# GILMORE GARDENS WEEKENDER HIGHLIGHTS



May 23rd, 2025

## IN HOUSE NEWS

**Valerie Update:** Since many of you have asked! Due to events beyond their control, Valerie and her husband did not end up moving to Alberta after all. This story does have a happy ending though, as they have remaind in BC close to their children and grandchildren. Valerie will be taking over as Life Enrichment Manager at our sister property in New Westminister, Thornebridge Gardens. She misses all of you and is happy to be staying in the Verve family!

## REMINDERS



Join us for **Trivia Challenge: I Should Have Known That**! on Saturday, May 24th at 1:30PM in the Activity Room. Test your memory and your knowledge and answer for some prizes!

**Movie Night: Skyfall** on Saturday, May 24th at 7:00PM in the Activity Room. Come enjoy this 2012 James Bond movie!

We have a **Bus Outing: Shopping Trip to Seafair** on Monday, May 26th at 1:00PM. Please sign up in the Activity Room for a seat on the bus and wait in the Fireside Lounge. Remember to bring your shopping bags with you!

Come for an informative **Wellness Session: Oral Health Talk with Dr Michele** on Monday, May 26th at 1:30PM in the Activity Room. Dr Michele will be speaking about the importance of oral health and discussing issues related to aging, including dry mouth, medications that affect oral health, and sleep apnea.



**Richmond Library Books Return:** Please return your library books back to the Club Lounge if you currently have burrowed any books by **Monday, May 26th.** New library books from our delivery service by Richmond Library will be available on Friday, May 30th.

Do you like crosswords? Come down for **Giant Crosswords** on Tuesday, May 27th at 2:45PM in the Club Lounge. It's a fun, interactive way to play with many brains working together.

Make sure you sign up early for our **Bus Outing: VanDusen Gardens – Fleurs de Villes, Downton Abbey** on Wednesday, May 28th at 12:00PM. They are showcasing Fleurs de Villes: Downton Abbey with a "*a spectacular celebration of fresh floral mannequins inspired by the characters and fashion of the famed period drama and created by Vancouver's talented floral artists".* Tickets cost $11.08 for seniors to the Garden and also gives access to the Fleurs de Villes exhibit.



Join us for a good cause for the **Alzheimer's Society 'Walk in a Box',** on Thursday, May 29th at 1:30PM. We will have 2 different lengths of walk available. Join us either around Gilmore Gardens or further to Grauer Neighborhood School Park! After our walk, we will serve **Ice Cream on the patio at 2:30PM.** Please note: if it's raining, we will set extra chairs in the Fireside Lounge! We look forward to socializing together!




Our annual **BBQ and Planting Day** is on Friday, May 30th at 12:00PM. Come on down and enjoy hotdogs on the country kitchen patio. After lunch, at **1:00PM we will begin planting**, we would love to see you all there and would appreciate the help!

## Weekly Calendar for May 24th – May 30th, 2025

### Saturday, May 24th

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| **8:30AM** | **Nails with Angie** |
| 10:00AM | Armchair Exercise Video |
| **1:30PM** | **Trivia Challenge: I Should Have Known That!** |
| 3:00PM | Artful Aging: Painting with Elizabeth & Friends |
| **7:00PM** | **Movie Night: Skyfall** |

### Sunday, May 25th

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| 10:00AM | Armchair Exercise Video |
| 10:30AM | GPUC Worship Service |
| 11:00AM | Gentle Fit with Winnie |
| 1:30PM | Tech Time with Erin |
| **2:30PM** | **Youth Musician Association** |

### Monday May 26th

10:00AM Chair Fitness

11:00AM Go4Life Walking Club

11:00AM Armchair Exercise Video

**1:00PM Bus Outing: Shopping Trip to Seafair**

**1:30PM Wellness Session: Oral Health Talk with Dr Michele**

3:00PM "Sit and Be Fit" Gentle Arthritis Exercise Class

7:30PM Bingo

### Tuesday May 27th

***Ears to You Hearing Health Check: By Appointment Only in Salon***

10:00AM Armchair Exercise Video

11:30AM Meditation

2:45PM Giant Crosswords



7:00PM Crib/Chess

### Wednesday May 28th

10:00AM Chair Fitness *(in the fireside lounge today)*

10:30AM Catholic Prayer & Communion

**11:00AM RMS Ukulele Lessons** *(in the private dining room today)*



**12:00PM Bus Outing: Van Dusen Gardens: "Fleurs de Villes" – Downton Abbey**

1:30PM Billiards

3:00PM Happy Hour

7:00PM Rummikub

### Thursday May 29th

***Hairdresser***

***Alzheimer's Society: "Walk in a Box" Day***

11:00AM Go4Life Walking Club

**1:30PM Walk for Alzheimer's Society** *(2 lengths available, both leave at the same time from Fireside Lounge)*

**2:30PM Ice Cream on the Patio** *(if it rains then Fireside Lounge)*

7:00PM Game of Hearts

### Friday May 30th

***BBQ and Planting Day!***

10:00AM Osteofit with Robin Masters

11:00AM Play Reading with Stephen

**12:00PM BBQ on the Patio**

**1:00PM Planting on all Patios**



1:30PM Weekender Review (in Chinese)
中文講解中文講本週活動

3:00PM Happy Hour

3:30PM Table Tennis

6:00PM Mah Jong