



INSPIRED SENIOR LIVING

March 2024 Gilmore Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>FRIDAY MAR 8</p> <p>International Women's Day</p>	 <p>SUNDAY MAR 17</p> <p>St. Patrick's Day</p>				<p>Living Loving Local Celebration Dinner: Featuring Maple (DR) 1</p> <p>10:00 Osteofit with Robin Masters (ACT)</p> <p>11:00 Get Moving with Valerie (ACT)</p> <p>12:00 Bus Outing: Steveston Village (GG)</p> <p>1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI)</p> <p>2:00 Entertainment with Mike Kinal (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) 2</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>
<p>10:00 Armchair Video (ACT) 3</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 (ACT)</p>	<p>Richmond Public Library Books Due 4</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 Walmart (GG)</p> <p>1:30 Richmond News Live Tutorial: "How to Get The Richmond News On Your Device" (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) 5</p> <p>11:30 Meditation (ACT)</p> <p>1:30 Wellness Session: Chair Yoga with Lynn Walters (ACT)</p> <p>7:00 Crib/Chess (CL)</p>	<p>Richmond Public Library New Books Arrive 6</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: Lunch and Shopping at Richmond Centre Mall (GG)</p> <p>1:30 Billiards (SFL)</p> <p>1:30 Giant Crosswords (CL)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>10:00 Chair Fitness: Strength and Balance (ACT) 7</p> <p>11:00 Wellness Session: Proof of Care Presents "Dementia" (ACT)</p> <p>1:30 Meet Me at the MoMA: Andy Warhol -American Visual Artist (USA) (ACT)</p> <p>3:30 Pound Fitness Class- New! (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>12:00 Bus Outing: Steveston Village (GG)</p> <p>1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI)</p> <p>2:00 Entertainment with the Camilli Quartet (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) 9</p> <p>11:00 Tai Chi (ACT)</p> <p>2:30 World of Music and Arts Student Recital (FIR)</p> <p>7:00 Movie Night: The Notebook (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>7:30 Sing Along with Errol (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 Seafair (GG)</p> <p>1:30 Craft Session: Making Spring Wreaths (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) 12</p> <p>11:30 Meditation (ACT)</p> <p>1:30 Wellness Session: Walker Check up with Medequip (ACT)</p> <p>2:00 Fit Minds (CL)</p> <p>3:15 Drumfit (ACT)</p> <p>7:00 Crib/Chess (CL)</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>11:30 Bus Outing: Dim Sum at Sea Fortune Restaurant (GG)</p> <p>1:30 Billiards (SFL)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>9:30 Morning Chat and Coffee with Mirandah (FIR) 14</p> <p>10:00 Chair Fitness: Strength and Balance (ACT)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:00 Decorate for St. Patrick's Day (FIR)</p> <p>1:30 Java Music Club (CL)</p> <p>1:30 Meet Me at the MoMA: Charles Jervas - Portrait Painter (Ireland) (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) 15</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>11:00 Get Moving with Valerie (ACT)</p> <p>12:00 Bus Outing: Steveston Village (GG)</p> <p>1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI)</p> <p>2:00 St Patrick's Day Celebration with The Richmond Singers (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) 16</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>




