

GILMORE GARDENS WEEKENDER HIGHLIGHTS



June 27th, 2025

IN HOUSE NEWS

Happy Canada Day! Join us for our Canada Day Featured Dinner on Tuesday, July 1st. Take a look at the menu at reception. We ask you also please let Reception know if you are having any guests. Seatings from 4:45PM to 6:00PM. Guest \$31.50 per person and Children 4-12 years old \$16.80. Please note that seats are limited!

We will be participating in the **Steveston Salmon Festival Parade** on Tuesday, July 1st this year and hope you will join us! If you would like to be part of this festive event, please sign up at the table outside the elevators. We are sharing the bus with Courtyard Gardens and so there are only 8 spots available for Gilmore Gardens. The bus will leave at 8:15AM and return at approximately 12:00PM. There will be restrooms available at the site.

REMINDERS

If your feet need some tender loving care, book an appointment at Reception for **Foot Care with Nerissa** on Saturday, June 28th from 9:00AM in the Beauty Salon. Please note: Nerissa is away for the month of July.

Come for a fun game of **Trivia Challenge: "I Should Have Known That!"** on Saturday, June 28th at 1:00PM in the Activity Room. "Answer entertaining Yes or No questions about things that you should know. You'll be surprised how baffling even the easiest questions can be when you don't have Google at your fingertips!"

It's always pleasant to hear live music, especially when it's in your own lounge! Come and enjoy **Music with Lower Mainland Music Students Association** on Saturday, June 28th at 2:00PM in the Fireside Lounge. They are a registered non-profit organization with over 100 members, who promote the musical growth of local students through performance opportunities, while striving to make positive changes in our communities through music!

Sign up for our **Bus Outing: Shopping Trip to Lansdowne Mall/T&T** on Monday, June 30th at 1:00PM. T&T is a large Asian supermarket with many familiar products. There are also other stores at Lansdowne Mall including Winners, Dollarama and A&W!

Let's celebrate together at the **Canada Day Entertainment with Mike Kinal** on Tuesday, July 1st at 2:00PM on the Country Kitchen Patio. Wear your favourite red and white and be a part of the festivities! We may give out a prize to the best dressed. 🍌 🍷



July is the month to enjoy the outdoors! Sign up for our **Bus Outing: Picnic at Deas Island Park** on Wednesday, July 2nd at 11:30AM. If you are on the Lunch Program, you can have a packed lunch. Other residents can also order a bagged lunch from our kitchen which consists of a sandwich, drink and piece of fruit for \$10.50. Please pay for your lunch when you sign up. You can, of course, bring your own lunch too!



Do you enjoy a small, intimate setting for discussing various topics? Join **Java Music Club** on Thursday, July 3rd at 1:30PM in the Club Lounge. The session is about sharing and caring and offering peer support when needed.

Wellness Session: Vitals Monitoring Clinic with Nurse Next Door on Thursday, July 3rd at 2:30PM. The sessions will include measurements of Blood Pressure, Oxygen Level and Temperature. Appointments are available in 5-minute increments, please sign up for your ideal time on the sheet in the Activity Room!

Sign up for our **Bus Outing: Steveston Village** on Friday, July 4th at 11:30AM. This is a great opportunity for a change of scenery – go for a walk on the waterfront, enjoy coffee at one of the bistros or visit Save-on-Foods!

We have **Entertainment with Angie Faith** on Friday, June 4th at 2:00PM on the Country Kitchen Patio! Come and enjoy an hour of music and, afterwards, join us at **Happy Hour** in the Club Lounge from 3:00PM for drinks and appetizers!

Weekly Calendar for June 28th – July 4th, 2025

Saturday, June 28 th		Sunday, June 29 th		
10:00AM 11:00AM 1:00PM	Foot Care with Nerissa Armchair Exercise Video Tai Chi Trivia Challenge: "I Should Have Known That!"	10:00AM 10:30AM 11:00AM	Armchair Exercise Video GPUC Worship Service Gentle Fit with Robin	
2:00PM 7:00PM	Music with LMMSA Movie Night: Mr Holland's Opus			
Monday June 30 th	Tuesday July 1 st	Wednesday July 2 nd	Thursday July 3 rd	Friday July 4 th
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 1:00PM Bus Outing: Shopping Trip to Lansdowne Mall (T&T) 2:00PM Meet Me at The MoMA: Agnes Martin (Canadian Painter) 3:00PM Chair Yoga with Lauren Video 7:30 Bingo	Happy Canada Day! 10:00AM Armchair Exercise Video 11:00AM Go4Life Walking Club 11:30AM Meditation  2:00PM Canada Day Entertainment with Mike Kinal 7:00PM Crib/Chess	10:00AM Chair Fitness 10:30AM Catholic Prayer & Communion 11:00AM RMS Ukulele Lessons  11:45AM Bus Outing: Picnic at Deas Island Park 1:30PM Chair Yoga with Lauren Video 1:30PM Billiards 3:00PM Happy Hour 7:00PM Rummikub	Hairdresser 10:00AM Chair Fitness: Strength & Balance 11:00AM Go4Life Walking Club 11:00AM Beginner Mah Jong 11:00AM Armchair Exercise Video 1:30PM Java Music Club  2:30PM Wellness Session: Vitals Monitoring Clinic with NND 7:00PM Game of Hearts	Living Loving Local Dinner: Featuring Raspberries 10:00AM Osteofit with Robin Masters 11:00AM Advanced Armchair Exercise Video with Curtis 11:00AM Play Reading with Stephen 11:30AM Bus Outing to Steveston Village 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 2:00PM Entertainment with Angie Faith 3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong