



INSPIRED SENIOR LIVING

May 2023 Gilmore Gardens



GILMORE GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>10:00 Chair Fitness (ACT) 1</p> <p>11:00 Armchair Video (ACT)</p> <p>11:00 Laura Fashions (FIR)</p> <p>1:00 Bus Outing: Shopping Trip to Landsdowne (GG)</p> <p>2:00 Drumfit (ACT)</p> <p>7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) 2</p> <p>11:30 Meditation (ACT)</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>10:00 Chair Fitness (ACT) 3</p> <p>10:30 Catholic Prayer and Communion (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:00 Bus Outing: Shopping and Lunch at McArthur Glen (GG)</p> <p>2:30 Welcome Back Mirandah! Happy Hour (FIR)</p> <p>7:00 Rummikub (ACT)</p>	<p>10:00 Chair Fitness: Strength and Balance (ACT) 4</p> <p>11:00 Armchair Video (ACT)</p> <p>11:30 Fireside Fun "Get to know you" (FIR)</p> <p>1:30 Java Music Club (CL)</p> <p>1:45 Meet Me at the Moma: Rufino Tamay "Sandias" Mural Easel Painter (ACT)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>Happy Cinco de Mayo! 5</p> <p>10:00 Osteofit with Robin Masters (ACT)</p> <p>10:45 Drumfit (ACT)</p> <p>11:15 Advanced Armchair Video with Curtis (ACT)</p> <p>1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI)</p> <p>2:00 Cinco de Mayo Entertainment with Patrizia Coletta (FIR)</p> <p>3:00 Margarita Happy Hour with Cinco de Mayo Bingo! (CL)</p> <p>6:45 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) 6</p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Pre-Recorded Coronation of King Charles (FIR)</p> <p>2:00 Craft Session with Jill (ACT)</p> <p>7:00 Movie Night: To Kill a Mockingbird (ACT)</p>
<p>10:00 Armchair Video (ACT) 7</p> <p>10:30 GPUC Worship Service (GPUC)</p> <p>11:00 Gentle Fit with Winnie (ACT)</p> <p>7:30 Sing Along with Errol (FIR)</p>	<p>10:00 Chair Fitness (ACT) 8</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>2:00 Drumfit (ACT)</p> <p>7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) 9</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>10:00 Chair Yoga with Robin Masters (ACT) 10</p> <p>10:30 Catholic Prayer and Communion (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:00 Bus Outing: White Spot (GG)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>10:00 Chair Fitness: Strength and Balance (ACT) 11</p> <p>11:00 Armchair Video (ACT)</p> <p>11:30 Fireside Fun "Name That Tune" (FIR)</p> <p>1:30 Scrabble with Pat (CL)</p> <p>2:00 Dart Challenge (ACT)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>10:00 Osteofit with Robin Masters (ACT) 12</p> <p>10:45 Drumfit (ACT)</p> <p>11:15 Chair Yoga Stretch and Strength with Lauren (ACT)</p> <p>1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI)</p> <p>2:00 Mother's Day High Tea and Entertainment with Judy Henry: Harpist (DR)</p> <p>3:00 Happy Hour (CL)</p> <p>6:45 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) 13</p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Giant Crosswords (CL)</p> <p>2:00 Artful Aging: Painting with Elizabeth and Friends (ACT)</p>