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GILMORE GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Armchair Video (ACT) 17</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 Table Tennis with Sally (ACT)</p> <p>3:00 Tech Time with Radha (CL)</p>	<p>10:00 Chair Fitness (ACT) 18</p> <p>10:00 Tax Clinic with Equity CPA Inc. (DR)</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>1:30 Decorate for Cruise Week (FIR)</p> <p>3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT)</p> <p>7:30 Bingo (ACT)</p>	<p>Welcome Spring! (GG) 19</p> <p>10:00 Armchair Video (ACT)</p> <p>11:30 Food Committee Meeting (PRI)</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>10:00 Chair Fitness (ACT) 20</p> <p>10:30 Catholic Mass (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:30 Bus Outing: Lunch and Shopping at Tsawwassen Mills/Walmart (GG)</p> <p>1:30 Billiards (SFL)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>Cruise Week Begins (GG) 21</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>2:00 Birthday Party & Welcome Tea (DR)</p> <p>7:00 Game of Hearts (ACT)</p> <p>Port of Call: Spain</p>	<p>10:00 Osteofit with Robin Masters (ACT) 22</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>11:00 Get Moving with Valerie (ACT)</p> <p>12:00 Bus Outing: Steveston Village (GG)</p> <p>1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI)</p> <p>2:00 Cruise Week Entertainment with Shik Shak Shok Belly Dancing Troupe (FIR)</p> <p>3:00 Moroccan Happy Hour with Mojitos and Olive Bread (CL)</p> <p>3:30 Table Tennis (ACT)</p> <p>6:45 Mah Jong (ACT)</p> <p>Port of Call: Morocco</p>	<p>Open House at Gilmore Gardens (GG) 23</p> <p>10:00 Armchair Video (ACT)</p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Entertainment with Michael Fabro (FIR)</p> <p>2:00 Wine Glass Painting (ACT)</p> <p>7:00 Movie Night: The Italian Job (ACT)</p> <p>Port of Call: Italy</p>
<p>10:00 Armchair Video (ACT) 24</p> <p>10:30 GPUC Worship Service (GPUC)</p> <p>11:00 Gentle Fit with Winnie (ACT)</p> <p>1:30 Travelogue: Turkey (ACT)</p> <p>2:30 Youth Musician Association (FIR)</p> <p>Port of Call: Turkey</p>	<p>10:00 Chair Fitness in Greece (ACT) 25</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:00 Bus Outing: Shopping Trip Ironwood (GG)</p> <p>2:00 Greece Scavenger Hunt (CL)</p> <p>2:45 Happy Hour with Spanakopita and Ouzo (CL)</p> <p>3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT)</p> <p>7:30 Bingo (ACT)</p> <p>Port of Call: Greece</p>	<p>10:00 Armchair Video (ACT) 26</p> <p>11:30 Meditation (ACT)</p> <p>1:30 Drumfit (ACT)</p> <p>1:30 Fit Minds (CL)</p> <p>2:00 Food Demo with Chef Val (ACT)</p> <p>7:00 Crib/Chess (CL)</p> <p>Port of Call: Croatia</p>	<p>10:00 Chair Fitness in France (ACT) 27</p> <p>10:30 Catholic Prayer and Communion (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:00 Bus Outing: Cherry Blossom Scenic Drive (GG)</p> <p>1:30 Billiards (SFL)</p> <p>1:30 Le Bingo in France (ACT)</p> <p>3:00 Happy Hour in France with Wine and Cheese (CL)</p> <p>7:00 Rummikub (ACT)</p> <p>Port of Call: France</p>	<p>Cruise Week Ends 28</p> <p>10:00 Advanced Armchair Video with Curtis (ACT)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:00 De-decorate Cruise week/Decorate for Easter (FIR)</p> <p>4:30 Entertainment with Cherelle Jardine (RCPT)</p> <p>5:00 Easter Buffet (DR)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>Good Friday 29</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>12:00 Bus Outing: Steveston Village (GG)</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>3:30 Table Tennis (ACT)</p> <p>6:45 Mah Jong (ACT)</p>	<p>9:00 Foot Care with Nerissa (SALO) 30</p> <p>10:00 Armchair Video (ACT)</p> <p>11:00 Tai Chi (ACT)</p> <p>2:00 Cherie Lam Music Recital (FIR)</p> <p>3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)</p>
<p>Happy Easter! (GG) 31</p> <p>Easter Egg Hunt (FIR)</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>3:00 Tech Time with Radha (CL)</p> <p>7:30 Sing Along with Errol (FIR)</p>	<p><i>Be your best self</i></p>			<p>Locations Legend</p> <ul style="list-style-type: none"> Activity Room (ACT) Club Lounge (CL) Gilmore Gardens (GG) Private Dining Room (PRI) Fireside Lounge (FIR) Gilmore Park United Church (GPUC) Dining Room (DR) Second Floor Lounge (SFL) Reception Area (RCPT) Salon (SALO) 		<p>Calendar Legend</p> <ul style="list-style-type: none"> Technology Outing Special Program Vendor Theme Day Cruise Week Signature Program Can Fit Pro Highlight