





INSPIRED SENIOR LIVING

# May 2026

## Gilmore Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p style="text-align: center;"><b>Cinco De Mayo</b></p>	 <p style="text-align: center;"><b>Mother's Day</b></p>			<p><b>Living Loving Local Dinner: Rhubarb</b> <b>1</b></p> <p>10:00 Osteofit with Robin Masters (ACT)</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>11:00 Advanced Armchair Video with Curtis (ACT)</p> <p>1:30 Dart Challenge (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>2</b></p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Ladder Ball (ACT)</p> <p>6:00 Mah Jong (FIR)</p> <p>7:00 Movie Night: My Big Fat Greek Wedding (ACT)</p>
<p>10:00 Armchair Video (ACT) <b>3</b></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>1:30 Positive Energy Music Group Performance (FIR)</p> <p>2:00 Rummikub (CL)</p> <p>7:30 Sing Along with Roger</p>	<p>10:00 Chair Fitness (ACT) <b>4</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 Armchair Travel: Inside the Beautiful Wildlife of Mexico &amp; Brazil (FIR)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:30 Bingo (ACT)</p>	<p><b>Happy Cinco de Mayo! Cinco De Mayo Featured Dinner</b> <b>5</b></p> <p>10:00 Armchair Video (ACT)</p> <p>10:45 Resident Handbook Review with Lorne (FIR)</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 Armchair Video (ACT) <b>6</b></p> <p>10:30 Catholic Prayer &amp; Communion (PRI)</p> <p>11:00 RMS Ukulele Lessons (ACT)</p> <p>11:45 Bus Outing: Steveston Village (GG)</p> <p>1:30 Billiards (SFL)</p> <p>2:00 Cinco de Mayo Entertainment with Cheek to Cheek (FIR)</p> <p>3:00 Happy Hour with Margaritas! (CL)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:00 Rummikub (CL)</p>	<p>8:00 Hair with Farah (SALO) <b>7</b></p> <p>10:00 Chair Fitness: Strength &amp; Balance (ACT)</p> <p>10:30 - 2:00 Clarks Shoes (FIR)</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (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>10:00 Osteofit with Robin Masters (ACT) <b>8</b></p> <p>11:00 Advanced Armchair Video with Curtis (ACT)</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>2:00 Mother's Day High Tea &amp; Entertainment with Angie Faith (DR)</p> <p>3:30 Table Tennis (ACT)</p> <p>6:00 Mah Jong (ACT)</p>	<p>9:00 Nails with Angie (SALO) <b>9</b></p> <p>10:00 Armchair Video (ACT)</p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Roll A Trump Game (ACT)</p> <p>3:00 Painting with Elizabeth (ACT)</p> <p>6:00 Mah Jong (FIR)</p>
<p><b>Happy Mother's Day! Mother's Day Featured Dinner</b> <b>10</b></p> <p>10:00 Armchair Video (ACT)</p> <p>10:30 GPUC Worship Service (GPUC)</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 Advanced Armchair Video with Curtis (ACT) <b>11</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: Ann Craven (ACT)</p> <p>2:30 Shuffle Board (ACT)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) <b>12</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>13</b></p> <p>10:30 Catholic Prayer &amp; Communion (PRI)</p> <p>11:00 RMS Ukulele Lessons (ACT)</p> <p>1:00 Bus Out: Scenic Drive (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 Marlene (SALO) <b>14</b></p> <p>10:00 - 12:30 Sign-up for COVID-19 Booster Clinic (FIR)</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 OWL Rehabilitation Society Presentation (FIR)</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>15</b></p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>11:00 Advanced Armchair Video with Curtis (ACT)</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 Nails with Angie (SALO) <b>16</b></p> <p>10:00 Armchair Video (ACT)</p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Lotto 649 Game (ACT)</p> <p>6:00 Mah Jong (FIR)</p> <p>7:00 Movie Night: Top Gun Maverick (ACT)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Armchair Video (ACT) <b>17</b></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>2:00 Craft Session: Painting Wooden Tulips (ACT)</p> <p>7:30 Sing Along with Roger</p>	<p><b>Victoria Day!