+GILMORE GARDENS WEEKENDER HIGHLIGHTS

June 21st , 2024

IN HOUSE NEWS

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. We will all enjoy muffins and coffee to get us going! The bus will leave early at 8:15AM and return at approximately 12:00PM. There will be restrooms available at the site.

Please note the following changes to the calendar:

- **Tech Time with Radha** on Sunday, June 23rd at 3:00PM in the Club Lounge is cancelled.
- **Sing Along with Errol** on Sunday, June 23rd at 7:30PM in the Fireside Lounge is cancelled.
- A continuation of the **Art Workshop with Ranu** will be on Monday, June 24th at 1:00PM in the Activity Room for those who have participated in the first 2 workkshops.
- **Giant Crosswords** will be moved **from** Tuesday June 25th **to** Monday June 24th at 2:30PM in the Club Lounge
- **Meet Me at the MoMA: Cuno Amiet, Giovanni Giacometti, and Augusto Giamometti** (famous artists of Switzterland) will be moved **from** Monday, June 24th **to** Tuesday, June 25th at 2:45 in the Activity Room.

REMINDERS

Ready, aim and throw at **Dart Challenge** on Saturday, June 22nd at 1:30PM in the Activity Room. No special skills required, only fun and prizes are involved!



On Sunday, June 23rd, join us at 2:30PM in the Fireside Lounge and listen to the **Youth Music Association** showcasing young musicians. Your presence gives them the confidence to perform for an audience.

Sign up for our **Bus Outing: Shopping Trip to Superstore** on Monday, June 24th at 1:00PM. You would probably find everything you need under one roof. Don't forget to bring your reusable bags!

Summer is a beautiful time to enjoy the warmth and beauty of the season. Join us on **a Bus Outing: Scenic Drive** on Wednesday, June 26th at 1:00PM for 45min to 1hour and take in the sights of the city. Sign up early and guarantee your spot on the bus.

Test your knowledge and your memory at a **Trivia Game: 'I Should Have Known That'** on Wednesday, June 26th at 1:30PM in the Activity Room. We will play in teams and prizes will be awarded! Come for some fun and laughs while collaborating with your fellow residents!





On Thursday, June 27th at 2:00PM in the Dining Room we will acknowledge all of our June born residents and welcome our new residents at the **Birthday Party and Welcome Tea.** Everyone is welcome to come and enjoy a piece of cake, with cup of coffee or tea, and celebrate with us!



It's **Hat Day** so put your favourite hat on and join us for our annual **Strawberry Social with John Parsons** on Friday June 28th at 2:00PM on the Country Kitchen Patio. Enjoy a special treat with our local strawberries, fresh whipped cream, and home-made sponge cake straight from the kitchen! This delicious strawberry shortcake is not to be missed along with an hour of fantastic entertainment!

Weekly Calendar for June 22nd – June 28th 2024

Saturday, June 22nd		Sunday, June 23rd	
10:00AM	Armchair Exercise Video	10:00AM	Armchair Exercise Video
11:00AM	Tai Chi	10:30AM	GPUC Worship Service
1:30PM	**Dart Challenge**	**11:00AM**	**Gentle Fit with Winnie**
3:00PM	**Artful Aging: Painting with Elizabeth and Friends**	**2:30PM**	**Youth Music Association**

Monday June 24th	Tuesday June 25th	Wednesday June 26th	Thursday June 27th	Friday June 28th
Richmond Public Library Book Due	10:00AM Armchair Exercise Video	***Richmond Public Library Books Arrive***	***Hairdresser***	***Hairdresser***
10:00AM Chair Fitness	**11:30AM Meditation**	10:00AM Chair Fitness	10:00AM Chair Fitness: Strength and Balance	***Hat Day*** 
11:00AM Go4Life Walking Club	**1:30PM Wellness Session: Chair Yoga with Lynn Walters**	**10:30AM Catholic Prayer & Communion**	11:00 Armchair Exercise Video	**10:00AM Osteofit with Robin Masters**
11:00AM Armchair Exercise Video		**11:00AM Armchair Exercise Video**	**11:00AM Go4Life Walking Club**	11:00AM Play Reading with Stephen
1:00PM Bus Outing: Shopping Trip to Superstore	**2:45PM Meet Me at the MoMA: Cuno Amiet. Giovanni & Augusto Giacometti**	**1:00PM Bus Outing: Scenic Drive**	**2:00PM Birthday Party and Welcome Tea**	1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動
1:00PM Art Workshop with Ranu	**7:00PM Crib/Chess**	1:30PM Billiards		**2:00PM Strawberry Social with John Parsons** 
2:30PM Giant Crosswords		**1:30PM Trivia Game: "I Should have Known That"**	**7:00PM Game of Hearts**	**3:00PM Happy Hour**
3:00PM "Sit and Be Fit" Gentle Arthritis Exercise Video		**3:00PM Happy Hour**		**3:30PM Table Tennis**
7:30PM Bingo		7:00PM Rummikub		**6:45PM Mah Jong**