

# GILMORE GARDENS WEEKENDER HIGHLIGHTS



July 18<sup>th</sup>, 2025

## IN HOUSE NEWS

**Please note:** There is a **Staff Appreciation event** on Wednesday, July 23<sup>rd</sup>. Resident dinners will be from 4:45PM-5:45PM. We will not be taking any guest reservations for dinner that day.

We have been made aware that occasionally the Puzzle Section of the daily newspaper available in the Country Kitchen is missing. Please feel free to speak to Suman or Jill who can easily copy the section for anyone who would like to do the puzzles, or we can offer other crosswords for you!

## REMINDERS

Come for an hour of fun at our **Horserace** game on Saturday, July 19<sup>th</sup> at 1:30PM in the Activity Room. Place a bet on your favourite horse and see if it will gallop its way to the finish line! Remember to bring \$1.75 in quarters!

Do you need to restock your cupboards? Sign up for our **Bus Outing: Shopping Trip to Seafair** on Monday, July 21<sup>st</sup> at **11:30AM**. Please note the earlier departure time and meet in the Fireside Lounge.



It's the perfect time for a nice, cold ice cream! Join us for **National Ice Cream Day** on Monday, July 21<sup>st</sup> at 1:30PM on the Country Kitchen Patio. Enjoy the company of fellow residents and savour a special treat! All are welcome!

Bring on the games! When was the last time you tried your hand at bowling?! Feel free to drop by and take a turn at **Indoor Bowling** on Monday, July 21<sup>st</sup> at 2:15PM in the Activity Room. Have fun knocking down the pins and cheer on other residents!



Give yourself a little mental challenge with guessing the right word for the clues at **Giant Crosswords** on Tuesday, July 22<sup>nd</sup> at 2:45PM in the Club Lounge. You don't need to be a crossword fanatic – it's all about having fun whilst sparking those memory cells in the brain!

You have to agree that nothing speaks more than "summer" than warm, sunny days by the water! Make sure you add your name for our **Bus Outing: Picnic at Garry Point** on Wednesday, July 23<sup>rd</sup> at 11:30PM. If you would like to order a packed lunch from our Kitchen, please pay \$10.50 (excluding those on the Lunch Program). Please pay for your lunch when you sign up at Reception. You can, of course, bring your own lunch too! Or you can treat yourself to a portion of tasty fish and chips from the Garry Point Concession Stand!



There are several common changes to vision and eye health that occur as we age. Learn more about these conditions and the best ways to protect your sight at a **Wellness Session: Senior Eye Health Talk with Bill** on Thursday, July 24<sup>th</sup> at 2:30PM in the Activity Room.



Come and test your ability with various categories of fun challenges at **Trivia with Jill** on Friday, July 25<sup>th</sup> at 11:00AM in the Activity Room. There will be different kinds of trivia to suit everyone!

We have an hour of wonderful music at **Entertainment with John Parsons** on Friday, July 25<sup>th</sup> at 2:00PM on the Country Kitchen Patio. Come and tap your feet, clap your hands or sing along and enjoy the odd dance or two whilst enjoying the music! Afterwards, enjoy a glass of complimentary fruit punch or purchase a glass of wine or beer at **Happy Hour** from 3:00PM-4:00PM on the West Patio (outside the Activity Room) where you can enjoy tasty appetizers from our Kitchen every Friday!



## Weekly Calendar for July 19<sup>th</sup> – 25<sup>th</sup>, 2025

Saturday, July 19 <sup>th</sup>		Sunday, July 20 <sup>th</sup>		
<b>8:30AM</b> 10:00AM 11:00AM <b>1:30PM</b> 3:00PM	<b>Nails with Angie</b> Armchair Exercise Video Tai Chi <b>Horserace Game</b> Artful Aging: Painting with Elizabeth & Friends	10:00AM 10:30AM 11:00AM 1:30PM <b>7:30PM</b>	Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Tech Time with Erin <b>Sing Along with Roger</b>	
Monday July 21 <sup>st</sup>	Tuesday July 22 <sup>nd</sup>	Wednesday July 23 <sup>rd</sup>	Thursday July 24 <sup>th</sup>	Friday July 25 <sup>th</sup>
<p><b>National Ice Cream Day!</b></p> <p>10:00AM Chair Fitness</p> <p>11:00AM Go4Life Walking Club</p> <p>11:00AM Armchair Exercise Video</p> <p><b>11:30AM Note:</b> <u>earlier departure</u> <b>Bus Outing: Shopping Trip to Seafair</b></p> <p><b>1:30PM Ice Cream on the Patio</b> </p> <p><b>2:15PM Indoor Bowling</b></p> <p>7:30PM Bingo</p>	<p><b>Richmond Library Books Due</b></p> <p>10:00AM Armchair Video</p> <p>11:30AM Meditation</p> <p><b>1:30PM Recreation Committee Meeting</b></p> <p><b>1:30PM Chair Yoga with Lynn Walters</b></p> <p>2:45PM Giant Crosswords</p> <p>6:00PM Mah Jong</p> <p>7:00PM Crib/Chess</p>	<p>10:00AM Advanced Armchair Video with Curtis</p> <p>10:30AM Catholic Prayer &amp; Communion</p> <p>11:00AM RMS Ukulele Lessons</p> <div style="text-align: center;"></div> <p><b>11:30AM Bus Outing: Picnic at Garry Point</b></p> <p>1:30PM Chair Yoga with Lauren Video</p> <p>1:30PM Billiards</p> <p><b>3:00PM Happy Hour</b></p> <p>7:00PM Rummikub</p>	<p><b>Hairdresser</b></p> <p>10:00AM Chair Fitness: Strength &amp; Balance</p> <p><b>11:00AM Beginner Mah Jong</b></p> <p>11:00AM Go4Life Walking Club</p> <p>11:00AM Armchair Video</p> <p><b>2:30PM Wellness Session: Senior Eye Health Talk with Bill</b></p> <p>7:00PM Game of Hearts</p>	<p><b>New Richmond Public Library Books</b></p> <p><b>10:00AM Osteofit with Robin Masters</b></p> <p>11:00AM Play Reading with Stephen</p> <p><b>11:00AM Trivia with Jill</b></p> <p>1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動</p> <div style="text-align: center;"></div> <p><b>2:00PM Entertainment with John Parsons</b></p> <p><b>3:00PM Happy Hour</b></p> <p>3:30PM Table Tennis</p> <p><b>6:00PM Mah Jong</b></p>