



INSPIRED SENIOR LIVING

# March 2025 Gilmore Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>SATURDAY</b> <b>MAR 08</b> <b>International Women's Day</b></p>	 <p><b>MONDAY</b> <b>MAR 17</b> <b>St. Patrick's Day</b></p>	 <p><b>WEDNESDAY</b> <b>MAR 19</b> <b>National Let's Laugh Day</b></p>				<p>10:00 Armchair Video (ACT) <b>1</b> 11:00 Tai Chi (ACT) 1:30 Horseraces Game (ACT) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)</p>
<p>10:00 Armchair Video (ACT) <b>2</b> 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)</p>	<p>10:00 Chair Fitness (ACT) <b>3</b> 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Shopping Trip to Lansdowne/T&amp;T (GG) 3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT) 7:30 Bingo (ACT)</p>	<p>Shrove Tuesday <b>4</b> 10:00 Armchair Video (ACT) 11:30 Meditation (ACT) 1:30 Chair Yoga with Lauren (ACT) 2:45 Giant Crosswords (CL) 7:00 Crib/Chess (CL)</p>	<p>9:30 Wellness Session: Ears to You Hearing Health Check (SALO) <b>5</b> 10:00 Chair Fitness (ACT) 10:30 Catholic Prayer and Communion (PRI) 11:00 Armchair Video (ACT) 11:00 Bus Outing: River Rock Casino (GG) 1:30 Billiards (SFL) 1:30 Chair Exercises with Lauren (ACT) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)</p>	<p>10:00 Chair Fitness: Strength and Balance (ACT) <b>6</b> 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Altavida Fashions (FIR) 1:30 Java Music Club (CL) 2:40 Meet Me at the MoMA: International Women's Day - Angela Grossmann (ACT) 7:00 Game of Hearts (ACT)</p>	<p>Living Loving Local Celebration Dinner: Featuring Maple (DR) <b>7</b> 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Trivia with Jill (ACT) 1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI) 2:00 Entertainment with John Parsons (FIR) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)</p>	<p>International Women's Day <b>8</b> 10:00 Armchair Video (ACT) 11:00 Tai Chi (ACT) 1:30 Bean Bag Toss (ACT) 7:00 Movie Night: Joy (ACT)</p> <p>Turn your clock ahead one hour before you go to bed!</p>
<p>Daylight Savings Time Begins <b>9</b> 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 Roger (FIR)</p>	<p>10:00 Chair Fitness (ACT) <b>10</b> 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:00 Bus Outing: Shopping Trip Ironwood (GG) 1:30 Meet Me at the MoMA: Reflections of Time - Louise Bourgeois (ACT) 3:00 Chair Yoga with Lauren (ACT) 7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) <b>11</b> 11:30 Meditation (ACT) 1:30 Wellness Session: Proof of Care Presents Sexual Health (ACT) 2:45 Fit Minds (CL) 7:00 Crib/Chess (CL)</p>	<p>10:00 Chair Fitness (ACT) <b>12</b> 10:30 Catholic Prayer and Communion (PRI) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Lunch at Cavu Kitchen Bar (GG) 1:30 Billiards (SFL) 1:30 Chair Exercises with Lauren (ACT) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)</p>	<p>10:00 Chair Fitness: Strength and Balance (ACT) <b>13</b> 10:00 Tax Clinic with Equity CPA Inc. (DR) 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 1:30 Alliance Francaise French Workshop (ACT) 7:00 Game of Hearts (ACT)</p>	<p>National Potato Chip Day! <b>14</b> 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 to Steveston Village (GG) 1:30 Weekender Review in Chinese: 中文講解 本週活動 (PRI) 2:00 Entertainment with Hand over Heart (FIR) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) <b>15</b> 11:00 Tai Chi (ACT) 1:30 Lotto 649 Game (ACT) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT) 3:00 Decorate for St. Patrick's Day (FIR)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Armchair Video (ACT) <b>16</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>7:30 Sing Along with Errol (FIR)</p>	<p>Happy St. Patrick's Day! <b>17</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>2:00 St. Patrick's Day Entertainment with The Suede Dogs (FIR)</p> <p>3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT)</p> <p>7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) <b>18</b></p> <p>11:30 Food Committee Meeting (PRI)</p> <p>11:30 Meditation (ACT)</p> <p>1:00 Recreation Committee Meeting (PRI)</p> <p>1:30 Wellness Session: Chair Yoga with Lynn Walters (ACT)</p> <p>2:45 Giant Crosswords (CL)</p> <p>7:00 Crib/Chess (CL)</p>	<p>National Let's Laugh Day! <b>19</b></p> <p>10:00 Chair Fitness (ACT)</p> <p>10:30 Catholic Mass (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:00 Bus Outing: Shopping Trip to Freshco (GG)</p> <p>1:30 Billiards (SFL)</p> <p>1:30 Decorate for Cruise Week (FIR)</p> <p>1:30 Chair Exercises with Lauren (ACT)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>Welcome Spring! (GG) <b>20</b></p> <p>Cruise Week Begins in Monaco!