



INSPIRED SENIOR LIVING

September 2025

Gilmore Gardens



GILMORE GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Labour Day 1 10:00 Advanced Armchair Video with Curtis (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 7:30 Bingo (ACT)	2 10:00 Armchair Video (ACT) 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)	3 10:00 Chair Fitness (ACT) 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) 2:00 Book Club Meeting (CL) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	4 10:00 Advanced Armchair Video with Curtis (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:00 Bean Bag Toss (ACT) 2:30 Wellness Session: Vitals Monitoring Clinic with NND (ACT) 2:30 Trivia with Angela (FIR) 7:00 Game of Hearts (ACT)	Living Loving Local: Featuring Corn 5 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Corn Shucking on the West Patio (PATI) 2:00 Corn Festival Entertainment with Mike Kinal (CKP) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	6 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:30 Ball Challenge (ACT) 6:00 Mah Jong (FIR) 7:00 Movie Night: Rocketman (ACT)
National Grandparents Day 7 10:00 Armchair Video (ACT) 10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 1:30 Tech Time with Erin (ACT) 7:30 Sing Along with Roger (FIR)	8 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) 1:45 Indoor Bowling (ACT) 3:00 Ice Cream Floats on the Patio (CKP) 7:30 Bingo (ACT)	9 10:00 Armchair Video (ACT) 11:30 Meditation (ACT) 2:45 Fit Minds (CL) 6:00 Mah Jong (ACT) 7:00 Crib/Chess (CL)	10 10:00 Armchair Video (ACT) 10:30 Catholic Prayer & Communion (PRI) 11:00 RMS Ukulele Lessons (ACT) 11:30 Bus Outing: Lunch at Country Meadows Golf Club (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 3:00 Happy Hour with Margaritas! (CL) 7:00 Rummikub (ACT)	11 10:00 Chair Fitness: Strength & Balance (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:30 "Artfull Enrichment": Paint a Sunset Silhouette (ACT) 7:00 Game of Hearts (ACT)	12 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: Steveston Village (GG) 2:00 Entertainment with Hand over Heart (FIR) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	Great Canadian Fall Open House from 1-3pm 13 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:00 - 3:00 Entertainment with Peter Williams Pianist (FIR) 1:00 Maple Sugar Homemade Scrub (ACT) 2:00 Craft Session: Buttoned Up Maple Leaf (ACT) 6:00 Mah Jong (FIR)
14 10:00 Armchair Video (ACT) 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 (ACT) 2:30 Beginner Rummikub with Sally (CL) 7:30 Sing Along with Errol (FIR)	15 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) 1:30 Meet Me at the MoMA: Edward Hopper (ACT) 2:30 Educational Talk with Nicco from Lumina Law law firm (ACT) 7:30 Bingo (ACT)	Richmond Library Books Due 16 10:00 Armchair Video (ACT) 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)	17 10:00 Chair Fitness (ACT) 10:30 Catholic Mass (PRI) 11:00 RMS Ukulele Lessons (ACT) 12:00 Bus Outing: Lunch & Shopping at Richmond Centre Mall (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	18 10:00 Advanced Armchair Video with Curtis (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:00 Decorate for Autumn (FIR) 1:30 Presentation with David Darling: 9/11 causes & the long-term impact (ACT) 3:00 Resident Council Meeting (ACT) 7:00 Game of Hearts (ACT)	New Richmond Public Library Books Available 19 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Trivia with Jill (ACT) 2:00 Entertainment with The Shoe Shakers (FIR) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	20 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:30 Jeopardy! (ACT) 2:30 Music with Chords of Care (FIR) 6:00 Mah Jong (FIR) 7:00 Movie Night: The Time Traveler's Wife (ACT)



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<p>10:00 Armchair Video (ACT) 21</p> <p>10:30 GPUC Worship Service (GPUC)</p> <p>11:00 Gentle Fit with Winnie (ACT)</p> <p>1:30 Tech Time with Erin (ACT)</p> <p>7:30 Sing Along with Roger (FIR)</p>	<p>First Day of Autumn! 22</p> <p>9:00 Foot Care with Pam: by appointment (SALO)</p> <p>10:00 Chair Fitness (ACT)</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:30 Bus Outing: Shopping Trip to Lansdowne/T&T (GG)</p> <p>1:30 Meet Me at the MoMA: El Anatsui (ACT)</p> <p>2:30 Ladder Ball (ACT)</p> <p>7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) 23</p> <p>11:30 Meditation (ACT)</p> <p>1:30 Wellness Session: Presentation from CNIB (ACT)</p> <p>2:45 Fit Minds (CL)</p> <p>6:00 Mah Jong (ACT)</p> <p>7:00 Crib/Chess (CL)</p>	<p>10:00 Armchair Video (ACT) 24</p> <p>10:30 Catholic Prayer & Communion (PRI)</p> <p>11:00 RMS Ukulele Lessons (ACT)</p> <p>1:00 Bus Outing: Scenic Drive (GG)</p> <p>1:30 Billiards (SFL)</p> <p>1:30 Chair Yoga with Lauren (ACT)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>10:00 Chair Fitness: Strength & Balance (ACT) 25</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>2:00 Birthday Party & Welcome Tea (DR)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>Wear Plaid! 26</p> <p>10:00 Osteofit with Robin Masters (ACT)</p> <p>11:00 Advanced Armchair Video with Curtis (ACT)</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>2:00 Oktoberfest Entertainment with The Suede Dogs (FIR)</p> <p>3:00 Happy Hour (CL)</p> <p>3:30 Table Tennis (ACT)</p> <p>6:00 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) 27</p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Horserace Game (ACT)</p> <p>3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)</p> <p>6:00 Mah Jong (FIR)</p>
<p>10:00 Armchair Video (ACT) 28</p> <p>10:30 GPUC Worship Service (GPUC)</p> <p>11:00 Gentle Fit with Winnie (ACT)</p> <p>1:30 Tech Time with Erin (ACT)</p> <p>2:30 Youth Musician Association (FIR)</p>	<p>National Coffee Day! 29</p> <p>10:00 Chair Fitness (ACT)</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:30 Bus Outing: Shopping Trip to Ironwood (GG)</p> <p>2:30 Tim Hortons Coffee & Donuts (FIR)</p> <p>7:30 Bingo (ACT)</p>	<p>National Day for Truth and Reconciliation 30</p> <p>10:00 Armchair Video (ACT)</p> <p>11:30 Meditation (ACT)</p> <p>1:45 Indigenous Dance with Carly and Janice (FIR)</p> <p>6:00 Mah Jong (ACT)</p> <p>7:00 Crib/Chess (CL)</p>				

SUNDAY SEPT 7 **Grandparent's Day**

Be Bold

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

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