentle Fit with Winnie	Easter Monday 10 10:00 Chair Fitness 11:00 Go4Life Walking Club 11:00 Armchair Video 1:00 Bus Outing: Shopping Trip to Ironwood 1:30 Drumfit 2:00 Timbits and Trivia in the Fireside Lounge 7:30 Bingo	10:00 Armchair Video 11 11:30 Meditation 3:30 Tech Time with Makena and Alexa 7:00 Crib/Chess	10:00 Chair Yoga with Robin Masters 12 10:30 Catholic Prayer and Communion 11:00 Armchair Video 11:30 Bus Outing: Lunch at Indian Restaurant for Vaisakhi 2:00 Entertainment for Vaisakhi Celebration 3:00 Happy Hour 7:00 Rummikub	10:00 Chair Fitness: Strength and Balance 13 11:00 Armchair Video 11:30 Fireside Fun "Name That Tune" 1:30 Scrabble with Pat 2:30 Fit Minds 7:00 Game of Hearts	Living Loving Local Celebration Dinner: Featuring Eggs Vaisakhi 14 10:00 Osteofit with Robin Masters 10:45 Drumfit 11:00 Play Reading with Stephen 11:15 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 Roberto Risman 3:00 Happy Hour 6:45 Mah Jong	10:00 Armchair Video 15 11:00 Tai Chi 2:00 Artful Aging: Painting with Elizabeth and Friends 2:00 Book Sharing with Jill



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 Sing Along with Errol 16 10:00 Armchair Video 10:30 GPUC Worship Service 11:00 Gentle Fit with Winnie 1:00 Bus Outing: Cherry Blossom Scenic Drive	10:00 Chair Fitness 17 11:00 Go4Life Walking Club 11:00 Armchair Video 1:00 Bus Outing: Shopping Trip to FreshCo 1:30 Drumfit 1:30 Meet Me at the MoMA: Robert Smithson - Artist 7:30 Bingo	10:00 Armchair Video 18 11:30 Meditation 11:30 Food Committee Meeting 1:00 Recreation Committee Meeting 1:30 Wellness Session: Chair Yoga with Lynn Walters 2:45 Giant Crosswords 7:00 Crib/Chess	Western Day 19 10:00 Chair Fitness 10:30 Catholic Mass 11:00 Armchair Video 11:00 Bus Outing: River Rock Casino 3:00 Happy Hour 7:00 Rummikub	10:00 Chair Fitness: Strength and Balance 20 11:00 Armchair Video 11:30 Fireside Fun "Get to know you" 1:30 Java Music Club 3:00 Resident Forum 7:00 Game of Hearts	National Tea Day 21 10:00 Osteofit with Robin Masters 10:45 Drumfit 11:00 Play Reading with Stephen 11:00 Tea Tasting in the Fireside Lounge 11:15 Advanced Armchair Video with Curtis 1:30 Weekender Review in Chinese: 中文講解 本週活動 2:00 Entertainment with Mike Kinal 3:00 Happy Hour 6:45 Mah Jong	National Earth Day 22 10:00 Armchair Video 11:00 Tai Chi 1:30 Jeopardy! : About our Earth 3:00 Harp Performance with Erica
10:00 Armchair Video 23 10:30 GPUC Worship Service 11:00 Gentle Fit with Winnie 2:00 Youth Musician Association	10:00 Chair Fitness 24 11:00 Go4Life Walking Club 11:00 Armchair Video 1:00 Bus Outing: Shopping Trip to Superstore 1:30 Drumfit 7:30 Bingo	10:00 Armchair Video 25 11:30 Meditation 2:00 Artful Talks Presentation with Cailey from Artful Enrichment: Flowers by Artists Live Class 3:30 Tech Time with Makena and Alexa 7:00 Crib/Chess	10:00 Chair Yoga with Robin Masters 26 10:30 Catholic Prayer and Communion 11:00 Armchair Video 11:00 Bus Outing: Van Dusen Gardens and Lunch at Shaugnessy Restaurant 2:00 How to Paint on Canvas with Expert Painter Bob Ross 3:00 Happy Hour 7:00 Rummikub	10:00 Chair Fitness: Strength and Balance 27 11:00 Armchair Video 11:30 Fireside Fun "Name That Tune" 2:00 Birthday Party & Welcome Tea 7:00 Game of Hearts	10:00 Osteofit with Robin Masters 28 10:45 Drumfit 11:00 Play Reading with Stephen 11:15 Chair Yoga Stretch and Strength with Lauren 1:30 Weekender Review in Chinese: 中文講解 本週活動 3:00 Happy Hour 5:00 Volunteer Appreciation Dinner (by invitation only) 6:45 Mah Jong	10:00 Armchair Video 29 11:00 Tai Chi 2:00 Artful Aging: Painting with Elizabeth and Friends 2:00 Fit Minds
9:00 Foot Care with Nerissa 30 10:00 Armchair Video 10:30 GPUC Worship Service 11:00 Gentle Fit with Winnie	"National Tea Day"  FRIDAY APRIL 21ST TEA TASTING @ 11:00AM IN THE FIRESIDE LOUNGE	 APRIL BIRTHDAYS RESIDENTS PING TUNG TSUI - APRIL 1 JENNY PIATOCKA - APRIL 8 KEN ENG - APRIL 14 BRIAN COLEMAN - APRIL 26 STAFF SARB SOHI - APRIL 1 JILL KEMP - APRIL 3 GEMMA BELLEN - APRIL 12 MAUREEN FAKARO - APRIL 12 CHANTAL GIGLIOTTI - APRIL 19 HARJIT JASWAL - APRIL 30		<u>Calendar Legend</u> Technology Outing Special Program Vendor Signature Program Can Fit Pro Artful Enrichment	 SATURDAY APR 22 Celebrating Earth Day	