



INSPIRED SENIOR LIVING

December 2023

Gilmore Gardens



GILMORE GARDENS

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|---|--|
|  <p>MONDAY DEC 25</p> <p>Christmas Day</p> |  <p>SUNDAY DEC 31</p> <p>New Years Eve</p> | | |  | <p>Decorating Gilmore Gardens for Christmas 1</p> <p>Living Loving Local Celebration Dinner: Featuring Winter Squash (DR)</p> <p>10:00 Osteofit with Robin Masters (ACT)</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>11:00 Advanced Armchair Video with Curtis (ACT)</p> <p>1:30 Decorating Trees All Floors with Rum and Eggnog and Shortbread (AF)</p> <p>1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI)</p> <p>3:00 Happy Hour (CL)</p> <p>6:45 Mah Jong (ACT)</p> | <p>10:00 Armchair Video (ACT) 2</p> <p>10:00 Avon with Janice (DR)</p> <p>11:00 Tai Chi (ACT)</p> <p>2:30 Jessica's Music School (FIR)</p> <p>7:00 Movie Night: Elf (ACT)</p> |
| <p>10:00 Armchair Video (ACT) 3</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>7:30 Sing Along with Errol (FIR)</p> | <p>10:00 Chair Fitness (ACT) 4</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:00 Bus Outing: Shopping Trip to Walmart (GG)</p> <p>1:30 Craft Session: Making Christmas Swags (ACT)</p> <p>3:15 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT)</p> <p>7:30 Bingo (ACT)</p> | <p>10:00 Armchair Video (ACT) 5</p> <p>11:30 Meditation (ACT)</p> <p>1:30 Drumfit (ACT)</p> <p>2:00 Fit Minds (CL)</p> <p>7:00 Crib/Chess (CL)</p> <p>7:00 Maple Leaf Singers Concert at Gilmore Park United Church (GPUC)</p> <p>8:00 Christmas Dessert Buffet (FIR)</p> <p><i>Resident Christmas Dinner One Seating Only at 5:00PM</i></p> | <p>10:00 Chair Fitness (ACT) 6</p> <p>10:30 Catholic Prayer and Communion (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>12:30 Bus Outing: Scenic Drive (GG)</p> <p>1:30 Billiards (SFL)</p> <p>1:30 Artfull Enrichment Workshop: Painting a Fall Birch Tree (ACT)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p> | <p>Happy Hannuka! : Hannuka Begins 7</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>1:30 Java Music Club (CL)</p> <p>1:30 Meet Me at the Moma: Raphael (Painter) - "The Sistine Madonna" (ACT)</p> <p>7:00 Game of Hearts (ACT)</p> | <p>10:00 Osteofit with Robin Masters (ACT) 8</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 Jennifer Lauren (FIR)</p> <p>3:00 Happy Hour (CL)</p> <p>6:45 Mah Jong (ACT)</p> | <p>10:00 Armchair Video (ACT) 9</p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Craft Session: Making Snowflakes (ACT)</p> <p>3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)</p> |
| <p>10:00 Armchair Video (ACT) 10</p> <p>10:30 GPUC Worship Service (GPUC)</p> <p>11:00 Gentle Fit with Winnie (ACT)</p> <p>2:00 Carolling with Gilmore Park Strummers (FIR)</p> <p>3:30 Tech Time with Kelly Woo (CL)</p> <p>7:30 Harmonious Hour with Resident Rog. (FIR)</p> | <p>10:00 Chair Fitness (ACT) 11</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:00 Bus Outing: Shopping Trip to Ironwood (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) 12</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>7:00 Christmas Caroling with the Scouts (FIR)</p> | <p>10:00 Chair Fitness (ACT) 13</p> <p>10:30 Catholic Prayer and Communion (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:00 Christmas Music with Richmond Christian Elementary School (FIR)</p> <p>1:30 Billiards (SFL)</p> <p>2:00 Richmond Singers Concert at GPUC (GPUC)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p> | <p>10:00 Chair Fitness: Strength and Balance (ACT) 14</p> <p>11:00 Armchair Video (ACT)</p> <p>1:15 Christmas Caroling with Gilmore Elementary School (FIR)</p> <p>3:00 Christmas Entertainment with your Staff! (FIR)</p> <p>6:30 Bus Outing: Christmas Light Tour (GG)</p> <p>7:00 Game of Hearts (ACT)</p> | <p>Christmas Sweater Day! Hannuka Ends 15</p> <p>10:00 Osteofit with Robin Masters (ACT)</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 OWL Rehabilitation Society Presentation with Live Owls (FIR)</p> <p>3:00 Happy Hour (CL)</p> <p>6:45 Mah Jong (ACT)</p> | <p>10:00 Armchair Video (ACT) 16</p> <p>11:00 Tai Chi (ACT)</p> <p>2:00 ROCA Sing Out (FIR)</p> <p>7:00 Movie Night: Home Alone (ACT)</p> |



