

GILMORE GARDENS WEEKENDER HIGHLIGHTS



July 11th, 2025

IN HOUSE NEWS



The Gilmore Park United Church Outreach Committee program, **Project Linus** is in need of yarn. They use medium weight to light chunky yarns to make blankets and toques for every age - from new babies to seniors in care homes. We would like to help them in their search for yarn and are asking any residents and their families/friends to please donate any yarn they may have. Please drop off any donations to reception by Thursday, July 17th. Thank you!

Would you be interested in having our very own **Gilmore Gardens Book Club**? There is a sign-up sheet in the Activity Room available. All those who sign up will be contacted to meet together and work out the details if we have enough interest! 🟡 . . . 😊

Friendly Reminder: We would really appreciate if you could please remember to inform reception when you return from the hospital to ensure that staff are aware that you are back. Thank you!

REMINDERS

Come and browse the beautiful handmade bags and accessories at **Bespoke Bags Steveston** on Saturday, July 12th at 1:00PM in the Fireside Lounge. The owner, Carolyn has a selection of wares for sale and she also sews one-of-a-kind, custom bags commissioned by people who wish to give a unique, personal gift to a friend for a birthday or at Christmas time. Come and say "hi" to Carolyn and chat more about her interesting line of work.



If you enjoy playing games, join us for **Roll A Trump** on Saturday, July 12th at 1:30PM in the Activity Room. This is a fun game where you toss the ball and aim for one of the holes on the board!



Take a seat and **Sing Along with Errol** on Sunday, July 13th at 7:30PM in the Fireside Lounge! Errol brings his guitar to play all your favourite songs that you can sing to!

Sign up for our **Bus Outing: Shopping Trip to Ironwood Mall** on Monday, July 14th at 1:00PM. If you need any household items from London Drugs or food from Save on Foods, make sure you add your name to the sign-up sheet in the Activity Room!

It's **Bastille Day** and we are celebrating with a **French-Themed Trivia & Bingo** on Monday, July 14th at 2:45PM in the Activity Room. Come and join us – we will be speaking English throughout! 🟡 🗣️



Back by popular demand! We have a **Kitchen Tour with Chef Val** on Tuesday, July 15th at 10:00AM. Please meet in the Dining Room where Chef Val will chat with you and take you through the Kitchen!

Are you in the mood for some summer shopping? Come take a look at the outfits at **Chic Couture Fashions** on Tuesday, July 15th from 11:00-2:00PM in the Fireside Lounge and see if a piece of clothing takes your fancy!

We have a **Bus Outing: Lunch & Shopping at Tsawwassen Mills** on Wednesday, July 16th at 11:00AM. Enjoy food or coffee from the Food Court and afterwards browse the many shops, maybe even treat yourself to something new! We can also drop you off at Walmart where you can shop for the duration of the trip.



It's **National Hot Dog Day** on Wednesday, July 16! Join us at **Happy Hour with a Hot Dog Appetizer** at 3:00PM in the Club Lounge and enjoy a complimentary glass of juice or purchase a glass of wine or beer to have with a delicious "dog"!

We have a **Wellness Session: Walker Check Up with Medequip** on Thursday, July 17th at 1:30PM in the Activity Room. Come and chat with Bill from Medequip, have your brakes checked and see what other useful products he can recommend that you may appreciate having in your suite!



It's been a while since we've walked at the track, so we are happy to have a **Bus Outing: Walking at Minoru Track** on Friday, July 18th at 11:00AM! The track is the perfect, smooth surface for walking (even with a walker) and you can walk at your own pace until you've reached your limit! If the weather is too hot and sunny, we have the option of walking on the shady path around the trees.

We have **Entertainment with Cheek to Cheek** on Friday, July 18th 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 at 3:00PM for drinks and tasty appetizers!



Weekly Calendar for July 12th – July 18th, 2025

Saturday, July 12 th		Sunday, July 13 th		
8:30AM	Nails with Angie	10:00AM	Armchair Exercise Video	
10:00AM	Armchair Exercise Video	10:30AM	GPUC Worship Service	
11:00AM	Tai Chi	11:00AM	Gentle Fit with Robin	
1:00PM	Bespoke Bags from Steveston	1:30PM	Tech Time with Erin	
1:30PM	Roll A Trump Game	7:30PM	Sing Along with Errol	
7:00PM	Movie Night: Me Before You			
Monday July 14 th	Tuesday July 15 th	Wednesday July 16 th	Thursday July 17 th	Friday July 18 th
Bastille Day	10:00AM Kitchen Tour with Chef Val	National Hot Dog Day!	Hairdresser	10:00AM Osteofit with Robin Masters
10:00AM Chair Fitness	10:00AM Armchair Exercise Video	10:00AM Chair Fitness	10:00AM Chair Fitness: Strength & Balance	11:00AM Advanced Armchair Exercise Video with Curtis
11:00AM Go4Life Walking Club	11:00AM Chic Couture Fashions	10:30AM Catholic Mass	11:00AM Go4Life Walking Club	11:00AM Play Reading with Stephen
11:00AM Armchair Exercise Video	11:30AM Food Committee Meeting	11:00AM RMS Ukulele Lessons	11:00AM Beginner Mah Jong	11:00AM Bus Outing: Walking at Minoru Track
1:00PM Bus Outing: Shopping Trip to Ironwood	11:30AM Meditation	11:00AM Bus Outing: Lunch & Shopping at Tsawwassen Mills & Walmart	11:00AM Armchair Exercise Video	1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動
1:30PM Meet Me at The MoMA: Jeff Wall, Canadian Artist	2:45PM Fit Minds	1:30PM Chair Yoga with Lauren Video	1:30PM Scrabble with Pat	2:00PM Entertainment with Cheek to Cheek
2:45PM French Themed Trivia & Bingo	6:00PM Mah Jong	1:30PM Billiards	1:30PM Wellness Session: Walker Check Up with Medequip	3:00PM Happy Hour
7:30PM Bingo	7:00PM Crib/Chess	3:00PM Happy Hour with a Hot Dog Appetizer!	7:00PM Game of Hearts	3:30PM Table Tennis
		7:00PM Rummikub		6:00PM Mah Jong