</p> <p>10:00 Purdy's Easter Chocolate Orders (FIR)</p> <p>10:00 Chair Fitness: Strength and Balance in Monaco (ACT)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>1:30 Scrabble with Pat (CL)</p> <p>3:00 Resident Council Meeting in Monaco! (ACT)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>Morocco <b>21</b></p> <p>10:00 Moroccan Osteofit with Robin Masters (ACT)</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>11:00 Trivia with Jill (ACT)</p> <p>1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI)</p> <p>2:00 Cruise Week Entertainment with Shik Shak Shok Belly Dancing Troupe (FIR)</p> <p>3:00 Moroccan Happy Hour with Mojitos (CL)</p> <p>3:30 Table Tennis (ACT)</p> <p>6:00 Mah Jong (ACT)</p>	<p>France <b>22</b></p> <p>10:00 Armchair Video (ACT)</p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Jeopardy in France!! (ACT)</p> <p>7:00 Movie Night: Moulin Rouge (ACT)</p>
<p>Egypt <b>23</b></p> <p>10:00 Armchair Video (ACT)</p> <p>10:30 GPUC Worship Service (GPUC)</p> <p>11:00 Egyptian 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>Purdy's Easter Orders in by 4:00PM <b>24</b></p> <p>Greece</p> <p>10:00 Chair Fitness in Greece (ACT)</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:00 Bus Outing: Shopping Trip to Superstore (GG)</p> <p>1:30 Craft Session: Making a Clay Grecian Vase (ACT)</p> <p>3:00 Chair Yoga with Lauren (ACT)</p> <p>7:30 Bingo (ACT)</p>	<p>Slovenia <b>25</b></p> <p>10:00 Armchair Video (ACT)</p> <p>11:30 Meditation (ACT)</p> <p>1:30 Chef's Demo (ACT)</p> <p>2:45 Cruise Week Fit Minds (CL)</p> <p>7:00 Crib/Chess (CL)</p>	<p>Italy <b>26</b></p> <p>10:00 Italian Chair Fitness (ACT)</p> <p>10:30 Catholic Prayer and Communion (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>12:00 Bus Outing: Scenic Drive (GG)</p> <p>1:00 Chair Exercises with Lauren (ACT)</p> <p>1:30 Billiards (SFL)</p> <p>2:00 Armchair Travel to Italy (ACT)</p> <p>3:00 Italian Farewell to Valerie Happy Hour (FIR)</p> <p>7:00 Rummikub (ACT)</p>	<p>Back to Canada <b>27</b></p> <p>10:00 All Canadian Chair Fitness: Strength and Balance (ACT)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>2:00 Birthday Party &amp; Welcome Tea Canadian Style (DR)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>Osteofit with Robin Masters (ACT) <b>28</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 to Steveston Village (GG)</p> <p>1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI)</p> <p>2:00 Entertainment with Randy and Jeff (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 Nerissa (SALO) <b>29</b></p> <p>10:00 Armchair Video (ACT)</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>10:00 Armchair Video (ACT) <b>30</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>7:30 Sing Along with Roger (FIR)</p>	<p>10:00 Chair Fitness (ACT) <b>31</b></p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:00 Bus Outing: Shopping trip to Seafair (GG)</p> <p>3:00 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT)</p> <p>7:30 Bingo (ACT)</p>	<p><b>Be Limitless</b></p>		<p><u>Locations Legend</u></p> <p>Activity Room (ACT)            Gilmore Gardens (GG)            Club Lounge (CL)            Fireside Lounge (FIR)            Private Dining Room (PRI)</p> <p>Gilmore Park United Church (GPUC)            Second Floor Lounge (SFL)            Dining Room (DR)            Salon (SALO)</p>		<p><u>Calendar Legend</u></p> <p>Technology            Outing            Special Program            Vendor            Theme Day            Cruise Week            Signature Program            Can Fit Pro            Resident Run</p>