



INSPIRED
SENIOR LIVING

May 2025

Gilmore Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Mental Health Awareness Month	 SUNDAY MAY 11 Mother's Day					
10:00 Armchair Video (ACT) 4 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 1:30 Tech Time with Erin (FIR) 3:00 Mayumi Randall Music School (FIR)	Cinco de Mayo 5 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: Alex Colville (ACT) 3:00 Chair Yoga with Lauren (ACT) 7:30 Bingo (ACT)	COVID-19 Booster Vaccine Clinic in Activity Room 6 2:45 Fit Minds (CL) 7:00 Crib/Chess (CL)	10:00 Chair Fitness (ACT) 7 10:30 Catholic Prayer & Communion (PRI) 11:00 RMS Ukulele Lessons (ACT) 12:00 Bus Outing: Lunch & Shopping at Richmond Centre Mall (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	10:00 Chair Fitness: Strength & Balance (ACT) 8 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 1:30 David Darling Presentation: Revolution vs Evolution - Different Paths from Common Origins to Independence & Beyond (ACT) 7:00 Game of Hearts (ACT)	<i>Living Loving Local Celebration Dinner: Featuring Rhubarb</i> 2 10:00 Osteofit with Robin Masters (ACT) 11:00 Trivia with Jill (ACT) 11:00 Play Reading with Stephen (PRI) 1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI) 2:00 Mexican Fiesta Entertainment with Gustavo & Happy Hour (FIR) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	10:00 Armchair Video (ACT) 3 11:00 Tai Chi (ACT) 1:30 Roll A Trump (ACT) 7:00 Movie Night: The King's Speech (ACT)
Happy Mother's Day! 11 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 1:30 Tech Time with Erin (FIR) 7:30 Sing Along with Roger (FIR)	12 10:00 Chair Fitness (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Shopping Trip to Lansdowne/T&T (GG) 1:30 Pencil Drawing Session with Ranu (ACT) 3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT) 7:30 Bingo (ACT)	13 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)	14 10:00 Chair Fitness (ACT) 10:30 Catholic Prayer & Communion (PRI) 11:00 RMS Ukulele Lessons (ACT) 12:00 Bus Outing: River Rock Casino (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	15 10:00 Chair Fitness: Strength & Balance (ACT) 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 1:30 Alliance Francaise French Workshop (ACT) 3:00 Resident Council Meeting (ACT) 7:00 Game of Hearts (ACT)	16 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI) 2:00 Entertainment with Luke Sanford Pianist (FIR) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	17 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:30 Horserace Game (ACT) 3:00 Chinese & English Music with Jerry (FIR)



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10:00 Armchair Video (ACT) 18 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 1:30 Tech Time with Erin (FIR) 7:30 Sing Along with Errol (FIR)	Victoria Day! 19 10:00 Chair Fitness (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Shopping Trip to Ironwood (GG) 1:30 Meet Me at the MoMA: Faith Ringgold (ACT) 3:00 Armchair Travel to England (ACT) 7:30 Bingo (ACT)	10:00 Armchair Video (ACT) 20 11:30 Meditation (ACT) 11:30 Food Committee Meeting (PRI) 1:30 Recreation Committee Meeting (PRI) 2:45 Fit Minds (CL) 7:00 Crib/Chess (CL)	10:00 Chair Fitness (ACT) 21 10:30 Catholic Mass (PRI) 11:00 RMS Ukulele Lessons (ACT) 12:00 Bus Outing: Lunch at Whitespot (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	10:00 Chair Fitness: Strength & Balance (ACT) 22 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 12:00 5th Ave Jewelry (FIR) 2:00 Birthday Party & Welcome Tea (DR) 7:00 Game of Hearts (ACT)	10:00 Osteofit with Robin Masters (ACT) 23 11:00 Advanced Armchair Video with Curtis (ACT) 11:00 Play Reading with Stephen (PRI) 1:00 Bus Outing: Scenic Drive & Ice Cream (GG) 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)	10:00 Armchair Video (ACT) 24 1:30 Trivia Challenge: I Should Have Known That! (ACT) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT) 7:00 Movie Night: Skyfall (ACT)
10:00 Armchair Video (ACT) 25 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 1:30 Tech Time with Erin (FIR) 2:30 Youth Musician Association (FIR)	10:00 Chair Fitness (ACT) 26 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Shopping Trip to Seafair (GG) 1:30 Wellness Session: Oral Health Talk with Dr. Michele (ACT) 3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT) 7:30 Bingo (ACT)	<i>Ears to You Hearing Health Check: by appointment (SALO)</i> 27 10:00 Armchair Video (ACT) 11:30 Meditation (ACT) 2:45 Giant Crosswords (CL) 7:00 Crib/Chess (CL)	10:00 Chair Fitness (FIR) 28 10:30 Catholic Prayer & Communion (PRI) 11:00 RMS Ukulele Lessons (DR) 12:00 Bus Outing: Van Dusen Gardens Fleurs de Villes Downton Abbey (GG) 1:30 Billiards (SFL) 3:00 Happy Hour (CL) 7:00 Rummikub (CL)	Alzheimer's Society: "Walk in a Box" Day 29 11:00 Go4Life Walking Club (GG) 7:00 Game of Hearts (ACT)	BBQ and Planting Day! 30 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 12:00 BBQ on the Patio (CKP) 1:00 Planting on the Patios (PATI) 1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	<i>Foot Care with Nerissa: by appointment (SALO)</i> 31 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:30 Lotto 649 Game (ACT)

SATURDAY
MAY
31

National
Smile Day

Be Heard

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

Calendar Legend
All Day
Outing
Special Program
Vendor
Theme Day
Living, Loving, Local
Resident Run