

GILMORE GARDENS WEEKENDER HIGHLIGHTS



August 16th, 2024

IN HOUSE NEWS

Gilmore Gardens is once again participating in the **Forever Young 8k Walk** on Sunday, September 8th at 9:00AM which starts at the Richmond Oval. There is no cost for registration, just sign up in the Activity Room to secure your seat on the bus. You will receive a t-shirt and number for the walk along with some goodies in your race package. Come and enjoy this invigorating walk and no need to complete the whole 8KM, just come and join the fun! There will be prizes and sponsor booths to peruse along with after race snacks. Don't miss it!!

We are excited to introduce our **Esthetician**, Angie who will focus on manicures and pedicures three Saturdays a month by appointment only. **"Tha Candy Shop"** will be here on Saturday, August 17th from 8:30AM-3:45PM in the Beauty Salon. Please see the prices for manicures and pedicures posted in the Salon. Appointments can be made at Reception.

Painting with Elizabeth and Friends on Saturday, August 17th at 3:00PM is cancelled.

Richmond Public Library Books are due by Monday, August 19th in time for pick up and delivery of new books which will be available on Wednesday. Please make sure you return any RPL books you have to the Club Lounge. Thank you!

We have a **Code Green Evacuation Drill** on Thursday, August 22nd at 9:30AM. We greatly encourage all residents to participate in this drill. An Evacuation Drill is a structured and rehearsed exercise that aims to familiarize residents with the necessary steps to take in the event of an actual emergency within the building. The primary goal is to promote a quick, orderly, and safe evacuation of all residents while avoiding the risk of injuries or casualties. We appreciate your participation and cooperation in this important drill.



Evacuation Drill

REMINDERS

Why not test your drawing skills at **Pictionary with Angela** on Saturday, August 17th at 1:30PM in the Activity Room! This fun game requires no artistic talent – just be prepared to have a decent guess (and a good laugh) with your team members' attempts to draw a specific object! 😊

If you would like to visit Save-on-Foods or London Drugs, or maybe a visit to BC Liquor Store, sign up for our **Bus Outing: Shopping Trip to Ironwood** on Monday, August 19th at 1:00PM.

Join **Meet Me at The MoMA: Tate Britain – Life Between Islands: Caribbean/British Art (1950s)** on Monday, August 19th at 1:30PM in the Activity Room.

Give your memory a workout for finding that particular word in answer to the clues at our **Giant Crosswords** on Tuesday, August 20th at 2:45PM in the Club Lounge. Everyone is welcome!

Who is in the mood for shopping? Perhaps you need a new outfit or an item of clothing to finish off your "look", or simply window shopping at the European-style outdoor shopping centre **Bus Outing: Lunch and Shopping at McArthur Glen** on Wednesday, August 21st at 11:30AM.




We have a **Presentation on The Canadian Identity with David Darling** on Thursday, August 22nd at 2:00PM in the Activity Room. David Darling is an author who has written about various subjects, including the history of Canada. His work discusses the country's development and the factors that have shaped Canada's evolution and identity. Come for an interesting discussion with time for questions and comments at the end

Join **Trivia with Jill** on Friday, August 23rd at 11:00AM in the Activity Room. There will be a variety of trivia quizzes and puzzles for everyone to enjoy!

We are excited for our **Blueberry Tea with the Camilli String Quartet** on Friday, August 23rd at 2:00PM on the Country Kitchen Patio. This exceptionally talented group of musicians will perform a variety of captivating musical pieces. We will be serving tasty blueberry treats with a refreshing, cool drink.

After our entertainment, come for a glass of wine, beer or juice at **Happy Hour** at 3:00PM in the Club Lounge and savour delicious appetizers whilst enjoying the company of fellow residents.

Weekly Calendar for August 17th – August 23rd

Saturday, August 17 th		Sunday, August 18 th		
8:30AM	Esthetician (Manicure/Pedicure)	10:00AM	Armchair Exercise Video	
10:00AM	Armchair Exercise Video	10:30AM	GPUC Worship Service	
11:00AM	Tai Chi	11:00AM	Gentle Fit with Winnie	
1:30PM	Pictionary with Angela	3:00PM	Tech Time with Erin	
Monday August 19 th	Tuesday August 20 th	Wednesday August 21 st	Thursday August 22 nd	Friday August 23 rd
<p style="color: red; text-align: center;">Richmond Public Library Books Due</p> <p>10:00AM Chair Fitness</p> <p>11:00AM Go4Life Walking Club</p> <p>11:00AM Armchair Exercise Video</p> <p>1:00PM Bus Outing: Shopping Trip to Ironwood</p> <p>1:30PM Meet Me at The MoMA: Tate Britain, Life between Islands: Caribbean/British Art</p> <div style="text-align: center;">  </div> <p>3:00PM "Sit and Be Fit" Gentle Arthritis Exercise Video</p> <p>7:30PM Bingo</p>	<p>10:00AM Armchair Exercise Video</p> <p>11:30AM Meditation</p> <div style="text-align: center;">  </div> <p>11:30AM Food Committee Meeting</p> <p>1:00PM Recreation Committee Meeting</p> <p>1:30PM Wellness Session: Chair Yoga with Lynn Walters</p> <p>2:45PM Giant Crosswords</p> <p>7:00PM Crib/Chess</p>	<p style="color: red; text-align: center;">Richmond Public Library New Books Arrive</p> <p style="color: red; text-align: center;">National Senior Citizen Day</p> <p>10:00AM Chair Fitness</p> <p>10:30AM Catholic Mass</p> <p>11:00AM Armchair Exercise Video</p> <p>11:30AM Bus Outing: Lunch & Shopping at McArthur Glen</p> <p>1:30PM Billiards</p> <p>3:00PM Happy Hour</p> <p>7:00PM Rummikub</p>	<p style="color: red; text-align: center;">Hairdresser</p> <p style="color: red; text-align: center;">9:30AM Code Green Evacuation Drill</p> <p>9:45AM Go4Life Walking Club</p> <p>11:00AM Armchair Exercise Video</p> <p>2:00PM Presentation on The Canadian Identity with David Darling</p> <div style="text-align: center;">  </div> <p>7:00PM Game of Hearts</p>	<p style="color: red; text-align: center;">Hairdresser</p> <p>10:00AM Osteofit with Robin Masters</p> <p>11:00AM Trivia with Jill</p> <p>1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動</p> <p>2:00PM Blueberry Tea with Camilli Quartet</p> <div style="text-align: right;">  </div> <p>3:00PM Happy Hour</p> <p>3:30PM Table Tennis</p> <p>6:00PM Mah Jong</p>