GILMORE GARDENS WEEKENDER HIGHLIGHTS






May 16th, 2025

IN HOUSE NEWS

STAFF UPDATE: You may have seen someone in the CRM office a couple of days a week. Maureen has indicated that she will not be returning to her full-time role, so Maryam from Courtyard Gardens is supporting us while we search for our next full-time Community Relations Manager. We hope to have someone in place for July. In meantime, please send Maureen your positive thoughts, in the hopes she will be able to return in a new role soon.

We are **Fundraising for IG Wealth Management Walk for Alzheimer's** on Tuesday, May 20th from 10:30-12:00PM in the Fireside Lounge. Did you know over 650,000 Canadians currently live with dementia? By 2050, more than 1.7 million people could be living with dementia. **Come make a donation that makes a difference!**

REMINDERS



It's time for our **Horseraces Game** on Saturday, May 17th at 1:30PM in the Activity Room! Throw the big dice and gallop away to the finish line. **Reminder:** bring $1.75 in quarters.

Come and listen to **Chinese & English Music with Jerry** on Saturday, May 17th at 3:00PM in the Fireside Lounge. Jerry is a volunteer from the local community and is looking forward to meeting you!

Sing Along with Errol on Sunday, May 18th at 7:30PM in the Fireside Lounge. Errol is a long-time community volunteer who brings his guitar to play and sing all your favourite songs! Invite your neighbour!

Do you need some household provisions? Sign up for a **Bus Outing: Shopping Trip to Ironwood** on Monday, May 19th at 1:00PM. Ironwood Mall has many stores including Save on Foods, London Drugs, Starbucks and BC Liquor. Take this opportunity to re-stock your cupboards!

Join us at **Meet Me at The MoMA: Faith Ringgold** (1930 - 2024) on Monday, May 19th at 1:30PM in the Activity Room. Come and learn more about Ringgold's work and her political awareness and promotion of Black artists throughout her life.



It's **Victoria Day** on Monday, May 19th. Victoria Day became a national holiday in Canada in the year 1901 when Queen Victoria died. Imagine yourself exploring the city of London and its surrounding countryside at **Armchair Travel to England** on Monday, May 19th at 3:00PM in the Activity Room. There may be a tasty treat for you to enjoy whilst watching!

Come for our **Recreation Committee Meeting** with Suman, Life Enrichment Manager, on Tuesday, May 20th at 1:00PM in the Private Dining Room. We encourage residents to join us and give any suggestions or feedback about our activities and events. Everyone is welcome!

We have a **Wellness Session on Blood Pressure** on Tuesday, May 20th at 2:00PM in the Activity Room. Four nursing students will present a 30-minute blood pressure talk, followed by blood pressure checks for any residents who are interested. *Please note due to this,* ***Fit Minds is changed to 3:00PM this day.***

Invite your neighbour and spend an enjoyable time at our **Bus Outing: Lunch at White Spot** on Wednesday, May 21st at 12:00PM. Order their legendary tasty burger or any other delicious item from the extensive menu! Please sign up in the Activity Room for your seat on the bus.

Browse the beautiful jewelry and accessories at **Fifth Ave Jewelry** on Thursday, May 22nd from 12:00PM-4:00PM in the Fireside Lounge. It's the perfect time to find something new to spruce up an outfit for the summer.

It's the **May Birthday Party & Welcome Tea** on Thursday, May 22nd at 2:00PM in the Dining Room. Enjoy a piece of delicious cake with a cup of tea or coffee as we wish our residents happy birthday and welcome our new ones to Gilmore.



Come for a change of scenery on our special **Bus Outing: Scenic Drive and Ice Cream** on Friday, May 23rd at 1:00PM. Keep your fingers crossed that the weather stays bright and sunny! We will, of course, offer ice cream whether or not the sun shines! 😉 Make sure to add your name to the Sign-up sheet in the Activity Room!

We have **Entertainment with The Fera Brothers** on Friday, May 23rd at 2:00PM in the Fireside Lounge. Come and have fun dancing to the music or tap your feet to the beat of the songs!

Join us for **Happy Hour** on Friday, May 23rd from 3:00PM-4:00PM in the Club Lounge. We serve appetizers from our kitchen which you can enjoy with a complimentary glass of fruit punch, or you can purchase a glass of wine, beer or a soda. Come socialize and have a laugh with fellow residents!

Weekly Calendar for May 17th – 23rd, 2025

Saturday, May 17th		Sunday, May 18th	
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**
1:30PM	**Horserace Game**	1:30PM	Tech Time with Erin
3:00PM	**Chinese and English Music with Jerry**	**7:30PM**	**Sing Along with Errol**

Monday May 19th	Tuesday May 20th	Wednesday May 21st	Thursday May 22nd	Friday May 23rd
Victoria Day!	10:00AM Armchair Exercise Video	10:00AM Chair Fitness	***Hairdresser***	***Hairdresser***
10:00AM Chair Fitness	**10:30-12:00PM Fundraising for IG Wealth Walk for Alzheimer's!**	10:30AM Catholic Mass	10:00AM Chair Fitness: Strength & Balance	10:00AM Osteofit with Robin Masters
11:00AM Go4Life Walking Club	11:30AM Meditation	**11:00AM RMS Ukulele Lessons**	11:00AM Go4Life Walking Club	11:00AM Advanced Armchair Exercise Video with Curtis
11:00AM Armchair Exercise Video	**1:00PM Recreation Committee Meeting**	**11:30AM Food Committee Meeting**	11:00AM Armchair Exercise Video	11:00AM Play Reading with Stephen
1:00PM Bus Outing: Shopping Trip to Ironwood	**2:00PM Wellness Session: Blood Pressure**	**12:00PM Bus Outing: Lunch at White Spot**	**12:00PM Fifth Avenue Jewelry**	**1:00PM Bus Outing: Scenic Drive and Ice Cream!**
1:30PM Meet Me at The MoMA: Faith Ringgold	**3:00PM Fit Minds**	**1:30PM Chair Yoga with Lauren Video**	**2:00PM Birthday Party & Welcome Tea**	1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動
3:00PM Armchair Travel to England	7:00PM Crib/Chess	1:30PM Billiards	7:00PM Game of Hearts	**2:00PM Entertainment with The Fera Brothers**
7:30PM Bingo		**3:00PM Happy Hour**		**3:00PM Happy Hour**
		7:00PM Rummikub		3:30PM Table Tennis
				6:00PM Mah Jong