





INSPIRED SENIOR LIVING

November 2023

Gilmore Gardens



GILMORE GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>National Family Caregivers Month</p>			<p>10:00 Chair Fitness (ACT) 1 10:30 Catholic Prayer and Communion (PRI) 11:00 Wellness Session: Chair Yoga with Lynn Walters (ACT) 11:00 Bus Outing: Lunch and Shopping at Tsawwassen Mills (GG) 1:30 Billiards (SFL) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)</p>	<p>10:00 Chair Fitness: Strength and Balance (ACT) 2 11:00 Armchair Video (ACT) 1:30 Wellness Session: Eye Health (ACT) 2:45 Meet Me at the Moma: Vincent Van Gogh "Vase with Poppies" (ACT) 7:00 Game of Hearts (ACT)</p>	<p>Living Loving Local Celebration Dinner: Featuring Cranberries 3 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Get Moving with Valerie (ACT) 1:30 Weekender Review in Chinese: 中文講解 拳週活動 (PRI) 2:00 A Visit to Africa with Jill (FIR) 3:00 Happy Hour (CL) 6:45 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) 4 11:00 Tai Chi (ACT) 2:00 Craft Session: Making Poppies (ACT) 7:00 Movie Night: The Fugitive (ACT)</p>
<p>10:00 Armchair Video (ACT) 5 10:30 GPUC Worship Service (GPUC) 10:30 Beginner Rummikub with Sally (CL) 11:00 Gentle Fit with Winnie (ACT) 1:30 Advanced Rummikub with Sally (CL)</p>	<p>Richmond Public Library Books due 6 10:00 Chair Fitness (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Shopping Trip Ironwood (GG) 1:30 Poker 5 card stud (ACT) 3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT) 7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) 7 11:30 Meditation (ACT) 1:30 Drumfit (ACT) 2:00 Fit Minds (CL) 7:00 Crib/Chess (CL)</p>	<p>Richmond Public Library New Books Arrive 8 10:00 Chair Fitness (ACT) 10:30 Catholic Prayer and Communion (PRI) 11:00 Stepping Towards Safety in Retirement Living Zoom Session (ACT) 11:30 Bus Outing: Lunch at Pioneer's Pub (GG) 1:30 Billiards (SFL) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)</p>	<p>10:00 Chair Fitness: Strength and Balance (ACT) 9 11:00 Armchair Video (ACT) 1:30 Java Music Club (CL) 1:30 Meet Me at the Moma: Emily Carr - Artist and Writer (ACT) 1:30 Hearing Aid Check up with Connect Hearing (SALO) 7:00 Game of Hearts (ACT)</p>	<p>10:00 Osteofit with Robin Masters (ACT) 10 11:00 Play Reading with Stephen (PRI) 11:00 Get Moving with Valerie (ACT) 1:30 Weekender Review in Chinese: 中文講解 拳週活動 (PRI) 2:00 Entertainment with John Parsons (CKP) 3:00 Happy Hour (CL) 6:45 Mah Jong (ACT)</p>	<p>10:45 Remembrance Day Service with Reverend Bruce (FIR) 11 1:30 Dart Challenge (ACT) 2:00 "Once Upon a Row" Yarn and Book Vendor (FIR) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)</p>
<p>Happy Diwali! 12 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 3:30 Tech Time with Kelly Woo (CL) 7:30 Sing Along with Errol (FIR)</p>	<p>10:00 Chair Fitness (ACT) 13 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Shopping Trip to Seafair (GG) 1:30 Lotto 649 Game (ACT) 3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT) 3:00 Big Brothers Donation drop off Deadline (PG) 7:30 Bingo (ACT)</p>	<p>Big Brothers Donation Pick up (GG) 14 10:00 Armchair Video (ACT) 10:00 Purdy's Christmas Order Desk (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)</p>	<p>10:00 Chair Fitness (ACT) 15 10:00 Raffle Draw Ticket Sales (FIR) 10:30 Catholic Mass (PRI) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Lunch and Shopping at Richmond Centre Mall (GG) 1:30 Billiards (SFL) 2:00 Popcorn in the Fireside Lounge! (FIR) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)</p>	<p>Purdy's Christmas Orders in 16 9:30 Morning Chat and Coffee with Mirandah (FIR) 10:00 Chair Fitness: Strength and Balance (ACT) 11:00 Armchair Video (ACT) 1:00 Raffle Draw Ticket Sales (FIR) 1:30 Scrabble with Pat (CL) 3:00 Resident Council Meeting (ACT) 7:00 Game of Hearts (ACT)</p>	<p>10:00 Osteofit with Robin Masters (ACT) 17 10:00 Raffle Draw Ticket Sales (FIR) 11:00 Play Reading with Stephen (PRI) 11:00 Get Moving with Valerie (ACT) 1:30 Weekender Review in Chinese: 中文講解 拳週活動 (PRI) 2:00 Entertainment with Hand over Heart (FIR) 3:00 Happy Hour (CL) 6:45 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) 18 11:00 Tai Chi (ACT) 2:30 Richmond Music School (FIR) 7:00 Movie Night: The Client (ACT)</p>




