



INSPIRED SENIOR LIVING

August 2025 Gilmore Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>SUNDAY AUG 3 Friendship Day</p>		 <p>MONDAY AUG 4 Civic Holiday</p>		<p>National Beer Day! 1 Living Loving Local Celebration Dinner: Featuring Blueberries 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 Brew & Brains (ACT) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) 2 11:00 Tai Chi (ACT) 1:30 Bean Bag Toss (ACT) 2:30 Piano with Roman (FIR) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT) 6:00 Mah Jong (FIR)</p>
<p>10:00 Armchair Video (ACT) 3 10:00 Advanced Rummikub with Sally (CL) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 1:00 Table Tennis with Sally (ACT) 1:30 Tech Time with Erin (FIR) 2:30 Beginner Rummikub with Sally (CL) 7:30 Sing Along with Errol (FIR)</p>	<p>Happy BC Day! 4 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) 2:00 Ladder Ball (ACT) 7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) 5 11:30 Meditation (ACT) 1:30 Chair Yoga with Lynn Walters (ACT) 2:45 Giant Crosswords (CL) 6:00 Mah Jong (ACT) 7:00 Crib/Chess (CL)</p>	<p>10:00 Advanced Armchair Video with Curtis (ACT) 6 10:30 Catholic Prayer & Communion (PRI) 11:00 RMS Ukulele Lessons (ACT) 11:30 Bus Outing: Lunch at Milltown Bar & Grill (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 2:00 Book Club Meeting (CL) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)</p>	<p>10:00 Chair Fitness: Strength & Balance (ACT) 7 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:00 Beginner Mah Jong (FIR) 2:30 Wellness Session: Vitals Monitoring Clinic with NND (ACT) 7:00 Game of Hearts (ACT)</p>	<p>10:00 Osteofit with Robin Masters (ACT) 8 11:00 Play Reading with Stephen (PRI) 11:00 Advanced Armchair Video with Curtis (ACT) 2:00 Entertainment with The Fera Brothers (CKP) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) 9 11:00 Tai Chi (ACT) 1:30 Roll A Trump Game (ACT) 6:00 Mah Jong (FIR) 7:00 Movie Night: Judy (ACT)</p>
<p>10:00 Armchair Video (ACT) 10 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)</p>	<p>10:00 Chair Fitness (ACT) 11 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Shopping Trip to Freshco (GG) 1:30 Meet Me at the MoMA: Jasper Johns (ACT) 2:00 Trivia: Finish the Saying (ACT) 7:30 Bingo (ACT)</p>	<p>9:30 Ears to You Hearing Health Check: by appointment (SALO) 12 10:00 Armchair Video (ACT) 11:30 Meditation (ACT) 1:30 Wellness Session: "How to Protect One's Identity in the Digital Age" Talk by Nurse Next Door (ACT) 2:45 Fit Minds (CL) 6:00 Mah Jong (ACT) 7:00 Crib/Chess (CL)</p>	<p>10:00 Chair Fitness (ACT) 13 10:30 Catholic Prayer & Communion (PRI) 11:00 RMS Ukulele Lessons (ACT) 11:30 Bus Outing: Picnic at Garry Point with Pizza (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 3:00 Happy Hour with Margaritas! (CL) 7:00 Rummikub (ACT)</p>	<p>10:00 Chair Fitness: Strength & Balance (ACT) 14 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:00 Beginner Mah Jong (FIR) 2:00 Pet & Friends Visit (ACT) 7:00 Game of Hearts (ACT)</p>	<p>10:00 Osteofit with Robin Masters (ACT) 15 11:00 Play Reading with Stephen (PRI) 11:00 Trivia with Jill (FIR) 2:00 Entertainment with Music Variations (CKP) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) 16 11:00 Gentle Fit with Winnie (ACT) 1:30 Horserace Game (ACT) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT) 6:00 Mah Jong (FIR)</p>



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GILMORE GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Armchair Video (ACT) 17 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)	9:00 Foot Care with Pam: by appointment (SALO) 18 10:00 Chair Fitness (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Shopping Trip to Lansdowne/T&T (GG) 2:00 Indoor Bowling (ACT) 3:00 Trivia: I Should Have Known That! (ACT) 7:30 Bingo (ACT)	10:00 Armchair Video (ACT) 19 11:30 Meditation (ACT) 11:30 Food Committee Meeting (PRI) 1:30 Chair Yoga with Lynn Walters (ACT) 1:30 Recreation Committee Meeting (PRI) 2:45 Giant Crosswords (CL) 6:00 Mah Jong (ACT) 7:00 Crib/Chess (CL)	10:00 Advanced Armchair Video with Curtis (ACT) 20 10:30 Catholic Mass (PRI) 11:30 Bus Outing: River Rock Casino (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	10:00 Chair Fitness: Strength & Balance (ACT) 21 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 Alliance Francaise French Workshop (ACT) 3:00 Resident Forum (ACT) 7:00 Game of Hearts (ACT)	10:00 Osteofit with Robin Masters (ACT) 22 11:00 Play Reading with Stephen (PRI) 11:00 Trivia with Jill (ACT) 2:00 Blueberry Social with the Camilli Quartet (CKP) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	10:00 Armchair Video (ACT) 23 11:00 Gentle Fit with Winnie (ACT) 1:30 Dart Challenge (ACT) 2:30 Piano with Isaac (FIR) 6:00 Mah Jong (FIR) 7:00 Movie Night: The Choice (ACT)
10:00 Armchair Video (ACT) 24 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 Errol (FIR)	10:00 Chair Fitness (ACT) 25 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Shopping Trip to Ironwood (GG) 1:30 Meet Me at the MoMA: Georgia O'Keeffe (ACT) 2:30 "Artfull Enrichment": Painting Water Lillies (ACT) 7:30 Bingo (ACT)	National Dog Day! 26 10:00 Armchair Video (ACT) 11:30 Meditation (ACT) 1:30 Movie Matinee: A Dog's Purpose (FIR) 3:00 Fit Minds (CL) 6:00 Mah Jong (ACT) 7:00 Crib/Chess (CL)	10:00 Chair Fitness (ACT) 27 10:30 Catholic Prayer & Communion (PRI) 11:00 Bus Outing: Burnaby Village Museum (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	10:00 Chair Fitness: Strength & Balance (ACT) 28 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)	10:00 Osteofit with Robin Masters (ACT) 29 11:00 Advanced Armchair Video with Curtis (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Bus Outing: Walking at Minoru (GG) 2:00 Entertainment with Peter Tam (CKP) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	10:00 Armchair Video (ACT) 30 11:00 Gentle Fit with Winnie (ACT) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT) 6:00 Mah Jong (FIR)
10:00 Armchair Video (ACT) 31 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)				Locations Legend Activity Room (ACT) Fireside Lounge (FIR) Club Lounge (CL) Gilmore Gardens (GG) Private Dining Room (PRI) Gilmore Park United Church (GPUC) Second Floor Lounge (SFL) Country Kitchen Patio (CKP) Salon (SALO) Dining Room (DR)		Calendar Legend <i>All Day</i> <i>Outing</i> <i>Special Program</i> <i>Vendor</i> Theme Day <i>Living, Loving, Local</i> <i>Resident Run</i>