




INSPIRED SENIOR LIVING

# July 2026 Gilmore Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <b>Canada Day</b>		<b>Happy Canada Day!</b> <b>1</b> 8:15 Bus Outing: Steveston Salmon Festival Parade (GG) 10:00 Chair Fitness (ACT) 10:30 Catholic Prayer & Communion (PRI) 1:30 Billiards (SFL) 2:00 Canada Day Entertainment with Mike Kinal (CKP) 3:00 Happy Hour (FP) 6:45 Music with Ron (FIR) 7:00 Rummikub (CL)	<b>2</b> 8:00 Hair with Farah (SALO) 10:00 Chair Fitness: Strength & Balance (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 2:30 Wellness Session: Vitals Monitoring Clinic with NND & Eyeglass Adjustments by Specsavers (ACT) 6:45 Music with Ron (FIR) 7:00 Game of Hearts (ACT)	<b>3</b> 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Advanced Armchair Video with Curtis (ACT) 2:00 Armchair Travel: Wonders of Nova Scotia (FIR) 3:00 Happy Hour (FP) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	<b>4</b> 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:30 Ladder Ball (ACT) 3:00 Painting with Elizabeth (ACT) 6:00 Mah Jong (FIR)
<b>5</b> 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 1:30 Tech Time with Erin (ACT) 2:00 Rummikub (CL) 7:30 Sing Along with Roger (FIR)	<b>6</b> 10:00 Chair Fitness (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Shopping Trip to Seafair (GG) 2:30 Wellness Session: "Staying Safe & Healthy in the Summer" Presentation by Christine (ACT) 6:45 Music with Ron (FIR) 7:00 Bingo (ACT)	<b>7</b> 10:00 Armchair Video (ACT) 10:45 Resident Handbook Review with Lorne (FIR) 11:30 Meditation (ACT) 1:30 Chair Yoga with Lynn Walters (ACT) 2:45 Fit Minds (CL) 6:00 Mah Jong (ACT) 7:00 Crib/Chess (CL)	<b>8</b> 10:00 Armchair Video (ACT) 10:30 Catholic Prayer & Communion (PRI) 11:00 RMS Ukulele Lessons (ACT) 12:00 Bus Outing: Shopping Trip to Walmart (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 2:00 Book Club Meeting (CL) 3:00 Happy Hour (FP) 6:45 Music with Ron (FIR) 7:00 Rummikub (CL)	<b>9</b> 8:00 Hair with Farah (SALO) 10:00 Advanced Armchair Video with Curtis (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:30 David Darling Presentation: the Mysteries of Machu Picchu (ACT) 3:00 Lotto 649 Game (ACT) 6:45 Music with Ron (FIR) 7:00 Game of Hearts (ACT)	<b>10</b> <b>Living Loving Local Dinner: Raspberry</b> 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Advanced Armchair Video with Curtis (ACT) 2:00 Entertainment with Luke Sandford, Pianist (FIR) 3:00 Happy Hour (FP) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	<b>11</b> 9:00 Nails with Angie (SALO) 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:30 Roll A Trump Game (ACT) 6:00 Mah Jong (FIR) 7:00 Movie Night: Quartet (ACT)
<b>12</b> 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 11:00 Beginner Mah Jong with Kaela (FIR) 1:30 Tech Time with Erin (ACT) 2:00 Rummikub (CL) 7:30 Sing Along with Errol (FIR)	<b>13</b> 10:00 Chair Fitness (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Shopping Trip to Ironwood (GG) 1:30 Meet Me at the MoMA: Lawren Stewart Harris (ACT) 2:30 Shuffle Board (ACT) 6:45 Music with Ron (FIR) 7:00 Bingo (ACT)	<b>14</b> 10:00 Armchair Video (ACT) 11:30 Meditation (ACT) 2:00 Wellness Session: "How to Maintain a Healthy Brain" with Karen Tyrell from Dementia Solutions (FIR) 6:00 Mah Jong (ACT) 7:00 Crib/Chess (CL)	<b>15</b> <b>National Hot Dog Day!</b> 10:00 Chair Fitness (ACT) 10:30 Catholic Mass (PRI) 11:00 RMS Ukulele Lessons (ACT) 12:00 Bus Outing: Picnic at Garry Point (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 3:00 Happy Hour with Mini Corn Dogs (FP) 6:45 Music with Ron (FIR) 7:00 Rummikub (CL)	<b>16</b> 8:00 Hair with Farah (SALO) 10:00 Chair Fitness: Strength & Balance (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:30 Scrabble with Pat (CL) 1:30 Songs with Spul 'u' Kwuks Elementary Students (FIR) 2:30 "Artfull Enrichment": Painting Palm Beach Workshop (ACT) 6:45 Music with Ron (FIR) 7:00 Game of Hearts (ACT)	<b>17</b> 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Advanced Armchair Video with Curtis (ACT) 2:00 Entertainment with Hand over Heart (CKP) 3:00 Happy Hour (FP) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	<b>18</b> 9:00 Nails with Angie (SALO) 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:30 Horserace Game (ACT) 3:00 Painting with Elizabeth (ACT) 6:00 Mah Jong (FIR)