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<p>10:00 Armchair Video (ACT) 19</p> <p>10:30 GPUC Worship Service (GPUC)</p> <p>11:00 Gentle Fit with Winnie (ACT)</p>	<p>10:00 Chair Fitness (ACT) 20</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:30 Baking for Craft Fair & Bake Sale (GPUC)</p> <p>1:00 Bus Outing: Shopping Trip to Landsdowne (GG)</p> <p>3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT)</p> <p>7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) 21</p> <p>11:30 Meditation (ACT)</p> <p>11:30 Food Committee Meeting (PRI)</p> <p>1:30 Drumfit (ACT)</p> <p>2:00 Fit Minds (CL)</p> <p>7:00 Crib/Chess (CL)</p>	<p>10:00 Chair Fitness (ACT) 22</p> <p>10:00 Raffle Draw Ticket Sales (FIR)</p> <p>10:00 Laura Fashions (FIR)</p> <p>10:30 Catholic Prayer and Communion (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:00 Bus Outing: Scenic Drive (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) 23</p> <p>11:00 Armchair Video (ACT)</p> <p>1:00 Raffle Draw Ticket Sales (FIR)</p> <p>2:00 Armchair Travel to Israel (ACT)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>10:00 Osteofit with Robin Masters (ACT) 24</p> <p>10:00 Raffle Draw Ticket Sales (FIR)</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>11:00 Get Moving with Valerie (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 (CL)</p>	<p>10:00 Craft Fair & Bake Sale (ACT) 25</p> <p>10:00 Raffle Draw Ticket Sales (FIR)</p> <p>1:00 Raffle Draw and Bottle Draw! (FIR)</p>
<p>9:00 Foot Care with Nerissa (SALO) 26</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>2:30 Youth Musician Association (FIR)</p> <p>3:30 Tech Time with Kelly Woo (CL)</p>	<p>10:00 Chair Fitness (ACT) 27</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:00 Bus Outing: Shopping Trip to Freshco (GG)</p> <p>1:30 Craft Session: Making Christmas Tree Decorations (ACT)</p> <p>2:00 Men's Chat Club (CL)</p> <p>3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT)</p> <p>7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) 28</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) 29</p> <p>10:30 Catholic Prayer and Communion (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>12:30 Bus Outing: Lulu Island Wine Tour (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) 30</p> <p>11:00 Armchair Video (ACT)</p> <p>2:00 Birthday Party & Welcome Tea (DR)</p> <p>7:00 Game of Hearts (ACT)</p>		



Be Grateful

- Locations Legend**
- Activity Room (ACT)
 - Club Lounge (CL)
 - Fireside Lounge (FIR)
 - Private Dining Room (PRI)
 - Gilmore Gardens (GG)
 - Second Floor Lounge (SFL)

- Gilmore Park United Church (GPUC)
- Salon (SALO)
- Country Kitchen Patio (CKP)
- Parking Garage (PG)
- Dining Room (DR)

- Calendar Legend**
- Outing
 - Special Program
 - Vendor
 - Resident Request
 - Theme Day
 - Living, Loving, Local
 - Signature Program
 - Can Fit Pro
 - Resident Run