<p>Happy Mother's Day! 14</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>10:00 Chair Fitness (ACT) 15</p> <p>11:00 Armchair Video (ACT)</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>1:00 Bus Outing: Shopping Trip Ironwood (GG)</p> <p>2:00 Drumfit (ACT)</p> <p>3:00 Big Brothers Donation Drop Off Deadline (GG)</p> <p>7:30 Bingo (ACT)</p>	<p>Big Brothers Donation Pick up (GG) 16</p> <p>10:00 Armchair Video (ACT)</p> <p>11:30 Meditation (ACT)</p> <p>11:30 Food Committee Meeting (PRI)</p> <p>1:30 Wellness Session: Chair Yoga with Lynn Walters (ACT)</p> <p>7:00 Crib/Chess (CL)</p>	<p>10:00 Chair Fitness (ACT) 17</p> <p>10:30 Catholic Mass (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:30 Bus Outing: O'Hare's Pub (GG)</p> <p>1:30 Recreation Committee Meeting (PRI)</p> <p>2:00 Wellness Session: BC Medequip Walker Check up with Bill (ACT)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>10:00 Chair Fitness: Strength and Balance (ACT) 18</p> <p>11:00 Armchair Video (ACT)</p> <p>11:30 Fireside Fun "Get to know you" (FIR)</p> <p>1:30 Java Music Club (CL)</p> <p>1:45 Meet Me at the Moma: Odilon Redon "Flowers in Turquoise Vase" Painter (ACT)</p> <p>3:00 Resident Forum (ACT)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>10:00 Osteofit with Robin Masters (ACT) 19</p> <p>10:45 Drumfit (ACT)</p> <p>11:15 Advanced Armchair Video with Curtis (ACT)</p> <p>1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI)</p> <p>2:00 Entertainment with the Fabulous Fera Brothers (FIR)</p> <p>3:00 Happy Hour (CL)</p> <p>6:45 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) 20</p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 A Royal Jeopardy! (ACT)</p> <p>7:00 Movie Night: Shawshank Redemption (ACT)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Armchair Video 21 (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT)	Victoria Day! 22 Library Books Due 10:00 Chair Fitness (ACT) 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 1:00 Bus Outing: Shopping Trip to Freshco (GG) 2:00 Drumfit (ACT) 2:30 Tour of Buckingham Palace (FIR) 7:30 Bingo (ACT)	10:00 Armchair Video (ACT) 23 11:30 Meditation (ACT) 1:30 Fit Minds (CL) 2:45 Poker! 5 Card Stud (ACT) 3:30 Tech Time with Makena and Alexa (CL) 7:00 Crib/Chess (CL)	New Library Books In 24 10:00 Chair Yoga with Robin Masters (ACT) 10:30 Catholic Prayer and Communion (PRI) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Scenic Drive (GG) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	National Senior Health and Fitness Day 25 10:00 Chair Fitness: Strength and Balance (ACT) 11:00 Armchair Video (ACT) 11:30 Fireside Fun "Name That Tune" (FIR) 2:00 Birthday Party & Welcome Tea (DR) 7:00 Game of Hearts (ACT)	Barbecue and Planting Day 26 10:00 Osteofit with Robin Masters (ACT) 10:45 Drumfit (ACT) 11:15 Chair Yoga Stretch and Strength with Lauren (ACT) 12:15 BBQ on the Patio (GG) 1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI) 1:30 Planting Flowers (CKP) 3:00 Happy Hour (CL) 6:45 Mah Jong (ACT)	10:00 Armchair Video 27 (ACT) 11:00 Tai Chi (ACT) 2:00 Artful Aging: Painting with Elizabeth and Friends (ACT) 2:00 Richmond Music School Spring Recital (FIR)
9:00 Foot Care with Nerissa (SALO) 28 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 2:00 Youth Musician Association (FIR) 7:30 Sing Along with Errol (FIR)	10:00 Advanced Armchair Video with Curtis (ACT) 29 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 2:00 Drumfit (ACT) 7:30 Bingo (ACT)	10:00 Armchair Video (ACT) 30 11:30 Meditation (ACT) 1:30 Wellness Session: Chair Yoga with Lynn Walters (ACT) 2:45 Giant Crosswords (CL) 7:00 Crib/Chess (CL)	10:00 Chair Fitness (ACT) 31 10:30 Catholic Prayer and Communion (PRI) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Picnic at Garry Point (GG) 1:30 Armchair Travel to France (ACT) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)			



Locations Legend

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

Calendar Legend

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