

# GILMORE GARDENS WEEKENDER HIGHLIGHTS



August 2<sup>nd</sup>, 2024

## IN HOUSE NEWS

The **Resident Surveys** have now been sent out to all residents. We encourage everyone to fill it out and hand it in at Reception. Once received, your name will be entered into a draw to win a wonderful prize! If you need help in completing the survey, a volunteer resident will be available to assist you on the following days and times in the Private Dining Room:

Saturday, August 3 <sup>rd</sup>	9:30AM -11:30AM and 1:00PM -3:00PM
Monday, August 5 <sup>th</sup>	9:30AM -11:30AM
Tuesday, August 6 <sup>th</sup>	1:00PM -3:00PM
Friday, August 9 <sup>th</sup>	9:30AM -11:30AM

If you require assistance, there is a sign up sheet located on the Reception desk where you can book your date and time.

Thank you for your support in completing the survey!

## REMINDERS

Test your skill with bursting the balloons at "**Olympic Balloon Bust**" on Saturday, August 3<sup>rd</sup> at 1:30PM in the Activity Room. We will use pointed darts with careful precision and see who can burst the most balloons with the highest point values and go for the gold!!



Enjoy **Sing Along with Errol** on Sunday, August 4<sup>th</sup> at 7:30PM in the Fireside Lounge. It's *National Friendship Day* on Sunday so bring a friend and give Errol a warm welcome too!

*BC Day* is on Monday, August 5<sup>th</sup>! If you need household provisions or a visit to the Pharmacy, sign up for our **Bus Outing: Shopping Trip to Seafair** on Monday, August 5<sup>th</sup> at 1:00PM.

Join us for a fun game of **Olympic Ring Toss** on Monday, August 5<sup>th</sup> at 2:30PM in the Activity Room. Come and cheer on your fellow residents as they take aim in tossing the rings over the obstacles! There are prizes to be won so come with your best shot and perhaps win a medal! 😊

Give your memory a workout for finding that specific word in answer to the clues at our **Olympic Giant Crosswords** on Tuesday, August 6<sup>th</sup> at 2:45PM in the Club Lounge. Everyone is welcome and medals will be awarded!



Who is in the mood for a tasty pub lunch with friends? Sign up and join us for our **Bus Outing: Lunch at The Buck and Ear**, in Steveston on Wednesday, August 7<sup>th</sup> at 11:30AM.

**Casual Chic Couture Fashions** is here on Thursday, August 8<sup>th</sup> from 11:00AM in the Fireside Lounge. Ladies, come and browse the new outfits and see if there's an item that will spruce up your current wardrobe!



Our **Olympic Coin Toss** on Thursday, August 8<sup>th</sup> at 1:30PM in the Activity Room has been changed to a more challenging game of **Olympic Pong Ball!** Try your luck at this fun game bouncing ping

pong balls into cups with different point values. This is the last game in our special 2-week Senior Olympics event, and it could be the crucial game in determining how many points you will have towards becoming a potential final overall medal winner!

Come for an hour of interesting **Trivia with Jill** on Friday, August 9<sup>th</sup> at 11:00AM in the Activity Room. There will be a variety of trivia quizzes and puzzles for everyone to enjoy!



It's our **Senior Olympics Closing Ceremony: Medal Awards** on Friday, August 9<sup>th</sup> at 1:45PM! We will be announcing the top 3 winners of our medal awards so come and applaud the champions!

Following the Closing Ceremony of our Senior Olympics, remain seated for **Patio Entertainment with Greg Meloche** on Friday, August 9<sup>th</sup> at 2:00PM. There will be refreshments to enjoy! Afterwards, come for a glass of wine, beer or juice at **Happy Hour** on Friday, August 9<sup>th</sup> at 3:00PM in the Club Lounge. We will have delicious appetizers to savour with your beverage!

## Weekly Calendar for August 3<sup>rd</sup> – August 9<sup>th</sup>

Saturday, August 3 <sup>rd</sup>		Sunday, August 4 <sup>th</sup>		
10:00AM 11:00AM <b>1:30PM</b> 3:00PM	Armchair Exercise Video Tai Chi <b>Olympic Balloon Bust</b> Artful Aging: Painting with Elizabeth and Friends	10:00AM <b>10:00AM</b> 10:30AM <b>11:00AM</b> <b>1:00PM</b> <b>2:30PM</b> 3:00PM <b>7:30PM</b>	<div style="text-align: right; color: red; font-weight: bold; margin-bottom: 5px;"><i>National Friendship Day!</i></div> Armchair Exercise Video <b>Advanced Rummikub with Sally</b> GPUC Worship Service <b>Gentle Fit with Winnie</b> <b>Table Tennis with Sally</b> <b>Beginner Rummikub with Sally</b> Tech Time with Erin <b>Sing Along with Errol</b>	
Monday August 5 <sup>th</sup>	Tuesday August 6 <sup>th</sup>	Wednesday August 7 <sup>th</sup>	Thursday August 8 <sup>th</sup>	Friday August 9 <sup>th</sup>
<div style="color: red; font-weight: bold; margin-bottom: 10px;"><i>Happy BC Day!</i></div> 10:00AM Chair Fitness  11:00AM Go4Life Walking Club  11:00AM Armchair Exercise Video  <b>1:00PM Bus Outing: Shopping Trip to Seafair</b>  <b>2:30PM Olympic Ring Toss</b>    7:30PM Bingo	10:00AM Armchair Exercise Video  <b>11:30AM Meditation</b>  <b>1:30PM Wellness Session: Chair Yoga with Lynn Walters</b>  <b>2:45PM Olympic Giant Crosswords</b>    7:00PM Crib/Chess	10:00AM Chair Fitness  <b>10:30AM Catholic Prayer &amp; Communion</b>  <b>11:00AM Armchair Exercise Video</b>  <b>11:30AM Bus Outing: Lunch at The Buck and Ear Pub, Steveston</b>  1:30PM Billiards  <b>2:00PM Olympic Ladder ball</b>  <b>3:00PM Happy Hour</b>  7:00PM Rummikub	<div style="color: red; font-weight: bold; margin-bottom: 10px;"><i>Hairdresser National Cat Day!</i></div> 10:00AM Chair Fitness: Strength and Balance  11:00 Armchair Exercise Video  11:00AM Go4Life Walking Club  <b>11:00AM Casual Chic Couture Fashions</b>  <b>1:30PM Olympic Pong Ball</b>  7:00PM Game of Hearts	<b>10:00AM Osteofit with Robin Masters</b>  <b>11:00AM Trivia with Jill</b>  1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動  <b>1:45PM Senior Olympics Closing Ceremony: Medal Awards</b>  <b>2:00PM Entertainment with Greg Meloche</b>  <b>3:00PM Happy Hour</b>  <b>3:30PM Table Tennis</b>  <b>6:00PM Mah Jong</b>