GILMORE GARDENS WEEKENDER HIGHLIGHTS








Happy Canada Day

June 28, 2024

IN HOUSE NEWS

This is a friendly reminder for all **Bus Outings** to please wait in the Fireside Lounge or in the Reception area **5 to 10 minutes prior to bus departure time**. In respect of all residents on the bus waiting to depart, we would like to leave on time. Thank you, and your cooperation is appreciated. 😊

We have an new **Tech Time** volunteer, Erin Cupit, who will be available to assist you with your techy needs starting this Sunday, June 30th at 3:00PM in the Club Lounge. If you have any questions or need any information about your iPhone or tablet, she will be most happy to help!

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 be part of this festive event sign up early as there are only 8 spots available for Gilmore Gardens. The bus will leave early at 8:15AM and return at approximately 12:00PM. There will be restrooms available at the site.

Happy Canada Day! Join us for our Canada Day Featured Dinner on Monday July 1st. Seatings from 4:45PM to 6:00PM. Our Menu offering for the evening French Canadian Split Pea Soup and/OR Fresh Strawberries on Iceberg Lettuce Salad, Entrees: Roasted Rack of Lamb with Mint Jelly & Gravy OR Chicken & Vegetables Stir Fry Noodle OR Pan Fried Sockey Filet with Garlic Lemon Butter Sauce OR Omelet of the Week – Smoked Salmon and Dill. Guest $30.00 per person and Children 4-12years old $16.00

Our big **25th Anniversary Gala** on Saturday, July 13th will be upon us before we know it! We would love for all residents to attend and remind you to **please RSVP by June 30th**. This will greatly assist our Chef with his food preparations for such a big celebration event. Thank you!

REMINDERS

Do you want to have some fun and a few laughs? Join us for **Pictionary with Angela** on Saturday, June 29th at 1:00PM in the Activity Room. Guess your way through creative thinking and drawing and score.

Melissa Huen Music School will be here on Saturday, June 29th at 2:30PM in the Fireside Lounge. Join us for some lovely music by some budding young musicians.

Let's celebrate together at the **Canada Day Entertainment with Mike Kinal** on Monday, July 1st at 2:00PM on the Country Kitchen Patio. Wear your favourite red and white, be a part of the festivities and enjoy a delicious ice cream bar with your fellow residents!



Enjoy the challenge of cognitive activities at **Fit Minds** on Tuesday, July 2nd at 2:00PM in the Club Lounge. It's a good session with much laughter, fun and camaraderie with fellow residents!

There is a **Bus Outing: Shopping Trip to Freshco**, on Wednesday, July 3rd at 1:00PM. Do remember to bring your reusable bags with you.

Do you enjoy a little debate/discussion on various topics? Maggie our volunteer hosts the **Java Music Club** on Thursday, July 4th at 1:30PM in the Club Lounge.

Is your walker giving you trouble? He has many new models if you're in need, or simply a brake check is available as well. Why not come down for our **Wellness Session: BC Medequip Walker Checkup with Bill** is on July 4th at 2:30PM in the Activity Room.

Do you know you can explore Steveston on your own? Just sign up for **Bus Outing: Steveston Village** on Friday July 5th at 11:30AM. It's a perfect opportunity to enjoy this beautiful weather closer to the water. Also, if you like to shop at Save on Foods, this store is located close to the drop off area.

The Vancouver College of Dental Hygiene has a presentation on Friday, July 5th at 2:00PM in the Activity Room. Everyone could benefit from this informative session.

Weekly Calendar for June 29th – July 5th, 2024

Saturday, June 29th		Sunday, June 30th	
9:00AM	Foot Care with Nerissa		
10:00AM	Armchair Exercise Video	**10:00AM**	**Armchair Exercise Video**
11:00AM	Tai Chi	**10:30AM**	**GPUC Worship Service**
1:00PM	**Pictionary with Angela**	**11:00AM**	**Gentle Fit with Winnie**
2:30PM	**Melissa Huen Music School**	**3:00PM**	**Tech Time with Erin**
7:00PM	**Movie Night: Field of Dreams**	**7:30PM**	**Sing Along with Roger**

Monday July 1st	Tuesday July 2nd	Wednesday July 3rd	Thursday July 4th	Friday July 5th
Happy Canada Day **10:00AM Advanced Armchair Video with Curtis** 11:00AM Armchair Exercise Video **2:00PM Canada Day Entertainment with Mike Kinal**  3:00PM "Sit and Be Fit" Gentle Exercises for Arthritis Video **7:30PM Bingo**	10:00AM Armchair Exercise Video **11:30AM Meditation** **1:30PM DrumFIT** **2:00PM Fit Minds** **7:00PM Crib/Chess**	**10:00AM Armchair Video with Curtis** **10:30AM Catholic Prayer and Communion** 11:00AM Armchair Video **1:00PM Bus Outing: Shopping Trip to Freshco** 1:30PM Billiards **3:00PM Happy Hour** 7:00PM Rummikub	10:00AM Chair Fitness: Strength & Balance 11:00AM Armchair Exercise Video **11:00AM Go4Life Walking Club** **1:30PM Java Music Club** **2:30 Wellness Session: BC Medequip Walker Checkup with Bill** **7:00PM Game of Hearts**	***Living Loving Local Celebration Featuring: Raspberries***  **10:00AM Osteofit with Robin Masters** **11:00AM Advanced Armchair Video with Curtis** **11:00AM Play Reading with Stephen** **11:30AM Bus Outing: Steveston Village** 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 **2:00PM Vancouver College of Dental Hygiene Presentation** **3:00PM Happy Hour** **3:30PM Table Tennis** **6:45PM Mah Jong**