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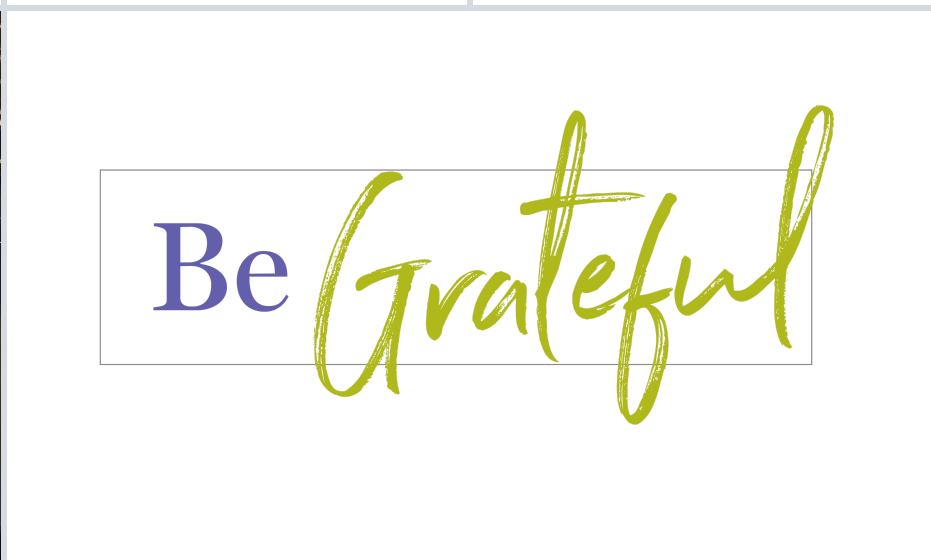
Gilmore Gardens



GILMORE GARDENS

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|---|--|
| 10:00 Armchair Video (ACT) 17 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 7:30 Sing Along with Errol (FIR) | 10:00 Chair Fitness (ACT) 18 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Shopping Trip to Garden City Centre (GG) 1:30 Meet Me at the Moma: Caspar David Friedrich (Painter) "Winter Landscape" (ACT) 2:00 Men's Chat Club (CL) 3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT) 7:30 Bingo (ACT) | 10:00 Armchair Video (ACT) 19 11:30 Meditation (ACT) 11:30 Food Committee Meeting (PRI) 1:30 Drumfit (ACT) 1:30 Hearing Aid Check up with Connect Hearing (SALO) 3:00 Resident Forum (ACT) 7:00 Crib/Chess (CL) | 10:00 Chair Fitness (ACT) 20 10:30 Catholic Mass (PRI) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Bistro Lunch and Shopping at Mandeville Gardens (GG) 1:30 Billiards (SFL) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT) | 9:30 Morning Chat and Coffee with Mirandah (FIR) 21 10:00 Chair Fitness: Strength and Balance (ACT) 11:00 Armchair Video (ACT) 1:30 Best Christmas Door Walk About (ACT) 1:30 Scrabble with Pat (ACT) 2:30 Fit Minds (ACT) 4:00 Entertainment with John Parsons (FIR) 7:00 Game of Hearts (ACT) Christmas Buffet 1st Seating: 4:45PM 2nd Seating: 6:30PM | 10:00 Osteofit with Robin Masters (ACT) 22 11:00 Play Reading with Stephen (PRI) 11:00 Get Moving with Valerie (ACT) 1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI) 1:45 Best Christmas Door Winner (FIR) 2:00 Entertainment with The Shoe Shakers (FIR) 3:00 Happy Hour with Santa's Elves (CL) 3:00 Happy Hour (CL) 6:45 Mah Jong (ACT) | 10:00 Armchair Video (ACT) 23 11:00 Tai Chi (ACT) 1:30 Christmas Jeopardy! (FIR) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT) 7:00 Movie Night: It's a Wonderful Life (ACT) |
| 10:00 Armchair Video (ACT) 24 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 2:30 Youth Musician Association (FIR) 3:30 Tech Time with Kelly Woo (CL) 7:00 Movie Night: A Christmas Carol (ACT) | 11:00 Armchair Video (ACT) 25 3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT) 7:00 Movie Night: White Christmas (ACT) | 10:00 Armchair Video (ACT) 26 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) 27 10:30 Catholic Prayer and Communion (PRI) 11:00 Armchair Video (ACT) 11:30 Bus Outing: River Rock Casino (GG) 1:30 Billiards (SFL) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT) | 10:00 Chair Fitness: Strength and Balance (ACT) 28 11:00 Armchair Video (ACT) 2:00 Birthday Party & Welcome Tea (DR) 7:00 Game of Hearts (ACT) | 10:00 Osteofit with Robin Masters (ACT) 29 11:00 Play Reading with Stephen (PRI) 11:00 Get Moving with Valerie (ACT) 1:30 Decorate for New Year's Eve (FIR) 1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI) 3:00 Happy Hour (CL) 6:45 Mah Jong (ACT) | 10:00 Armchair Video (ACT) 30 11:00 Tai Chi (ACT) 2:00 Bean Bag Toss (ACT) 7:00 Movie Night: Jack Frost (ACT) |

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| 9:00 Foot Care with Nerissa (SALO) 31 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 7:30 New Year's Eve Entertainment with Mike Kinal (FIR) |
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| Locations Legend | |
|---------------------------|-----------------------------------|
| Activity Room (ACT) | Gilmore Park United Church (GPUC) |
| Club Lounge (CL) | Second Floor Lounge (SFL) |
| Fireside Lounge (FIR) | Dining Room (DR) |
| Private Dining Room (PRI) | Salon (SALO) |
| Gilmore Gardens (GG) | All Floors (AF) |

| Calendar Legend |
|-----------------------|
| All Day |
| Technology |
| Outing |
| Special Program |
| Vendor |
| Living, Loving, Local |
| Signature Program |
| Can Fit Pro |
| Highlight |