



INSPIRED SENIOR LIVING

# January 2026

## Gilmore Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>National Trivia Day</b>		 <b>National Popcorn Day</b>		<p><b>Happy New Year!</b> <b>1</b></p> <p>10:00 Advanced Armchair Video with Curtis (ACT)</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:00 Game of Hearts (ACT)</p>	<p><b>Living Loving Local Dinner: Carrots</b> <b>2</b></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 Winter Bingo (ACT)</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) <b>3</b></p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Lotto 649 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) <b>4</b></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>2:00 Rummikub (CL)</p> <p>7:30 Sing Along with Errol (FIR)</p>	<p>10:00 Chair Fitness (ACT) <b>5</b></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>1:30 Meet Me at the MoMA: Robert Colquhoun (ACT)</p> <p>2:00 De-decorate Christmas (AF)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) <b>6</b></p> <p>11:30 Meditation (ACT)</p> <p>1:30 Chair Yoga with Lynn Walters (ACT)</p> <p>2:45 Giant Crosswords (CL)</p> <p>6:00 Mah Jong (ACT)</p> <p>7:00 Crib/Chess (CL)</p>	<p>10:00 Chair Fitness (ACT) <b>7</b></p> <p>10:30 Catholic Prayer &amp; Communion (PRI)</p> <p>11:30 Bus Outing: Lunch at O'Hares Pub (GG)</p> <p>1:30 Billiards (SFL)</p> <p>1:30 Chair Yoga with Lauren (ACT)</p> <p>2:00 Book Club Meeting (CL)</p> <p>3:00 Happy Hour (CL)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:00 Rummikub (CL)</p>	<p>10:00 Chair Fitness: Strength &amp; Balance (ACT) <b>8</b></p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>2:30 Creative Aging Workshop by Debbie &amp; Joanna (ACT)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:00 Game of Hearts (ACT)</p>	<p><b>National Trivia Day!</b> <b>9</b></p> <p>10:00 Osteofit with Robin Masters (ACT)</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>11:00 Trivia with Jill (ACT)</p> <p>2:00 Entertainment with Luke Sandford Pianist (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) <b>10</b></p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Roll A Trump Game (ACT)</p> <p>6:00 Mah Jong (FIR)</p> <p>7:00 Movie Night: Elvis (ACT)</p>
<p>9:00 Nails with Angie (SALO) <b>11</b></p> <p>10:00 Armchair Video (ACT)</p> <p>10:00 Advanced Rummikub with Sally (CL)</p> <p>10:30 GPUC Worship Service (GPUC)</p> <p>11:00 Gentle Fit with Winnie (ACT)</p> <p>1:00 Table Tennis with Sally (ACT)</p> <p>1:30 Tech Time with Erin (FIR)</p> <p>2:00 Rummikub (CL)</p> <p>2:30 Mexican Train with Sally (ACT)</p> <p>7:30 Sing Along with Roger (FIR)</p>	<p>10:00 Chair Fitness (ACT) <b>12</b></p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:30 Bus Outing: Shopping Trip to Seafair (GG)</p> <p>2:00 Craft Session: Making Snowflakes (ACT)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) <b>13</b></p> <p>11:30 Meditation (ACT)</p> <p>2:30 Wellness Session: Vitals Monitoring Clinic with NND (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 Chair Fitness (ACT) <b>14</b></p> <p>10:30 Catholic Prayer &amp; Communion (PRI)</p> <p>11:00 RMS Ukulele Lessons (ACT)</p> <p>12:00 Bus Outing: River Rock Casino (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>6:45 Music with Ron (FIR)</p> <p>7:00 Rummikub (CL)</p>	<p>10:00 Chair Fitness: Strength &amp; Balance (ACT) <b>15</b></p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:30 Scrabble with Pat (CL)</p> <p>2:30 Dan Levitt, BC Senior's Advocate Visit (ACT)</p> <p>3:00 Resident Council Meeting (ACT)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>10:00 Osteofit with Robin Masters (ACT) <b>16</b></p> <p>11:00 Advanced Armchair Video with Curtis (ACT)</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>11:30 Bus Outing: Steveston Village (GG)</p> <p>2:00 Entertainment with Music Variations (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) <b>17</b></p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Dart Challenge (ACT)</p> <p>3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)</p> <p>6:00 Mah Jong (FIR)</p>



