

# GILMORE GARDENS WEEKENDER HIGHLIGHTS



October 3<sup>rd</sup>, 2025

## IN HOUSE NEWS

We are still accepting guest reservations for family and friends until Monday, October 6<sup>th</sup> for our wonderful **Thanksgiving Dinner Buffet** on Thursday, October 9<sup>th</sup> with seating available at 4:45PM or 6:30PM. Please be mindful of the number of guests you invite so we can accommodate everyone. 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. We have **Entertainment with Patrizia Coletta** from 4:30PM-7:00PM - a great opportunity to sing along to the songs or maybe even dance!

Cost for quests: *Adult: \$44.10 inc tax & Child (4-12yrs): \$16.80 inc tax.*

**Please note: Gilmore Park United Church has a funeral service on Saturday, October 4<sup>th</sup> so they kindly request that our residents and staff do not park there on Saturday. Thank you!**

## REMINDERS

Enjoy a fun game of **Bean Bag Toss** on Saturday, October 4<sup>th</sup> at 1:30PM in the Activity Room. A great way to get moving and appreciate camaraderie with fellow residents!



We have a special concert with the “**World of Music and Arts**” Students on Saturday, October 4<sup>th</sup> at 2:30PM in the Fireside Lounge. WMA is the largest music school in Richmond and is the home of WMA Concert Society, a non-profit charity. The society hosts local and international classical concerts. We are thrilled to have these talented students come to Gilmore Gardens and perform for our residents!

Come for some melodious piano playing with **Mayumi Randall Music School** on Sunday, October 5<sup>th</sup> at 3:00PM in the Fireside Lounge. The young students take this opportunity in gaining confidence whilst showcasing their musical skills, come encourage them!

Spend your evening at **Sing Along with Errol** on Sunday, October 5<sup>th</sup> at 7:30PM in the Fireside Lounge. Errol, community volunteer, brings his guitar, together with song sheets for you to sing along to the popular songs he plays! A wonderful way to wind down your weekend!

Sign up for a seat on the bus for our **Bus Outing: Shopping Trip to Seafair** on Monday, October 6<sup>th</sup> at 11:30AM. Seafair has a Shoppers Drug Mart and Safeway along with other stores.

Join **Meet Me at The MoMA: Daniel Gardner** on Monday, October 6<sup>th</sup> at 1:30PM in the Activity Room. Gardner (1750-1805) was an English painter, best known for his work as a portraitist. Come and learn more about this interesting and influential artist.

Get ready to roll the ball and score a “strike!” at **Indoor Bowling** on Monday, October 6<sup>th</sup> at 2:30PM in the Activity Room! You have 2 rolls to try and knock down the 10 pins.



We have a **Wellness Session: Colds, Flu, and Covid-19 Talk by BCIT Students** on Tuesday, October 7<sup>th</sup> at 1:00PM in the Activity Room. Come and listen to their presentation and take away tidbits of information for the upcoming cold and flu season.

If you feel like a change of scenery and tasty food, add your name to the sign-up sheet in the Activity Room for our **Bus Outing: Lunch at Quilchena Golf & Country Club** on Wednesday, October 8<sup>th</sup> at 11:30AM.

Join us at **Happy Hour with Thanksgiving Trivia** on Wednesday, October 8<sup>th</sup> at 3:00PM. You can enjoy complimentary fruit punch and chips or purchase a glass of wine or beer!



Sign up for our **Bus Outing: Steveston Village** on Friday, October 10<sup>th</sup> at 11:30AM. Steveston Village has a lovely boardwalk and marina, interesting stores, a Save on Foods and many coffee shops and restaurants to explore!

### Weekly Calendar for October 4<sup>th</sup> – 10<sup>th</sup>, 2025

Saturday, October 4 <sup>th</sup>		Sunday, October 5 <sup>th</sup>		
8:30AM	Nails with Angie	10:00AM	Armchair Video	
10:00AM	Armchair Exercise Video	10:30AM	GPUC Worship Service	
11:00AM	Tai Chi	11:00AM	Gentle Fit with Winnie	
<b>1:30PM</b>	<b>Bean Bag Toss</b>	1:30PM	Tech Time with Erin	
<b>2:30PM</b>	<b>'World of Music &amp; Arts' Students</b>	<b>3:00PM</b>	<b>Mayumi Randall Music School</b>	
6:00PM	Mah Jong	<b>7:30PM</b>	<b>Sing Along with Errol</b>	
Monday October 6 <sup>th</sup>	Tuesday October 7 <sup>th</sup>	Wednesday October 8 <sup>th</sup>	Thursday October 9 <sup>th</sup>	Friday October 10 <sup>th</sup>
<p style="text-align: center;"><i><b>Mid-Autumn Moon Festival</b></i></p> <p>10:00AM Chair Fitness</p> <p>11:00AM Go4Life Walking Club</p> <p>11:00AM Armchair Exercise Video</p> <p><b>11:30AM Bus Outing: Shopping to Seafair</b></p> <p><b>1:30PM Meet Me at The MoMA: Daniel Gardner</b></p> <p><b>2:30PM Indoor Bowling</b></p> <p>7:30PM Bingo</p>	<p>10:00AM Armchair Video</p> <p>11:30AM Meditation</p> <p><b>1:00PM Wellness Session: Colds, Flu, and Covid-19 Talk by BCIT Students</b></p> <p>2:45PM Fit Minds</p> <p>6:00PM Mah Jong</p> <p>7:00PM Crib/Chess</p>	<p>10:00AM Chair Fitness</p> <p>10:30AM Catholic Prayer &amp; Communion</p> <p>11:00AM RMS Ukulele Lessons</p> <p><b>11:30AM Bus Outing: Lunch at Quilchena Golf &amp; Country Club</b></p> <p>1:30PM Chair Yoga with Lauren Video</p> <p>1:30PM Billiards</p> <p><b>3:00PM Happy Hour with Thanksgiving Trivia</b></p> <p>7:00PM Rummikub</p>	<p style="text-align: center;"><i><b>Hairdresser</b></i></p> <p style="text-align: center;"><i><b>Thanksgiving Buffet Dinner</b></i> <b>4:45PM &amp; 6:30PM Seatings</b></p> <p>10:00AM Advanced Armchair Video with Curtis</p> <p>11:00AM Go4Life Walking Club</p> <p>11:00AM Armchair Exercise Video</p> <p><b>4:30PM-7:00PM Entertainment with Patrizia Coletta</b></p> <p>7:00PM Game of Hearts</p>	<p style="text-align: center;"><i><b>Hairdresser</b></i></p> <p>10:00AM Osteofit with Robin Masters</p> <p>11:00AM Advanced Armchair Video with Curtis</p> <p>11:00AM Play Reading with Stephen</p> <p><b>11:30AM Bus Outing: Steveston Village</b></p> <p>3:00PM Happy Hour</p> <p>3:30PM Table Tennis</p> <p>6:00PM Mah Jong</p>