GILMORE GARDENS WEEKENDER HIGHLIGHTS






May 30th, 2025

IN HOUSE NEWS

Gentle reminder to please leave the newspapers intact for everyone to enjoy reading in the Country Kitchen. Thank you!

Bus Maintence: Our bus will be undergoing maintenance and a routine inspection from Monday, June 2nd to Friday, June 6th to ensure it continues to operate safely and reliably. This means that the bus outings for the week have been cancelled. We understand that outings are an important part of our community life, and we apologize for any inconvenience this may cause.Thank you for your understanding and patience with this!



We have new **Richmond Library Books** in the Club Lounge! Take a look at the varied selection of regular and large print books and remember to sign out any you borrow! Thank you and happy reading!

Dryer Cleaning: Vent cleaning for the dryers in all laundry rooms will take place on Monday, June 2nd. Please note the dryers will be unavailable between 2:00PM–4:00PM. Thank you for your cooperation.

Window and Balcony Cleaning: The cleaning crew will be here **all day** on Thursday, June 5th. It is important to lock and close your windows and blinds between 8:00AM - 4:00PM.

REMINDERS

Invite your neighbour and come for a fun game of **Lotto 649** on Saturday, May 31st at 1:30PM in the Activity Room. Please bring $2 in quarters with you. You never know, you may be a lucky winner!😉

Enjoy music in the afternoon with **Mayumi Randall Music School** on Sunday, June 1st at 3:00PM in the Fireside Lounge. A perfect way to welcome the first day of June!

Come for an interesting session at **Meet Me at The MoMA: Georg Baselitz** on Monday, June 2nd at 1:30PM in the Activity Room. Baselitz (born in 1938) is a German painter, sculptor and graphic artist. *We will also showcase some photos of resident, Bill Pekonen's collection of paintings from Emily Sartain!*

Join a special **"Artful Enrichment" Workshop: Painting Peonies** on Tuesday, June 3rd at 1:30PM in the Activity Room. Peonies are a beautiful subject to paint and this video workshop will go through each step in an easy-to-follow process. We supply all you need – just bring yourself!

Laura Fashions returns on Thursday, June 5th from 10:00AM-2:00PM in the Fireside Lounge. This is a great time to look for a new item of clothing that will spruce up an outfit for the warmer weather!



Learn more about the importance of taking good care of your eyes and better understand specific eye conditions at our **Wellness Session: Eye Health with Dr. Matharu** on Thursday, June 5th at 2:00PM in the Activity Room. Everyone is welcome!

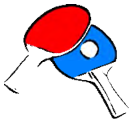
Please note that **Farah, the hairdresser** will be in on Wednesday, June 4th instead of Thursday, June 5th in the Salon this week. Book your appointment at reception!

We have **Entertainment with Patrizia Coletta** on Friday, June 6th at 2:00PM in the Fireside Lounge. Patrizia loves to encourage people to have a dance or two while she sings many popular songs! Afterwards, enjoy an hour socializing with fellow residents at **Happy Hour** from 3:00PM-4:00PM in the Club Lounge where you can enjoy complimentary appetizers from our kitchen!



Weekly Calendar for May 31st – June 6th, 2025

Saturday, May 31st		Sunday, June 1st	
9:00AM	**Foot Care with Nerissa**	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	**Lotto 649 Game**	1:30PM	Tech Time with Erin
		3:00PM	**Mayumi Randall Music School**

Monday June 2nd	Tuesday June 3rd	Wednesday June 4th	Thursday June 5th	Friday June 6th
10:00AM Chair Fitness	10:00AM Armchair Exercise Video	***Hairdresser***	**10:00AM-2:00PM Laura Fashions**	10:00AM Osteofit with Robin Masters
11:00AM Go4Life Walking Club	11:30AM Meditation	10:00AM Chair Fitness	10:00AM Chair Fitness: Strength & Balance	11:00AM Advanced Armchair Exercise Video with Curtis
11:00AM Armchair Exercise Video		10:30AM Catholic Prayer & Communion	11:00AM Go4Life Walking Club	11:00AM Play Reading with Stephen
1:30PM Meet Me at the MoMA: Georg Baselitz	**1:30PM "Artfull Enrichment" Painting Peonies Workshop**	**11:00AM RMS Ukulele Lessons**	11:00AM Armchair Exercise Video	1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動
	2:45PM Fit Minds	1:30PM Chair Yoga with Lauren Video	**2:00PM Wellness Session: Eye Health with Dr. Matharu**	**2:00PM Entertainment with Patrizia Colette**
3:00PM Chair Yoga with Lauren Video	7:00PM Crib/Chess 	1:30PM Billiards	**3:15 Java Music Club**	**3:00PM Happy Hour**
7:30PM Bingo		**3:00PM Happy Hour**	7:00PM Game of Hearts	3:30PM Table Tennis 
		7:00PM Rummikub		6:00PM Mah Jong