



INSPIRED SENIOR LIVING

February 2026

Gilmore Gardens



GILMORE GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Armchair Video (ACT) 1</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 Roger (FIR)</p>	<p>Ground Hog Day! 2</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 Seafair (GG)</p> <p>2:00 Gilmore's Winter Olympics Opening Ceremony (FIR)</p> <p>2:15 Movie Matinee: Cool Runnings (FIR)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) 3</p> <p>11:00 Resident Handbook Review with Lorne (FIR)</p> <p>11:30 Meditation (ACT)</p> <p>1:30 Chair Yoga with Lynn Walters (ACT)</p> <p>2:45 Olympic Giant Crosswords (CL)</p> <p>6:00 Mah Jong (ACT)</p> <p>7:00 Crib/Chess (CL)</p>	<p>10:00 Chair Fitness (ACT) 4</p> <p>10:30 Catholic Prayer & Communion (PRI)</p> <p>11:00 RMS Ukulele Lessons (ACT)</p> <p>12:00 Bus Outing: Dollarama/Coffee at L'aromas in Terra Nova Village (GG)</p> <p>1:30 Billiards (SFL)</p> <p>2:00 Olympic Cornhole (ACT)</p> <p>3:00 Happy Hour (CL)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:00 Rummikub (CL)</p>	<p>8:00 Hair with Farah (SALO) 5</p> <p>10:00 Chair Fitness: Strength & Balance (ACT)</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:30 Information Session by Shen Yun (ACT)</p> <p>2:30 Wellness Session: Vitals Monitoring Clinic with NND (ACT)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>Living Loving Local Dinner: Beef 6</p> <p>10:00 Osteofit with Robin Masters (ACT)</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>11:00 Fireside Chat with MLA Kelly Greene (FIR)</p> <p>2:00 David Darling Presentation: Martin Luther King & Black Civil Rights (ACT)</p> <p>3:00 Happy Hour - Celebrate the Olympics! (CL)</p> <p>3:30 Table Tennis (ACT)</p> <p>6:00 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) 7</p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Olympic Roll A Trump Game (ACT)</p> <p>2:30 World of Music and Arts Students (FIR)</p> <p>6:00 Mah Jong (FIR)</p>
<p>9:00 Nails with Angie (SALO) 8</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>11:00 Beginner Mah Jong with Kaela (FIR)</p> <p>1:30 Tech Time with Erin (ACT)</p> <p>2:00 Rummikub (CL)</p> <p>7:30 Sing Along with Roger (FIR)</p>	<p>10:00 Chair Fitness (ACT) 9</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: Kehinde Wiley (ACT)</p> <p>2:30 Olympic Indoor Bowling (ACT)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) 10</p> <p>11:30 Meditation (ACT)</p> <p>1:30 Decorate for Valentine's Day (FIR)</p> <p>2:30 Olympic Jeopardy! (ACT)</p> <p>6:00 Mah Jong (ACT)</p> <p>7:00 Crib/Chess (CL)</p>	<p>10:00 Olympic Chair Fitness (ACT) 11</p> <p>10:30 Catholic Prayer & Communion (PRI)</p> <p>11:00 RMS Ukulele Lessons (ACT)</p> <p>12:00 Bus Outing: Lunch & Shopping at Richmond Centre Mall (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>8:00 Hair with Farah (SALO) 12</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>1:30 Staff Olympic Games (ACT)</p> <p>2:00 Gilmore's Winter Olympics Closing Ceremony & Final Medal Awards (FIR)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>Wear Red or Pink Day! 13</p> <p>10:00 Osteofit with Robin Masters (ACT)</p> <p>10:30 - 1:30 Heart & Stroke Fundraiser (FIR)</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>2:00 Valentine's Entertainment with Jennifer Lauren (FIR)</p> <p>3:00 Happy Hour (CL)</p> <p>3:30 Table Tennis (ACT)</p> <p>6:00 Mah Jong (ACT)</p>	<p>Happy Valentine's Day! 14</p> <p>Valentine's Day Featured Dinner</p> <p>10:00 Armchair Video (ACT)</p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Valentine's Themed Games (ACT)</p> <p>3:00 Painting with Elizabeth (ACT)</p> <p>6:00 Mah Jong (FIR)</p> <p>7:00 Movie Night: Crazy Rich Asians (ACT)</p>
<p>9:00 Nails with Angie (SALO) 15</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>2:30 Mexican Train with Sally (ACT)</p> <p>7:30 Sing Along with Errol (FIR)</p>	<p>Family Day 16</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>2:00 You be the Judge! (ACT)</p> <p>3:00 Decorate for Chinese New Year (FIR)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:30 Bingo (ACT)</p>	<p>Happy Lunar New Year - Year of the Horse! 17</p> <p>Chinese New Year Featured Dinner</p> <p>10:00 Armchair Video (ACT)</p> <p>11:30 Meditation (ACT)</p> <p>1:30 Chair Yoga with Lynn Walters (ACT)</p> <p>1:30 Recreation Committee Meeting (PRI)</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) 18</p> <p>10:30 Catholic Mass (PRI)</p> <p>11:00 RMS Ukulele Lessons (ACT)</p> <p>11:30 Food Committee Meeting (PRI)</p> <p>12:00 Bus Outing: Dim Sum at Continental Seafood Restaurant (GG)</p> <p>1:30 Billiards (SFL)</p> <p>1:30 Chair Yoga with Lauren (ACT)</p> <p>3:00 Happy Hour - Celebrating Chinese New Year! (CL)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:00 Rummikub (CL)</p>	<p>8:00 Hair with Farah (SALO) 19</p> <p>10:00 Chair Fitness: Strength & Balance (ACT)</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>3:00 Resident Forum (ACT)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>National Muffin Day! 20</p> <p>10:00 Osteofit with Robin Masters (ACT)</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>2:00 Grab & Go Muffin Table (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) 21</p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Dart Challenge (ACT)</p> <p>2:30 Golden Note Academy Piano Students (FIR)</p> <p>6:00 Mah Jong (FIR)</p>



