

# GILMORE GARDEN WEEKENDER HIGHLIGHTS



June 5<sup>th</sup>, 2026

## IN HOUSE NEWS

**Bus Maintenance:** Our bus will be undergoing maintenance and a routine inspection from June 5<sup>th</sup> to June 9<sup>th</sup> to ensure it continues to operate safely and reliably. Consequently, there will be no shopping trip on Monday, June 8<sup>th</sup>. Thank you for your understanding!

The **Resident Surveys** will be available to all residents on June 8<sup>th</sup>. We encourage everyone to please complete it and return it to Reception by June 22<sup>nd</sup>. If we receive your completed survey by June 15<sup>th</sup>, your name will be entered into an earlybird draw to win a fantastic prize! Should you need help in completing your survey, please let Reception know and we can arrange for a community volunteer to assist you. Thank you in advance for your support in completing the Resident Survey. Your feedback is important to us! Thank you for your participation!



We enjoy displaying the pictures of happy, smiling faces from all the different programs we have each month! Please note: if you would like to order a copy, we can arrange for duplicates if you add your name and photo number to the sheet on the board in the Activity Room. Reprints cost \$1 each. Thank you!

## REMINDERS

Challenge your aim in tossing a rope ball at **Ladder Ball** on Saturday, June 6<sup>th</sup> at 1:30PM in the Activity Room. Invite your fellow-resident for some enjoyable social time!

Come for **Painting with Elizabeth** on Saturday, June 6<sup>th</sup> at 3:00PM in the Activity Room. Everyone is welcome! Elizabeth is a community volunteer and is wonderful at guiding on painting ideas!

Enjoy some music in the afternoon at **Melissa Huen Music School** on Sunday, June 7<sup>th</sup> at 2:30PM in the Fireside Lounge. These young performers love to show their talents for a grateful audience!

Join us for an interesting session with **Art History Speaker, Anik: The Night Watch (1642): Rembrandt's Masterpiece Revealed** on Monday, June 8<sup>th</sup> at 2:30PM in the Activity Room. Anik will step into the world of Amsterdam's civic guards to see how a conventional commission evolved into a daring, theatrical masterpiece. She will take a look at this piece's characters, decode some of its symbols and stories, and much more! Come and join this intriguing discussion on *The Night Watch*.

We have a **new program, Scattergories** on Tuesday, June 9<sup>th</sup> at 1:30PM in the Activity Room. Come and learn more about this word game where players score points by listing unique words for categories that begin with the same letter! All are welcome to join the fun or just observe!

Come for another special **Chair Fitness Class led by BCIT Students** on Wednesday, June 10<sup>th</sup> at 10:00AM in the Activity Room. You can expect a fun and engaging session, approx 45 minutes. Gentle to moderate seated exercises will be included focusing on improving mobility, strength, flexibility, balance, and overall wellness. The students can adjust the intensity based on the ability level of the residents!

Sign up for a **Bus Outing: Picnic at Richmond Nature Park** on Wednesday, June 10<sup>th</sup> at 11:45AM. You can choose to bring your own lunch or order one from the Kitchen. If you wish to order from our Kitchen, please indicate your sandwich preference and pay at the time of sign-up. An elevated boardwalk offers a safe route to walk! There is also an interpretive centre with exhibits and trail information which admission is by donation.

If you enjoy dabbling with a paint brush and canvas, join **“Artfull Enrichment”**: **Painting Daffodil Workshop** on Thursday, June 11<sup>th</sup> at 2:00PM in th Activity Room. This is a video demonstration with careful, step by step instruction for each stage towards creating a beautiful painting!

To end the week, we have **Entertainment with Randy & Jeff** on Friday, June 12<sup>th</sup> at 2:00PM in the Fireside Lounge. Come and enjoy some uplifting music to clap your hands to!

Invite your neighbour to **Happy Hour with FIFA themed Bingo!** on Friday, June 12<sup>th</sup> at 3:00PM in the Club Lounge. Enjoy a glass of complimentary fruit punch or you can purchase a wine or beer. We serve tasty appetizers from our Kitchen on Fridays so come and enjoy an hour of happy, socializing!

## Weekly Calendar for June 6<sup>th</sup> – 12<sup>th</sup>, 2026

Saturday, June 6 <sup>th</sup>		Sunday, June 7 <sup>th</sup>		
10:00AM	Armchair Exercise Video	10:00AM	Armchair Exercise Video	
11:00AM	Tai Chi	10:30AM	GPUC Worship Service	
<b>1:30PM</b>	<b>Ladder Ball</b>	11:00AM	Gentle Fit with Winnie	
3:00PM	Painting with Elizabeth	2:00PM	Rummikub	
6:00PM	Mah Jong	<b>2:30PM</b>	<b>Melissa Huen Music School</b>	
7:00PM	Movie Night: Ocean’s Twelve	7:30PM	Sing Along with Roger	
Monday June 8 <sup>th</sup>	Tuesday June 9 <sup>th</sup>	Wednesday June 10 <sup>th</sup>	Thursday June 11 <sup>th</sup>	Friday June 12 <sup>th</sup>
10:00AM Chair Fitness	10:00AM Armchair Video Exercise	<b>10:00AM Chair Fitness by BCIT Students</b>	<i><b>Hair with Marlene</b></i>	<i><b>Living Loving Local Dinner: Strawberry</b></i>
11:00AM Go4Life Walking Club	11:30AM Meditation	10:30AM Catholic Prayer & Communion	10:00AM Advanced Armchair Video with Curtis	10:00AM Osteofit with Robin Masters
11:00AM Armchair Video Exercise		11:00AM RMS Ukulele Lesson	11:00AM Go4Life Walking Club	11:00AM Play Reading with Stephen
<b>1:30PM Shuffleboard</b>	<b>1:30PM Scattergories</b>	<b>11:45AM Bus Outing: Picnic at Richmond Nature Park</b>	11:00AM Armchair Exercise Video	<b>2:00PM Entertainment with Randy &amp; Jeff</b>
<b>2:30PM Art History Speaker, Anik: The Night Watch – Rembrandt’s Masterpiece Revealed</b>	2:45PM Fit Minds	1:30PM Billiards	<b>2:00PM “Artfull Enrichment”</b> : <b>Painting Daffodil Workshop</b>	<b>3:00PM Happy Hour with FIFA themed Bingo!</b>
6:45PM Music with Ron	6:00PM Mah Jong	1:30PM Chair Yoga with Lauren	6:45PM Music with Ron	3:30PM Table Tennis
7:30PM Bingo	7:00PM Crib/Chess	<b>2:00PM Book Club Meeting</b>	7:00PM Game of Hearts	6:00PM Mah Jong
		3:00PM Happy Hour		
		6:45PM Music with Ron		
		7:00PM Rummikub		