

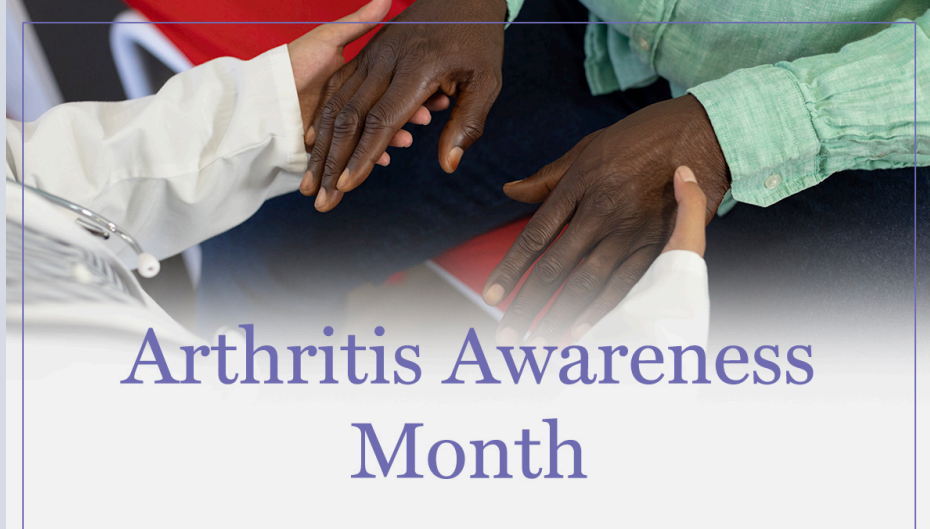


INSPIRED SENIOR LIVING

# May 2024 Gilmore Gardens



GILMORE GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Arthritis Awareness Month</b></p>			<p>Richmond Public Library New Books Arrive <b>1</b></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: Van Dusen Gardens and/or Lunch at Shaugnessy Restaurant (GG)</p> <p>1:30 Billiards (SFL)</p> <p>3:00 Happy Hour - Christmas in May!! (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>10:00 Chair Fitness: Strength and Balance (ACT) <b>2</b></p> <p>11:00 Armchair Video (ACT)</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>1:30 Trivia Game: "I Should Have Known That!" (ACT)</p> <p>3:30 Pound for Seniors (ACT)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>Living Loving Local Celebration Dinner: Featuring Rhubarb <b>3</b></p> <p>10:00 Osteofit with Robin Masters (ACT)</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>11:00 Wellness Session: Importance of Vaccinations (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 Charles Johnson (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) <b>4</b></p> <p>11:00 Tai Chi (ACT)</p> <p>2:00 Lotto 649 Game (ACT)</p> <p>7:00 Movie Night: Thelma and Louise (ACT)</p>
			<p>Cinco de Mayo <b>5</b></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>10:00 Chair Fitness (ACT) <b>6</b></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>1:30 Craft Session: Painting with Ranu (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) <b>7</b></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>10:00 Chair Fitness (ACT) <b>8</b></p> <p>10:00 Bus Outing: Shopping at SAS Shoes and Lunch (GG)</p> <p>10:30 Catholic Prayer and Communion (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:30 Billiards (SFL)</p> <p>1:30 Meet Me at the MoMA: Rafael Goldchain - Photographer (ACT)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p>
<p>Happy Mother's Day! <b>12</b></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>10:00 Chair Fitness (ACT) <b>13</b></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>2:00 Timbits in the Fireside Lounge (FIR)</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) <b>14</b></p> <p>11:00 Altavida Fashions (FIR)</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) <b>15</b></p> <p>10:30 Catholic Mass (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:30 Bus Outing: Queen Elizabeth Park and or Seasons in the Park for Lunch (GG)</p> <p>1:30 Billiards (SFL)</p> <p>1:30 Meet Me at the MoMA: Joan Miro - Spanish Painter and Sculptor (ACT)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>10:00 Chair Fitness: Strength and Balance (ACT) <b>16</b></p> <p>11:00 Armchair Video (ACT)</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>1:30 Scrabble with Pat (CL)</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) <b>17</b></p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>11:00 Mindful Movements Exercise Class (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 Greg Meloche (FIR)</p> <p>3:00 Happy Hour Pizza Party (CL)</p> <p>3:30 Table Tennis (ACT)</p> <p>6:45 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) <b>18</b></p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Horseraces Game (ACT)</p> <p>7:00 Movie Night: Clue (ACT)</p>



INSPIRED SENIOR LIVING

# May 2024 Gilmore Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b> 10:00 Armchair Video (ACT) 10:00 Beginner Mah Jong with Sally (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 1:00 Table Tennis with Sally (ACT) 2:30 Beginner Rummikub with Sally (CL)	<b>20</b> Victoria Day 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) 2:30 Men's Chat Club (CL) 3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT) 3:00 Royal Trivia and Games with Jill (ACT) 7:30 Bingo (ACT)	<b>21</b> 9:30 Wellness Session: Ears to You Hearing Health Check (ACT) 10:00 Armchair Video (ACT) 11:30 Food Committee Meeting (PRI) 11:30 Meditation (ACT) 1:30 Drumfit (ACT) 2:00 Fit Minds (CL) 7:00 Crib/Chess (CL)	<b>22</b> 10:00 Chair Fitness (ACT) 10:30 Catholic Prayer and Communion (PRI) 11:00 Armchair Video (ACT) 12:30 Bus Outing: Scenic Drive to Downtown/English Bay (GG) 1:30 Billiards (SFL) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	<b>23</b> 10:00 Advanced Armchair Video with Curtis (ACT) 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 2:00 Wellness Session: Physio2U with Ryleigh Hill (ACT) 7:00 Game of Hearts (ACT)	<b>24</b> 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 12:00 Bus Outing: Steveston Village (GG) 1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI) 2:00 Entertainment with the Fabulous Fera Brothers (FIR) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:45 Mah Jong (ACT)	<b>25</b> 9:00 Foot Care with Nerissa (SALO) 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:30 Pictionary with Angela (ACT) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)
<b>26</b> 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 2:30 Youth Musician Association (FIR) 3:00 Tech Time with Radha (CL)	<b>27</b> 10:00 Chair Fitness (ACT) 10:00 Bus Outing: Shopping Trip to Superstore (GG) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Shopping Trip to T&T/Landsdowne (GG) 3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT) 7:30 Bingo (ACT)	<b>28</b> 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)	<b>29</b> Red Shirt Day! 10:00 Chair Fitness (ACT) 10:30 Catholic Prayer and Communion (PRI) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Picnic at Garry Point for Fish and Chips (GG) 1:30 Billiards (SFL) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	<b>30</b> 10:00 Chair Fitness: Strength and Balance (ACT) 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 2:00 Birthday Party & Welcome Tea (DR) 7:00 Game of Hearts (ACT)	<b>31</b> BBQ and Planting Day! (GG) 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Mindful Movements Exercise Class (ACT) 12:00 BBQ (CKP) 12:00 Bus Outing: Steveston Village (GG) 1:00 Planting Flowers (CKP) 1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:45 Mah Jong (ACT)	



### Locations Legend

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

### Calendar Legend

Outing
Special Program
Vendor
Theme Day
Signature Program
Can Fit Pro
Highlight