



INSPIRED SENIOR LIVING

February 2024

Gilmore Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>Black History Month</p>		 <p>Lunar Year Dragon</p>			<p>9:30 Morning Chat and Coffee with Mirandah (FIR) 1</p> <p>10:00 Chair Fitness: Advanced Armchair Video with Curtis (ACT)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:30 Meet Me at the Moma: Jean-Michel Basquiat - Black History Month Artist (ACT)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>Living Loving Local Celebration Dinner: Featuring Beef (DR) National Ground Hog Day! 2</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 Weekender Review in Chinese: 中文講解 奉週活動 (PRI)</p> <p>2:00 Entertainment with Kyle Windjack (FIR)</p> <p>3:00 Happy Hour (CL)</p> <p>3:30 Table Tennis (ACT)</p> <p>6:45 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) 3</p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Jeopardy! (ACT)</p> <p>3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)</p> <p>7:00 Movie Night: Mighty Jerome (Black History Month) (ACT)</p>
<p>10:00 Armchair Video (ACT) 4</p> <p>10:30 GPUC Worship Service (GPUC)</p> <p>11:00 Gentle Fit with Winnie (ACT)</p> <p>3:00 Tech Time with Radha (CL)</p>	<p>10:00 Chair Fitness (ACT) 5</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>1:30 Craft Session: Making Heart Strings (ACT)</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) 6</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) 7</p> <p>10:30 Catholic Prayer and Communion (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:30 Bus Outing: Dim Sum at the Continental Seafood Restaurant (GG)</p> <p>1:30 Billiards (SFL)</p> <p>1:30 Decorate for Chinese New Year (FIR)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>10:00 Chair Fitness: Strength and Balance (ACT) 8</p> <p>10:00 Heart and Stroke Foundation Fundraiser (FIR)</p> <p>11:00 Wellness Session: Proof of Care Presents: UTI and Urinary Incontinence (ACT)</p> <p>1:30 Meet Me at the Moma: Edouard Vuillard - Interior, Mother and Sister of the Artist 1893 (ACT)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>Wear Red Day 9</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>12:30 Bus Outing: Steveston Village (GG)</p> <p>1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI)</p> <p>2:30 Chinese New Year Lion Dance Entertainment (FIR)</p> <p>3:00 Happy Hour with Pizza (CL)</p> <p>3:30 Table Tennis (ACT)</p> <p>6:45 Mah Jong (ACT)</p>	<p>Happy Lunar New Year! "Year of the Dragon" 10</p> <p>10:00 Armchair Video (ACT)</p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Craft Session: Making Chinese Decorations (ACT)</p> <p>3:00 Drumfit (ACT)</p> <p>7:00 Movie Night: Crouching Tiger Hidden Dragon (ACT)</p>	
<p>10:00 Armchair Video (ACT) 11</p> <p>10:30 GPUC Worship Service (GPUC)</p> <p>11:00 Gentle Fit with Winnie (ACT)</p> <p>7:30 Sing Along with Resident Rog. (FIR)</p>	<p>10:00 Chair Fitness (ACT) 12</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:00 Bus Outing: Shopping Trip to Lansdowne/T&T (GG)</p> <p>1:30 Decorate for Valentines Day (FIR)</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>Shrove Tuesday 13</p> <p>10:00 Armchair Video (ACT)</p> <p>11:30 Meditation (ACT)</p> <p>1:30 Drumfit (ACT)</p> <p>1:30 Connect Hearing Clinic (SALO)</p> <p>2:00 Fit Minds (CL)</p> <p>7:00 Crib/Chess (CL)</p>	<p>Happy Valentines Day! 14</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: Shopping and Lunch at Tsawwassen Mills/Walmart (GG)</p> <p>1:30 Billiards (SFL)</p> <p>2:00 Entertainment with Music Variations (FIR)</p> <p>3:00 Special Valentine's Day Happy Hour! (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>9:30 Morning Chat and Coffee with Mirandah (FIR) 15</p> <p>10:00 Chair Fitness: Strength and Balance (ACT)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:30 Scrabble with Pat (CL)</p> <p>1:30 Tim Bits in the Fireside Lounge (FIR)</p> <p>3:00 Resident Forum (ACT)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>10:00 Osteofit with Robin Masters (ACT) 16</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>11:00 Wellness Session: Stress and Coping (ACT)</p> <p>12:30 Bus Outing: Steveston Village (GG)</p> <p>1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI)</p> <p>1:30 The Price is Right! (ACT)</p> <p>3:00 Happy Hour (CL)</p> <p>3:30 Table Tennis (ACT)</p> <p>6:45 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) 17</p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Dart Challenge (ACT)</p> <p>3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)</p>	




