



INSPIRED SENIOR LIVING

# September 2023

## Gilmore Gardens



GILMORE GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>World Alzheimer's Month</b></p>	 <p><b>Grandparent's Day</b></p>	 <p><b>National Pancake Day</b> September 26th</p>				
					<p><b>Western Day 1</b></p> <p>Living Loving Local: Featuring Corn</p> <p>10:00 Osteofit with Robin Masters (ACT)</p> <p>11:00 Chair Yoga Stretch and Strength with Lauren (ACT)</p> <p>11:00 Corn Shucking on the Patio (PATI)</p> <p>1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI)</p> <p>2:00 Corn Festival with Mike Kinal (CKP)</p> <p>3:00 Happy Hour (CL)</p> <p>6:45 Mah Jong (ACT)</p>	<p><b>2</b></p> <p>10:00 Armchair Video (ACT)</p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Wellness Session: Effective Communication for Speech Impairment (ACT)</p> <p>3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)</p>
<p>10:00 Armchair Video (ACT) <b>3</b></p> <p>10:30 GPUC Worship Service (GPUC)</p> <p>11:00 Gentle Fit with Winnie (ACT)</p> <p>2:00 "Once Upon a Row" Yarn and Book Vendor (FIR)</p> <p>2:00 Knit 'n Chat (FIR)</p> <p>3:30 Tech Time with Kelly Woo (CL)</p>	<p><b>Labour Day 4</b></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 Garden City Centre (GG)</p> <p>2:00 Drumfit (ACT)</p> <p>7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) <b>5</b></p> <p>11:30 Meditation (ACT)</p> <p>1:30 Wellness Session: Chair Yoga with Lynn Walters (ACT)</p> <p>1:30 Connect Hearing Clinic (SALO)</p> <p>2:45 Giant Crosswords (CL)</p> <p>7:00 Crib/Chess (CL)</p>	<p>10:00 Chair Fitness (ACT) <b>6</b></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 Tsawwassen Mills (GG)</p> <p>1:30 Billiards (SFL)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>10:00 Advanced Armchair Video with Curtis (ACT) <b>7</b></p> <p>11:00 Armchair Video (ACT)</p> <p>1:30 Meet Me at the Moma: Frida Kahlo - 1939 Painting - "The 2 Fridas" (ACT)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>10:00 Osteofit with Robin Masters (ACT) <b>8</b></p> <p>11:00 Advanced Armchair Video with Curtis (ACT)</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI)</p> <p>2:00 Entertainment with Greg Alcock Pianist (FIR)</p> <p>3:00 Happy Hour (CL)</p> <p>6:45 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) <b>9</b></p> <p>11:00 Tai Chi (ACT)</p> <p>2:00 Indoor Bocce Ball (ACT)</p> <p>7:00 Movie Night: Hachi - A Dog's Tale (ACT)</p>
<p><b>National Grandparents Day 10</b></p> <p>10:00 Armchair Video (ACT)</p> <p>10:30 GPUC Worship Service (GPUC)</p> <p>10:30 Beginner Rummikub with Sally (CL)</p> <p>11:00 Gentle Fit with Winnie (ACT)</p> <p>1:30 Advanced Rummikub with Sally (CL)</p> <p>2:00 Knit 'n Chat (FIR)</p> <p>7:30 Sing Along with Errol (FIR)</p>	<p><b>Library Books Due 11</b></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 Superstore (GG)</p> <p>2:00 Drumfit (ACT)</p> <p>7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) <b>12</b></p> <p>11:30 Meditation (ACT)</p> <p>1:30 Wellness Session with Proof of Care: Falls Prevention (ACT)</p> <p>2:45 Fit Minds (ACT)</p> <p>7:00 Crib/Chess (CL)</p>	<p><b>New Library Books In 13</b></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>12:30 Bus Outing: Steveston Village (GG)</p> <p>1:30 Billiards (SFL)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>10:00 Chair Fitness: Strength and Balance (ACT) <b>14</b></p> <p>10:00 Alzheimer's Coffee Break Fundraiser (FIR)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:30 Java Music Club (CL)</p> <p>1:30 Scrabble with Pat (ACT)</p> <p>3:00 Resident Council Meeting (ACT)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>10:00 Osteofit with Robin Masters (ACT) <b>15</b></p> <p>11:00 Chair Yoga Stretch and Strength with Lauren (ACT)</p> <p>11:00 Play Reading with Stephen (PRI)</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) <b>16</b></p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Bean Bag Toss (ACT)</p> <p>3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)</p>





