



GILMORE
GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HAPPY LABOUR DAY Labour Day		10:00 Armchair Video (ACT) 1 10:45 Resident Handbook Review with Lorne (FIR) 11:30 Meditation (ACT) 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 Armchair Video (ACT) 2 10:30 Catholic Prayer & Communion (PRI) 11:45 Bus Outing: Dollarama/Save-on-Foods in Terra Nova Village (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 3:00 Happy Hour (CL) 6:45 Music with Ron (FIR) 7:00 Rummikub (CL)	8:00 Hair with Farah (SALO) 3 10:00 Advanced Armchair Video with Curtis (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 2:30 Wellness Session: Eyeglass Adjustments by Specsavers (ACT) 6:45 Music with Ron (FIR) 7:00 Game of Hearts (ACT)	<i>Living Loving Local: Featuring Corn</i> 4 <i>Western Day - wear your plaid shirts!</i> 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 Mike Kinal (FIR) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	10:00 Armchair Video (ACT) 5 11:00 Tai Chi (ACT) 1:30 Horserace Game (ACT) 2:30 Positive Energy Music Group Performance (FIR) 6:00 Mah Jong (FIR) 7:00 Movie Night: Anyone But You (ACT)
10:00 Armchair Video (ACT) 6 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 Roger (FIR)	<i>Labour Day</i> 7 10:00 Advanced Armchair Video with Curtis (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 2:00 Our Planet Video: From Deserts to Grasslands (ACT) 6:45 Music with Ron (FIR) 7:00 Bingo (ACT)	10:00 Armchair Video (ACT) 8 11:30 Meditation (ACT) 1:00 Recreation Committee Meeting (CL) 1:30 Meaningful Conversations: A Space for Connection (PRI) 2:45 Fit Minds (CL) 6:00 Mah Jong (ACT) 7:00 Crib/Chess (CL)	10:00 Armchair Video (ACT) 9 10:30 Catholic Prayer & Communion (PRI) 11:00 RMS Ukulele Lessons (ACT) 1:00 Bus Out: Scenic Drive (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 3:00 Happy Hour (CL) 6:45 Music with Ron (FIR) 7:00 Rummikub (CL)	8:00 Hair with Farah (SALO) 10 10:00 Advanced Armchair Video with Curtis (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 2:00 Scattergories (ACT) 6:45 Music with Ron (FIR) 7:00 Game of Hearts (ACT)	10:00 Osteofit with Robin Masters (ACT) 11 11:00 Play Reading with Stephen (PRI) 11:00 Advanced Armchair Video with Curtis (ACT) 2:00 David Darling Presentation: Patagonia and Falkland Islands Wildlife (ACT) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	<i>Great Canadian Fall Open House from 1-3pm</i> 12 9:00 Nails with Angie (SALO) 10:00 Armchair Video (ACT) 1:00 - 3:00 Entertainment with Peter Williams Pianist (FIR) 6:00 Mah Jong (FIR)
<i>Happy Grandparents Day!</i> 13 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)	10:00 Advanced Armchair Video with Curtis (ACT) 14 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Shopping Trip to Ironwood (GG) 1:45 Meet Me at the MoMA: Nicholas J. Bott (ACT) 2:45 Armchair Travel: Exploring Rome with Rick Steves (FIR) 6:45 Music with Ron (FIR) 7:00 Bingo (ACT)	10:00 Armchair Video (ACT) 15 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 Armchair Video (ACT) 16 10:30 Catholic Mass (PRI) 11:00 RMS Ukulele Lessons (ACT) 11:45 Bus Outing: Richmond Centre Mall (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 2:00 Book Club Meeting (CL) 3:00 Happy Hour (CL) 6:45 Music with Ron (FIR) 7:00 Rummikub (CL)	8:00 Hair with Farah (SALO) 17 10:00 Advanced Armchair Video with Curtis (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 3:00 Resident Council Meeting (ACT) 6:45 Music with Ron (FIR) 7:00 Game of Hearts (ACT)	10:00 Osteofit with Robin Masters (ACT) 18 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 (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	9:00 Nails with Angie (SALO) 19 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:30 Bean Bag Toss (ACT) 6:00 Mah Jong (FIR) 7:00 Movie Night: Blackberry (ACT)



INSPIRED
SENIOR LIVING

September 2026

Gilmore Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Armchair Video (ACT) 20 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)	10:00 Advanced Armchair Video with Curtis (ACT) 21 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Shopping Trip to Seafair (GG) 2:30 Urban Safari Rescue Society (FIR) 6:45 Music with Ron (FIR) 7:00 Bingo (ACT)	First Day of Autumn! 22 10:00 Armchair Video (ACT) 11:30 Meditation (ACT) 1:30 Wellness Session: "Ikigai" Presentation by Christine, Home Instead (ACT) 2:45 Fit Minds (CL) 6:00 Mah Jong (ACT) 7:00 Crib/Chess (CL)	10:00 Armchair Video (ACT) 23 10:30 Catholic Prayer & Communion (PRI) 11:00 RMS Ukulele Lessons (ACT) 11:45 Bus Outing: River Rock Casino (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 3:00 Happy Hour (CL) 6:45 Music with Ron (FIR) 7:00 Rummikub (CL)	8:00 Hair with Farah (SALO) 24 10:00 Advanced Armchair Video with Curtis (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 12:00 - 4:00 Fifth Ave Jewelry (FIR) 2:00 Birthday Party & Welcome Tea (DR) 6:45 Music with Ron (FIR) 7:00 Game of Hearts (ACT)	10:00 Osteofit with Robin Masters (ACT) 25 11:00 Play Reading with Stephen (PRI) 11:00 Advanced Armchair Video with Curtis (ACT) 2:00 Entertainment with Peter Williams (FIR) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	10:00 Armchair Video (ACT) 26 11:00 Tai Chi (ACT) 1:30 Roll A Trump Game (ACT) 3:00 Painting with Elizabeth (ACT) 6:00 Mah Jong (FIR)
10:00 Armchair Video (ACT) 27 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) 2:15 Beginner Rummikub with Sally (CL) 2:30 Youth Musician Association (FIR) 7:30 Sing Along with Roger (FIR)	10:00 Chair Fitness (ACT) 28 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Shopping Trip to Lansdowne/T&T (GG) 1:45 Meet Me at the MoMA: Norval Morrisseau, an Indigenous Canadian Artist (ACT) 2:45 Indoor Bowling (ACT) 6:45 Music with Ron (FIR) 7:00 Bingo (ACT)	10:00 Armchair Video (ACT) 29 11:30 Meditation (ACT) 1:30 Chair Yoga with Lynn Walters (ACT) 2:45 Giant Crosswords (CL) 6:00 Mah Jong (ACT) 7:00 Crib/Chess (CL)	National Day for Truth & Reconciliation 30 10:00 Armchair Video (ACT) 10:30 Catholic Prayer & Communion (PRI) 1:30 Billiards (SFL) 2:00 Video: The Story Behind the National Day of Truth & Reconciliation (ACT) 3:00 Happy Hour (CL) 6:45 Music with Ron (FIR) 7:00 Rummikub (CL)	Day for Truth and Reconciliation		
Hello September		Be Among Friends		Locations Legend Activity Room (ACT) Fireside Lounge (FIR) Club Lounge (CL) Gilmore Gardens (GG) Private Dining Room (PRI) Salon (SALO) Second Floor Lounge (SFL) Gilmore Park United Church (GPUC) Dining Room (DR)		Calendar Legend All Day Outing Special Program Vendor Theme Day Living, Loving, Local Resident Run