</b> <b>18</b> <b>Victoria Day Featured Dinner</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>2:30 Trivia with Jill (ACT)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) <b>19</b></p> <p>11:30 Meditation (ACT)</p> <p>11:30 Food Committee Meeting (PRI)</p> <p>1:30 Recreation Committee Meeting (PRI)</p> <p>2:45 Fit Minds (CL)</p> <p>3:30 Visit from Tomorrow's Topkids (ACT)</p> <p>6:00 Mah Jong (ACT)</p> <p>7:00 Crib/Chess (CL)</p>	<p>9:00 - 2:00 COVID-19 Booster Vaccine Clinic <b>20</b></p> <p>10:30 Catholic Mass (PRI)</p> <p>11:00 RMS Ukulele Lessons (PRI)</p> <p>1:30 Billiards (SFL)</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 Marlene (SALO) <b>21</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>1:30 Scrabble with Pat (CL)</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>22</b></p> <p>10:45 Bus Outing: Richmond Oval Experience (GG)</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 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>9:00 Nails with Angie (SALO) <b>23</b></p> <p>10:00 Armchair Video (ACT)</p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Horserace Game (ACT)</p> <p>3:00 Painting with Elizabeth (ACT)</p> <p>6:00 Mah Jong (FIR)</p>
<p>10:00 Armchair Video (ACT) <b>24</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>2:30 Youth Musician Association (FIR)</p> <p>7:30 Sing Along with Roger (FIR)</p>	<p>10:00 Chair Fitness (ACT) <b>25</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>1:30 Meet Me at the MoMA: Amy Sherald (ACT)</p> <p>2:30 Indoor Bowling (ACT)</p> <p>6:45 Music with Ron (FIR)</p> <p>7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) <b>26</b></p> <p>10:30 - 11:30 Alzheimer Society Fundraiser (FIR)</p> <p>11:30 Meditation (ACT)</p> <p>1:30 Chair Yoga with Lynn Walters (ACT)</p> <p>1:30 - 2:30 Alzheimer Society Fundraiser (FIR)</p> <p>2:30 Walk to Grauer Neighbourhood School Park for "IG Wealth Management Walk for Alzheimer's" (FIR)</p> <p>6:00 Mah Jong (ACT)</p> <p>7:00 Crib/Chess (CL)</p>	<p>10:00 Armchair Video (ACT) <b>27</b></p> <p>10:30 Catholic Prayer &amp; Communion (PRI)</p> <p>11:00 RMS Ukulele Lessons (ACT)</p> <p>11:45 Bus Outing: Van Dusen Gardens and/or Lunch at Shaugnessy Restaurant (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>8:00 Hair with Marlene (SALO) <b>28</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>12:00 - 4:00 Fifth Ave Jewelry (FIR)</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><b>BBQ and Planting Day!</b> <b>29</b></p> <p>10:00 Osteofit with Robin Masters (ACT)</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>12:15 BBQ on the Patio (CKP)</p> <p>1:15 Planting on the Patios (CKP)</p> <p>3:30 Table Tennis (ACT)</p> <p>6:00 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) <b>30</b></p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Bean Bag Toss (ACT)</p> <p>2:30 Columbia Academy Music School (FIR)</p> <p>6:00 Mah Jong (FIR)</p>
<p>9:00 Foot Care with Pam (SALO) <b>31</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>11:00 Beginner Mah Jong with Kaela (FIR)</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 (CL)</p> <p>3:00 Mayumi Randall Music School (FIR)</p> <p>7:30 Sing Along with Errol (FIR)</p>	<p><b>Be Among Friends</b></p>			<p><u>Locations Legend</u></p> <p>Activity Room (ACT) Fireside Lounge (FIR) Club Lounge (CL) Gilmore Gardens (GG) Private Dining Room (PRI)</p> <p>Salon (SALO) Gilmore Park United Church (GPUC) Second Floor Lounge (SFL) Dining Room (DR) Country Kitchen Patio (CKP)</p>		<p><u>Calendar Legend</u></p> <p>All Day Outing Special Program Vendor Theme Day Living, Loving, Local Resident Run</p>