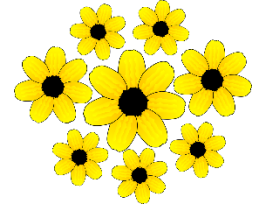
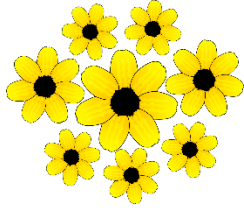


GILMORE GARDENS WEEKENDER HIGHLIGHTS



August 1st, 2025

IN HOUSE NEWS

The **Resident Surveys** have now been sent out to all residents. We encourage everyone to fill it out and hand it in at Reception. Once received, your name will be entered into a draw to win a wonderful prize! If you need help in completing the survey, a community volunteer will be available to assist you on **Monday, August 4th from 9:30AM-11:30AM in the Private Dining Room**. Sign-up sheet is available in Activity Room for time slots. Thank you for your support in completing the survey!



Good news! Cushions are now available for use to make the chairs on our Country Kitchen Patio more comfortable for you. Please borrow and return them to the bin after using. Thank you!

REMINDERS

Come for an hour of fun at our **Bean Bag Toss** game on Saturday, August 2nd at 1:30PM in the Activity Room. See if you can toss the bean bag and maybe win yourself a prize!



Come and enjoy music in the afternoon! **Piano with student, Roman** on Saturday, August 2nd from 2:30PM-3:00PM in the Fireside Lounge. Roman is looking forward to playing for you!

Do you need to restock your cupboards? Sign up for our **Bus Outing: Shopping Trip to Seafair** on Monday, August 4th at **11:30AM**. Please note the earlier departure time and meet in the Fireside Lounge.

It's **BC Day** - bring on the games! Join us at **Ladder Ball** on Monday, August 4th at 2:00PM in the Activity Room. Have fun swinging the rope ball and seeing if it catches on the ladder rung! Come and cheer on other residents!

Join us for a mental workout with guessing the right word for the clues at **Giant Crosswords** on Tuesday, August 5th at 2:45PM in the Club Lounge. You don't need to be a crossword enthusiast – it's all about having a fun social time with fellow residents!

Make sure you add your name for our **Bus Outing: Lunch at Milltown Bar & Grill** on Wednesday, August 6th at 11:30AM. Enjoy a tasty pub meal and enjoy the camaraderie of friends!







It's our first **Book Club Meeting** on Wednesday, August 6th at 2:00PM in the Club Lounge. For those residents who signed up, we shall be giving out your first book at the meeting.

Come and have your blood pressure, oxygen and temperature checked at **Wellness Session: Vitals Monitoring Clinic with Nurse Next Door** on Thursday, August 7th at 2:30PM in the Activity Room. Sign up for your slot in the Activity Room!



We have an hour of wonderful music at **Entertainment with The Fera Brothers** on Friday, August 8th 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 August 1st - 8th, 2025

Saturday, August 2 nd		Sunday, August 3 rd		
8:30AM Nails with Angie 10:00AM Armchair Exercise Video 11:00AM Tai Chi 1:30PM Bean Bag Toss Game 2:30PM Piano with Roman 3:00PM Artful Aging: Painting with Elizabeth & Friends 6:00PM Mah Jong	10:00AM 10:00AM Armchair Exercise Video 10:30AM GPUC Worship Service 11:00AM Gentle Fit with Winnie 1:00PM Table Tennis with Sally 1:30PM Tech Time with Erin 2:30PM Beginner Rummikib with Sally 7:30PM Sing Along with Errol			
Monday August 4 th	Tuesday August 5 th	Wednesday August 6 th	Thursday August 7 th	Friday August 8 th
<i>Happy BC Day!</i> 10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video <u>11:30AM Note:</u> <u>earlier departure</u> Bus Outing: Shopping Trip to Seafair  2:00PM Ladder Ball Game 7:30PM Bingo	10:00AM Armchair Video 11:30AM Meditation  1:30PM Chair Yoga with Lynn Walters 2:45PM Giant Crosswords 6:00PM Mah Jong 7:00PM Crib/Chess	10:00AM Advanced Armchair Video with Curtis 10:30AM Catholic Prayer & Communion 11:00AM RMS Ukulele Lessons 11:30AM Bus Outing: Lunch at Milltown Bar & Grill 1:30PM Billiards 1:30PM Chair Yoga with Lauren 2:00PM Book Club Meeting 3:00PM Happy Hour 7:00PM Rummikub	<i>Hairdresser</i> 10:00AM Chair Fitness: Strength & Balance 11:00AM Beginner Mah Jong 11:00AM Go4Life Walking Club 11:00AM Armchair Video  2:30PM Wellness Session: Vitals Monitoring Clinic with NND 7:00PM Game of Hearts	10:00AM Osteofit with Robin Masters 11:00AM Play Reading with Stephen 11:00AM Advanced Armchair Video with Curtis 2:00PM Entertainment with The Fera Brothers  3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong