

GILMORE GARDENS WEEKENDER HIGHLIGHTS



September 19th, 2025

IN HOUSE NEWS

We are excited to announce an **Oktoberfest Featured Dinner** on Friday, September 26th from 4:45 pm to 6:00PM. Invite your family and friends to join us for this delicious featured dinner prepared by Chef Val and his team. Please make your guest reservations at Reception. Cost for Guests: \$31.50 inc tax per adult and \$16.80 inc tax per child (4-12 yrs). We hope to see you there!

REMINDERS

Come for an hour of fun at the game of **Jeopardy** on Saturday, September 20th at 1:30PM in the Activity Room. Invite your neighbour and see how many questions in each category you can answer!



We have a special event, **Music with 'Chords of Care'** on Saturday, September 20th at 2:30PM in the Fireside Lounge. Chords of Care unites young musicians, welcoming all styles of music. Come and listen to these talented students as they connect with others through their musical skills.

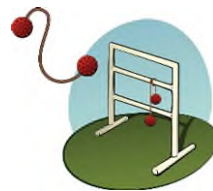
Spend your evening at **Sing Along with Roger** on Sunday, September 21st at 7:30PM in the Fireside Lounge. Roger, our resident volunteer, brings his harmonica and guitar, together with song sheets for you to sing along to the popular songs he plays!

We have **Foot Care with Pam** on Monday, September 22nd from 9:00AM in the Beauty Salon. If you'd like to book an appointment for that day, please see Reception.

Sign up for a seat on the bus for our **Bus Outing: Shopping Trip to Lansdowne/T&T** on Monday, September 22nd at 11:30AM. T&T is a large Chinese Supermarket with many interesting aisles of products. Lansdowne Centre also has Winners, Dollarama, KFC and other stores.

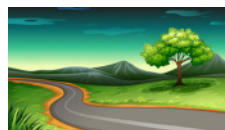
Join **Meet Me at The MoMA: El Anatsui** on Monday, September 22nd at 1:30PM in the Activity Room. El Anatsui is a Ghanaian sculptor, drawing international attention for his iconic "bottle-top installations" and large-scale sculptures that draw connections between consumption, waste and the environment. Come and learn more about this interesting and innovative artist!

Get ready to throw the 2-ball rope at the game of **Ladder Ball** on Monday, September 22nd at 2:30PM in the Activity Room! Aim for one of the 3 rungs on the Ladder and see your points add up!



We have a **Wellness Session: Presentation from CNIB** on Tuesday, September 23rd at 1:30PM in the Activity Room. Join us to learn about the Canadian National Institute for the Blind programs and services for those who are blind, deafblind, or have low vision. Helpful tips and tools will be discussed that will offer assistance for those with sight loss.

Feel free to chat about any suggestions or constructive comments you may have about our dining services at the **Food Committee Meeting** on Tuesday, September 23rd at 11:30AM in the Private Dining Room.









Make sure you sign up for a seat on our **Bus Outing: Scenic Drive** on Wednesday, September 24th at 1:00PM. Please add your name on the sign-up sheet in the Activity Room.

Come and celebrate our residents whose birthday is in September at the **Birthday Party & Welcome Tea** on Thursday, September 25th at 2:00PM in the Dining Room. We will also be welcoming our new residents to Gilmore Gardens! You can enjoy refreshments with a slice of delicious birthday cake from Steveston Bakery!

We are celebrating Oktoberfest! Wear something plaid and come for a wonderful hour of music at **Oktoberfest Entertainment with The Suede Dogs** on Friday, September 26th at 2:00PM in the Fireside Lounge. Come and enjoy sausage and soft pretzels! Afterwards, enjoy a glass of complimentary fruit punch or purchase a glass of wine or beer at **Happy Hour** from 3:00PM-4:00PM in the Club Lounge where you can enjoy tasty appetizers from our Kitchen every Friday!

Weekly Calendar for September 20th – 26th, 2025

Saturday, September 20 th		Sunday, September 21 st		
8:30AM	Nails with Angie	10:00AM		
10:00AM	Armchair Exercise Video	10:30AM		
11:00AM	Tai Chi	11:00AM		
1:30PM	Jeopardy!	1:30PM		
2:30PM	Music with 'Chords of Care'	7:30PM		
6:00PM	Mah Jong			
7:00PM	Movie Night: The Time Traveler's Wife			
Monday September 22 nd	Tuesday September 23 rd	Wednesday September 24 th	Thursday September 25 th	Friday September 26 th
<i>First Day of Autumn</i>	10:00AM Armchair Video	10:00AM Armchair Exercise Video	<i>Hairdresser</i>	<i>Hairdresser</i>
9:00AM Foot Care with Pam	11:30AM Meditation	10:30AM Catholic Prayer & Communion	10:00AM Chair Fitness: Strength & Balance	<i>Wear your Plaid!</i>
10:00AM Chair Fitness	11:30AM Food Committee Meeting	11:00AM RMS Ukulele Lessons		10:00AM Osteofit with Robin Masters
11:00AM Go4Life Walking Club	1:30PM Wellness Session: Presentation from CNIB	1:00PM Bus Outing: Scenic Drive	11:00AM Go4Life Walking Club	11:00AM Advanced Armchair Video with Curtis
11:00AM Armchair Exercise Video		1:30PM Chair Yoga with Lauren Video	11:00AM Armchair Exercise Video	11:00 Play Reading with Stephen
11:30AM Bus Outing: Shopping at Lansdowne/T&T	2:45PM Fit Minds	1:30PM Billiards	2:00PM Birthday Party & Welcome Tea	2:00PM Oktoberfest Entertainment with The Suede Dogs
1:30PM Meet Me at The MoMA: El Anatsui	6:00PM Mah Jong	3:00PM Happy Hour		
	7:00PM Crib/Chess	7:00PM Rummikub	7:00PM Game of Hearts	3:00PM Happy Hour
2:30PM Ladder Ball				3:30PM Table Tennis
7:30PM Bingo				6:00PM Mah Jong

