GILMORE GARDENS WEEKENDER HIGHLIGHTS





August 23rd, 2024

IN HOUSE NEWS

Please note the following changes to the calendar;
Youth Musician Association on Sunday, August 25th at 2:30PM is cancelled.
DrumFIT on Tuesday, August 27th at 1:30PM is cancelled.
Fit Minds on Tuesday, August 27th in the Club Lounge is now at **1:00PM**.

We are pleased to announce our prize winners for the random draw of completed resident surveys: First Prize: Chwee Tan; Second Prize: Virginia Russell; Third Prize: Gina Cannata. Thank you to everyone who completed and submitted a Resident Survey.

The new library books are now available from **The Richmond Public Library** for anyone to borrow in the **Club Lounge**. They are positioned to the right of the TV. Please remember to sign out any book you borrow and sign off when you return it. Thank you, and happy reading!

REMINDERS



We are excited to introduce our **Esthetician,** Angie who will focus on manicures and pedicures three Saturdays a month by appointment only. "**Tha Candy Shop"** will be here on Saturday, August 24th from 8:30AM-3:45PM in the Beauty Salon. Please see the prices for manicures and pedicures posted in the Salon. Appointments can be made at Reception.



We have the game of **Dart Challenge** on Saturday, August 24th at 2:00PM in the Activity Room. This is a fun game using magnetic darts so come and join the team!

Tech Time with Erin on Sunday, August 25th from 1:30PM-4:00PM in the Club Lounge is the perfect place to take any queries you may have with your cell phone or tablet. Please note we now have a sign-up sheet for appointments in the Activity Room. Make sure you add your name if you would like to see her!

Sing Along with Errol is on Sunday, August 25th at 7:30PM in the Fireside Lounge. Come for a fun, social evening where you can sing along to your favourite songs!

Sign up in the Activity Room for our **Bus Outing: Shopping Trip to Lansdowne and T&T Asian Supermarket** on Monday, August 26th at 1:00PM. T&T has many different varieties of food to buy!

It's ***National Dog Day*** and we have a **Meet the Resident Dogs on the Patio** on Monday, August 26th at 2:45PM. Come and say 'hi' to the owners and give the friendly dogs a cuddle!



We are pleased to introduce a special **Jazz Piano Performance with Mark Wilson** on Tuesday, August 27th at 2:30PM in the Fireside Lounge. Come and enjoy listening to this accomplished pianist.

If you fancy a change of scenery, join us for a **Bus Outing: Scenic Drive** on Wednesday, August 28th at 1:00PM. There may be a few treats to enjoy on the journey!

We have a **Chocolate Lovers Challenge** on Wednesday, August 28th at 2:30PM in the Activity Room. If you enjoy the taste of chocolate, come to this delicious challenge where you can sample tasty pieces of various chocolate bars and make a guess as to which chocolate bar it is! A super fun activity for all chocolate lovers and all are welcome!

It's our monthly **Birthday Party & Welcome Tea** on Thursday, August 29th at 2:00PM in the Dining Room. Come and wish our residents 'happy birthday' and welcome the new residents to Gilmore Gardens!

Sign up for the **Bus Outing to Steveston Village** on Friday, August 30th at 11:30AM and explore the quaint village or enjoy a walk by the water.



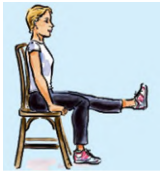
It's almost the end of August! Wear your brightest colours and come for a fun hour of **Summer Charades** on Friday, August 30th at 1:45PM in the Activity Room. Valerie or Jill will act out the title (a book, a movie or a song) and convey the word(s) for the other participants to guess without speaking, using only gestures, miming, and facial expressions.

Have you ever played the game of Table Tennis? Come and have a game or two at **Table Tennis** on Friday, August 30th at 3:30PM in the Activity Room.



Weekly Calendar for August 24th – August 30th, 2024

Saturday, August 24th		Sunday, August 25th	
8:30AM	**Nails with Angie**	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**
2:00PM	**Dart Challenge**	**1:30PM**	**Tech Time with Erin**
7:00PM	**Movie Night: Grand Torino**	**7:30PM**	**Sing Along with Errol**

Monday August 26th	Tuesday August 27th	Wednesday August 28th	Thursday August 29th	Friday August 30th
National Dog Day!	10:00AM Armchair Exercise Video	10:00AM Chair Fitness	***Hairdresser***	***Caribbean Day! Wear bright colours!***
10:00AM Chair Fitness	11:30AM Meditation	**10:30AM Catholic Prayer & Communion**	9:45AM Go4Life Walking Club	10:00AM Osteofit with Robin Masters
11:00AM Armchair Exercise Video		11:00AM Armchair Exercise Video	10:00AM Chair Fitness: Strength & Balance	11:00AM Advanced Armchair Video with Curtis
11:00AM Go4Life Walking Club	**1:00PM FIT Minds**	**1:00PM Bus Outing: Scenic Drive**	11:00AM Armchair Exercise Video	**11:30AM Bus Outing: Steveston Village**
1:00PM Bus Outing: Shopping Trip to Lansdowne Mall and T&T	**2:30PM Jazz Piano Performance with Mark Wilson**	1:30PM Billiards	**2:00PM Birthday Party & Welcome Tea**	
1:30PM Meet Me at The MoMA: Elisabeth Blackadder (Scotland)		**2:30PM Chocolate Lovers Challenge!**		1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動
2:45PM Meet the Resident Dogs on the Patio	7:00PM Crib/Chess		7:00PM Game of Hearts	**1:45PM Summer Charades!**
3:00PM "Sit and Be Fit" Gentle Arthritis Exercise Video		3:00PM Happy Hour		3:00PM Table Tennis
7:30PM Bingo		7:00PM Rummikub		6:00PM Mah Jong