



INSPIRED
SENIOR LIVING

June 2025

Gilmore Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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) 3:00 Mayumi Randall Music School (FIR)	10:00 Chair Fitness (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:30 Meet Me at the MoMA: Georg Baselitz (ACT) 3:00 Chair Yoga with Lauren Video (ACT) 7:30 Bingo (ACT)	10:00 Armchair Video (ACT) 11:30 Meditation (ACT) 1:30 "Artfull Enrichment": Painting Peonies Workshop (ACT) 2:45 Fit Minds (CL) 7:00 Crib/Chess (CL)	10:00 Chair Fitness (ACT) 10:30 Catholic Prayer & Communion (PRI) 11:00 RMS Ukulele Lessons (ACT) 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) 10:00 Laura Fashions (FIR) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 2:00 Wellness Session: Eye Health with Dr. Matharu (ACT) 3:15 Java Music Club (CL) 7:00 Game of Hearts (ACT)	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) 2:00 Entertainment with Patrizia Coletta (PATI) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:30 Dart Challenge (ACT) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)
10:00 Advanced Rummikub with Sally (CL) 10:00 Armchair Video (ACT) 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 (FIR) 2:30 Beginner Rummikub with Sally (CL) 7:30 Sing Along with Roger (FIR)	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 Art History Speaker Anik: "Beauty in Motion: Edgar Degas's Ballet Dancers" (ACT) 7:30 Bingo (ACT)	10:00 Armchair Video (ACT) 11:00 Altavida Fashions (FIR) 11:30 Meditation (ACT) 1:30 Chair Yoga with Lynn Walters (ACT) 2:45 Giant Crosswords (CL) 7:00 Crib/Chess (CL)	10:00 Chair Fitness (ACT) 10:00 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)	10:00 Chair Fitness: Strength & Balance (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:30 Presentation with David Darling: From First Nations Village to International Metropolis - Vancouver, a brief history (ACT) 1:30 Scrabble with Pat (CL) 3:30 Spul 'u' Kwuks Elementary Students Visit (ACT) 7:00 Game of Hearts (ACT)	Living Loving Local Celebration Dinner: Featuring Strawberries Wear Blue Day in Support of Men's Health 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Charades! (ACT) 1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI) 2:00 Father's Day Social: Beer & Boards and Entertainment with Mike Kinal (DR) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:30 Roll A Trump (ACT) 7:00 Movie Night: Seven Years in Tibet (ACT)
Happy Father's 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 (FIR)	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) 3:00 Trivia with Jill (FIR) 3:00 Chair Yoga with Lauren Video (ACT) 7:30 Bingo (ACT)	10:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 11:30 Meditation (ACT) 1:30 Recreation Committee Meeting (PRI) 2:45 Fit Minds (CL) 7:00 Crib/Chess (CL)	10:00 Advanced Armchair Video with Curtis (ACT) 10:30 Catholic Mass (PRI) 11:00 RMS Ukulele Lessons (ACT) 11:45 Bus Outing: Lunch & Shopping at McArthurGlen Designer Outlet Vancouver Airport (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) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:00 Alliance Francaise French Workshop (ACT) 3:00 Resident Forum (ACT) 7:00 Game of Hearts (ACT)	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: Steveston Village (GG) 1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI) 2:00 Entertainment with the Richmond Singers Ensemble (FIR) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	National Indigenous Peoples Day 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:30 Horserace Game (ACT) 2:30 Piano Music with Mark (FIR) 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) 22 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) 7:30 Sing Along with Errol (FIR)	Big Brothers Donation Drop Off Deadline (PG) 23 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 Artificial Intelligence Talk by Nurse Next Door (ACT) 3:00 Bean Bag Toss (FP) 7:30 Bingo (ACT)	Big Brothers Donation Pick Up Today 24 10:00 Armchair Video (ACT) 10:30 Clarks Shoes (FIR) 11:30 Meditation (ACT) 11:30 Food Committee Meeting (PRI) 1:30 Chair Yoga with Lynn Walters (ACT) 2:45 Giant Crosswords (CL) 7:00 Crib/Chess (CL)	25 10:00 Chair Fitness (ACT) 10:30 Catholic Prayer & Communion (PRI) 11:00 RMS Ukulele Lessons (ACT) 1:00 Bus Outing: Scenic Drive & Ice Cream (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	26 10:00 Chair Fitness: Strength & Balance (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 2:00 Birthday Party & Welcome Tea (DR) 7:00 Game of Hearts (ACT)	27 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Decorate for Canada Day (FIR) 1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI) 2:00 Strawberry Social & Entertainment with Roberto Risman (PATI) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	28 <i>Foot Care with Nerissa: by appointment (SALO)</i> 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:00 Trivia Challenge: I Should Have Known That! (ACT) 2:00 Music with LMMSA (FIR) 7:00 Movie Night: Mr. Holland's Opus (ACT)
10:00 Armchair Video (ACT) 29 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Robin (ACT)	30 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) 2:00 Meet Me at the MoMA: Agnes Martin (Canadian Painter) (ACT) 3:00 Chair Yoga with Lauren Video (ACT) 7:30 Bingo (ACT)	 Senior's Month		 Men's Health (Wear Blue Day)		

SUNDAY
JUNE
15



Father's Day

Be Heard

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

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