+GILMORE GARDENS WEEKENDER HIGHLIGHTS

July 5th, 2024

IN HOUSE NEWS

Do you have any unwanted clothing and household items to donate? **Big Brothers** will pick up items at Gilmore Gardens on **Tuesday, July 16th**. Please bag your clothing in garbage bags and any household items in a box. No loose items, furniture, or electronics will be accepted. Please take your items, clearly marked with "BB", directly to the **secured** area in the underground parking (as you come off elevator go to the right) where there will be a large sign that reads, **"Big Brothers Drop Off". Deadline to drop off items is on Monday, July 15th at 3:00PM.**

As one of the sponsors for the **Forever Young 8K Run/Walk**, Gilmore Gardens has participated in this event that promotes active senior living for the 55+ young at heart! This annual event is at The Richmond Oval on Sunday, September 8th with a start time of 9:00AM. The full course is 8K which you can walk or if you choose to walk a shorter route that is ok too. Receive a free T-shirt in your race package along with other goodies. There are lots of door prizes at the event and sponsoring booths you can visit, so come out and participate with your fellow residents!. If you would like to register for this fun event, free of charge, there will be sign-up sheet in the Activity Room.

REMINDERS



For all the art lovers in the building, join us for **Artful Aging: Painting with Elizabeth and Friends** on Saturday, July 6th at 3:00PM in the Activity Room. Whatever your skill level is, you are all welcome to come explore your creativity.

Are you feeling lucky? Come down and try your luck at **Lotto 649** on Saturday, July 6th at 1:30PM in the Activity Room. Do remember to bring your quarters with you.

Do you enjoy a good game of Rummikub and have nobody to play with? Why not come down for **Advanced Rummikub with Sally** on Sunday, July 7th at 10:00AM in the Club Lounge. Sally will also be attending the **Table Tennis** at 1:00PM in the Activity Room and **Beginner Rummikub** at 2:30PM in the Club Lounge. Come and enjoy some fun with your fellow residents playing games!

Sign up for our **Bus Outing: Shopping Trip to Seafair** on Monday, July 8th at 1:00PM. Don't forget to bring your reusable bags!

Join us for **Meet Me at the MoMA: Robert Bateman** on Monday, July 8th at 1:30PM in the Activity Room. We will rediscover the works of Robert Bateman, a Canadian naturalist and painter, born in Toronto, Ontario.

Giant Crosswords is on Tuesday, July 9th at 2:45PM in the Club Lounge. For all of you who enjoy a word challenge join the group and try to jog your memory. There are a lot of laughs and fun to be had at this game of words!



Join us for a **Bus Outing: Visit to OWL Rehabilitation Society in Ladner** on Wednesday, July 10th at 12:30PM. The pathways for the tour are paved and there's resting spots along the way. OWL (Orphaned Wildlife) Rehabilitation Society is a registered non-profit organization whose staff and volunteers are dedicated to the rescue rehabilitation and release of injured and orphaned raptors and to educating the public on the conservation and importance of them.

Join us on Thursday, July 11th at 1:30PM for a **Wellness Session: Easybite Mobile Denture Services** in the Activity Room. If you have any questions, they would be happy to assist you!



Its French Day on Friday July 12th, join us for **French Day Entertainment with the Suede Dogs** at 2:00PM in the Fireside Lounge. Malcolm and Linda have a special show lined up which promises a lot of fun and interaction with the audience. Mark your calendar for this special featured event!

Join us for **French Featured Dinner** from 4:45PM – 6:00PM. Menu: Start your meal with French Onion Soup OR Fresh Avocado & Smoked Salmon Salad on Iceberg Lettuce, Entrees: Chicken Coq au Vin OR Stuffed Veal Champignon with Gravy OR Baked Almond-Crusted Sole Filet with Tartar Sauce OR Omelet of the Week – Greek Style (Tomatoes, Onions, Feta Cheese) and end the dinner with a Chocolate Éclair! Make your guest reservations at Reception. Guests $30 per person and Children 4-12 Years Old $16.

Weekly Calendar for July 6th – July 12th

Saturday, July 6th		Sunday, July 7th	
10:00AM	Armchair Exercise Video	10:00AM	Armchair Exercise Video
11:00AM	Tai Chi	10:00AM	Advanced Rummikub with Sally
1:30PM	**Lotto 649**	10:30AM	GPUC Worship Service
3:00PM	**Artful Aging: Painting with Elizabeth and Friends**	**11:00AM**	**Gentle Fit with Winnie**
		1:00PM	**Table Tennis with Sally**
		2:30PM	**Beginner Rummikub with Sally**
		3:00PM	**Tech Time with Erin**

Monday July 8th	Tuesday July 9th	Wednesday July 10th	Thursday July 11th	Friday July 12th
				French Day
10:00AM Chair Fitness	10:00AM Armchair Exercise Video	10:00AM Chair Fitness	10:00AM Chair Fitness: Strength and Balance	**10:00AM Osteofit with Robin Masters**
11:00AM Go4Life Walking Club	**11:30AM Meditation**	**10:30AM Catholic Prayer & Communion**	11:00 Armchair Exercise Video	11:00AM Play Reading with Stephen
11:00AM Armchair Exercise Video	**1:30PM Wellness Session: Chair Yoga with Lynn Walters**	**11:00AM Armchair Exercise Video**	**11:00AM Go4Life Walking Club**	11:00AM Mindful Movements Exercise Class
1:00PM Bus Outing: Shopping Trip to Seafair	**2:45PM Giant Crosswords**	**12:30PM Bus Outing: Visit to OWL Rehabilitation Society Ladner**	**1:00PM Decorate for French Day**	1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動
1:30PM Meet Me at the MoMA: Robert Bateman		1:30PM Billiards	**1:30PM Wellness Session: Easy Bite Mobile Denture Services**	**2:00PM Entertainment with Suede Dogs**
3:00PM "Sit and Be Fit" Gentle Arthritis Exercise Video		**3:00PM Happy Hour**		
7:30PM Bingo	**7:00PM Crib/Chess**		7:00PM Game of Hearts	**3:00PM Happy Hour**
		7:00PM Rummikub		**3:30PM Table Tennis**
				6:45PM Mah Jong