

GILMORE GARDENS WEEKENDER HIGHLIGHTS



June 6th, 2025

IN HOUSE NEWS

It feels good to clear out any clothes you haven't worn in a while! Now is your chance to do that! **Big Brothers** will pick up donations from Gilmore Gardens on **Tuesday, June 24th**. Please put your clothing in garbage bags and household items in a box. Any items that are loose will not be accepted. Take your items, clearly marked with "BB", directly to the secured area in the underground parking (as you come out of the elevator, turn right and go through the door) where there will be a large sign that reads, "**Big Brothers Drop Off**". **Deadline to drop off items is Monday, June 23rd by 3:00PM.**



We are happy to announce Kaela, our community volunteer, will be here on Thursday, June 12th at 11:00AM in the Fireside Lounge and every Thursday thereafter to introduce the **Game of Mah Jong** to those residents who are interested in learning how to play. The object is to collect winning sets of the tiles, as in card games such as gin rummy. Come and learn Mah Jong with Kaela in a relaxed and comfortable setting or feel free to sit and observe before taking the plunge! We are requesting residents to please sign up on the sheet in the Activity Room to ensure we have enough residents for this activity.



Friday, June 13th is **Wear Blue Day in support of Men's Health!** Please join this worthy cause and wear blue to draw attention to serious health issues like colon cancer and men's well-being!

REMINDERS

Come for a fun hour at **Dart Challenge** on Saturday, June 7th at 1:30PM in the Activity Room. It doesn't matter if you have a good aim or not – just enjoy the camaraderie! Everyone is welcome!

Sunday, June 1st - Saturday, June 7th is "**BC Seniors Week**"! It's a time to acknowledge and honour seniors and the many contributions they've given in communities across British Columbia. In celebration of this special week, we are pleased to offer **Timbits on the Patio** on Saturday, June 7th from 2:45PM – 3:30PM! Pick up a coffee from the Country Kitchen to enjoy with a sweet treat on the patio! Thank you for the integral part you have played in your community!



End your weekend at **Sing Along with Roger** on Sunday, June 8th at 7:30PM in the Fireside Lounge. Roger, our resident volunteer, plays both the guitar and harmonica and has a song book for you to join in!

Pick up all your essentials on our **Bus Outing: Shopping Trip to FreshCo** on Monday, June 9th at 1:00PM. Please sign up in the Activity Room for a seat on the bus and wait in the Fireside Lounge.

Enjoy a scintillating session with **Art History Speaker, Anik Waldek: "Beauty in Motion: Edgar Degas' Ballet Dancers"** on Monday, June 9th at 1:30PM in the Activity Room. Anik will 'pull back the curtain to reveal the world of ballet in 19th century France, the manner in which Degas depicted its complexities and how he produced these beloved works of art.' Dr Anik Waldeck, who is originally from Vancouver, is an Art Historian with a PhD from the University of Cambridge and over 20 years experience in the field.

We have our popular **Bus Outing: River Rock Casino** on Wednesday, June 11th at 12:00PM. Please sign up in the Activity Room. You can play the slot machines and enjoy lunch in the Food Court.




June 1st marks *National Indigenous History Month*. It is also *National Indigenous Peoples Day* on June 21st and to commemorate this special time we have a **Presentation with David Darling: From First Nations**

Village to International Metropolis - Vancouver, a Brief History on Thursday, June 12th at 1:30PM in the Activity Room. This is a great learning opportunity to better understand the history that brings us all together and of understanding each other's cultures.

We are excited to have a small group of **Spul'u'Kwuks Elementary Students** visit on Thursday, June 12th at 3:30PM in the Activity Room. Spul'u'kwuks is named from the Musqueam language, meaning "place of bubbling water" where the land and water meet. The children are looking forward to spending time with our residents. They will be offering two fun activities for you to participate in – card games and an art activity.

We are thrilled to host a special **Father's Day Social: Beer 'n' Boards and Entertainment with Mike Kinal** on Friday, June 13th at 2:00PM in the Dining Room. Everyone is welcome! To ensure we have plenty of food for everyone, we are requesting that you please let Reception know if you will attend, together with any guests. Beer, soft drinks and juice will be served! Due to this event, Happy Hour at 3:00PM will be cancelled. Thank you for your cooperation.

Weekly Calendar for June 7th – 13th, 2025

Saturday, June 7 th		Sunday, June 8 th		
8:30AM 10:00AM 11:00AM 1:30PM 2:45PM 3:00PM	Nails with Angie Armchair Exercise Tai Chi Dart Challenge Timbits on the Patio! Artful Aging: Painting with Elizabeth and Friends		10:00AM 10:00AM 10:30AM 11:00AM 1:00PM 1:30PM 2:30PM 7:30PM	Advanced Rummikub with Sally Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Table Tennis with Sally Tech Time with Erin Beginner Rummikub with Sally Sing Along with Roger
Monday June 9 th	Tuesday June 10 th	Wednesday June 11 th	Thursday June 12 th	Friday June 13 th
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 1:00PM Bus Outing: Shopping Trip to FreshCo 1:30PM Art History Speaker, Anik Waldeck: "Beauty in Motion, Edgar Degas' Ballet Dancers"  7:30PM Bingo	10:00AM Armchair Exercise Video 11:00AM Altavida Fashions  11:30AM Meditation 1:30PM Chair Yoga with Lynn Walters 2:45PM Giant Crosswords 7:00PM Crib/Chess	10:00AM Chair Fitness 10:00AM Catholic Prayer & Communion 11:00AM RMS Ukulele Lessons 12:00PM Bus Outing: River Rock Casino 1:30PM Chair Yoga with Lauren Video 1:30PM Billiards 3:00PM Happy Hour 7:00PM Rummikub	Hairdresser 10:00AM Chair Fitness: Strength & Balance 11:00AM Beginner Mah Jong - Kaela 11:00AM Go4Life Walking Club 11:00AM Armchair Video 1:30PM Presentation with David Darling: From First Nations Village to Int'l Metropolis: Vancouver 1:30PM Scrabble with Pat 3:30PM Spul 'u' Kwuks Elementary Students Visit 7:00PM Game of Hearts	Hairdresser Living Loving Local Dinner: Featuring Strawberries Wear Blue Day! 10:00AM Osteofit with Robin Masters 11:00AM Play Reading with Stephen 11:00AM Charades! 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 2:00PM Father's Day Social: Beer 'n' Boards and Entertainment with Mike Kinal 3:30PM Table Tennis 6:00PM Mah Jong

