





INSPIRED SENIOR LIVING

June 2023 Gilmore Gardens



GILMORE GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Celebrating Senior's Month</p>		 <p>Father's Day</p>		<p>9:30 Morning Chat and Coffee with Mirandah (FIR) 1</p> <p>10:00 Chair Fitness: Strength and Balance (ACT)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:30 Java Music Club (CL)</p> <p>1:45 Meet Me at the MoMA: Emil Nolde - Landscape Artist (ACT)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>National Donut Day 2</p> <p>10:00 Osteofit with Robin Masters (ACT)</p> <p>10:45 Drumfit (ACT)</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>11:15 Advanced Armchair Video with Curtis (ACT)</p> <p>1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI)</p> <p>2:00 Entertainment with Darcy Murdoch (FIR)</p> <p>3:00 Happy Hour (CL)</p> <p>6:45 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) 3</p> <p>11:00 Tai Chi (ACT)</p> <p>2:00 Pictionary with Angela (ACT)</p> <p>7:00 Movie Night: Casablanca (ACT)</p>
<p>Pet Appreciation Week 4</p> <p>10:00 Armchair Video (ACT)</p> <p>10:30 GPUC Worship Service (GPUC)</p> <p>11:00 Gentle Fit with Winnie (ACT)</p> <p>1:30 Go4Life Walking Club (GG)</p>	<p>10:00 Chair Fitness (ACT) 5</p> <p>11:00 Armchair Video (ACT)</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>1:00 Bus Outing: Shopping Trip to Superstore (GG)</p> <p>2:00 Drumfit (ACT)</p> <p>7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) 6</p> <p>11:30 Meditation (ACT)</p> <p>2:00 Fit Minds (CL)</p> <p>3:30 Tech Time with Makena and Alexa (CL)</p> <p>7:00 Crib/Chess (CL)</p>	<p>9:45 Chair Yoga with Robin Masters (ACT) 7</p> <p>10:30 Catholic Prayer and Communion (PRI)</p> <p>10:30 Wellness Session in Cantonese: Frauds and Scams (ACT)</p> <p>11:30 Bus Outing: Visit to the Gulf of Georgia Cannery National Historic Site (GG)</p> <p>1:30 Billiards (SFL)</p> <p>3:00 Happy Hour - Let's talk about our Pets! Past and Present (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>10:00 Chair Fitness: Strength and Balance (ACT) 8</p> <p>11:00 Armchair Video (ACT)</p> <p>1:30 Wellness Session: The Secret to Health and Longevity (ACT)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>10:00 Osteofit with Robin Masters (ACT) 9</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>11:15 Chair Yoga Stretch and Strength with Lauren (ACT)</p> <p>1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI)</p> <p>2:00 Entertainment with Charles Johnson (FIR)</p> <p>3:00 Happy Hour (CL)</p> <p>6:45 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) 10</p> <p>11:00 Tai Chi (ACT)</p> <p>2:00 Artful Aging: Painting with Elizabeth and Friends (ACT)</p> <p>2:00 Giant Crosswords (CL)</p>
<p>10:00 Armchair Video (ACT) 11</p> <p>10:30 GPUC Worship Service (GPUC)</p> <p>11:00 Gentle Fit with Winnie (ACT)</p> <p>1:30 Go4Life Walking Club (GG)</p> <p>2:00 Music with Kaito and Amy (FIR)</p>	<p>Wear Blue Day in Support of Men's Health 12</p> <p>Men's Health Week</p> <p>10:00 Chair Fitness (ACT)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>1:00 Bus Outing: Shopping Trip to Seafair (GG)</p> <p>1:30 Wellness Session: Retirement Cash Flow (ACT)</p> <p>2:00 Drumfit (ACT)</p> <p>7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) 13</p> <p>11:30 Meditation (ACT)</p> <p>1:00 Recreation Committee Meeting (PRI)</p> <p>1:30 Wellness Session: Chair Yoga with Lynn Walters (ACT)</p> <p>2:45 Giant Crosswords (CL)</p> <p>7:00 Crib/Chess (CL)</p>	<p>9:45 Chair Fitness (ACT) 14</p> <p>10:30 Catholic Prayer and Communion (PRI)</p> <p>10:30 Wellness Session in Cantonese: Age Well with Safe Medication Use (ACT)</p> <p>11:30 Bus Outing: Lunch at Milltown Pub (GG)</p> <p>2:00 Stories from the Legislative Library: Maces-Past and Present (FIR)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>9:30 Morning Chat and Coffee with Mirandah (FIR) 15</p> <p>10:00 Chair