GILMORE GARDENS WEEKENDER HIGHLIGHTS



Summer



July 26th, 2024

IN HOUSE NEWS

For residents who are having guests for lunch or dinner, would you please inform Reception ahead of time as we occasionally have several guests on the same day and are unable to accommodate everyone. If you can let Reception know, they will inform you if there is room for additional guests in the Dining Room. Thank you for your understanding and cooperation!

This is a friendly reminder that if your emergency contacts are going to be away and are not reachable by phone, please let Reception know the dates they will be away, and the name of their alternate emergency contact. Thank you.

A gentle reminder to all Fitness Class participants: please wear appropriate footwear for exercise classes; sandals are not suitable and are unsafe. Thank you!



REMINDERS

If you made an appointment for **Foot Care with Nerissa** on Saturday, July 27th, please wait outside the Beauty Salon at your appointment time until Nerissa calls you in. Thank you!



Join us for **Olympic Jeopardy!** on Saturday, July 27th at 1:30PM in the Activity Room. Make sure you do your homework and research all the different categories that are related to the Olympics! 😉

If you like listening to music in the afternoon, take a seat and enjoy the sounds of the **Youth Musician Association** on Sunday, July 28th at 2:30PM in the Fireside Lounge. The students are excited to come and play for our residents!

Sign up in the Activity Room for our **Bus Outing: Shopping Trip to Walmart** on Monday, July 29th at 1:00PM. Please wait in the Fireside Lounge for the bus to depart.

Join us for **Olympic Trivia** on Monday, July 29th at 2:30PM in the Activity Room. Guess the right answer in a 'yes' or 'no' reply and you could be an Olympic winner! Medals will be awarded.



We have an **Olympic Darts** game on Tuesday, July 30th at 1:00PM in the Activity Room. Come and see how close you can throw the dart to the bullseye! Medals will be awarded.

Join us on a **Bus Outing: Lunch and Shopping at Richmond Centre** on Wednesday, July 31st at 11:30AM. There are many different stores at the Centre and a large Food Court where you can enjoy a coffee or lunch.



Do you have a good aim? Test your throw at our **Olympic Bean Bag Toss** on Wednesday, July 31st at 2:00PM on the Country Kitchen Patio. See if you can add some points to your Olympic card! Medals will be awarded.

Are you feeling lucky with cards? Try your luck at our **Olympic 5 Card Stud** on Thursday, August 1st 2:00PM in the Activity Room. Medals will be awarded.

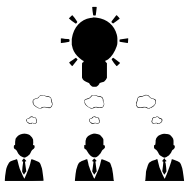
Why not add your name to the sign-up sheet for the **Bus Outing to Steveston Village** on Friday, August 2nd at 11:30AM and explore the quaint village or enjoy a walk by the water.

Your favourite game is back! Make sure you add the date to your calendar for **The Price is Right!** on Friday, August 2nd at 1:30PM in the Activity Room. There will be great prizes to be won if you guess close enough to the correct price for them!

Come and say "hi" to a group of volunteer High School students who are excited to spend time with you at **Hope4Hearts: Storytelling, Manicures and Karaoke Fun** on Friday, August 2nd at 6:30PM. Please meet these friendly students in the Fireside Lounge. They will offer to give you a manicure in the Beauty Salon, as well as have fun singing and storytelling!

Weekly Calendar for July 27th – August 2nd, 2024

Saturday, July 27th		Sunday, July 28th	
9:00AM	**Foot Care with Nerissa**	10:00AM	Armchair Exercise Video
10:00AM	Armchair Exercise Video	10:30AM	GPUC Worship Service
11:00AM	Tai Chi	**11:00AM**	**Gentle Fit with Winnie**
1:30PM	**Olympic Jeopardy!**	**2:00PM**	**Youth Musician Association**
7:00PM	**Movie Night: Without Limits**	**3:00PM**	**Tech Time with Erin**

Monday July 29th	Tuesday July 30th	Wednesday July 31st	Thursday August 1st	Friday August 2nd
10:00AM Chair Fitness 11:00AM Armchair Exercise Video 11:00AM Go4Life Walking Club **1:00PM Bus Outing: Shopping Trip to Walmart** **2:30PM Olympic Trivia**  7:30PM Bingo	10:00AM Armchair Exercise Video 11:30AM Meditation **1:00PM Olympic Darts** **2:30PM FIT Minds**  7:00PM Crib/Chess	10:00AM Chair Fitness **10:30AM Catholic Prayer and Communion** 11:00AM Armchair Exercise Video **11:30AM Bus Outing: Lunch and Shopping at Richmond Centre Mall** 1:30PM Billiards **2:00PM Olympic Bean Bag Toss** 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** **2:30PM Olympic 5 Card Stud**  7:00PM Game of Hearts	***Living Loving Local Dinner: Featuring Blueberries***  10:00AM Osteofit with Robin Masters 11:00AM Advanced Armchair Video with Curtis **11:30AM Bus Outing: Steveston Village** 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 **1:30PM The Price is Right!** 3:00PM Happy Hour 3:30PM Table Tennis **6:30PM Hope4Hearts: Storytelling, Manicures and Karaoke Fun!** 6:45PM Mah Jong