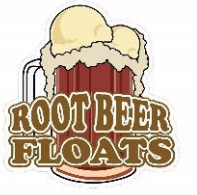
GILMORE GARDENS WEEKENDER HIGHLIGHTS







August 9th, 2024

IN HOUSE NEWS

The **Resident Surveys** have now been sent out to all residents. We encourage everyone to fill it out and hand it in at Reception. Once received, your name will be entered into a draw to win a wonderful prize!



We have a Code Green Evacuation Drill on Thursday, August 22nd at 9:30AM. We greatly encourage all residents to participate in this drill. An Evacuation Drill is a structured and rehearsed exercise that aims to familiarize residents with the necessary steps to take in the event of an actual emergency within the building. The primary goal is to promote a quick, orderly, and safe evacuation of all residents while avoiding the risk of injuries or casualties. We appreciate your participation and cooperation in this important drill.

Please note: Due to the warmer weather, the **Go4Life Walking Club** on Thursday, August 15th will be leaving at 9:45AM instead of 11:00AM. The Thursday Club will walk at this time for the remainder of August.

REMINDERS



Join us for **Horse Races Game** on Saturday, August 10th at 1:30PM in the Activity Room. Remember to bring your nickels and dimes and be ready to cheer on your horse!

Tech Time with Erin is on Sunday, August 11th at 3:00PM in the Club Lounge. If you have any questions or issues regarding your phone or tablet, come and chat with Erin!

Sign up in the Activity Room for our **Bus Outing: Shopping Trip to FreshCo** on Monday, August 12th at 1:00PM. Please wait in the Fireside Lounge for the bus to depart.

It's those "lazy hazy crazy days of summer" and what better time than now to join us for **Ice Cream Floats on the Patio** on Monday, August 12th at 2:30PM on the Country Kitchen Patio. We will have your favourite sodas to choose from – Root beer, Orange, and Coca Cola!





BC MedEquip will be here on Tuesday, August 13th at 2:30PM in the Activity Room. If you need the brakes checked on your walker, or you have any questions about your walker, please come and see Bill.

Join us for a **Bus Outing: Cascades Casino** on Wednesday, August 14th at 11:30AM. You never know – this may be your lucky day! Please sign up in the Activity Room for a seat on the bus!

We have our **Resident Forum** on Thursday, August 15th at 3:00PM in the Activity Room. Come and learn about upcoming events and other newsworthy details at Gilmore Gardens! All are welcome!

Do you feel like a change of scenery? Sign up for the **Bus Outing to Steveston Village** on Friday, August 16th at 11:30AM and explore the quaint village or enjoy a walk by the water.



Come for an enjoyable hour of **Entertainment with Patrizia Coletta** on Friday, August 16th at 2:00PM on the Patio. Patrizia has a fantastic medley of songs that she sings – which are also excellent songs for dancing! Make sure you wear your dancing shoes!

Weekly Calendar for August 10th – August 16th, 2024

Saturday, August 10th		Sunday, August 11th	
10:00AM	Armchair Exercise Video	10:00AM	Armchair Exercise Video
11:00AM	Tai Chi	10:30AM	GPUC Worship Service
1:30PM	**Horse Races Game**	**11:00AM**	**Gentle Fit with Winnie**
7:00PM	**Movie Night: Lawrence of Arabia**	**3:00PM**	**Tech Time with Erin**

Monday August 12th	Tuesday August 13th	Wednesday August 14th	Thursday August 15th	Friday August 16th
			Hair Dresser	
10:00AM Chair Fitness	10:00AM Armchair Exercise Video	10:00AM Chair Fitness	9:45AM Go4Life Walking Club	10:00AM Osteofit with Robin Masters
11:00AM Armchair Exercise Video	11:30AM Meditation	**10:30AM Catholic Prayer & Communion**	10:00AM Chair Fitness: Strength & Balance	11:00AM Advanced Armchair Video with Curtis
11:00AM Go4Life Walking Club	**1:30PM DrumFIT**	11:00AM Armchair Exercise Video	11:00AM Armchair Exercise Video	**11:30AM Bus Outing: Steveston Village**
1:00PM Bus Outing: Shopping Trip to FreschCo	**2:00PM FIT Minds**	**11:30AM Bus Outing: Cascades Casino**	1:30PM Scrabble with Pat	
			**3:00PM Resident Forum**	1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動
2:30PM Ice Cream Floats on the Patio	**2:30PM BC MedEquip**	1:30PM Billiards	7:00PM Game of Hearts	**2:00PM Entertainment with Patrizia Coletta**
3:00PM "Sit and Be Fit" Gentle Arthritis Exercise Video	7:00PM Crib/Chess	3:00PM Happy Hour		3:00PM Happy Hour
7:30PM Bingo		7:00PM Rummikub		3:30PM Table Tennis
				6:00PM Mah Jong