Fitness: Strength and Balance (ACT)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:30 Java Music Club (CL)</p> <p>1:45 Meet Me at the MoMA: Walter Osborne - Painter (ACT)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>10:00 Osteofit with Robin Masters (ACT) 16</p> <p>10:45 Drumfit (ACT)</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>11:15 Advanced Armchair Video with Curtis (ACT)</p> <p>1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI)</p> <p>2:00 Father's Day Social and Entertainment with Mike Kinal (DR)</p> <p>3:00 Happy Hour (CL)</p> <p>6:45 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) 17</p> <p>11:00 Tai Chi (ACT)</p> <p>2:00 Bean Bag Toss (ACT)</p> <p>7:00 Movie Night: I am Sam (ACT)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Father's Day! 18 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 1:30 Go4Life Walking Club (GG) 7:30 Sing Along with Errol (FIR)	19 10:00 Chair Fitness (ACT) 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 1:00 Bus Outing: Shopping Trip to Ironwood (GG) 2:00 Drumfit (ACT) 2:00 Men's Chat Club on the Patio (PATI) 7:30 Bingo (ACT)	Welcome Summer! 20 10:00 Armchair Video (ACT) 11:30 Meditation (ACT) 11:30 Food Committee Meeting (PRI) 1:30 Ice Cream on the Patio (CKP) 2:30 Fit Minds (CL) 3:30 Tech Time with Makena and Alexa (CL) 7:00 Crib/Chess (CL)	21 Wear Orange Day Canada's National Indigenous Peoples Day 9:45 Chair Yoga with Robin Masters (ACT) 10:30 Catholic Mass (PRI) 10:30 Wellness Session in Cantonese: Falls Prevention (ACT) 10:30 Clarks Shoes (FIR) 1:00 Bus Outing: Scenic Drive to Iona Beach and Ice Cream (GG) 2:00 Indigenous Peoples Day Performance with Carly and Janice (FIR) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	22 10:00 Chair Fitness: Strength and Balance (ACT) 11:00 Armchair Video (ACT) 11:00 5th Ave Jewelry (FIR) 2:00 Birthday Party & Welcome Tea (DR) 7:00 Game of Hearts (ACT)	Hat Day 23 10:00 Osteofit with Robin Masters (ACT) 10:45 Drumfit (ACT) 11:00 Play Reading with Stephen (PRI) 11:15 Chair Yoga Stretch and Strength with Lauren (ACT) 1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI) 2:00 Strawberry Social with Entertainment by the Music Variations (PATI) 3:00 Happy Hour (CL) 6:45 Mah Jong (ACT)	24 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 2:00 Artful Aging: Painting with Elizabeth and Friends (ACT) 2:00 Book Sharing with Jill (CL)
25 9:00 Foot Care with Nerissa (SALO) 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 1:30 Go4Life Walking Club (GG) 2:00 Youth Musician Association (FIR)	26 10:00 Chair Fitness (ACT) 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 1:00 Bus Outing: Shopping Trip to Landsdowne (GG) 2:00 Drumfit (ACT) 7:30 Bingo (ACT)	27 10:00 Armchair Video (ACT) 11:00 Altavida Fashions (FIR) 11:30 Meditation (ACT) 1:30 Wellness Session: Chair Yoga with Lynn Walters (ACT) 2:45 Giant Crosswords (CL) 7:00 Crib/Chess (CL)	28 9:45 Chair Fitness (ACT) 10:30 Catholic Prayer and Communion (PRI) 10:30 Wellness Session in Cantonese: Wills (ACT) 12:30 Bus Outing: Afternoon Tea and Scones at London Heritage Farms (GG) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	29 9:30 Morning Chat and Coffee with Mirandah (FIR) 10:00 Chair Fitness: Strength and Balance (ACT) 11:00 Armchair Video (ACT) 1:30 Java Music Club (CL) 3:00 Wellness Session: Heat Stroke - Signs and Symptoms (ACT) 7:00 Game of Hearts (ACT)	30 10:00 Osteofit with Robin Masters (ACT) 10:45 Drumfit (ACT) 11:00 Play Reading with Stephen (PRI) 11:15 Advanced Armchair Video with Curtis (ACT) 1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI) 1:30 Dart Challenge (ACT) 3:00 Happy Hour (CL) 6:45 Mah Jong (ACT)	



Be you

Locations Legend

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

Calendar Legend

- Technology
- Outing
- Special Program
- Vendor
- Signature Program
- Can Fit Pro
- Artful Enrichment