INSPIRED SENIOR LIVING

February 2024 Gilmore Gardens



GILMORE GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 10:00 Armchair Video (ACT) 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) 3:00 Tech Time with Radha (CL) 7:30 Sing Along with Errol (FIR)	19 Family Day 10:00 Chair Fitness (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Shopping Trip to Ironwood (GG) 1:30 Armchair Travel to Sri Lanka (ACT) 3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT) 7:30 Bingo (ACT)	20 10:00 Armchair Video (ACT) 11:30 Food Committee Meeting (PRI) 11:30 Meditation (ACT) 1:00 Recreation Committee Meeting (PRI) 1:30 Wellness Session: Chair Yoga with Lynn Walters (ACT) 2:45 Giant Crosswords (CL) 7:00 Crib/Chess (CL)	21 10:00 Chair Fitness (ACT) 10:30 Catholic Mass (PRI) 11:00 Armchair Video (ACT) 11:30 Bus Outing: River Rock Casino (GG) 1:30 Billiards (SFL) 1:30 Harp Music with Anya McRae (FIR) 3:00 Special Happy Hour with Margaritas! (CL) 7:00 Rummikub (ACT)	22 National Margarita Day! Chili Day 10:00 Purdy's Easter Order Desk (FIR) 10:00 Armchair Video (ACT) 10:30 Clarks Shoes (FIR) 11:00 Armchair Video (ACT) 1:30 Java Music Club (CL) 7:00 Game of Hearts (ACT)	23 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Get Moving with Valerie (ACT) 12:30 Bus Outing: Steveston Village (GG) 1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI) 2:00 Entertainment with Patrizia Coletta (FIR) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:45 Mah Jong (ACT)	24 9:00 Foot Care with Nerissa (SALO) 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:30 Craft Session: Starry Night Painting Tutorial (ACT) 3:00 Drumfit (ACT) 7:00 Movie Night: Fences (ACT)
25 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 2:30 Youth Musician Association (FIR)	26 10:00 Chair Fitness (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Shopping Trip to Freshco (GG) 1:30 Craft Session: Garden Rock Painting (ACT) 3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT) 7:30 Bingo (ACT)	27 Purdy's Easter Orders in 10:00 Armchair Video (ACT) 11:30 Meditation (ACT) 1:30 Drumfit (ACT) 2:00 Fit Minds (CL) 7:00 Crib/Chess (CL)	28 Pink Shirt Day National Floral Design Day 10:00 Chair Fitness (ACT) 10:30 Catholic Prayer and Communion (PRI) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Scenic Drive (GG) 1:30 Billiards (SFL) 1:30 Craft Session: Making Tissue Paper Flowers (ACT) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	29 9:30 Morning Chat and Coffee with Mirandah (FIR) 10:00 Chair Fitness: Strength and Balance (ACT) 11:00 Armchair Video (ACT) 2:00 Birthday Party & Welcome Tea (DR) 7:00 Game of Hearts (ACT)	 <p>WEDNESDAY FEB 14 Valentine's Day</p>	



THURSDAY
FEB 22
National Margarita Day

Be your best self

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

- Gilmore Park United Church (GPUC)
- Second Floor Lounge (SFL)
- Dining Room (DR)
- Salon (SALO)

- Calendar Legend**
- Technology
 - Outing
 - Special Program
 - Vendor
 - Signature Program
 - Can Fit Pro
 - Highlight