

# GILMORE GARDEN WEEKENDER HIGHLIGHTS



**RED SHIRT DAY**  
of Action for  
Accessibility and Inclusion  
May 28, 2025



May 29<sup>th</sup>, 2026

## IN HOUSE NEWS

We are excited to announce that our **Alzheimer's "Walk in a Box" Fundraiser** raised \$1,712 this year! Thank you to everyone who supported this important fundraiser for such a worthy cause.

We have had a few new residents expressing interest in our **Ukulele Lessons**. Please add your name to the interest sheet in the Activity Room if you would like to start learning how to play the ukulele. **Depending on the amount of people interested, we can explore a new "beginner lesson" group!**

Do you have any suggestions for our **Movie Nights** on Saturday evenings? If you do, please write out a list and give it to Reception and they will pass it onto the Life Enrichment team. Thank you!

Do you enjoy playing card games? A gentle reminder that we have playing cards for anyone who would like to play **Game of Hearts** on Thursdays at 7:00PM in the Activity Room.

## REMINDERS

Come for a game of **Bean Bag Toss** on Saturday, May 30<sup>th</sup> at 1:30PM in the Activity Room. Toss the bean bag and see if you can get it through one of the holes, and hear your team cheer!

We have a special visit from the **Columbia Academy Music School** on Saturday, May 30<sup>th</sup> at 2:30PM in the Fireside Lounge. Come and listen to the students play their favourite instruments!

If you would like to learn how to play a fun dominoes game, join **Mexican Train with Sally** on Sunday, May 31<sup>st</sup> at 2:30PM in the Club Lounge. Sally, our community volunteer, is teaching residents the rules of this game. Feel free to come and play or just observe the game!

Do you fancy some light music in the afternoon? Enjoy listening to the talented students from **Mayumi Randall Music School** on Sunday, May 31<sup>st</sup> at 3:00PM in the Fireside Lounge.

Make your shopping list and sign up for our **Bus Outing: Shopping Trip to Seafair** on Monday, June 1<sup>st</sup> at 11:30AM. Sign up sheet is available in the Activity Room.

Did you know Monday, June 1<sup>st</sup> - Saturday, June 6<sup>th</sup> is "**BC Seniors Week**"? Thank you for the integral part you have played in your community! To celebrate, let's keep our fingers crossed that the sun is shining for **Ice Cream Floats on the Patio** on Monday, June 1<sup>st</sup> at 2:30PM! Pick your sweet treat from 3 different flavours: Root Beer, Coca Cola or Orange Crush!

It's **Red Shirt Day for Accessibility** on Wednesday, June 3<sup>rd</sup>. Please wear something red in support of this important cause. *Red Shirt Day* was established in 2019 to create a visible display of solidarity with people living with disabilities. It encourages Canadians to wear red, make pledges and actively support accessibility and inclusion in schools, workplaces and communities.

On Wednesday, June 3<sup>rd</sup> at 10:00AM (along with 2 other Wednesdays) you can expect a fun and engaging **Chair Fitness Class led by BCIT Students**, approx 45 minutes long. Sessions will include gentle to moderate seated exercises focused on improving mobility, strength, flexibility, balance, and overall wellness. The students will also encourage participation in a supportive and positive environment, and they can certainly adjust the intensity based on the group's comfort and ability level!

Sign up for **Bus Outing: Lunch & Shopping at McArthur Glen Designer Outlet** on Wednesday, June 3<sup>rd</sup> at 11:45AM. *McArthur Glen* offers luxury and premium designer brands at great discounts in an open-air, village-style setting, along with cafes and restaurants to enjoy a coffee or bite for lunch.

Sign up in the Activity Room to have your blood pressure taken at **Wellness Session: Vitals Monitoring Clinic with NND** on Thursday, June 4<sup>th</sup> at 2:30PM in the Activity Room. It's important to check all your vitals on a regular basis so take this opportunity!

We have a special **Wellness Session: Hear Canada** on Friday, June 5<sup>th</sup> from 9:30AM – 1:30PM in the Salon. Please sign up in the Activity Room and fill out a form if you would like a *complimentary 15 minutes* appointment for a hearing screening test and wax check/removal.

Join us for **Entertainment with Peter Williams, Pianist** on Friday, June 5<sup>th</sup> at 2:00PM in the Fireside Lounge! Wear your dancing shoes or have your hands ready to clap to the sound of music and songs that Peter plays for us! Afterwards, invite fellow-residents to come to **Happy Hour** at 3:00PM in the Club Lounge where you can enjoy appetizers from our kitchen, together with refreshments and even purchase a glass of wine or beer!

### Weekly Calendar for May 30<sup>th</sup> – June 5<sup>th</sup>, 2026

Saturday, May 30 <sup>th</sup>		Sunday, May 31 <sup>st</sup>		
10:00AM 11:00AM 1:30PM <b>2:30PM</b>  6:00PM	Armchair Exercise Video Tai Chi Bean Bag Toss <b>Columbia Academy Music School</b> Mah Jong	9:00AM 10:00AM <b>10:00AM</b> 10:30AM 11:00AM 11:00AM <b>1:00PM</b> 1:30PM <b>2:30PM</b> <b>3:00PM</b> 7:30PM	<b>Foot Care with Pam</b> Armchair Exercise Video <b>Advanced Rummikub with Sally</b> GPUC Worship Service Gentle Fit with Winnie Beginner Mah Jong with Kaela <b>Table Tennis with Sally</b> Tech Time with Erin <b>Mexican Train with Sally</b> <b>Mayumi Randall Music School</b> <b>Sing Along with Errol</b>	
Monday June 1 <sup>st</sup>	Tuesday June 2 <sup>nd</sup>	Wednesday June 3 <sup>rd</sup>	Thursday June 4 <sup>th</sup>	Friday June 5 <sup>th</sup>
10:00AM Chair Fitness  11:00AM Go4Life Walking Club  11:00AM Armchair Video Exercise  <b>11:30AM Bus Outing: Shopping Trip to Seafair</b>  <b>2:30PM Ice Cream Floats on the Patio</b>  6:45PM Music with Ron  7:30PM Bingo	10:00AM Armchair Video Exercise  <b>10:45AM Resident Handbook Review with Lorne</b>  11:30AM Meditation  <b>2:45PM Giant Crosswords</b>  6:00PM Mah Jong  7:00PM Crib/Chess	<b>Red Shirt Day for Accessibility</b>  <b>10:00AM Chair Fitness by BCIT Students</b>  10:30AM Catholic Prayer & Communion  11:00AM RMS Ukulele Lesson  <b>11:45AM Bus Outing: Shopping at McArthur Glen Designer Outlet</b>  1:30PM Chair Yoga with Lauren Video  1:30PM Billiards  3:00PM Happy Hour  6:45PM Music with Ron  7:00PM Rummikub	<b>Hair with Marlene</b>  10:00AM Chair Fitness: Strength & Balance  11:00AM Go4Life Walking Club  11:00AM Armchair Exercise Video  <b>2:30PM Wellness Session: Vitals Monitoring Clinic with NND</b>  6:45PM Music with Ron  7:00PM Game of Hearts	<b>9:30AM-1:30PM Wellness Session: Hear Canada</b>  10:00AM Osteofit with Robin Masters  11:00AM Advanced Armchair Video with Curtis  11:00AM Play Reading with Stephen  <b>2:00PM Entertainment with Peter Williams, Pianist</b>  <b>3:00PM Happy Hour</b>  3:30PM Table Tennis  6:00PM Mah Jong