




INSPIRED SENIOR LIVING

January 2024 Gilmore Gardens



GILMORE GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Richmond Public Library Books Due 1</p> <p>Happy New Year!</p> <p>10:00 Advance Armchair Video with Curtis (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 (GG)</p> <p>3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT)</p> <p>7:30 Bingo (ACT)</p>	<p>De-decorate Christmas 2</p> <p>10:00 Armchair Video (ACT)</p> <p>11:30 Meditation (ACT)</p> <p>1:30 Drumfit (ACT)</p> <p>2:15 Ted Talk: Why do we Sleep? (ACT)</p> <p>2:45 Ted Talk: What you can do to prevent Alzheimer's (ACT)</p> <p>7:00 Crib/Chess (CL)</p>	<p>Richmond Public Library New Books Arrive 3</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: A Visit to Van Dusen Gardens and Lunch (GG)</p> <p>1:30 Billiards (SFL)</p> <p>1:30 Craft Session: Pebble Art (ACT)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>9:30 Morning Chat and Coffee with Mirandah (FIR) 4</p> <p>10:00 Chair Fitness: Strength and Balance (ACT)</p> <p>11:00 Armchair Video (ACT)</p> <p>2:00 Fit Minds (CL)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>Living Loving Local Celebration Dinner: Featuring Carrots 5</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 牽週活動 (PRI)</p> <p>2:00 Entertainment with the Fabulous Fera Brothers (FIR)</p> <p>3:00 Happy Hour (CL)</p> <p>6:45 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) 6</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>
<p>10:00 Armchair Video (ACT) 7</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) 8</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 Poker 5 card stud! (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) 9</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) 10</p> <p>10:30 Catholic Prayer and Communion (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:30 Bus Outing: Lunch at Country Meadows Golf Club (GG)</p> <p>1:30 Billiards (SFL)</p> <p>1:30 Being Fit in 2024 (ACT)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>10:00 Chair Fitness: Strength and Balance (ACT) 11</p> <p>10:30 Altavida Fashions (FIR)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:30 Meet Me at the Moma: Stan Douglas, Films Photographs (ACT)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>10:00 Osteofit with Robin Masters (ACT) 12</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 牽週活動 (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) 13</p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Horse Races Game (ACT)</p> <p>7:00 Movie Night: Driving Miss Daisy (ACT)</p>
<p>10:00 Armchair Video (ACT) 14</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>National Hat Day! 15</p> <p>10:00 Chair Fitness (ACT)</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:30 Wellness Session: Better Backs and Balance for Safe Winter Wellness (ACT)</p> <p>2:30 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) 16</p> <p>11:30 Meditation (ACT)</p> <p>11:30 Food Committee Meeting (PRI)</p> <p>1:30 Drumfit (ACT)</p> <p>1:45 Fit Minds (CL)</p> <p>3:00 Meet Me at the MoMA: Jean Paul Riopelle (ACT)</p> <p>7:00 Crib/Chess (CL)</p>	<p>10:00 Chair Fitness (ACT) 17</p> <p>10:30 Catholic Mass (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:00 Bus Outing: Lunch and Shopping at Tsawwassen Mills (GG)</p> <p>1:30 Billiards (SFL)</p> <p>2:30 Armchair Travel to Sri Lanka (ACT)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>9:30 Morning Chat and Coffee with Mirandah (FIR) 18</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>3:00 Resident Council Meeting (ACT)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>National Popcorn Day! 19</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 牽週活動 (PRI)</p> <p>2:00 Entertainment with John Parsons (FIR)</p> <p>3:00 Happy Hour with Fresh Popcorn (CL)</p> <p>6:45 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) 20</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>

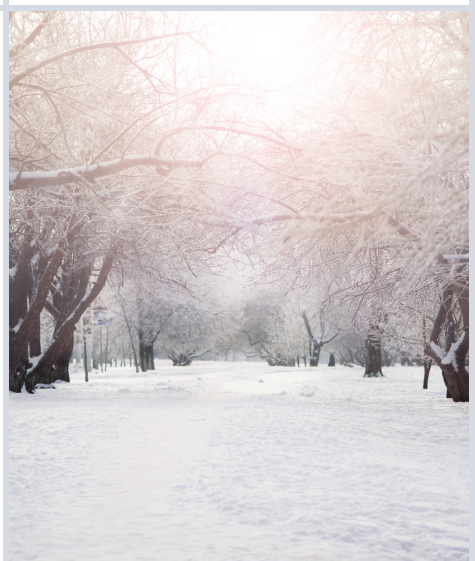


INSPIRED SENIOR LIVING

January 2024 Gilmore Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 7:30 Sing Along with Resident Rog. (FIR)	22 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 Lotto 649 Game (ACT) 3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT) 7:30 Bingo (ACT)	23 10:00 Armchair Video (ACT) 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)	24 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) 3:00 Happy Hour (CL) 4:00 Robbie Burns Day Celebration: Entertainment with Liz Johnston Highland Dance (FIR) 7:00 Rummikub (ACT)	25 Robbie Burns Day! 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)	26 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 奉週活動 (PRI) 1:30 Charades: Winter Wonderland! (FIR) 3:00 Happy Hour (CL) 6:45 Mah Jong (ACT)	27 National Chocolate Cake Day! 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 2:00 Pictionary with Angela (ACT) 7:00 Movie Night: Must Love Dogs (ACT)
28 9:00 Foot Care with Nerissa (SALO) 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 2:30 Youth Musician Association (FIR) 7:30 Sing Along with Errol (FIR)	29 10:00 Chair Fitness (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Shopping Trip to Seafair (GG) 1:30 Artful Talk: Life in Winter (ACT) 3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT) 7:30 Bingo (ACT)	30 10:00 Armchair Video (ACT) 11:30 Meditation (ACT) 1:30 Drumfit (ACT) 2:00 Fit Minds (CL) 7:00 Crib/Chess (CL)	31 National Hot Chocolate Day! 10:00 Chair Fitness (ACT) 10:30 Catholic Prayer and Communion (PRI) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Lunch at Milltown Pub (GG) 1:30 Billiards (SFL) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)			



2024
 Verve
 MONDAY
 JAN 1
 New Year's Day

MONDAY
 JAN 15
 Martin Luther King Jr. Day

Be your best self

Locations Legend

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

Calendar Legend

- All Day Technology
- Outing
- Special Program
- Vendor
- Signature Program
- Can Fit Pro
- Highlight