Verve INSPIRED SENIOR LIVING

September 2024

Gilmore Gardens

GILMORE GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 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 (CL) 2:30 Beginner Rummikub with Sally (CL)	**2** Labour Day 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) 2:45 Craft Session: Painting Forget-Me-Nots (water colour) (GG) 7:30 Bingo (ACT)	**3** 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)	**4** 10:00 Chair Fitness (ACT) 10:30 Catholic Prayer and Communion (PRI) 11:00 Armchair Video (ACT) 11:00 Bus Outing: Shopping and Lunch at Tsawwassen Mills (GG) 1:30 Billiards (SFL) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	**5** 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 Trivia: I Should Have Known That! (ACT) 7:00 Game of Hearts (ACT)	**6** Living Loving Local Celebration Dinner: Featuring Corn 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Corn Shucking on the Patio (PATI) 11:30 Trivia with Jill (ACT) 1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI) 2:00 Corn Festival Entertainment with Miike Kinal (CKP) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	**7** 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 2:00 Ladder Ball (ACT) 7:00 Movie Night: The Titanic part 1 (ACT)
8 National Grandparents Day 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 1:30 Tech Time with Erin (CL) 7:00 Movie Night: The Titanic part 2 (ACT)	**9** 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) 1:00 Art Workshop with Ranu (ACT) 3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT) 7:30 Bingo (ACT)	**10** 10:00 Armchair Video (ACT) 11:30 Meditation (ACT) 1:30 Wellness Session on Diabetes with Gerri Klein Certified Diabetes Educator and Nurse (ACT) 2:45 Fit Minds (CL) 7:00 Crib/Chess (CL)	**11** 10:00 Chair Fitness (ACT) 10:30 Catholic Prayer and Communion (PRI) 10:30 Bus Outing: Hastings Mill Museum and Lunch at Brock House Bistro (GG) 11:00 Armchair Video (ACT) 1:30 Billiards (SFL) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	**12** 10:00 Advanced Armchair Video with Curtis (ACT) 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 1:30 Wellness Session: Walk Well with Physio2U (ACT) 3:00 Scrabble with Pat (CL) 7:00 Game of Hearts (ACT)	**13** 10:00 Osteofit with Robin Masters (ACT) 11:00 Advanced Armchair Video with Curtis (ACT) 11:00 Play Reading with Stephen (PRI) 1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI) 1:30 Autumn Charades: Leaf it up to us! (ACT) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	**14** 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:30 History Trivia (ACT) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)
15 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 1:30 Tech Time with Erin (CL) 7:30 Sing Along with Errol (FIR)	**16** 10:00 Chair Fitness (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Shopping Trip Ironwood (GG) 1:30 Meet Me at the Moma: Anslem Kiefer (Germany) (ACT) 7:30 Bingo (ACT)	**17** 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)	**18** 10:00 Chair Fitness (ACT) 10:30 Catholic Mass (PRI) 11:00 Armchair Video (ACT) 12:30 Bus Outing: Scenic Drive with a Walk and Ice Cream at Iona Beach (GG) 1:30 Billiards (SFL) 2:05 Art Workshop: Cone Flower (ACT) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	**19** 10:00 Chair Fitness: Strength and Balance (ACT) 10:30 Alzheimer's Coffee Break Fundraiser (FIR) 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 1:15 Poker 5 card stud! (ACT) 3:00 Resident Council Meeting (ACT) 7:00 Game of Hearts (ACT)	**20** 10:00 Osteofit with Robin Masters (ACT) 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 Piano Entertainment with Greg Alcock (FIR) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	**21** Open House 11:00 Tai Chi (ACT) 1:00 Entertainment with (FIR) 7:00 Movie Night: Avatar- The Way of the Water (part 1) (ACT)

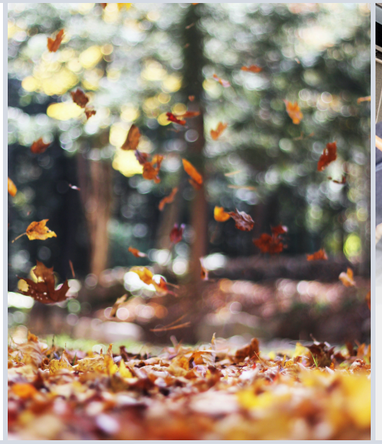
Verve INSPIRED SENIOR LIVING

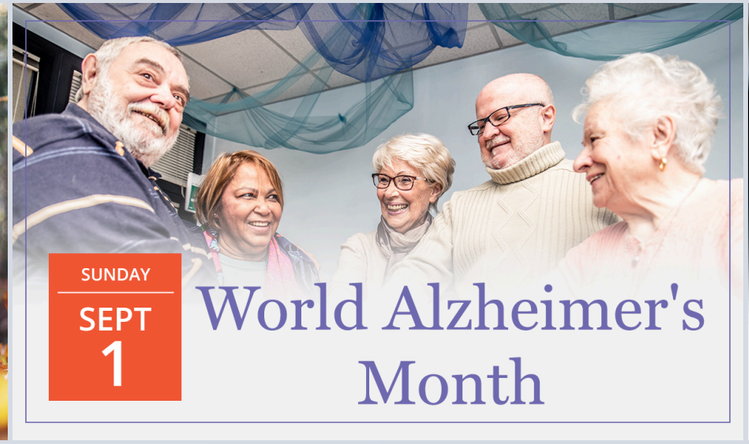
September 2024

Gilmore Gardens

GILMORE GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 First Day of Autumn! 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Robin (ACT) 1:30 Tech Time with Erin (CL) 7:00 Movie Night: Avatar- The Way of the Water (part 2) (ACT)	**23** 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) 1:30 Meet Me at the Moma: Jacques Joseph Tissot (France) (ACT) 3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT) 7:30 Bingo (ACT)	**24** 10:00 Armchair Video (ACT) 11:30 Meditation (ACT) 1:30 Richmond Senior Support Services: RCRG Presentation (ACT) 2:30 Fit Minds (CL) 7:00 Crib/Chess (CL)	**25** 10:00 Chair Fitness (ACT) 10:30 Catholic Prayer and Communion (PRI) 11:00 Armchair Video (ACT) 1:30 Billiards (SFL) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	**26** 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)	**27** 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: Lunch at the Buck & Ear (GG) 1:30 Weekender Review in Chinese: 中文講解 卒週活動 (PRI) 2:00 Entertainment with Charles Johnson (FIR) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	**28** 9:00 Foot Care with Nerissa (SALO) 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:30 Pictionary (ACT) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)
29 10:00 Armchair Video (ACT) 10:00 Advanced Rummikub with Sally (CL) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Robin (ACT) 1:00 Table Tennis with Sally (ACT) 1:30 Tech Time with Erin (CL) 2:30 Beginner Rummikub with Sally (CL) 2:30 Youth Musician Association Performance (FIR)	**30** National Truth and Reconciliation Day 10:00 Chair Fitness (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Shopping Trip to Superstore (GG) 7:30 Bingo (ACT)					









Be Vibrant

Locations Legend

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

Calendar Legend

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