



INSPIRED
SENIOR LIVING

November 2025

Gilmore Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 TUESDAY NOV 11 Remembrance Day		 National Gratitude Month	 WEDNESDAY NOV 12 National Social Hour Day			
Daylight Savings (clock goes back 1 hour) 2 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) 1:30 Sharing Music, Sharing Joy - JW Piano Studio Recital (FIR)	10:00 Chair Fitness (ACT) 3 10:30 - 2:00 Clarks Shoes (FIR) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Shopping Trip to Seafair (GG) 1:30 Meet Me at the MoMA: David Hockney (ACT) 2:30 Indoor Bowling (ACT) 7:30 Bingo (ACT)	10:00 Armchair Video (ACT) 4 11:30 Meditation (ACT) 1:30 Painting Sunset Mountains (ACT) 2:45 Fit Minds (CL) 6:00 Mah Jong (ACT) 7:00 Crib/Chess (CL)	10:00 Chair Fitness (ACT) 5 10:30 Catholic Prayer & Communion (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) 2:00 Book Club Meeting (CL) 3:00 Happy Hour (CL) 7:00 Rummikub (CL)	10:00 Chair Fitness: Strength & Balance (ACT) 6 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:30 Presentation with David Darling: Environmental Threat of Overpopulation & Pollution (ACT) 2:30 Wellness Session: Vitals Monitoring Clinic with NND (ACT) 7:00 Game of Hearts (ACT)	Living Loving Local Dinner: Featuring Cranberries 7 10:00 Osteofit with Robin Masters (ACT) 11:00 Advanced Armchair Video with Curtis (ACT) 11:00 Play Reading with Stephen (PRI) 2:00 Entertainment with Charles Johnson (FIR) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT)	10:00 Armchair Video (ACT) 8 11:00 Tai Chi (ACT) 1:30 Bean Bag Toss (ACT) 2:30 Music with Instrumentopia (FIR) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT) 6:00 Mah Jong (FIR)
9:00 Nails with Angie (SALO) 9 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)	10:00 Chair Fitness (ACT) 10 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Shopping Trip to Lansdowne/T&T (GG) 2:30 Craft Session: Coffee Filter Poppy (ACT) 7:30 Bingo (ACT)	Remembrance Day 11 10:00 Armchair Video (ACT) 10:45 Remembrance Day Service with Reverend Bruce (FIR) 1:30 Chair Yoga with Lynn Walters (ACT) 6:00 Mah Jong (ACT) 7:00 Crib/Chess (CL)	National Social Hour Day! 12 10:00 Chair Fitness (ACT) 10:30 Catholic Prayer & Communion (PRI) 11:00 RMS Ukulele Lessons (ACT) 11:45 Bus Outing: Bridgeport (Michaels, Dollarama & Tim Hortons) (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 3:00 Happy Hour Pizza Party (CL) 7:00 Rummikub (CL)	10:00 Armchair Video (ACT) 13 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 2:30 Wellness Session: 'Downsizing Made Easy' by Stephanie from Home to Home (ACT) 7:00 Game of Hearts (ACT)	10:00 Osteofit with Robin Masters (ACT) 14 11:00 Play Reading with Stephen (PRI) 11:00 Advanced Armchair Video with Curtis (ACT) 2:00 Entertainment with The Fera Brothers (FIR) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT)	10:00 Armchair Video (ACT) 15 11:00 Tai Chi (ACT) 1:30 Horserace Game (ACT) 2:30 Columbia Academy Music School (FIR) 6:00 Mah Jong (FIR) 7:30 Movie Night: Beyond Borders (ACT)



