GILMORE GARDENS WEEKENDER HIGHLIGHTS



Happy Father's Day to all the wonderful men at Gilmore Gardens!

June 13th, 2025

IN HOUSE NEWS

Waste Sorting Reminder: Several residents have brought the issue of sorting the garbage and recycling to our attention. We kindly request that all residents take a moment to look at the different bins in the garbage area and familiarize themselves with how to correctly separate their waste items. For example, organic items in the 'organics' bin, garbage items in the 'garbage' bin. Please help to maintain a tidy and sustainable environment within our building. Thank you for your cooperation.



Country Kitchen Snacks: Please only take what you need and leave some for others. Let's make sure everyone gets to enjoy the breakfast/snacks available. Sharing is caring, thank you!

REMINDERS

Invite your neighbour and come for a fun game of **Roll A Trump** on Saturday, June 14th at 1:30PM in the Activity Room. This game is similar to bean bag toss only you aim a *ball* into the holes!

Sign up for our **Bus Outing: Shopping Trip to Ironwood** on Monday, June 16th at 1:00PM. Ironwood Mall has a Save-on-Foods, London Drugs and BC Liquor store plus many more shops!



Are you needing a bit of mental stimulus? **Trivia with Jill** will have your mind buzzing on Monday, June 16th at 3:00PM in the Fireside Lounge! We will have a variety of entertaining puzzles for everyone to join in!

Join Suman for an extra '**Go4Life Walking Club'** walk on Tuesday, June 17th at 11:00AM. Let's chat and enjoy some fresh air while looking at the beautiful flowers that were planted on Gardening Day in May! Please meet in the Fireside Lounge, we will leave from the front entrance and go around Gilmore Gardens for a lovely stroll!



We have a **Recreation Committee Meeting** on Tuesday, June 17th at 1:30PM in the Private Dining Room. Suman, our Life Enrichment Manager is looking forward to having an opportunity to discuss the many and varied activities, bus outings and events we offer on our monthly calendars! This meeting is open to everyone!

Sign up for our **Bus Outing: Lunch & Shopping at McArthur Glen Designer Outlet** on Wednesday, June 18th at 11:45AM. This is an outdoor European-style shopping centre with lots of stores to browse and several eating places where you can enjoy a snack or lunch.





Looking for something a little different to do? Come join Chloe for the **Alliance Francaise French Workshop** on Thursday, June 19th at 1:00PM in the Activity Room.

Mark your calendar for our **Resident Forum** on Thursday, June 19th at 3:00PM in the Activity Room. This is where you can learn about all the latest news and happenings at Gilmore Gardens!



We have **Entertainment with Richmond Singers Ensemble** on Friday, June 20th at 2:00PM in the Fireside Lounge. Come and enjoy a hour of music from the choir featuring a variety of music: jazz, swinging golden oldies and spiritual songs.

Bring your neighbour for an hour of socializing at **Happy Hour** on Friday, June 20th from 3:00PM-4:00PM in the Club Lounge where you can enjoy complimentary appetizers from our kitchen!

Weekly Calendar for June 14th - June 20th, 2025

Saturday, June 14th		Sunday, June 15th	
10:00AM 11:00AM **1:30PM** **7:00PM**	Armchair Exercise Video Tai Chi **Roll A Trump Game** **Movie Night: Seven Years in Tibet**	 10:00AM 10:30AM **11:00AM** 1:30PM	***Happy Father's Day!*** Armchair Exercise Video GPUC Worship Service **Gentle Fit with Winnie** Tech Time with Erin

Monday June 16th	Tuesday June 17th	Wednesday June 18th	Thursday June 19th	Friday June 20th
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video **1:00PM Bus Outing: Shopping Trip to Ironwood**  **3:00PM Trivia with Jill** 3:00PM Chair Yoga with Lauren Video 7:30PM Bingo	10:00AM Armchair Exercise Video 11:00AM Go4Life Walking Club  11:30AM Meditation **1:30PM Recreation Committee Meeting** 2:45PM Fit Minds 7:00PM Crib/Chess	10:00AM Advanced Armchair Exercise Video with Curtis 10:30AM Catholic Mass 11:00AM RMS Ukulele Lessons **11:45AM Bus Outing: Lunch & Shopping at McArthur Glen Outlet** 1:30PM Chair Yoga with Lauren Video 1:30PM Billiards **3:00PM Happy Hour** 7:00PM Rummikub	***Hairdresser*** 10:00AM Chair Fitness: Strength & Balance 11:00AM Go4Life Walking Club **11:00AM Beginner Mah Jong – Kaela** *(fireside lounge)*  11:00AM Armchair Exercise Video **1:00PM Alliance Francaise French Workshop** **3:00PM Resident Forum** 7:00PM Game of Hearts	10:00AM Osteofit with Robin Masters 11:00AM Advanced Armchair Exercise Video with Curtis 11:00AM Play Reading with Stephen **11:30AM Bus Outing to Steveston Village** 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 **2:00PM Entertainment with Richmond Singers Ensemble** **3:00PM Happy Hour** 3:30PM Table Tennis 6:00PM Mah Jong