GILMORE GARDENS WEEKENDER HIGHLIGHTS











Wishing a Happy Father's Day to all the wonderful men at Gilmore Gardens!

June 14th, 2024

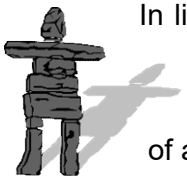
IN HOUSE NEWS

Father's Day is on Sunday June 16th, Chef Val & Dining Services Team is offering a Father's Day Featured Dinner from 4:45PM-6:00PM. Featured Entrées for the evening are: Roasted Rib Eye of Beef with Yorkshire Pudding & Gravy, Grilled Halibut Filet with Roasted Pepper & Dill Sauce OR Marinaded and Toasted Chicken Supreme with Gravy. *Make your reservations at Reception, Guests $30, Children 4-12 years $16.*

A friendly reminder to please arrive to all acitivities 5 min early to get seated and be ready to go when the class or activity starts. Latecomers can be quite disruptive to other residents by interrupting an activity or class that is already in session. We appreciate your cooperation! 😊

Canada Day is quickly approaching and we will be celebrating it in full! We will be participating in the **Steveston Salmon Festival Parade** on July 1st again this year and hope you will join us! If you would like to ride on the bus in the parade, please sign up in the Activity Room as soon as possible as there are only 8 seats for Gilmore Gardens and the other 8 will go to Courtyard Gardens. The bus will leave early at 8:15AM and return at approximately 12:00PM. There will be restrooms available at the site.

REMINDERS



In light of National Indigenous Peoples Day, we have a **Craft Session: Creating Inukshuk** on Saturday, June 15th at 1:30PM in the Activity Room. Inukshuk is a structure of rough stones stacked in the form of a human figure and used by Inuit people as a landmark or a commemorative sign throughout the Arctic. The term "inukshuk" means 'to act in the capacity of a human'.

It's Father's Day … why not celebrate at **Sing Along with Roger** on Sunday, June 16th at 7:30PM in the Fireside Lounge. Join in the singing as Roger plays your favourite tunes on his harmonica!

Are you in need of household essentials? We have a **Bus Outing: Shopping Trip to Ironwood** on Monday, June 17th at 1:00PM. Please sign up in the Activity room to reserve your seat on the bus.

Did you attend Ranu's painting workshop on June 10th? If so, come and finish your artwork at our **Painting Workshop with Ranu (Part 2)** on Monday, June 17th at 1:00PM in the Activity Room.



It's **Wear Blue Day** in support of Men's Health Month on Tuesday, June 18th. As stated by the Canadian Men's Health Foundation, "everyone should move more – it's about small, slow and continuous changes. Small changes become habits, and good habits convert to good health." Check out their website where they have quality advice, accessible tools, and motivational tips at **menshealthfoundation.ca**

Enjoy the challenge of the cognitive activities at **Fit Minds** on Tuesday, June 18th at 2:00PM in the Club Lounge. Test your skills with programmes based on language, visual and special orientation, memory, critical thinking and computation skills. It's a good session with much laughter, fun and camaraderie with fellow residents!

That time of the year is here at last; warmer, sunnier weather that is perfect for picnics! Sign up in the Activity Room for a **Bus Outing: Picnic at Deas Island Park** on Wednesday, June 19th at 11:30PM. When you sign up, please choose and pay ($10) for the sandwich you prefer. If you are on the Lunch Program, there is no charge. You can also bring your own lunch! 😉



Enjoy watching the young children as they entertain you at **Songs with Spul 'u' Kwuks Elementary Students** on Thursday, June 20th at 1:00PM in the Fireside Lounge.

For *National Indigenous Peoples Day*, we are excited to have **Entertainment with First Nations Dancers** on Friday, June 21st at 2:00PM in the Fireside Lounge. Carly and 2 additional dancers will be here in their traditional costumes to perform cultural dances. This will be followed by **Happy Hour** at 3:00PM in the Club Lounge. We offer delicious appetizers from our Kitchen on Fridays so make sure you join us for this sociable hour!



Weekly Calendar for June 15th – June 21st, 2024

Saturday, June 15th		Sunday, June 16th	
10:00AM	Armchair Exercise Video		***Happy Father's Day***
11:00AM	Tai Chi	**10:00AM**	**Beginner American Mah Jong**
1:30PM	**Craft Session: Creating Inukshuks**	**10:00AM**	**Armchair Exercise Video**
		10:30AM	**GPUC Worship Service**
7:00PM	**Movie Night: Dad**	**11:00AM**	**Gentle Fit with Winnie**
		1:00PM	**Table Tennis with Sally**
		2:30PM	**Beginner Rummikub with Sally**
		7:30PM	**Sing Along with Roger**



Monday June 17th	Tuesday June 18th	Wednesday June 19th	Thursday June 20th	Friday June 21st
10:00AM Chair Fitness	***Wear Blue Day! (Men's Health)***		***Hairdresser***	***Hairdresser***
11:00AM Armchair Exercise Video	10:00AM Armchair Exercise Video	10:00AM Chair Fitness	10:00AM Chair Fitness: Strength & Balance	***National Indigenous Peoples Day***
11:00AM Go4Life Walking Club	**11:30AM Meditation**	**10:30AM Catholic Mass**	11:00AM Armchair Exercise Video	**10:00AM Osteofit with Robin Masters**
1:00PM Bus Outing: Shopping Trip to Ironwood	**11:30AM Food Committee Meeting**	11:00AM Armchair Exercise Video	**11:00AM Go4Life Walking Club**	**11:00AM Mindful Movements Exercise**
1:00PM Painting Workshop with Ranu (Part 2)	**1:00PM Recreation Committee Meeting**	**11:30AM Bus Outing: Picnic at Deas Island**	**1:00PM Songs with Spul 'u' Kwuks Elementary Students**	**12:00PM Bus Outing: Steveston Village**
3:00PM "Sit and Be Fit" Gentle Exercises for Arthritis Video	**1:30PM DrumFIT**	1:30PM Billiards	**1:30PM Scrabble with Pat**	1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動
7:30PM Bingo	**2:00PM Fit Minds**	**1:30PM Meet Me at the MoMA: Sofonisba Anguissola, Italian Renaissance Painter**	**3:00PM Resident Council**	**2:00PM Entertainment with First Nations Dancers**
	7:00PM Crib/Chess	**3:00PM Happy Hour**	**7:00PM Game of Hearts**	**3:00PM Happy Hour**
		7:00PM Rummikub		**3:30PM Table Tennis**
				6:45PM Mah Jong