INSPIRED
SENIOR LIVING

November 2025

Gilmore Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Nails with Angie (SALO) 16 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)	10:00 - 11:30 Purdy's Christmas Order Desk (FIR) 17 10:00 Advanced Armchair Video with Curtis (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Shopping Trip to Ironwood (GG) 1:30 - 3:30 Purdy's Christmas Order Desk (FIR) 7:30 Bingo (ACT)	9:00 Foot Care with Pam (SALO) 18 10:00 Armchair Video (ACT) 11:00 - 3:00 Altavida Fashions (FIR) 11:30 Meditation (ACT) 1:30 Recreation Committee Meeting (PRI) 2:45 Fit Minds (CL) 6:00 Mah Jong (ACT) 7:00 Crib/Chess (CL)	10:00 Armchair Video (ACT) 19 10:30 Catholic Mass (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 (CL)	10:00 Chair Fitness: Strength & Balance (ACT) 20 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:30 Scrabble with Pat (CL) 1:30 Bespoke Bags from Steveston (FIR) 3:00 Resident Council Meeting (ACT) 7:00 Game of Hearts (ACT)	Purdy's Christmas Orders Deadline 21 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) 2:00 Entertainment with Music Variations (FIR) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT)	10:00 Armchair Video (ACT) 22 11:00 Tai Chi (ACT) 1:30 Roll A Trump Game (ACT) 2:30 Entertainment with Kierah Raymond, Celtic Fiddle Performer (FIR) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT) 6:00 Mah Jong (FIR)
9:00 Nails with Angie (SALO) 23 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) 2:30 Youth Musician Association (FIR) 7:30 Sing Along with Roger (FIR)	10:00 Chair Fitness (ACT) 24 10:00 Raffle Draw & Bottle Draw Ticket Sales (FIR) 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: Pacita Abad (ACT) 2:30 Armchair Travel to Tanzania (FIR) 7:30 Bingo (ACT)	9:30 - 3:00 Ears to You Hearing Health Check (SALO) 25 10:00 Armchair Video (ACT) 11:30 Meditation (ACT) 11:30 Food Committee Meeting (PRI) 1:00 Raffle Draw & Bottle Draw Ticket Sales (FIR) 1:30 Chair Yoga with Lynn Walters (ACT) 2:45 Giant Crosswords (CL) 6:00 Mah Jong (ACT) 7:00 Crib/Chess (CL)	10:00 Chair Fitness (ACT) 26 10:30 Catholic Prayer & Communion (PRI) 11:00 RMS Ukulele Lessons (ACT) 11:30 Bus Outing: Bistro Lunch & Shopping at Mandeville Gardens (GG) 1:00 Raffle Draw & Bottle Draw Ticket Sales (FIR) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 3:00 Happy Hour (CL) 7:00 Rummikub (CL)	10:00 Raffle Draw & Bottle Draw Ticket Sales (FIR) 27 10:00 Advanced Armchair Video with Curtis (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 12:00 - 4:00 Fifth Ave Jewelry (FIR) 2:00 Birthday Party & Welcome Tea (DR) 7:00 Game of Hearts (ACT)	10:00 Osteofit with Robin Masters (ACT) 28 10:00 Raffle Draw & Bottle Draw Ticket Sales (FIR) 11:00 Play Reading with Stephen (PRI) 11:00 Advanced Armchair Video with Curtis (ACT) 1:30 Christmas Decorating all Floors with Rum and Eggnog! (AF) 3:30 Table Tennis (ACT)	10:00 Armchair Video (ACT) 29 11:00 Tai Chi (ACT) 1:00 Raffle Draw & Bottle Draw Ticket Sales (FIR) 1:30 Lotto 649 Game (ACT) 6:00 Mah Jong (FIR) 7:30 Movie Night: Analyze This (ACT)
10:00 Armchair Video (ACT) 30 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)		Be Colourful		<u>Locations Legend</u> Activity Room (ACT) Fireside Lounge (FIR) Club Lounge (CL) Gilmore Gardens (GG) Private Dining Room (PRI) Gilmore Park United Church (GPUC) Salon (SALO) Second Floor Lounge (SFL) Dining Room (DR) All Floors (AF)		<u>Calendar Legend</u> All Day Outing Special Program Vendor Theme Day Living, Loving, Local Resident Run