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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>10:00 Armchair Video (ACT) 17</b> <b>10:30 GPUC Worship Service (GPUC)</b> <b>11:00 Gentle Fit with Winnie (ACT)</b> <b>2:00 "Once Upon a Row" Yarn and Book Vendor (FIR)</b> <b>2:00 Knit 'n Chat (FIR)</b> <b>3:30 Tech Time with Kelly Woo (CL)</b>	<b>10:00 Chair Fitness (ACT) 18</b> <b>11:00 Go4Life Walking Club (GG)</b> <b>11:00 Armchair Video (ACT)</b> <b>1:00 Bus Outing: Shopping Trip to Lansdowne/T&amp;T (GG)</b> <b>1:30 Drumfit (ACT)</b> <b>2:00 Men's Chat Club on the Patio (CKP)</b> <b>2:30 Poker 5 card stud (ACT)</b> <b>7:30 Bingo (ACT)</b>	<b>10:00 Armchair Video (ACT) 19</b> <b>11:30 Meditation (ACT)</b> <b>11:30 Food Committee Meeting (PRI)</b> <b>1:30 Wellness Session: Chair Yoga with Lynn Walters (ACT)</b> <b>2:45 Giant Crosswords (CL)</b> <b>7:00 Crib/Chess (CL)</b>	<b>9:45 Chair Fitness (ACT) 20</b> <b>10:30 Catholic Mass (PRI)</b> <b>10:30 Wellness Session: How Does Medication and Nutrition Affect Your Dental Hygiene? (ACT)</b> <b>11:00 Bus Outing: River Rock Casino (GG)</b> <b>1:15 Meet Me at the Moma: Gustav Klimt - 1907 Painting - "Women in Gold" (ACT)</b> <b>1:30 Billiards (SFL)</b> <b>3:00 Happy Hour (CL)</b> <b>7:00 Rummikub (ACT)</b>	<b>9:30 Morning Chat and Coffee with Mirandah (FIR) 21</b> <b>10:00 Advanced Armchair Video with Curtis (ACT)</b> <b>11:00 Armchair Video (ACT)</b> <b>1:30 Decorate for Oktoberfest (FIR)</b> <b>7:00 Game of Hearts (ACT)</b>	<b>Autumn Begins 22</b> <b>10:00 Osteofit with Robin Masters (ACT)</b> <b>11:00 Advanced Armchair Video with Curtis (ACT)</b> <b>11:00 Play Reading with Stephen (PRI)</b> <b>1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI)</b> <b>2:00 Oktoberfest Patio Entertainment with Franz (PATI)</b> <b>3:00 Happy Hour (CL)</b> <b>6:45 Mah Jong (ACT)</b>	<b>10:00 Armchair Video (ACT) 23</b> <b>11:00 Tai Chi (ACT)</b> <b>2:00 Lotto 649 Game (ACT)</b> <b>7:00 Movie Night: A Man Called Otto (ACT)</b>
<b>9:00 Foot Care with Nerissa (SALO) 24</b> <b>10:00 Armchair Video (ACT)</b> <b>10:30 GPUC Worship Service (GPUC)</b> <b>11:00 Gentle Fit with Winnie (ACT)</b> <b>2:00 Knit 'n Chat (FIR)</b> <b>2:30 Youth Musician Association (FIR)</b>	<b>10:00 Chair Fitness (ACT) 25</b> <b>11:00 Go4Life Walking Club (GG)</b> <b>11:00 Armchair Video (ACT)</b> <b>1:00 Bus Outing: Shopping Trip to Freshco (GG)</b> <b>1:30 Drumfit (ACT)</b> <b>2:00 Artful Aging Workshop (Painting): Cloudy Telephone Pole (ACT)</b> <b>7:30 Bingo (ACT)</b>	<b>National Pancake Day 26</b> <b>10:00 Armchair Video (ACT)</b> <b>10:30 Altavida Fashions (FIR)</b> <b>11:30 Meditation (ACT)</b> <b>2:15 Fit Minds (CL)</b> <b>7:00 Crib/Chess (CL)</b>	<b>National Women's Health and Fitness Day 27</b> <b>10:00 Chair Fitness (ACT)</b> <b>10:30 Catholic Prayer and Communion (PRI)</b> <b>11:00 Armchair Video (ACT)</b> <b>1:00 Bus Outing: Scenic Drive (GG)</b> <b>1:30 Billiards (SFL)</b> <b>3:00 Happy Hour (CL)</b> <b>7:00 Rummikub (ACT)</b>	<b>National Strawberry Cream Pie Day! 28</b> <b>10:00 Chair Fitness: Strength and Balance (ACT)</b> <b>11:00 Armchair Video (ACT)</b> <b>11:00 5th Ave Jewelry (FIR)</b> <b>2:00 Birthday Party &amp; Welcome Tea (DR)</b> <b>7:00 Game of Hearts (ACT)</b>	<b>10:00 Osteofit with Robin Masters (ACT) 29</b> <b>11:00 Chair Yoga Stretch and Strength with Lauren (ACT)</b> <b>11:00 Play Reading with Stephen (PRI)</b> <b>1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI)</b> <b>1:30 The Price is Right! (ACT)</b> <b>3:00 Happy Hour (CL)</b> <b>6:45 Mah Jong (ACT)</b>	<b>National Truth and Reconciliation Day 30</b> <b>10:00 Armchair Video (ACT)</b> <b>11:00 Tai Chi (ACT)</b> <b>2:00 Truth and Reconciliation Performance (FIR)</b> <b>3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)</b> <b>Wear Orange to Support our Indigenous Community</b>



# Be Social

### Locations Legend

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

### Calendar Legend

- Outing
- Special Program
- Vendor
- Theme Day
- Signature Program
- Can Fit Pro
- Resident Run