




INSPIRED SENIOR LIVING

July 2025 Gilmore Gardens




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Happy Canada Day! 1 10:00 Armchair Video (ACT) 11:30 Meditation (ACT) 2:00 Canada Day Entertainment with Mike Kinal (PATI) 7:00 Crib/Chess (CL)	2 10:00 Chair Fitness (ACT) 10:30 Catholic Prayer & Communion (PRI) 11:00 RMS Ukulele Lessons (ACT) 11:30 Bus Outing: Picnic at Deas Island Park (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	3 10:00 Chair Fitness: Strength & Balance (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:00 Beginner Mah Jong (FIR) 1:30 Java Music Club (CL) 2:30 Wellness Session: Vitals Monitoring Clinic with NND (ACT) 7:00 Game of Hearts (ACT)	4 <i>Living Loving Local Celebration Dinner: Featuring Raspberries</i> 10:00 Osteofit with Robin Masters (ACT) 11:00 Advanced Armchair Video with Curtis (ACT) 11:00 Play Reading with Stephen (PRI) 11:30 Bus Outing: Steveston Village (GG) 1:30 Weekender Review in Chinese: 中文講解 李週活動 (PRI) 2:00 Entertainment with Angie Faith (PATI) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	5 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:30 Dart Challenge (ACT) 2:30 Piano with Young Musicians (FIR) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)
	6 10:00 Armchair Video (ACT) 10:00 Advanced Rummikub with Sally (CL) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Robin (ACT) 1:00 Table Tennis with Sally (ACT) 1:30 Tech Time with Erin (FIR) 2:30 Beginner Rummikub with Sally (CL)	7 10:00 Chair Fitness (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Shopping Trip to Freshco (GG) 2:00 Armchair Travel: Wonders of Canada (FIR) 3:00 Chair Yoga with Lauren (ACT) 7:30 Bingo (ACT)	8 10:00 Armchair Video (ACT) 11:00 Board Games with Alamelu (CL) 11:30 Meditation (ACT) 1:30 Chair Yoga with Lynn Walters (ACT) 2:45 Giant Crosswords (CL) 7:00 Crib/Chess (CL)	9 10:00 Chair Fitness (ACT) 10:30 Catholic Prayer & Communion (PRI) 11:00 RMS Ukulele Lessons (ACT) 11:00 Bus Outing: SAS Comfort Shoes (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	10 10:00 Chair Fitness: Strength & Balance (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:00 Beginner Mah Jong (FIR) 1:00 Songs with Spul 'u' Kwuks Elementary Students (FIR) 7:00 Game of Hearts (ACT)	11 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Advanced Armchair Video with Curtis (ACT) 1:30 Weekender Review in Chinese: 中文講解 李週活動 (PRI) 2:00 The Price is Right! (ACT) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)
13 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Robin (ACT) 1:30 Tech Time with Erin (FIR) 7:30 Sing Along with Errol (FIR)	Bastille Day 14 10:00 Chair Fitness (ACT) 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 1:00 Bus Outing: Shopping Trip to Ironwood (GG) 1:30 Meet Me at the MoMA: Jeff Wall, Canadian Artist (ACT) 2:45 French Themed Trivia & Bingo (ACT) 7:30 Bingo (ACT)	15 10:00 Kitchen Tour with Chef Val (Kit) 10:00 Armchair Video (ACT) 11:00 Chic Couture Fashions (FIR) 11:30 Meditation (ACT) 11:30 Food Committee Meeting (PRI) 2:45 Fit Minds (CL) 7:00 Crib/Chess (CL)	National Hot Dog Day! 16 10:00 Chair Fitness (ACT) 10:30 Catholic Mass (PRI) 10:30 Catholic Prayer & Communion (PRI) 11:00 RMS Ukulele Lessons (ACT) 11:00 Bus Outing: Lunch & Shopping at Tsawwassen Mills Mall (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 3:00 Happy Hour & a Hotdog Appetizer (CL) 7:00 Rummikub (ACT)	17 10:00 Chair Fitness: Strength & Balance (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:00 Beginner Mah Jong (FIR) 1:30 Scrabble with Pat (CL) 1:30 Wellness Session: Walker Check Up with Medequip (ACT) 7:00 Game of Hearts (ACT)	18 10:00 Osteofit with Robin Masters (ACT) 11:00 Advanced Armchair Video with Curtis (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Bus Outing: Walking at Minoru (GG) 1:30 Weekender Review in Chinese: 中文講解 李週活動 (PRI) 2:00 Entertainment with Cheek to Cheek (PATI) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	19 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:30 Horserace Game (ACT) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Armchair Video (ACT) 20 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 1:30 Tech Time with Erin (FIR) 7:30 Sing Along with Roger (FIR)	National Ice Cream Day! 21 10:00 Chair Fitness (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Shopping Trip to Seafair (GG) 1:30 Ice Cream on the Patio (PATI) 2:15 Indoor Bowling (ACT) 7:30 Bingo (ACT)	Richmond Library Books Due 22 10:00 Armchair Video (ACT) 11:30 Meditation (ACT) 1:30 Recreation Committee Meeting (PRI) 1:30 Chair Yoga with Lynn Walters (ACT) 2:45 Giant Crosswords (CL) 7:00 Crib/Chess (CL)	23 10:00 Advanced Armchair Video with Curtis (ACT) 10:30 Catholic Prayer & Communion (PRI) 11:00 RMS Ukulele Lessons (ACT) 11:30 Bus Outing: Picnic at Garry Point (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	24 10:00 Chair Fitness: Strength & Balance (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:00 Beginner Mah Jong (FIR) 2:30 Wellness Session: Senior Eye Health Talk with Bill (ACT) 7:00 Game of Hearts (ACT)	New Richmond Public Library Books Available 25 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Trivia with Jill (ACT) 1:30 Weekender Review in Chinese: 中文講解 李週活動 (PRI) 2:00 Entertainment with John Parsons (PATI) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	26 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:30 Lotto 649 Game (ACT) 7:00 Movie Night: Yesterday (ACT)
27 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 1:30 Tech Time with Erin (FIR) 7:30 Sing Along with Roger (FIR)	28 10:00 Chair Fitness (ACT) 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 1:00 Bus Outing: Shopping Trip to Lansdowne/T&T (GG) 1:30 Meet Me at the MoMA: Luchita Hurtado (ACT) 2:45 "Artfull Enrichment": Painting Rowers Ripples (ACT) 7:30 Bingo (ACT)	29 10:00 Armchair Video (ACT) 11:30 Meditation (ACT) 1:30 "How to Protect One's Identity in the Digital Age" Talk by Nurse Next Door (ACT) 2:45 Fit Minds (CL) 7:00 Crib/Chess (CL)	30 10:00 Chair Fitness (ACT) 10:30 Catholic Prayer & Communion (PRI) 11:00 RMS Ukulele Lessons (ACT) 1:00 Bus Outing: Scenic Drive (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	31 10:00 Chair Fitness: Strength & Balance (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:00 Beginner Mah Jong (FIR) 2:00 Birthday Party & Welcome Tea (DR) 7:00 Game of Hearts (ACT)	 <p>WEDNESDAY JULY 16 National Hot Dog Day</p>	



Be Heard

Locations Legend

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

Calendar Legend

- All Day
- Outing
- Special Program
- Vendor
- Theme Day
- Living, Loving, Local
- Resident Run