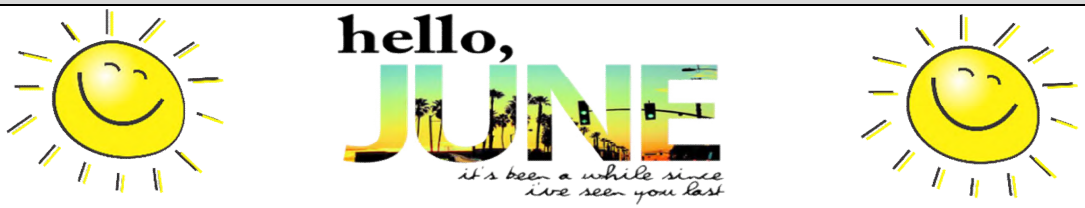
GILMORE GARDENS WEEKENDER HIGHLIGHTS



May 31st, 2024

IN HOUSE NEWS

The Country Kitchen is currently experiencing a shortage of dishes, mugs, and blue plastic juice cups. Residents who may have these items are kindly requested to return them to the designated Dirty Dishes Drawer in the Country Kitchen. Thank you!

The **Go4Life Walking Club** on Monday, June 3rd has been cancelled.

REMINDERS



Come for some healthy competition at **Bean Bag Toss** on Saturday, June 1st at 1:30PM in the Activity Room. Show us your throw and the person with the highest score walks away with a prize!

Are you in need of household essentials? We have a **Bus Outing: Shopping Trip to Walmart** on Monday, June 3rd at 1:00PM. Please sign up in the Activity room to reserve your seat on the bus.



Have you ever been curious about travelling to India? Come for **Armchair Travel to India with a Spicy Experience** on Monday June 3rd at 1:30PM in the Activity Room! One of the oldest civilisations in the world, India is a mosaic of multicultural experiences which you can experience from the comfort of your chair! Come and test your sense of smell and try to identify a few of the more popular spices of Indian cuisine!

Visit a **Wellness Session: Eye Health - Glaucoma and Macular Degeneration** on Tuesday, June 4th at 1:30PM in the Activity Room. You could learn a lot more about your eyes and its impact on your wellbeing. Glaucoma and macular degeneration are 2 prevalent eye conditions that can lead to severe visual impairment if not addressed promptly. Become informed about the differences between these 2 conditions and stay on top of your eye health.

In advance of Father's Day on June 15th, we have a special **Bus Outing: Men Only! Father's Day O'Hare's Pub Lunch** on Wednesday, June 5th at 11:30AM. Sign up early and enjoy some male camaraderie whilst enjoy a tasty pub lunch!



Join us for **Poker 5 card stud!** on Wednesday, June 5th at 1:30PM in the Activity Room. Come and try your luck in this fun game and you may go home with a prize or two!

We would like to introduce a new clothing store to Gillmore Gardens. On Thursday, June 6th, **Chic Casual Couture** will bring a new ladieswear shopping opportunity to our Fireside Lounge from 11:00AM – 3:00PM. Come and see some great spring and summer fashions from this new line of clothing!

We have a **Wellness Session: Graviti Homecare** on Thursday,June 6th at 2:30PM in the Activity Room. Come and learn more about Graviti Homecare which is a platform that connects you with professional homecare providers. Their platform is easy to use, allowing the user to filter for their unique needs and preferences, and offers easy communication to schedule appointments all from a personalized dashboard.

Come for an interesting talk on a subject that affects all of us. With Canada's changing climate, we are seeing higher temperatures, many more wildfires, shifting rainfall patterns, and rising sea levels that are affecting many aspects of our lives. To discuss this critical subject, we have a

Presentation on Climate Change with David Darling on Friday, June 7th at 11:00AM in the Activity Room. David studied Modern History at the University of Oxford where he earned a BA, and MA, as well as a Postgraduate Certificate in Education. He also holds an MA in Canadian History from Simon Fraser University. In his professional career, David has taught students of all ages from high school to university and beyond, including senior citizens.

Entertainment with Music Variations is on Friday, June 7th at 2:00PM in the Fireside Lounge. Enjoy their eclectic song selection and tap your feet or be on your feet for a dance or two! This will be followed by **Happy Hour** at 3:00PM in the Club Lounge.



Weekly Calendar for June 1st – June 7th, 2024

Saturday, June 1st		Sunday, June 2nd	
10:00AM	Armchair Exercise Video	10:30AM	GPUC Worship Service
11:00AM	Tai Chi		
1:30PM	**Bean Bag Toss**	**7:30PM**	**Sing Along with Roger**
7:00PM	**Movie Night: The Father**		

Monday June 3rd	Tuesday June 4th	Wednesday June 5th	Thursday June 6th	Friday June 7th
			Hairdresser	**Hairdresser**
				Living Loving Local Celebration Dinner: Featuring Strawberries
10:00AM Chair Fitness	10:00AM Armchair Exercise Video	10:00AM Chair Fitness	10:00AM Chair Fitness: Strength & Balance	***National Donut Day!***
11:00AM Armchair Exercise Video	**11:30AM Meditation**	**10:30AM Catholic Prayer & Communion**	11:00AM Armchair Exercise Video	**10:00AM Osteofit with Robin Masters**
1:00PM Bus Outing: Shopping Trip to Walmart	**1:30PM Wellness Session: Eye Health: Glaucoma and Macular Degeneration**	11:00AM Armchair Exercise Video	**11:00AM Go4Life Walking Club**	**11:00AM Presentation on Climate Change with David Darling**
1:30PM Armchair Travel to India with a Spicy Experience		**11:30AM Bus Outing: Men Only! Father's Day O'Hare's Pub Lunch**	**11:00AM Chic Casual Couture Fashions**	**12:00PM Bus Outing: Steveston Village**
3:00PM "Sit and Be Fit" Gentle Exercises for Arthritis Video	**2:45PM Fit Minds**	1:30PM Billiards	**1:30PM Java Music**	1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動
7:30PM Bingo	**7:00PM Crib/Chess**	**1:30PM Poker 5 Card Stud!**	**2:30PM Wellness Session: Gravitii Homecare**	**2:00PM Entertainment with Music Variations**
		**3:00PM Happy Hour**	**7:00PM Game of Hearts**	**3:00PM Happy Hour**
		7:00PM Rummikub		**3:30PM Table Tennis**
				6:45PM Mah Jong