Verve INSPIRED SENIOR LIVING

July 2024
Gilmore Gardens

GILMORE GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gilmore Gardens 1999 25th 2024 ANNIVERSARY	1 Happy Canada Day! 10:00 Advanced Armchair Video with Curtis (ACT) 11:00 Armchair Video (ACT) 2:00 Canada Day Entertainment on the Patio with Mike Kinal (CKP) 3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT) 7:30 Bingo (ACT)	2 10:00 Armchair Video (ACT) 11:30 Meditation (ACT) 1:30 Drumfit (ACT) 2:00 Fit Minds (CL) 7:00 Crib/Chess (CL)	3 10:00 Advanced Armchair Video with Curtis (ACT) 10:30 Catholic Prayer and Communion (PRI) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Shopping Trip to Freshco (GG) 1:30 Billiards (SFL) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	4 10:00 Chair Fitness: Strength and Balance (ACT) 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 1:30 Java Music Club (CL) 2:30 Wellness Session: BC Medequip Walker Checkup with Bill (ACT) 7:00 Game of Hearts (ACT)	5 Living Loving Local Celebration Dinner: Featuring Raspberries 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Advanced Armchair Video with Curtis (ACT) 11:30 Bus Outing to Steveston Village (GG) 1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI) 2:00 Vancouver College of Dental Hygiene Presentation (ACT) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:45 Mah Jong (ACT)	6 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:30 Lotto 649 Game (ACT) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)
7 10:00 Armchair Video (ACT) 10:00 Advanced Rummikub with Sally (CL) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 1:00 Table Tennis with Sally (ACT) 2:30 Beginner Rummikub with Sally (CL) 3:00 Tech Time with Erin (CL)	8 10:00 Chair Fitness (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Shopping trip to Seafair (GG) 1:30 Meet Me at the MoMA: Robert Bateman (ACT) 3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT) 7:30 Bingo (ACT)	9 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 10:00 Chair Fitness (ACT) 10:30 Catholic Prayer and Communion (PRI) 11:00 Armchair Video (ACT) 12:30 Bus Outing: Visit to OWL Rehabilitation Society in Ladner (GG) 1:30 Billiards (SFL) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	11 10:00 Chair Fitness: Strength and Balance (ACT) 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 1:00 Decorate for French Day (FIR) 1:30 Wellness Session: Easybite Mobile Denture Services (ACT) 7:00 Game of Hearts (ACT)	12 French Day 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Mindful Movements Exercise Class (ACT) 1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI) 2:00 French Day Entertainment with the Suede Dogs (CKP) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:45 Mah Jong (ACT)	13 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 7:00 25th Anniversary Gala and Entertainment with Jennifer Lauren (FIR)
14 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 3:00 Tech Time with Erin (CL) 7:30 Sing Along with Errol (FIR)	15 Big Brothers Donation drop off Deadline (PG) 10:00 Chair Fitness (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Shopping Trip Ironwood (GG) 1:00 Craft Session: Painting Garden Rocks (ACT) 2:45 Entertainment with Handbell Ringers (FIR) 3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT) 7:30 Bingo (ACT)	16 Big Brothers Donation Pick up 10:00 Armchair Video (ACT) 11:30 Food Committee Meeting (PRI) 11:30 Meditation (ACT) 1:00 Recreation Committee Meeting (PRI) 1:30 Drumfit (ACT) 2:00 Fit Minds (CL) 7:00 Crib/Chess (CL)	17 10:00 Chair Fitness (ACT) 10:30 Catholic Mass (PRI) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Picnic at Garry Point with Kentucky Fried Chicken (GG) 1:30 Billiards (SFL) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	18 10:00 Chair Fitness: Strength and Balance (ACT) 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 1:30 Scrabble with Pat (CL) 1:30 Meet Me at the MoMA: Brian Donnelly (1974) (ACT) 7:00 Game of Hearts (ACT)	19 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Advanced Armchair Video with Curtis (ACT) 11:30 Bus Outing to Steveston Village (GG) 1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI) 2:00 Summer Garden Party on the Patio with Entertainment by Hand over Heart (CKP) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:45 Mah Jong (ACT)	20 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 2:00 Ladder Ball (ACT) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT) 7:00 Movie Night: 20,000 Leagues Under the Sea (ACT)

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21 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 3:00 Tech Time with Erin (CL)	**22** 10:00 Chair Fitness (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Shopping Trip to T&T/Landsdowne (GG) 3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT) 7:30 Bingo (ACT)	**23** 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)	**24** 9:30 Ears to You Hearing Clinic (SALO) 10:00 Chair Fitness (ACT) 10:30 Catholic Prayer and Communion (PRI) 11:00 Armchair Video (ACT) 11:00 Decorate for Senior Olympics (FIR) 11:30 Bus Outing: River Rock Casino (GG) 1:30 Billiards (SFL) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	**25** 10:00 Chair Fitness: Strength and Balance (ACT) 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 2:00 Birthday Party & Welcome Tea (DR) 7:00 Game of Hearts (ACT)	**26** Senior Olympics Opening Day (CKP) 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Wellness Session: Proof of Care Presents "Heart Health" (ACT) 1:30 Weekender Review in Chinese: 中文講解 牟週活動 (PRI) 1:30 Senior Olympics Opening Ceremonies: Pass the Torch relay (CKP) 2:00 Entertainment with Roberto Risman (CKP) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:45 Mah Jong (ACT)	**27** 9:00 Foot Care with Nerissa (SALO) 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:30 Olympic Jeopardy! (ACT) 7:00 Movie Night: Without Limits (ACT)
28 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 2:30 Youth Musician Association (FIR) 3:00 Tech Time with Erin (CL)	**29** 10:00 Chair Fitness (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Shopping Trip to Walmart (GG) 2:30 Olympic Trivia (ACT) 7:30 Bingo (ACT)	**30** 10:00 Armchair Video (ACT) 11:30 Meditation (ACT) 1:00 Olympic Darts (ACT) 2:30 Fit Minds (CL) 7:00 Crib/Chess (CL)	**31** 10:00 Chair Fitness (ACT) 10:30 Catholic Prayer and Communion (PRI) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Lunch and Shopping at Richmond Centre Mall (GG) 1:30 Billiards (SFL) 2:00 Olympic Bean Bag Toss (PATI) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)			







Be Proud

Locations Legend

- Activity Room (ACT)
- Club Lounge (CL)
- Gilmore Gardens (GG)
- Private Dining Room (PRI)
- Country Kitchen Patio (CKP)
- Fireside Lounge (FIR)
- Second Floor Lounge (SFL)
- Gilmore Park United Church (GPUC)
- Salon (SALO)
- Parking Garage (PG)
- Dining Room (DR)
- Patio (PATI)

Calendar Legend

- Technology
- Outing
- Special Program
- Vendor
- Theme Day
- Senior Olympics
- Signature Program
- Can Fit Pro
- Highlight