




INSPIRED SENIOR LIVING

October 2025

Gilmore Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Breast Cancer Awareness Month</p>			<p>Wear Pink Day in Support of Breast Cancer Month 1</p> <p>10:00 Chair Fitness (ACT) 10:30 Catholic Prayer & Communion (PRI) 11:00 RMS Ukulele Lessons (ACT) 11:30 Bus Outing: Dollarama or Coffee at L'aromas in Terra Nova Village (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 (ACT)</p>	<p>10:00 Chair Fitness: Strength & Balance (ACT) 2</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT) 2:30 Wellness Session: Vitals Monitoring Clinic with NND (ACT) 7:00 Game of Hearts (ACT)</p>	<p>Living Loving Local: Featuring Apple 3</p> <p>10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Trivia with Jill (ACT) 2:00 Entertainment with John Parsons (FIR) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) 4</p> <p>11:00 Tai Chi (ACT) 1:30 Bean Bag Toss (ACT) 2:30 World of Music and Arts Students (FIR) 6:00 Mah Jong (FIR)</p>
<p>10:00 Armchair Video (ACT) 5</p> <p>10:30 GPUC Worship Service (GPUC) 11:00 Gentle Fit with Winnie (ACT) 1:30 Tech Time with Erin (ACT) 3:00 Mayumi Randall Music School (FIR) 7:30 Sing Along with Errol (FIR)</p>	<p>Mid-Autumn Moon Festival 6</p> <p>10:00 Chair Fitness (ACT) 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: Daniel Gardner (ACT) 2:30 Indoor Bowling (ACT) 7:30 Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) 7</p> <p>11:30 Meditation (ACT) 1:00 Wellness Session: Colds, Flu & COVID-19 Talk by BCIT Students (ACT) 2:45 Fit Minds (CL) 6:00 Mah Jong (ACT) 7:00 Crib/Chess (CL)</p>	<p>10:00 Chair Fitness (ACT) 8</p> <p>10:30 Catholic Prayer & Communion (PRI) 11:00 RMS Ukulele Lessons (ACT) 11:30 Bus Outing: Lunch at Quilchena Golf Country Club (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 3:00 Happy Hour with Thanksgiving Trivia (CL) 7:00 Rummikub (ACT)</p>	<p>Thanksgiving Buffet Dinner 4:45PM & 6:30PM Seatings 9</p> <p>10:00 Advanced Armchair Video with Curtis (ACT) 11:00 Armchair Video (ACT) 11:00 Go4Life Walking Club (GG) 4:30 - 7:00 Entertainment with Patrizia Coletta (RCPT) 7:00 Game of Hearts (ACT)</p>	<p>10:00 Osteofit with Robin Masters (ACT) 10</p> <p>11:00 Advanced Armchair Video with Curtis (ACT) 11:00 Play Reading with Stephen (PRI) 11:30 Bus Outing: Steveston Village (GG) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) 11</p> <p>11:00 Tai Chi (ACT) 1:30 Roll A Trump Game (ACT) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT) 6:00 Mah Jong (FIR) 7:00 Movie Night: Bohemian Rhapsody (ACT)</p>
<p>10:00 Armchair Video (ACT) 12</p> <p>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>Happy Thanksgiving! 13</p> <p>10:00 Chair Fitness (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Shopping Trip to Freshco (GG) 2:00 Thanksgiving Bingo (ACT)</p>	<p>10:00 Armchair Video (ACT) 14</p> <p>11:30 Meditation (ACT) 1:30 Chair Yoga with Lynn Walters (ACT) 2:45 Giant Crosswords (CL) 6:00 Mah Jong (ACT) 7:00 Crib/Chess (CL)</p>	<p>10:00 Chair Fitness (ACT) 15</p> <p>10:30 Catholic Mass (PRI) 11:00 RMS Ukulele Lessons (ACT) 11:30 Bus Outing: River Rock Casino (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)</p>	<p>10:00 - 12:30 Sign-up for Flu and COVID-19 Booster Clinic (FIR) 