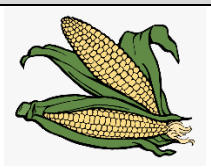
# GILMORE GARDENS WEEKENDER HIGHLIGHTS



Cornfest



August 30th, 2024

## IN HOUSE NEWS

Starting on September 6th, **Farah, the Hairdresser** will be here every Thursday from 8:30AM-3:30PM in the Beauty Salon and every other Friday from 8:30AM-12:30PM. Please arrange your hair appointment at Reception.

## REMINDERS




You never know your luck … you may be a lucky winner at our **Lotto 649 Game** on Saturday, August 31st at 1:30PM in the Activity Room. This is a fun game to play! Remember to bring your quarters!

On Monday, September 2nd, sign up for our **Bus Outing: Shopping Trip to Seafair** at 1:00PM. You can visit Safeway for your groceries or Shoppers Drug Mart for health, beauty and pharmacy needs, along with other stores at the mall.



Express yourself and bring out your creative spirit at **Craft Session: Painting Forget-Me-Nots** on Monday, September 2nd at 2:45PM in the Activity Room. We have everything you need to paint these delicate flowers in watercolour!

If you enjoy a workout for your mind, come for a word challenge at **Giant Crosswords** on Tuesday, September 3rd at 2:45PM in the Club Lounge.

Sign up for our popular **Bus Outing: Shopping and Lunch at Tsawwassen Mills** on Wednesday, September 4th at 11:00AM. You can walk the wide hallways and browse the shops or have lunch in the Food Court or at one of the restaurants. Please sign up in the Activity Room!

Are you a newcomer to Gilmore Gardens? You may enjoy the company at our **Java Music Club** on Thursday, September 5th at 1:30PM in the Club Lounge. Our community volunteer, Maggie, leads this program that meets once a month in a small, intimate setting to discuss a monthly theme. This is a great opportunity to meet fellow residents and learn more about your neighbours.



Are you a trivia enthusiast? Why not test yourself at **Trivia: "I Should Have Known That!"** on Thursday, September 5th at 2:30PM in the Activity Room. See what trivia you remember, and you could win some prizes!



Join us for **Corn Shucking on the Patio** on Friday, September 6th at 11:00AM. This is a fun way to socialize with your neighbors and help prepare the corn for the fun afternoon ahead!

Join **Trivia with Jill** on Friday, September 6th at 11:30AM in the Activity Room. There are many, different kinds of trivia, riddles and fun to enjoy!

On Friday, September 6th, join us for our **Corn Festival: Entertainment with Mike Kinal** at 2:00PM on the Country Kitchen Patio. Mike will sing the old familiar favourite tunes as you socialize with your neighbors and enjoy some delicious hot buttered corn. This annual celebration will bring lots of fun and maybe a dance or two!!

# Weekly Calendar for August 31st – September 6th, 2024

| Saturday, August 31st | | Sunday, September 1st | |
|---|---|---|---|
| **9:00AM** | **Footcare with Nerissa** | 10:00AM | Armchair Exercise Video |
| 10:00AM | Armchair Video | **10:00AM** | **Advanced Rummikub with Sally** |
| 11:00AM | Tai Chi | 10:30AM | GPUC Worship Service |
| **1:30PM** | **Lotto 649 Game** | **11:00AM** | **Gentle Fit with Winnie** |
| **3:00PM** | **Artful Aging: Painting with Elizabeth and Friends** | **1:00PM** | **Table Tennis with Sally** |
| | | **1:30PM** | **Tech Time with Erin** |
| | | **2:30PM** | **Beginner Rummikub with Sally** |

| Monday September 2nd | Tuesday September 3rd | Wednesday September 4th | Thursday September 5th | Friday September 6th |
|---|---|---|---|---|
| *Labor Day*<br><br>10:00AM Chair Fitness<br><br>11:00AM Go4Life Walking Club<br><br>11:00AM Armchair Exercise Video<br><br>1:00PM Bus Outing: Shopping Trip to Seafair<br><br>2:45PM Craft Session: Painting Forget-Me-Nots (watercolour)<br><br><br>7:30PM Bingo | 10:00AM Armchair Exercise Video<br><br>11:30AM Meditation<br><br>1:30PM Wellness Session: Chair Yoga with Lynn Walters<br><br>2:45PM Giant Crosswords<br><br><br><br>7:00PM Crib/Chess | 10:00AM Chair Fitness<br><br>10:30AM Catholic Prayer and Communion<br><br>11:00AM Armchair Exercise Video<br><br>11:00AM Bus Outing: Lunch & Shopping at Tsawwassen Mills<br><br><br><br>1:30PM Billiards<br><br>3:00PM Happy Hour<br><br>7:00PM Rummikub | *Hairdresser*<br><br>10:00AM Chair Fitness: Strength & Balance<br><br>11:00 Go4Life Walking Club<br><br>11:00AM Armchair Exercise Video<br><br>1:30PM Java Music Club<br><br>2:30PM Trivia: “I Should Have Known That!”<br><br><br><br>7:00PM Game of Hearts | *Hairdresser*<br><br>***Living Loving Local Celebration Dinner: Featuring Corn***<br><br>10:00AM Osteofit with Robin Masters<br><br>11:00AM Play Reading with Stephen<br><br>11:00AM Corn Shucking on the Patio<br><br>11:30AM Trivia with Jill<br><br>1:30PM Weekender Review (in Chinese)<br>中文講解中文講本週活動<br><br>2:00PM Corn Festival Entertainment with Mike Kinal<br><br><br>3:00PM Happy Hour<br><br>3:30PM Table Tennis<br><br>6:00PM Mah Jong |