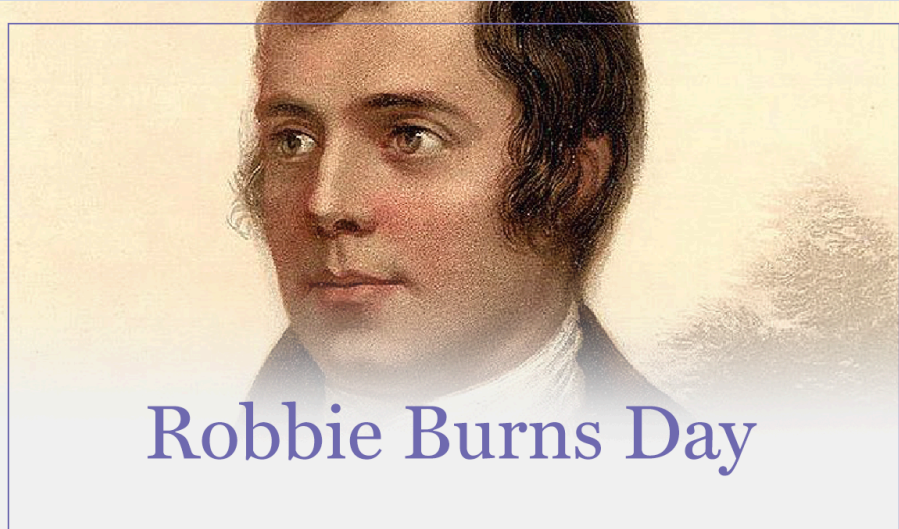
INSPIRED SENIOR LIVING

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## Gilmore Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Nails with Angie (SALO) <b>18</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>1:30 Tech Time with Erin (ACT)</p> <p>2:00 Rummikub (CL)</p> <p>2:30 Youth Musician Association (FIR)</p> <p>7:30 Sing Along with Roger (FIR)</p>	<p><b>National Popcorn Day!</b> <b>19</b></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 Freshco (GG)</p> <p>1:30 Meet Me at the MoMA: Clarke Reynolds (ACT)</p> <p>2:00 Popcorn Stand (FIR)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) <b>20</b></p> <p>11:30 Meditation (ACT)</p> <p>11:30 Food Committee Meeting (PRI)</p> <p>1:30 Chair Yoga with Lynn Walters (ACT)</p> <p>1:30 Recreation Committee Meeting (PRI)</p> <p>2:45 Giant Crosswords (CL)</p> <p>6:00 Mah Jong (ACT)</p> <p>7:00 Crib/Chess (CL)</p>	<p>10:00 Chair Fitness (ACT) <b>21</b></p> <p>10:30 Catholic Mass (PRI)</p> <p>11:00 RMS Ukulele Lessons (ACT)</p> <p>1:00 Bus Outing: Richmond Museum and Library (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>6:45 Music with Ron (FIR)</p> <p>7:00 Rummikub (CL)</p>	<p>10:00 Advanced Armchair Video with Curtis (ACT) <b>22</b></p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>2:00 Trivia with Angela (ACT)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>10:00 Osteofit with Robin Masters (ACT) <b>23</b></p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>11:00 Trivia with Jill (ACT)</p> <p>2:00 Decorate for Robbie Burns Day (FIR)</p> <p>3:00 Happy Hour (CL)</p> <p>3:30 Table Tennis (ACT)</p> <p>6:00 Mah Jong (ACT)</p>	<p>9:00 Foot Care with Pam (SALO) <b>24</b></p> <p>10:00 Armchair Video (ACT)</p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Horserace Game (ACT)</p> <p>6:00 Mah Jong (FIR)</p> <p>7:00 Movie Night: Thelma (ACT)</p>
<p><b>Robbie Burns Day!</b> <b>25</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>1:30 Tech Time with Erin (ACT)</p> <p>2:00 Rummikub (CL)</p> <p>4:00 Robbie Burns Day Celebration: Entertainment with Liz Johnston Highland Dance (FIR)</p> <p>4:30 Address the Haggis with Jim Gallacher (FIR)</p> <p>7:30 Sing Along with Errol (FIR)</p>	<p>10:00 Chair Fitness (ACT) <b>26</b></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&amp;T (GG)</p> <p>2:30 Bean Bag Toss (ACT)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) <b>27</b></p> <p>11:30 Meditation (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 Chair Fitness (ACT) <b>28</b></p> <p>10:30 Catholic Prayer &amp; 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>6:45 Music with Ron (FIR)</p> <p>7:00 Rummikub (CL)</p>	<p>10:00 Advanced Armchair Video with Curtis (ACT) <b>29</b></p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>2:00 Birthday Party &amp; Welcome Tea (DR)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>10:00 Osteofit with Robin Masters (ACT) <b>30</b></p> <p>11:00 Advanced Armchair Video with Curtis (ACT)</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>2:00 Charades! (ACT)</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) <b>31</b></p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Pictionary (ACT)</p> <p>3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)</p> <p>6:00 Mah Jong (FIR)</p>



Robbie Burns Day

Be Colourful

- 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)
- Salon (SALO)
- All Floors (AF)
- Dining Room (DR)

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