

# GILMORE GARDENS WEEKENDER HIGHLIGHTS



September 26<sup>th</sup>, 2025

## IN HOUSE NEWS

We are excited to announce our **Thanksgiving Buffet Dinner** on Thursday, October 9<sup>th</sup> with seating available at 4:45PM or 6:30PM. Invite your family and friends to join us at this wonderful Fall event! We ask, however, that you be mindful of the number of guests you invite so we can accommodate other guests. Please make your guest reservations at Reception and even if you are not having visitors, please let us know what time you would like to dine. *Cost for Guests: Adult: \$44.10 inc tax and Child (4-12yrs): \$16.80 inc tax.* Thank you!

## REMINDERS

Join our **Horseshoe Game** on Saturday, September 27<sup>th</sup> at 1:30PM in the Activity Room. This is a fun game for everyone to play! Remember to bring your \$1.75 in quarters!

We have the **Youth Musician Association** on Sunday, September 28<sup>th</sup> at 2:30PM in the Fireside Lounge. These students love to perform for our residents so come and enjoy the music!

Sign up for our **Bus Outing: Shopping to Ironwood** on Monday, September 29<sup>th</sup> at 11:30AM. Make your shopping list and bring your reusable bag!

It's **National Coffee Day** on Monday, September 29<sup>th</sup> and we will be offering **Tim Hortons Coffee and Donuts** at 2:30PM in the Fireside Lounge. If you like a sweet treat with your coffee, make sure you visit us!

On Tuesday, September 30<sup>th</sup> we observe **Orange Shirt Day**, an indigenous-led day to honour **National Day for Truth and Reconciliation**. Please wear anything orange on this day to remember the Indigenous children who were forced to attend Canada's residential schools, and the ongoing, intergenerational impact on their families and communities. **Please note:** that the scheduled 1:45PM Indigenous Dance has been cancelled due to Carly injuring herself at gymnastics. Instead, there will be a **40 minute DW documentary shown at 1:30PM in the Activity Room**. The documentary covers the First Nations people from Alberta, Canada. Once nearly driven to extinction by colonization and cultural erasure, they are now reclaiming their identity and traditions. Forced onto small reserves in the late 19th century, they've fought to preserve their culture. Today, Blackfoot communities celebrate rituals like Indian Relay Racing and powwows, including the four-day sun dance. For people like Kyle, reconnecting with their heritage has meant living a more free and self-determined life.

We have a **Bus Outing: Dollarama or Coffee at L'Aromas in Terra Nova Village** on Wednesday, October 1<sup>st</sup> at 11:30AM. There is also a Save-on-Foods at the mall if you need food shopping. 🍎 🍷

Have your blood pressure taken at our **Wellness Session: Vitals Monitoring Clinic with NND** on Thursday, October 2<sup>nd</sup> from 2:30PM in the Activity Room. Monitoring your vital signs is crucial for maintaining health and detecting potential health issues. Sign up for a slot on the sign-up sheet in the Activity Room, or drop in the day of.

If you like rebus puzzles, riddles and general trivia, join **Trivia with Jill** on Friday, October 3<sup>rd</sup> at 11:00AM in the Activity Room. There is a variety of puzzles and trivia for everyone to enjoy!

Enjoy our **Entertainment with John Parsons** on Friday, October 3<sup>rd</sup> at 2:00PM in the Fireside Lounge. Sit back and enjoy the melodious songs that you can sing along to.

We will be offering complimentary juice and tasty appetizers from our kitchen at **Happy Hour** on Friday, October 3<sup>rd</sup> from 3:00PM-4:00PM in the Club Lounge. Come join the fun!

### Weekly Calendar for September 20<sup>th</sup> – October 3<sup>rd</sup>, 2025

Saturday, September 27 <sup>th</sup>		Sunday, September 28 <sup>th</sup>		
10:00AM 11:00AM <b>1:30PM</b> 3:00PM  6:00PM	Armchair Exercise Video Tai Chi <b>Horserace Game</b> Artful Aging: Painting with Elizabeth and Friends Mah Jong	10:00AM 10:30AM 11:00AM 1:30PM <b>2:30PM</b>	Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Tech Time with Erin <b>Youth Musician Association</b>	
Monday September 29 <sup>th</sup>	Tuesday September 30 <sup>th</sup>	Wednesday October 1 <sup>st</sup>	Thursday October 2 <sup>nd</sup>	Friday October 3 <sup>rd</sup>
<p style="text-align: center;"><b>National Coffee Day!</b></p> 10:00AM Chair Fitness  11:00AM Go4Life Walking Club  11:00AM Armchair Exercise Video  <b>11:30AM Bus Outing: Shopping Trip to Ironwood</b>  <b>2:30PM Tim Hortons Coffee and Donuts!</b>  7:30PM Bingo	<p style="text-align: center;"><b>Orange Shirt Day in support of National Day for Truth &amp; Reconciliation</b></p> 10:00AM Armchair Video  11:30AM Meditation  <b>1:30PM DW Documentary "The return of the Blackfoot" in the Activity Room (40 minutes)</b>  6:00PM Mah Jong  7:00PM Crib/Chess	<p style="text-align: center;"><b>Wear Pink in support of Breast Cancer Month</b></p> 10:00AM Chair Fitness  10:30AM Catholic Prayer & Communion  11:00AM RMS Ukulele Lessons  <b>11:30AM Bus Outing: Terra Nova Village, Dollarama or Coffee at L'Aromas</b>  1:30PM Billiards  1:30PM Chair Yoga with Lauren Video  <b>2:00PM Book Club Meeting</b>  3:00PM Happy Hour  7:00PM Rummikub	<p style="text-align: center;"><b>Hairdresser</b></p> 10:00AM Chair Fitness: Strength & Balance  11:00AM Go4Life Walking Club  11:00AM Armchair Video  <b>2:30PM Wellness Session: Vitals Monitoring Clinic with Nurse Next Door</b>  7:00PM Game of Hearts	<p style="text-align: center;"><b>Living Loving Local Dinner Featuring Apples</b></p> 10:00AM Osteofit with Robin Masters  11:00AM Play Reading with Stephen  <b>11:00AM Trivia with Jill</b>  <b>2:00PM Entertainment with John Parsons</b>  3:00PM Happy Hour  3:30PM Table Tennis  6:00PM Mah Jong