October 2024

Gilmore Gardens

Verve INSPIRED SENIOR LIVING

GILMORE GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		National Senior's Day! **1** 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 Advanced Armchair Video with Curtis (ACT) **2** 10:30 Catholic Prayer and Communion (PRI) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Scenic Drive (GG) 1:30 Billiards (SFL) 1:30 Wellness Session: Presentation with Christin on Holistic Massage Therapy (ACT) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	10:00 Chair Fitness: Strength and Balance (ACT) **3** 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 1:30 Wellness Session: Proof of Care Presents "10 Things for Seniors" (ACT) 2:30 Java Music Club (CL) 7:00 Game of Hearts (ACT)	Living Loving Local Celebration Dinner: Featuring Apples **4** 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Casual Chic Couture Fashions (FIR) 11:00 Trivia Challenge! (ACT) 1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI) 1:30 Wellness Session: Why Should I get Vaccinated? (ACT) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	8:30 Nails with Angie (SALO) **5** 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 2:00 Jeopardy! (ACT) 7:00 Movie Night: Bridges of Madison County (ACT)
10:00 Armchair Video (ACT) **6** 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Robin (ACT) 1:30 Tech Time with Erin (PRI) 7:30 Sing Along with Errol (FIR)	10:00 Chair Fitness (ACT) **7** 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: Vesod: Geometric Figurative Work (Italy) (ACT) 3:00 Chair Yoga with Lauren (ACT) 7:30 Bingo (ACT)	10:00 Armchair Video (ACT) **8** 11:30 Meditation (ACT) 1:00 Fit Minds (CL) 2:00 Craft Session: Painting a Fall Birch (ACT) 7:00 Crib/Chess (CL)	9:30 Ears to You Hearing Clinic (SALO) **9** 10:00 Chair Fitness (ACT) 10:30 Catholic Prayer and Communion (PRI) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Lunch at Legends Pub (GG) 1:30 Billiards (SFL) 1:30 Decorate for Thanksgiving (FIR) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	Thanksgiving Buffet Dinner 5:00PM and 6:30PM Seatings **10** 10:00 Chair Fitness: Strength and Balance (ACT) 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 4:30 Thanksgiving Entertainment with Patrizia Coletta (RCPT) 7:00 Game of Hearts (ACT)	10:00 Osteofit with Robin Masters (ACT) **11** 11:00 Advanced Armchair Video with Curtis (ACT) 11:00 Play Reading with Stephen (PRI) 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 Oktoberfest Entertainment with Peter Paulus and his Oompah Band (PATI) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	8:30 Nails with Angie (SALO) **12** 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:30 Bean Bag Toss (ACT) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)
10:00 Armchair Video (ACT) **13** 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Robin (ACT) 1:30 Tech Time with Erin (PRI)	Richmond Public Library Books Due **14** Happy Thanksgiving! 10:00 Advanced Armchair Video with Curtis (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Shopping Trip Ironwood (GG) 1:30 Spin It and Win It: Chocolate!! (ACT) 3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT) 7:30 Bingo (ACT)	9:30 Sign-up for Flu Clinic (FIR) **15** 10:00 Armchair Video (ACT) 11:30 Food Committee Meeting (PRI) 11:30 Meditation (ACT) 1:00 Recreation Committee Meeting (PRI) 1:30 Wellness Session: Chair Yoga with Lynn Walters (ACT) 2:45 Giant Crosswords (CL) 7:00 Crib/Chess (CL)	Richmond Public Library New Books Arrive **16** 9:30 BC Elections Voting at Gilmore Gardens (ACT) 10:30 Catholic Mass (PRI) 11:30 Bus Outing: River Rock Casino (GG) 1:30 Billiards (SFL) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	10:00 Chair Fitness: Strength and Balance (ACT) **17** 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Altavida Fashions (FIR) 1:30 Scrabble with Pat (CL) 3:00 Resident Forum (ACT) 7:00 Game of Hearts (ACT)	10:00 Osteofit with Robin Masters (ACT) **18** 11:00 Play Reading with Stephen (PRI) 11:00 Trivia with Jill (ACT) 1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI) 2:00 Entertainment with Hand over Heart (FIR) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	8:30 Nails with Angie (SALO) **19** 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 2:00 Dart Challenge (ACT) 7:00 Movie Night: Hocus Pocus (ACT)

Verve INSPIRED SENIOR LIVING

October 2024

Gilmore Gardens

GILMORE GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 1:30 Tech Time with Erin (PRI)	**21** 10:00 Chair Fitness (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Shopping Trip to Freshco (GG) 1:30 Meet Me at the Moma: Denyse Thomasos (Trinidad) (ACT) 3:00 Chair Yoga with Lauren (ACT) 7:30 Bingo (ACT)	**22** 10:00 Armchair Video (ACT) 11:00 Clarks Shoes (FIR) 11:30 Meditation (ACT) 1:30 Presentation with David Darling on Pride and Prejudice: An Ethnic History of BC (ACT) 2:45 Fit Minds (CL) 7:00 Crib/Chess (CL)	**23** Flu Clinic 1:30 Billiards (SFL) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	**24** 10:00 Chair Fitness: Strength and Balance (ACT) 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 11:00 5th Ave Jewelry (FIR) 2:00 Birthday Party & Welcome Tea (DR) 7:00 Game of Hearts (ACT)	**25** 10:00 Osteofit with Robin Masters (ACT) 11:00 Advanced Armchair Video with Curtis (ACT) 11:00 Play Reading with Stephen (PRI) 11:30 Bus Outing to Steveston Village (GG) 11:30 Choose your Halloween Costume (ACT) 1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI) 2:00 Entertainment with The Fera Brothers (FIR) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	**26** 9:00 Foot Care with Nerissa (SALO) 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:30 Halloween Bingo (ACT) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)
27 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) 1:30 Tech Time with Erin (PRI) 2:30 Youth Musician Association (FIR) 2:30 Beginner Rummikub with Sally (CL) 7:30 Sing Along with Errol (FIR)	**28** 10:00 Chair Fitness (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:00 Decorate for Halloween (FIR) 1:00 Bus Outing: Shopping Trip to Walmart (GG) 2:30 Decorating/Carving Pumpkins for Halloween (ACT) 7:30 Bingo (ACT)	**29** 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)	**30** Celebrating Diwali 10:00 Chair Fitness (ACT) 10:30 Catholic Prayer and Communion (PRI) 11:00 Armchair Video (ACT) 11:00 Bus Outing: Lunch at Tandoori Flame Indian Restaurant (GG) 1:30 Billiards (SFL) 3:00 Special Diwali Happy Hour with Diwali Dancing (FIR) 7:00 Rummikub (ACT)	**31** Happy Halloween! 10:00 Chair Fitness: Strength and Balance (ACT) 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 1:45 Halloween Costume Parade! (FIR) 2:00 Halloween Magic Show with Vitaliy (FIR) 7:00 Game of Hearts (ACT)		



Be Vibrant

Locations Legend

- Activity Room (ACT)
- Club Lounge (CL)
- Gilmore Gardens (GG)
- Private Dining Room (PRI)
- Fireside Lounge (FIR)
- Second Floor Lounge (SFL)
- Salon (SALO)
- Gilmore Park United Church (GPUC)
- Reception Area (RCPT)
- Patio (PATI)
- Dining Room (DR)

Calendar Legend

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