

# GILMORE GARDENS WEEKENDER HIGHLIGHTS



August 22<sup>nd</sup>, 2025

## IN HOUSE NEWS



We have a delicious **Hawaiian Featured Dinner** on Friday, August 29<sup>th</sup>. Seatings will take place from 4:45PM to 6:00PM with guest tickets \$31.50 and children tickets \$16.80. Invite your loved ones to enjoy a lovely meal with you! **Remember to wear your hawaiian shirts and muumuus!** Please make your guest reservation at Reception. Thank you!

**Friendly reminder that newspapers are meant to stay intact and in the Country Kitchen.** Due to puzzles being removed from the paper, we will now make copies of the puzzle and place them in the Country Kitchen for those who enjoy doing them. Thank you!

Please note the steps at the entrance to Gilmore Gardens are being painted on Tuesday, August 26<sup>th</sup>. The ramp, however, will still be accessible for residents and visitors to use.

We are very happy to announce we have a new fitness machine in the Activity Room! Our resident, Shirley Jones, has donated her **Recumbent Exercise Bike** for all residents to use. Come and take a look and if you would like help on how to use it, please see Suman.

## REMINDERS

Come for **Dart Challenge** on Saturday, August 23<sup>rd</sup> at 1:30PM in the Activity Room. See how accurate your aim is for throwing the magnetic dart at the board and scoring a bull's eye!

We have **Piano with Isaac** on Saturday, August 23<sup>rd</sup> at 2:30PM in the Fireside Lounge. Isaac is looking forward to coming to meet and play for you. He is a grade 11 piano student who is preparing for his RCM 9 level piano exam, come support him and enjoy some afternoon entertainment!

Make your shopping list and sign up for a seat on the bus for our **Bus Outing: Shopping Trip to Ironwood** on Monday, August 25<sup>th</sup> at **11:30AM**. There is a London Drugs, Save on Foods, BC Liquor store and much more!

Do you like paintings of flowers? Come to **Meet Me at The MoMA: Georgia O'Keeffe** on Monday, August 25<sup>th</sup> at 1:30PM in the Activity Room and learn more about this artist who was famous for her tranquil depictions of flowers and natural landscapes, often created later in life.



Following on from the session on the well-known artist, Georgia O'Keeffe, it seems fitting that we have an **"Artful Enrichment": Painting Water Lillies** on Monday, August 25<sup>th</sup> at 2:30PM in the Activity Room. This will be an easy-to-follow online tutorial, and we supply all the paint and brushes!

Are you a dog lover? Did you know it's National Dog Day on August 26<sup>th</sup>! Come and watch our **Movie Matinee: A Dog's Purpose** on Tuesday, August 26<sup>th</sup> at 1:30PM in the Fireside Lounge and enjoy popcorn too!







We have a special **Bus Outing: Burnaby Village Museum** on Wednesday, August 27<sup>th</sup> at 11:00AM. Over the past 50 years, the Museum has grown into a 10-acre village which doubles as a place to learn and experience the past. Come for a walk around the village and stop at Mai's Café (see menu by sign up sheet), or order a bagged lunch from Gilmore (and pay at reception when you sign up), or you can bring your own lunch!

Join us for refreshments and a slice of delicious cake at the **Birthdays Party & Welcome Tea** on Thursday, August 28<sup>th</sup> at 2:00PM in the Dining Room. Give your best wishes to our residents whose birthday is in August and welcome our new residents to Gilmore Gardens! We also have **5<sup>th</sup> Avenue Jewelry** here this day from 12:00-4:00PM in the Fireside Lounge!

Come for a fantastic hour of music at **Entertainment with Peter Tam** on Friday, August 29<sup>th</sup> at 2:00PM on the Country Kitchen Patio. 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 23<sup>rd</sup> – 29<sup>th</sup>, 2025

Saturday, August 23 <sup>rd</sup>		Sunday, August 24 <sup>th</sup>		
<b>8:30AM</b>	<b>Nails with Angie</b>			
10:00AM	Armchair Exercise Video	10:00AM	Armchair Exercise Video	
11:00AM	Gentle Fit with Winnie	10:30AM	GPUC Worship Service	
<b>1:30PM</b>	<b>Dart Challenge</b>	11:00AM	Gentle Fit with Winnie	
<b>2:30PM</b>	<b>Piano with Isaac</b>	1:30PM	Tech Time with Erin	
6:00PM	Mah Jong	<b>7:30PM</b>	<b>Sing Along with Errol</b>	
<b>7:30PM</b>	<b>Movie Night: The Choice</b>			
Monday August 25 <sup>th</sup>	Tuesday August 26 <sup>th</sup>	Wednesday August 27 <sup>th</sup>	Thursday August 28 <sup>th</sup>	Friday August 29 <sup>th</sup>
10:00AM Chair Fitness	<b><i>National Dog Day!</i></b>	10:00AM Chair Fitness	<b><i>Hairdresser</i></b>	<b><i>Hawaiian Featured Dinner</i></b>
11:00AM Go4Life Walking Club	10:00AM Armchair Video	10:30AM Catholic Prayer & Communion	10:00AM Chair Fitness: Strength & Balance	10:00AM Osteofit with Robin Masters
11:00AM Armchair Exercise Video	11:30AM Meditation	<b>11:00AM Bus Outing: Burnaby Village Museum</b>	<b>11:00AM Beginner Mah Jong</b>	11:00 Play Reading with Stephen
<b>11:30AM Bus Outing: Shopping Trip to Ironwood</b>	<b>1:30PM Movie Matinee: A Dog's Purpose in the Fireside Lounge</b>		11:00AM Go4Life Walking Club	11:00AM Advanced Armchair Video with Curtis
1:30PM Meet Me at The MoMA: Georgia O'Keeffe		1:30PM Chair Yoga with Lauren Video	11:00AM Armchair Video	<b>11:00AM Bus Outing: Walking at Minoru</b>
<b>2:30PM "Artfull Enrichment": Painting Water Lillies</b>	3:00PM Fit Minds	1:30PM Billiards	<b>12:00PM-4:00PM Fifth Ave Jewelry</b>	
	6:00PM Mah Jong	<b>3:00PM Happy Hour</b>	<b>2:00PM Birthdays Party &amp; Welcome Tea</b>	<b>2:00PM Entertainment with Peter Tam</b>
7:30PM Bingo	7:00PM Crib/Chess	7:00PM Rummikub	7:00PM Game of Hearts	3:00PM Happy Hour
				<b>3:30PM Table Tennis</b>
				6:00PM Mah Jong

