



INSPIRED
SENIOR LIVING

August 2023

Gilmore Gardens



GILMORE
GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 SUNDAY AUG 6 National Friendship Day		10:00 Armchair Video (ACT) 1 11:30 Meditation (ACT) 1:30 Armchair Video with Curtis (ACT) 7:00 Crib/Chess (CL)	10:00 Chair Yoga with Robin Masters (ACT) 2 10:30 Catholic Prayer and Communion (PRI) 11:00 Armchair Video (ACT) 12:30 Bus Outing: Steveston Village (GG) 1:30 Billiards (SFL) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	10:00 Armchair Video with Curtis (ACT) 3 11:00 Armchair Video (ACT) 1:30 Java Music Club (CL) 2:45 Fit Minds (CL) 7:00 Game of Hearts (ACT)	Living Loving Local Celebration Dinner: Featuring Blueberries National Chocolate Chip Day 4 10:00 Osteofit with Robin Masters (ACT) 11:00 Chair Yoga Stretch and Strength with Lauren (ACT) 1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI) 2:00 Entertainment with Roberto Risman (CKP) 3:00 Happy Hour (CL) 6:45 Mah Jong (ACT)	10:00 Armchair Video (ACT) 5 11:00 Tai Chi (ACT) 1:30 Horseraces Game (ACT) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT) 3:00 Melissa Huen Music School (FIR)	
	National Friendship Day 6 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 1:30 Go4Life Walking Club (GG) 2:00 "Once Upon a Row" Yarn and Book Vendor (FIR) 2:00 Knit 'n Chat (FIR)	BC Day! 7 10:00 Chair Fitness (ACT) 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 1:00 Bus Outing: Shopping Trip to Walmart (GG) 2:00 Drumfit (ACT) 7:30 Bingo (ACT)	National Cat Day 8 10:00 Armchair Video (ACT) 11:30 Meditation (ACT) 1:30 Wellness Session: Chair Yoga with Lynn Walters (ACT) 2:45 Giant Crosswords (CL) 7:00 Crib/Chess (CL)	10:00 Chair Fitness (ACT) 9 10:30 Catholic Prayer and Communion (PRI) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Shopping Trip to Richmond Centre (GG) 1:30 Billiards (SFL) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	9:30 Morning Chat and Coffee with Mirandah (FIR) 10 10:00 Armchair Video with Curtis (ACT) 11:00 Armchair Video (ACT) 1:30 Scrabble with Pat (CL) 7:00 Game of Hearts (ACT)	10:00 Osteofit with Robin Masters (ACT) 11 11:00 Advanced Armchair Video with Curtis (ACT) 1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI) 2:00 Entertainment with the Fabulous Fera Brothers (CKP) 3:00 Happy Hour (CL) 6:45 Mah Jong (ACT)	10:00 Armchair Video 12 (ACT) 11:00 Tai Chi (ACT) 2:00 Craft Session with Angela (ACT) 7:00 Movie Night: Willie Wonka and the Chocolate Factory (ACT)
	10:00 Armchair Video (ACT) 13 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 1:30 Go4Life Walking Club (GG) 2:00 Knit 'n Chat (FIR)	10:00 Armchair Video with Curtis (ACT) 14 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 1:00 Bus Outing: Shopping Trip to Seafair (GG) 2:00 Drumfit (ACT) 7:30 Bingo (ACT)	10:00 Armchair Video (ACT) 15 11:30 Meditation (ACT) 11:30 Food Committee Meeting (PRI) 1:00 Recreation Committee Meeting (PRI) 1:30 Wellness Session: Ears to Your Hearing! (ACT) 2:30 Fit Minds (CL) 7:00 Crib/Chess (CL)	National Tell a Joke Day! 16 10:00 Chair Yoga with Robin Masters (ACT) 10:30 Catholic Prayer and Communion (PRI) 11:00 Armchair Video (ACT) 11:00 Bus Outing: Lunch at the Flying Beaver (GG) 1:30 Billiards (SFL) 3:00 Happy Hour: Joking Around! (CL) 7:00 Rummikub (ACT)	10:00 Chair Fitness: Strength and Balance (ACT) 17 11:00 Armchair