16</p> <p>11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 1:30 Scrabble with Pat (CL) 3:00 Resident Forum (ACT) 7:00 Game of Hearts (ACT)</p>	<p>10:00 Osteofit with Robin Masters (ACT) 17</p> <p>11:00 Play Reading with Stephen (PRI) 2:00 Piano Entertainment with Greg Alcock (FIR) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) 18</p> <p>11:00 Tai Chi (ACT) 1:00 Trivia Game: "I Should Have Known That!" (ACT) 2:00 Jessica's Music School (FIR) 6:00 Mah Jong (FIR)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Armchair Video (ACT) 19 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)	Happy Diwali! 20 10:00 Chair Fitness (ACT) 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Shopping Trip to Lansdowne/T&T (GG) 1:30 Meet Me at the MoMA: Mike Nudelman (ACT) 2:30 Armchair Travel to India (FIR) 7:30 Bingo (ACT)	10:00 Armchair Video (ACT) 21 11:30 Meditation (ACT) 11:30 Food Committee Meeting (PRI) 1:30 Recreation Committee Meeting (PRI) 2:45 Fit Minds (CL) 6:00 Mah Jong (ACT) 7:00 Crib/Chess (CL)	10:00 Chair Fitness (ACT) 22 10:30 Catholic Prayer & Communion (PRI) 11:00 RMS Ukulele Lessons (ACT) 11:30 Bus Outing: Lunch at Ginger Indian Cuisine or A&W (GG) 1:00 Wellness Session: The Inner Flo (Open-Ear Bone Conduction Headphones with Amplification) (ACT) 1:30 Billiards (SFL) 3:00 Happy Hour (CL) 7:00 Rummikub (ACT)	9:00 - 2:00 Flu Shot and COVID-19 Booster Vaccine Clinic in Activity Room 23 11:00 Go4Life Walking Club (GG) 7:00 Game of Hearts (ACT)	10:00 Osteofit with Robin Masters (ACT) 24 11:00 Play Reading with Stephen (PRI) 11:00 Trivia with Jill (ACT) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	10:00 Armchair Video (ACT) 25 11:00 Tai Chi (ACT) 1:30 Horserace Game (ACT) 3:00 Artful Aging: Painting with Elizabeth and Friends (ACT) 6:00 Mah Jong (FIR) 7:00 Movie Night: The Terminal (ACT)
National Pumpkin Day! 26 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 Errol (FIR)	10:00 Chair Fitness (ACT) 27 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:30 Bus Outing: Shopping Trip to Ironwood (GG) 2:00 Craft Session: Pumpkin Carving/Painting (ACT) 7:30 Bingo (ACT)	9:00 Foot Care with Pam: by appointment (SALO) 28 10:00 Armchair Video (ACT) 11:30 Meditation (ACT) 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) 29 10:30 Catholic Prayer & Communion (PRI) 11:00 RMS Ukulele Lessons (ACT) 11:30 Bus Outing: Dim Sum at Continental Seafood Restaurant (GG) 1:30 Billiards (SFL) 1:30 Chair Yoga with Lauren (ACT) 2:00 Decorate for Halloween (FIR) 3:00 Happy Hour with Halloween Themed Bingo (CL) 7:00 Rummikub (ACT)	10:00 Chair Fitness: Strength & Balance (ACT) 30 11:00 Go4Life Walking Club (GG) 11:00 Armchair Video (ACT) 11:00 - 2:00 Chic Couture Fashions (FIR) 2:00 Birthday Party & Welcome Tea (DR) 7:00 Game of Hearts (ACT)	Happy Halloween! 31 10:00 Osteofit with Robin Masters (ACT) 11:00 Play Reading with Stephen (PRI) 11:00 Advanced Armchair Video with Curtis (ACT) 2:00 Halloween Entertainment with Chris Yuill, Comedy Magician (FIR) 3:00 Happy Hour (CL) 3:30 Table Tennis (ACT) 6:00 Mah Jong (ACT)	



MONDAY
OCT
13

Thanksgiving

Be Colourful

Locations Legend

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

Calendar Legend

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