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## Gilmore Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Armchair Video (ACT) <b>19</b> 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 1:30 Tech Time with Erin (ACT) 1:30 Positive Energy Music Group Performance (FIR) 2:00 Rummikub (CL) 7:30 Sing Along with Roger (FIR)	10:00 Chair Fitness (ACT) <b>20</b> 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Shopping Trip to Freshco (GG) 2:30 Ice Cream on the Patio (CKP) 6:45 Music with Ron (FIR) 7:00 Bingo (ACT)	10:00 Armchair Video (ACT) <b>21</b> 11:30 Meditation (ACT) 11:30 Food Committee Meeting (PRI) 1:30 Chair Yoga with Lynn Walters (ACT) 2:45 Giant Crosswords (CL) 6:00 Mah Jong (ACT) 7:00 Crib/Chess (CL)	10:00 Bus Outing: Lavenderland (GG) <b>22</b> 10:00 Armchair Video (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 (FP) 6:45 Music with Ron (FIR) 7:00 Rummikub (CL)	8:00 Hair with Farah (SALO) <b>23</b> 10:00 Chair Fitness: Strength & Balance (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:00 - 2:00 Casual Chic Couture Fashions (FIR) 6:45 Music with Ron (FIR) 7:00 Game of Hearts (ACT)	<b>French Themed Featured Dinner 24</b> 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Advanced Armchair Video with Curtis (ACT) 2:00 Entertainment with Music Variations (CKP) 3:00 Happy Hour with French Hors d'Oeuvres (FP) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	10:00 Armchair Video (ACT) <b>25</b> 11:00 Tai Chi (ACT) 1:30 Bean Bag Toss (ACT) 6:00 Mah Jong (FIR) 7:00 Movie Night: Letters from Iwo Jima (ACT)
9:00 Foot Care with Pam (SALO) <b>26</b> 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) 11:00 Beginner Mah Jong with Kaela (FIR) 1:00 Table Tennis with Sally (ACT) 1:30 Tech Time with Erin (FIR) 2:00 Beginner Rummikub with Sally (CL) 7:30 Sing Along with Roger (FIR)	10:00 Chair Fitness (ACT) <b>27</b> 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Shopping Trip to Lansdowne/T&T (GG) 1:30 Meet Me at the MoMA: Winnifred Petcheymarsh (ACT) 2:30 Indoor Bowling (ACT) 6:45 Music with Ron (FIR) 7:00 Bingo (ACT)	10:00 Armchair Video (ACT) <b>28</b> 10:00 - 12:00 Wellness Session: Trial Relaxation Massage by Comfort Cocoons (SALO) 11:30 Meditation (ACT) 1:30 Recreation Committee Meeting (PRI) 2:45 Fit Minds (CL) 6:00 Mah Jong (ACT) 7:00 Crib/Chess (CL)	10:00 Chair Fitness (ACT) <b>29</b> 10:30 Catholic Prayer & Communion (PRI) 11:00 RMS Ukulele Lessons (ACT) 12:00 Bus Outing: Steveston Village (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 3:00 Happy Hour with Margaritas! (FP) 6:45 Music with Ron (FIR) 7:00 Rummikub (CL)	8:00 Hair with Farah (SALO) <b>30</b> 10:00 Advanced Armchair Video with Curtis (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 2:00 Birthday Party & Welcome Tea (DR) 6:45 Music with Ron (FIR) 7:00 Game of Hearts (ACT)	<b>National Avocado Day! 31</b> 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Advanced Armchair Video with Curtis (ACT) 2:00 Entertainment with The Fera Brothers (CKP) 3:00 Happy Hour with Nachos (FP) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	



### Fashion Day

# Be Among Friends

**Locations Legend**

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

**Calendar Legend**

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