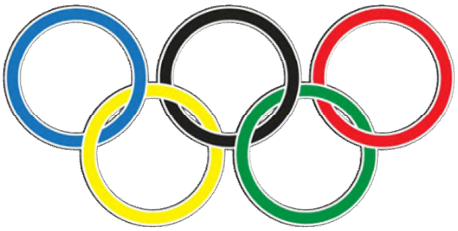
GILMORE GARDENS WEEKENDER HIGHLIGHTS


July 19th, 2024

IN HOUSE NEWS

Please note there will be a **Resident Meeting** on Wednesday, July 24th at 2:30PM in the Activity Room. Your attendence is highly encouraged and there will be an opportunity for you to ask questions or discuss any concerns.

Please be mindful of sharing the newspaper in the Country Kitchen. We would like all residents to be able to enjoy the newspaper, so we kindly ask that you please leave it for others to read when you are finished. Thank you for your cooperation.

REMINDERS

Test your aim with throwing the balls at **Ladder Ball** on Saturday, July 20th at 2:00PM in the Activity Room. Our Saturday afternoon games always draw a great crowd, so come and join the fun! 😉

Tech Time with Erin is on Sunday, July 21st at 3:00PM in the Club Lounge. If you have issues with any of your devices, Erin is the person to ask!



Sign up for our **Bus Outing: Shopping Trip to T&T/Lansdowne Mall** on Monday, July 22nd at 1:00PM. T&T is a large Asian supermarket that has many different, tasty foods for sale.

Give your memory a workout for finding that 'right' word in answer to the clues at **Giant Crosswords** on Tuesday, July 23rd at 2:45PM in the Club Lounge. And if you're not into words, just come for the treats and fun! 😉

Ears to You Hearing Clinic will be here on Wednesday, July 24th at 9:30AM in the Beauty Salon. If you would like to have your hearing aid cleaned and checked, please sign up for an appointment in the Activity Room.

We need some helping hands at **Decorate for Senior Olympics** on Wednesday, July 24th at 11:00AM in the Fireside Lounge. Let's get prepared for our very own Gilmore Gardens Olympics Opening Ceremony on Friday, July 26th!



We have our popular **Bus Outing: River Rock Casino** on Wednesday, July 24th at 11:30AM. Are you feeling lucky? Come and see if you're a winner today!!

Enjoy a piece of cake and refreshments at our monthly **Birthday Party & Welcome Tea** on Thursday, July 25th at 2:00PM in the Dining Room and give your best wishes to our birthday residents and newcomers!



Come and learn more about the importance of healthy living at a **Wellness Session: Proof of Care Presents, 'Heart Health'** on Friday, July 26th at 11:00AM in the Activity Room.



It's our very own **Senior Olympics Opening Ceremony** on Friday, July 26th at 1:30PM! We are looking for Torchbearers to help us carry the torch from the top of the driveway around the east side of the building to the Country Kitchen Patio for the Opening

Ceremony. If you would like to volunteer, please speak to Valerie or Jill. Come and join us as we cheer on our residents in the **'Pass the Torch Relay'**.
At 2:00PM following this fun pre-amble to the opening of our Senior Olympics, keep your seat and enjoy some **Patio Entertainment with Roberto Risman.**

Weekly Calendar for July 19th – July 26th

Saturday, July 20th		Sunday, July 21st	
10:00AM	Armchair Exercise Video	10:00AM	Armchair Exercise Video
11:00AM	Tai Chi	10:30AM	GPUC Worship Service
2:00PM	**Ladder Ball**	**11:00AM**	**Gentle Fit with Winnie**
3:00PM	Artful Aging: Painting with Elizabeth and Friends	3:00PM	Tech Time with Erin
7:00PM	**Movie Night: 20,000 Leagues Under the Sea**		

Monday July 22nd	Tuesday July 23rd	Wednesday July 24th	Thursday July 25th	Friday July 26th
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video **1:00PM Bus Outing: Shopping Trip to T&T, Lansdowne Mall**  3:00PM "Sit and Be Fit" Gentle Arthritis Exercise Video **7:30PM Bingo**	10:00AM Armchair Exercise Video **11:30AM Meditation** **1:30PM Wellness Session: Chair Yoga with Lynn Walters** **2:45PM Giant Crosswords**  **7:00PM Crib/Chess**	**9:30AM Ears to You Hearing Clinic** 10:00AM Chair Fitness **10:30AM Catholic Prayer & Communion** **11:00AM Armchair Exercise Video** **11:00AM Decorate for Senior Olympics!** **11:30AM Bus Outing: River Rock Casino** 1:30PM Billiards **2:30PM Resident Meeting** **3:00PM Happy Hour** 7:00PM Rummikub	*Hairdresser* 10:00AM Chair Fitness: Strength and Balance 11:00 Armchair Exercise Video 11:00AM Go4Life Walking Club **2:00PM Birthday Party & Welcome Tea**  7:00PM Game of Hearts	***Senior Olympics Opening Day!*** **10:00AM Osteofit with Robin Masters** 11:00AM Play Reading with Stephen **11:00AM Wellness Session: Proof of Care Presents, 'Heart Health'** 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 **1:30PM Senior Olympics Opening Ceremony: Pass the Torch Relay!** **2:00PM Entertainment with Roberto Risman** **3:00PM Happy Hour** **3:30PM Table Tennis** **6:45PM Mah Jong**