

GILMORE GARDENS WEEKENDER HIGHLIGHTS



July 25th, 2025

IN HOUSE NEWS

Come and check out the new **Richmond Public Library books** (available from July 25th) in the Club Lounge. These books are all large print – much easier for reading! Remember, we also have a large selection of our own books in the Computer Den next to the Country Kitchen. Happy reading everyone!



Please note: The “**Weekender Review (in Chinese)**” on Fridays at 1:30PM will no longer take place. Instead, a printed copy translated in Chinese will be available at Reception. Thank you!

Sadly, Nerissa who has handled our Footcare at Gilmore Gardens will not be returning. We are happy to announce that a **new Footcare Nurse, Pam**, will be starting with us on **Tuesday, July 29th** from 9:00AM in the Beauty Salon. Pam comes highly recommended and also works at Courtyard Gardens. We would like to point out that the prices Nerissa charged were locked in from her start date in 2022. Pam’s current rate of \$48 is already lower than what many others charge, and she’s generously offering our residents an exclusive discount as a show of support for our community. If you would like to make an appointment, please see Reception.



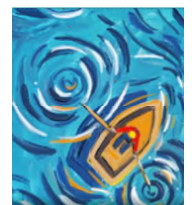
Heads Up! Unfortunately, Sajid from Nurse Next Door has **cancelled** the **Presentation by Nurse Next Door: “How to Protect One’s Identity in the Digital Age”** on Tuesday, July 29th. We will be rescheduling it to a date in August. We appreciate your understanding with this change!

REMINDERS

Come for a fun hour at **Lotto 649 Game** on Saturday, July 26th at 1:30PM in the Activity Room. Remember to bring your dimes for the game sheet! Come and give it a try or join us to just watch!

Pick up household essentials on our **Bus Outing: Shopping Trip to Lansdowne/T&T** on Monday, July 28th at 1:00PM. There is a large T&T Asian Supermarket at this mall!

Do you have a creative side and enjoy painting? Even if you have never painted before, come and join us for a step-by-step video tutorial at “**Artfull Enrichment**”: **Painting Rowers Ripples** on Monday, July 28th at 2:45PM in the Activity Room.



We were informed that there is more interest in playing **Mah Jong** in the evenings which is great news! We are happy to add another session on Tuesdays at 6:00PM in the Activity Room!

Sign up for our **Bus Outing: Scenic Drive** on Wednesday, July 30th at 1:00PM. We will go for a longer drive to Vancouver and through Stanley Park (with a washroom break at Prospect Point). Please sign up for a seat on the bus in the Activity Room.






It’s our monthly **Birthday Party & Welcome Tea** on Thursday, July 31st at 2:00PM in the Dining Room. Come and wish a “happy birthday!” to our residents whose birthday is in July and give a warm welcome to our new residents to Gilmore Gardens!



Did you know it's **International Beer Day** on August 1st? Join us for a fun trivia session about this popular drink at **Brew & Brains** on Friday, August 1st at 1:30PM in the Activity Room! We will also be celebrating with complimentary beer for those who like it!

Invite your neighbour and enjoy a glass of complimentary fruit punch or purchase a glass of wine or beer at **Happy Hour** every Friday from 3:00PM-4:00PM on the West Patio (outside the Activity Room) where you can enjoy tasty appetizers from our Kitchen!

Weekly Calendar for July 25th – August 1st, 2025

Saturday, July 26 th		Sunday, July 27 th		
10:00AM 11:00AM 1:30PM 7:00PM	Armchair Exercise Video Tai Chi Lotto 649 Game Movie Night: Yesterday	10:00AM 10:30AM 11:00AM 1:30PM 7:30PM	Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Tech Time with Erin Sing Along with Roger	
Monday July 28 th	Tuesday July 29 th	Wednesday July 30 th	Thursday July 31 st	Friday August 1 st
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 1:00PM Bus Outing: Shopping Trip to Lansdowne and T&T 1:30PM Meet Me at The MoMA: Luchita Hurtado 2:45PM "Artfull Enrichment": Painting Rowers Ripples 7:30PM Bingo	Footcare with Pam <i>in Beauty Salon</i> 10:00AM Armchair Exercise Video 11:30AM Meditation  2:45PM Fit Minds 6:00PM Mah Jong 7:00PM Crib/Chess	10:00AM Chair Fitness 10:30AM Catholic Prayer & Communion 11:00AM RMS Ukulele Lessons 1:00PM Bus Outing: Scenic Drive 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 Beginner Mah Jong 11:00AM Go4Life Walking Club 11:00AM Armchair Video  2:00PM Birthday Party & Welcome Tea 7:00PM Game of Hearts	Living Loving Local Dinner: Featuring Blueberries National Beer Day! 10:00AM Osteofit with Robin Masters 11:00AM Play Reading with Stephen 11:00AM Advanced Armchair Video with Curtis 11:30AM Bus Outing: Steveston Village  1:30PM "Brew & Brains!" 3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong