GILMORE GARDENS WEEKENDER HIGHLIGHTS



July 12th, 2024

IN HOUSE NEWS

We have a **Big Brothers Clothing Donation Pick-Up** on Tuesday, July 16th. If you have donations, please put your clothing items in garbage bags, and any household items must be put in a box. Please take your items, clearly marked with "BB", directly to the secured area in the underground parking (as you come off the elevator, go to the right) where you will see a large sign that reads, **"Big Brothers Drop Off".** *Please note: Deadline to drop off items is on Monday, July 15th at 3:00PM.*

Please be advised: There will be **road paving on No.1 Road** between Francis and Blundell **July 15 - July 19**. It will be necessary to use the Blundell entrance to access the underground parking area.

When calling for the **elevator** please only press where you want to go. If you want to go up, press the up button and if you want to go down, press the down button. ***Please do not push both buttons as the elevator will not come any faster.***

REMINDERS



Let's celebrate together at our **25th Anniversary Gala and Entertainment with Jennifer Lauren** on Saturday, July 13th from 7:00PM-9:00PM! Come and mingle with fellow residents, Board members and staff whilst enjoying a beverage and listening to the dulcet sounds of Jennifer playing and singing your favourite songs on the piano!

Join **Sing Along with Errol** on Sunday, July 14th at 7:30PM in the Fireside Lounge and end your weekend with smiles and laughter as Errol entertains with his guitar!

If you need any shopping, please sign up for our **Bus Outing: Shopping Trip to Ironwood** on Monday, July 15th at 1:00PM and remember to bring your reusable bags with you.

If you are in the mood for some creativity, join our **Craft Session: Painting Garden Rocks** on Monday, July 15th at 1:00PM in the Activity Room. We supply the rocks and paint – even offering a design which you can paint on a rock! 😊



We have a special **Entertainment with Brock House Handbell Ringers** on Monday, July 15th at 2:45PM in the Fireside Lounge. Did you know handbells first appeared in the 7th century when monks crafted them to signal the passing of time and call worshippers to prayer. The art of handbell ringing refined over time, transitioning from a religious signal to a form of musical expression. Come and enjoy the distinctly clear tones of the handbells as the ringers perform their musical works!

It's that time of year for a picnic! Come for our **Bus Outing: Picnic at Garry Point with Kentucky Fried Chicken** on Wednesday, July 17th at 11:30AM. Please indicate what you would like to order and pay when signing up. You can also pack your own lunch to bring if you'd prefer. Thank you!

3 lunch choices:

1. 2 pieces of chicken, fries, drink $12.00
2. 2 pieces of chicken, fries, drink, gravy $13.00
3. 2 pieces of chicken, fries, drink, gravy, coleslaw $15.00
4. Bring own lunch

Choice of drink: (a) pepsi, (b) diet pepsi, (c) 7Up, (d) iced tea,(e) bubly

We have a **Meet Me at The MoMA: Brian Donnelly (1974)** on Thursday, July 18th at 1:30PM in the Fireside Lounge. He is also known professionally as KAWS and is an American artist and designer.
Come and learn more about the well-known works of this renowned artist.



Put on your pretty 'tea' dresses for our **Summer Garden Party on the Patio with Entertainment by Hand over Heart** on Friday, July 19th at 2:00PM. Enjoy a sweet treat with a refreshing beverage as you listen to the fantastic songs from our performers!

Why not take a walk and explore the quaint village of Steveston? Every other Friday we have a **Bus Outing: Steveston Village** at 11:30AM. You can walk by the waterfront or, if you like to shop at Save on Foods, this store is located close to the drop off area. Sign up for Friday, July 19th at 11:30AM!

Weekly Calendar for July 12th – July 19th, 2024

Saturday, July 13th		Sunday, July 14th	
10:00AM	Armchair Exercise Video	**10:00AM**	**Armchair Exercise Video**
11:00AM	Tai Chi	**10:30AM**	**GPUC Worship Service**
7:00PM	**25th Anniversary Gala and Entertainment with Jennifer Lauren**	**11:00AM**	**Gentle Fit with Winnie**
		3:00PM	**Tech Time with Erin**
		7:30PM	**Sing Along with Errol**

Monday July 15th	Tuesday July 16th	Wednesday July 17th	Thursday July 18th	Friday July 19th
Big Brothers Donation Drop-Off Deadline	***Big Brothers Donation Pick-Up***	**10:00AM Chair Fitness**	***Hairdresser***	***Hairdresser***
10:00AM Chair Fitness	10:00AM Armchair Exercise Video	**10:30AM Catholic Prayer Mass**	10:00AM Chair Fitness: Strength & Balance	**10:00AM Osteofit with Robin Masters**
11:00AM Armchair Exercise Video	**11:30AM Food Committee Meeting**	11:00AM Armchair Video	11:00AM Armchair Exercise Video	**11:00AM Advanced Armchair Video with Curtis**
11:00AM Go4Life Walking Club	**11:30AM Meditation**	**11:30AM Bus Outing: Picnic at Garry Point with Kentucky Fried Chicken**	**11:00AM Go4Life Walking Club**	**11:00AM Play Reading with Stephen**
1:00PM Bus Outing: Shopping Trip to Ironwood	**1:00PM Recreation Committee Meeting**			**11:30AM Bus Outing: Steveston Village**
1:00PM Craft Session: Painting Garden Rocks	**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
2:45PM Entertainment with Handbell Ringers	**2:00PM Fit Minds**	**3:00PM Happy Hour**	**1:30PM Meet Me at The MoMA: Brian Donnelly (1974)**	**2:00PM Summer Garden Party with Hand Over Heart**
3:00PM "Sit and Be Fit" Gentle Exercises for Arthritis Video	**7:00PM Crib/Chess**	7:00PM Rummikub	**7:00PM Game of Hearts**	**3:00PM Happy Hour**
7:30PM Bingo				**3:30PM Table Tennis**
				6:45PM Mah Jong