

GILMORE GARDENS WEEKENDER HIGHLIGHTS



August 15th, 2025

IN HOUSE NEWS

It is with sadness that we wish to announce the passing of our resident, Sam DeVerteuil. Marilyn, his wife, and family would like to invite any of our residents who knew him to a Memorial Mass at St Joseph the Worker Parish on Tuesday, August 19th at 11:00AM. We will have the bus available to drive our residents to the service. The bus will leave Gilmore Gardens at 10:30AM and pick up from the church at 12:30PM. **Please let Reception know if you would like to attend.**

Wayne who teaches **Tai Chi** on Saturdays at 11:00AM is away in August. **Gentle Fit with Winnie** is replacing his class on Saturdays at 11:00AM for the rest of August.

A gentle reminder for any resident who has planter boxes which hang on the outside railing of your balcony or patio are not allowed. We ask you please remove them. Thank you for your cooperation.

REMINDERS



It's the popular **Horseraces Game** on Saturday, August 16th at 1:30PM in the Activity Room. Come and place your bet and cheer on your horse to the finishing line! Remember your \$1.75 in quarters!

Footcare with Pam by appointment on Monday, August 18th. Please sign up at reception!

Are you running low on certain household items? Sign up for our **Bus Outing: Shopping Trip to Lansdowne/T&T** on Monday, August 18th at **11:30AM**. Please meet in the Fireside Lounge.

Join us for a game of **Indoor Bowling** on Monday, August 18th at 2:00PM in the Activity Room. See if you can achieve a "strike!" on one of the 2 throws each resident has per game!



We will be playing the fun **Trivia Game, "I Should Have Known That!"** on Monday, August 18th at 3:00PM in the Activity Room. You'll be surprised how baffling even the easiest questions can be when you can't look up the answer!



The monthly **Food Committee Meeting** is taking place on Tuesday, August 19th at 11:30AM in the Private Dining Room. Come join Chef Val and share your feedback and thoughts!

Come join in for the **Recreation Committee Meeting** on Tuesday, August 19th at 1:30PM in the Private Dining Room. We truly value your feedback so if you have any thoughts on current programs and new ideas for activities, Suman wants to hear from you!

Make sure you add your name for our **Bus Outing: River Rock Casino** on Wednesday, August 20th at 11:30AM. Enjoy lunch before you try your luck at the machines! The bus will be back to pick you up around 2:00PM.



We have an **Alliance Francaise French Workshop** on Thursday, August 21st at 1:30PM in the Activity Room. They always have an interesting session for you to enjoy, so invite your neighbour and come and join the group for a stimulating French Workshop!



It's time for the **Resident Forum** on Thursday, August 21st at 3:00PM in the Activity Room. Come and learn more about informative information related to Gilmore Gardens!

Do you enjoy all things trivia?! Come for a fun hour at **Trivia with Jill** on Friday, August 22nd at 11:00AM in the Activity Room. We have many different kinds of trivia and games to suit everyone!



It's the season for blueberries! Join us at our annual **Blueberry Social with the Camilli Quartet** on Friday, August 22nd at 2:00PM on the Country Kitchen Patio (or West Patio depending on the weather). Come enjoy a blueberry tart to celebrate!

Come and enjoy a complimentary glass of 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 we serve tasty appetizers from our Kitchen every Friday!

Weekly Calendar for August 16th – 22nd, 2025

Saturday, August 16 th		Sunday, August 17 th		
8:30AM	Nails with Angie	10:00AM	Armchair Exercise Video	
10:00AM	Armchair Exercise Video	10:30AM	GPUC Worship Service	
11:00AM	Gentle Fit with Winnie	11:00AM	Gentle Fit with Winnie	
1:30PM	Horseshoe Game	1:30PM	Tech Time with Erin	
3:00PM	Artful Aging: Painting with Elizabeth & Friends	7:30PM	Sing Along with Roger	
6:00PM	Mah Jong			
Monday August 18 th	Tuesday August 19 th	Wednesday August 20 th	Thursday August 21 st	Friday August 22 nd
9:00AM Foot Care with Pam (by appointment)	10:00AM Armchair Video	10:00AM Advanced Armchair Video with Curtis	Hairdresser	10:00AM Osteofit with Robin Masters
10:00AM Chair Fitness	11:30AM Meditation	10:30AM Catholic Mass	10:00AM Chair Fitness: Strength & Balance	11:00AM Play Reading with Stephen
11:00AM Go4Life Walking Club	11:30AM Food Committee Meeting	11:30AM Bus Outing: River Rock Casino	11:00AM Beginner Mah Jong	11:00AM Trivia with Jill
11:00AM Armchair Exercise Video	1:30PM Chair Yoga with Lynn Walters	1:30PM Billiards	11:00AM Go4Life Walking Club	2:00PM Blueberry Social with the Camilli Quartet
11:30AM Note departure time: Bus Outing: Shopping Trip to Lansdowne/T&T	1:30PM Recreation Committee Meeting	1:30PM Chair Yoga with Lauren	11:00AM Armchair Video	3:00PM Happy Hour
2:00PM Indoor Bowling	2:45PM Giant Crosswords	3:00PM Happy Hour	1:30PM Alliance Francaise French Workshop	3:30PM Table Tennis
3:00PM Trivia: "I Should Have Known That!"	6:00PM Mah Jong	7:00PM Rummikub	3:00PM Resident Forum	6:00PM Mah Jong
7:30PM Bingo	7:00PM Crib/Chess		7:00PM Game of Hearts	

