



INSPIRED SENIOR LIVING

July 2023 Gilmore Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SATURDAY JUL 1 Canada Day</p>	 <p>National Culinary Arts Month</p>					<p>Happy Canada Day! 1</p> <p>8:00 Bus Outing: Canada Day Parade at Steveston (GG)</p> <p>10:00 Armchair Video (ACT)</p> <p>11:00 Tai Chi (ACT)</p> <p>2:00 Canada Day Entertainment with Mike KInal (PATI)</p> <p>7:00 Movie Night: Raiders of the Lost Arc (ACT)</p>
<p>10:00 Armchair Video (ACT) 2</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) 3</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>2:00 Drumfit (ACT)</p> <p>7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) 4</p> <p>11:30 Meditation (ACT)</p> <p>1:30 Fit Minds (CL)</p> <p>2:45 Poker! 5 Card Stud (ACT)</p> <p>7:00 Crib/Chess (CL)</p>	<p>10:00 Chair Yoga with Robin Masters (ACT) 5</p> <p>10:30 Catholic Prayer and Communion (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:00 Bus Outing: Lunch at Country Meadows Golf Club (GG)</p> <p>1:30 Billiards (SFL)</p> <p>1:30 Armchair Travel to Fiji (ACT)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>10:00 Chair Fitness: Strength and Balance (ACT) 6</p> <p>11:00 Armchair Video (ACT)</p> <p>1:00 True or False? Game of Trivia and Many Laughs! (ACT)</p> <p>3:00 Meet Me at the Moma: Marie Laurencin "A Portrait of Alice" (ACT)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>Living Loving Local Celebration Dinner: Featuring Raspberries World Chocolate Day 7</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 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 Charades: Chocolate Heaven! (ACT)</p> <p>3:00 Happy Hour (CL)</p> <p>6:45 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) 8</p> <p>11:00 Tai Chi (ACT)</p> <p>2:00 Artful Aging: Painting with Elizabeth and Friends (ACT)</p> <p>2:30 Pictionary with Jill (CKP)</p>
<p>10:00 Armchair Video (ACT) 9</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>7:30 Sing Along with Errol (FIR)</p>	<p>10:00 Chair Fitness (ACT) 10</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</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) 11</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) 12</p> <p>10:30 Catholic Prayer and Communion (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:30 Bus Outing: New Cascades Casino (GG)</p> <p>1:30 Billiards (SFL)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>9:30 Morning Chat and Coffee with Mirandah (FIR) 13</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>2:30 Timbits on the Patio (CKP)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>10:00 Osteofit with Robin Masters (ACT) 14</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 The Suede Dogs (CKP)</p> <p>3:00 Happy Hour (CL)</p> <p>6:45 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) 15</p> <p>11:00 Tai Chi (ACT)</p> <p>2:00 Craft Session with Jill- Summer Theme (ACT)</p> <p>7:00 Movie Night: Titanic Part 1 (ACT)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</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>7:00 Movie Night: Titanic Part 2 (ACT)</p>	<p>17</p> <p>Library Books Due</p> <p>10:00 Chair Fitness (ACT)</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:00 Bus Outing: Shopping Trip to Seafair (GG)</p> <p>2:00 Drumfit (ACT)</p> <p>2:00 Men's Chat Club on the Patio (PATI)</p> <p>7:30 Bingo (ACT)</p>	<p>18</p> <p>10:00 Armchair Video (ACT)</p> <p>11:30 Meditation (ACT)</p> <p>11:30 Food Committee Meeting (PRI)</p> <p>1:00 Recreation Committee Meeting (PRI)</p> <p>2:00 Fit Minds (CL)</p> <p>7:00 Crib/Chess (CL)</p>	<p>19</p> <p>National Hotdog Day! (-) New Library Books In</p> <p>10:00 Chair Yoga with Robin Masters (ACT)</p> <p>10:30 Catholic Mass (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>12:15 BBQ Hotdog Lunch on the Patio (CKP)</p> <p>1:15 Bus Outing: Scenic Drive to Jericho Beach (GG)</p> <p>1:30 Billiards (SFL)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>20</p> <p>10:00 Chair Fitness: Strength and Balance (ACT)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:30 Meet Me at the Moma: Vik Muniz - Artist (ACT)</p> <p>2:00 Scrabble with Pat (CL)</p> <p>3:00 Resident Forum (ACT)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>21</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 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 Summer Garden Party Entertainment with Hand over Heart (CKP)</p> <p>3:00 Happy Hour (CL)</p> <p>6:45 Mah Jong (ACT)</p>	<p>22</p> <p>10:00 Armchair Video (ACT)</p> <p>11:00 Tai Chi (ACT)</p> <p>2:00 Artful Aging: Painting with Elizabeth and Friends (ACT)</p> <p>2:30 Bean Bag Toss on the Patio (ACT)</p>
<p>23</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>2:00 Youth Musician Association (FIR)</p>	<p>24</p> <p>10:00 Chair Fitness (ACT)</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:00 Bus Outing: Shopping Trip Ironwood (GG)</p> <p>2:00 Drumfit (ACT)</p> <p>7:30 Bingo (ACT)</p>	<p>25</p> <p>10:00 Armchair Video (ACT)</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>26</p> <p>10:00 Chair Fitness (ACT)</p> <p>10:30 Catholic Prayer and Communion (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:30 Bus Outing: Picnic at Garry Point with Kentucky Fried Chicken (GG)</p> <p>1:30 Billiards (SFL)</p> <p>2:00 Dart Challenge (ACT)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>27</p> <p>9:30 Morning Chat and Coffee with Mirandah (FIR)</p> <p>10:00 Chair Fitness: Strength and Balance (ACT)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:00 5th Ave Jewelry (FIR)</p> <p>2:00 Birthday Party & Welcome Tea (DR)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>28</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 the Camilli Quartet (CKP)</p> <p>3:00 Happy Hour (CL)</p> <p>6:45 Mah Jong (ACT)</p>	<p>29</p> <p>10:00 Armchair Video (ACT)</p> <p>11:00 Tai Chi (ACT)</p> <p>2:00 Jeopardy! (ACT)</p> <p>7:00 Movie Night: My Fair Lady (ACT)</p>
<p>30</p> <p>9:00 Foot Care with Nerissa (SALO)</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>7:30 Sing Along with Errol (FIR)</p>	<p>31</p> <p>10:00 Chair Fitness (ACT)</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:00 Bus Outing: Shopping Trip to Landsdowne/T&T Market (GG)</p> <p>2:00 Drumfit (ACT)</p> <p>7:30 Bingo (ACT)</p>			<p>Locations Legend</p> <p>Activity Room (ACT) Gilmore Gardens (GG) Club Lounge (CL) Private Dining Room (PRI) Country Kitchen Patio (CKP) Fireside Lounge (FIR)</p> <p>Gilmore Park United Church (GPUC) Second Floor Lounge (SFL) Patio (PATI) - (-) Dining Room (DR) Salon (SALO)</p>		<p>Calendar Legend</p> <p>Technology Outing Special Program Vendor New Program Signature Program Can Fit Pro</p>