Video (ACT) 1:30 Java Music Club (CL) 1:30 Meet Me at the MoMA: Norval Morrisseau "Shaman and Apprentice" (ACT) 2:45 Ted Talk: How Your Memory Works and Why Forgetting is Totally Ok! (ACT) 7:00 Game of Hearts (ACT)	10:00 Osteofit with Robin Masters (ACT) 18 11:00 Chair Yoga Stretch and Strength with Lauren (ACT) 1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI) 2:00 Blueberry Tea with Greg Meloche (CKP) 3:00 Happy Hour (CL) 6:45 Mah Jong (ACT)	10:00 Armchair Video 19 (ACT) 11:00 Tai Chi (ACT) 1:30 Lotto 649 Game (ACT) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Armchair Video (ACT) 20 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 1:30 Go4Life Walking Club (GG) 1:30 Board Games with Sally Glenn (CL) 2:00 Knit 'n Chat (FIR) 7:30 Sing Along with Errol (FIR)	10:00 Chair Fitness (ACT) 21 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 1:00 Bus Outing: Shopping Trip to Freshco (GG) 2:00 Drumfit (ACT) 2:00 Men's Chat Club on the Patio (CKP) 7:30 Bingo (ACT)	10:00 Armchair Video (ACT) 22 11:30 Meditation (ACT) 1:30 Wellness Session: Chair Yoga with Lynn Walters (ACT) 2:45 Giant Crosswords (CL) 7:00 Crib/Chess (CL)	10:00 Chair Fitness (ACT) 23 10:30 Catholic Prayer and Communion (PRI) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Picnic at Deas Island Park (GG) 1:30 Billiards (SFL) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	9:30 Morning Chat and Coffee with Mirandah (FIR) 24 10:00 Chair Fitness: Strength and Balance (ACT) 11:00 Armchair Video (ACT) 1:30 Meet Me at the Moma: Grant Wood "American Gothic" (ACT) 2:30 Wellness Session: Frauds and Scams (ACT) 7:00 Game of Hearts (ACT)	National Banana Split Day 25 10:00 Osteofit with Robin Masters (ACT) 11:00 Advanced Armchair Video with Curtis (ACT) 1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI) 2:00 Entertainment with John Parsons (CKP) 3:00 Happy Hour (CL) 6:45 Mah Jong (ACT)	National Dog Day 26 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 2:00 Meet the Resident Dogs on the Patio (CKP) 7:00 Movie Night: Driving Miss Daisy (ACT)
9:00 Foot Care with Nerissa (SALO) 27 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 1:30 Go4Life Walking Club (GG) 2:00 Knit 'n Chat (FIR)	10:00 Chair Fitness (ACT) 28 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 1:00 Bus Outing: Shopping Trip Ironwood (GG) 2:00 Drumfit (ACT) 7:30 Bingo (ACT)	10:00 Armchair Video (ACT) 29 11:30 Meditation (ACT) 2:00 Canada's Top 100 Best Managed Companies Award Presentation (CKP) 7:00 Crib/Chess (CL)	10:00 Chair Yoga with Robin Masters (ACT) 30 10:30 Catholic Prayer and Communion (PRI) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Scenic Drive (GG) 1:30 Billiards (SFL) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	10:00 Chair Fitness: Strength and Balance (ACT) 31 11:00 Armchair Video (ACT) 2:00 Birthday Party & Welcome Tea (DR) 7:00 Game of Hearts (ACT)	WEDNESDAY AUG 26 National Dog Day	

WEDNESDAY
AUG
25



National Banana Split Day

Be Social

Locations Legend		Calendar Legend
Activity Room (ACT)	Country Kitchen	Outing
Club Lounge (CL)	Patio (CKP)	Special Program
Gilmore Gardens (GG)	Second Floor Lounge (SFL)	Vendor
Private Dining Room (PRI)	Gilmore Park United Church (GPUC)	Theme Day
Fireside Lounge (FIR)	Salon (SALO)	Living, Loving, Local
	Dining Room (DR)	Signature Program
		Can Fit Pro
		Resident Run