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<p>10:00 Armchair Video (ACT) 22</p> <p>10:30 GPUC Worship Service (GPUC)</p> <p>11:00 Gentle Fit with Winnie (ACT)</p> <p>11:00 Beginner Mah Jong with Kaela (FIR)</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>10:00 Chair Fitness (ACT) 23</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: Qian Songyan (ACT)</p> <p>2:00 Wellness Session: Overcoming the Fear of Downsizing (ACT)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) 24</p> <p>11:00 -2:00 Casual Chic Couture Fashions (FIR)</p> <p>11:30 Meditation (ACT)</p> <p>1:30 Wellness Session: on Mental Health with NND (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 Armchair Video (ACT) 25</p> <p>10:30 Catholic Prayer & Communion (PRI)</p> <p>11:00 RMS Ukulele Lessons (ACT)</p> <p>1:30 Billiards (SFL)</p> <p>2:00 Chinese New Year Lion Dance Entertainment (FIR)</p> <p>3:00 Happy Hour (CL)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:00 Rummikub (CL)</p>	<p>8:00 Hair with Farah (SALO) 26</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>2:00 Birthday Party & 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) 27</p> <p>11:00 Advanced Armchair Video with Curtis (ACT)</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>2:00 Entertainment with Roberto Risman (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) 28</p> <p>10:00 Armchair Video (ACT)</p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Horserace Game (ACT)</p> <p>2:30 A Few Loose Strings Performance: Sing-along (FIR)</p> <p>3:00 Painting with Elizabeth (ACT)</p> <p>6:00 Mah Jong (FIR)</p> <p>7:00 Movie Night: The Book Thief (ACT)</p>



Lunar New Year (Year of the Horse)

Be Colourful

Locations Legend

- Activity Room (ACT)
- Fireside Lounge (FIR)
- Club Lounge (CL)
- Gilmore Gardens (GG)
- Private Dining Room (PRI)
- Salon (SALO)
- Gilmore Park
- United Church (GPUC)
- Second Floor Lounge (SFL)
- Dining Room (DR)

Calendar Legend

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