GILMORE GARDENS WEEKENDER HIGHLIGHTS



July 4th, 2025

IN HOUSE NEWS

Heads up! We have **Gutter Cleaning** taking place next week from Tuesday, July 8th to Thursday, July 10th. Please note you will receive a memo tomorrow with more information!



Friendly Reminder: All of the following food waste items are to go into the **Organic Bin**: rice, pasta, teabags, coffee grounds/filters, cookies, nuts, cereal, bread, vegetables and eggshells.

Please note: With effect from July 1st, **Farah's Beauty Salon** will be increasing her prices for Shampoo and Cut to $50 and a Perm to $105. Farah will be in the Salon every Thursday throughout July and August.

REMINDERS

Come for a fun hour at **Dart Challenge** on Saturday, July 5th at 1:30PM in the Activity Room. Cheer everyone on as they aim for the bullseye! It's a safe game playing with magnetic darts! 😉



Invite your neighbour and enjoy music in the afternoon with Melissa Huen's students at **Piano with Young Musicians** on Saturday, July 5th at 2:30PM in the Fireside Lounge. These young musicians are excited to come and show their talents to our residents!

Pick up all your household essentials on our **Bus Outing: Shopping Trip to FreshCo** on Monday, July 7th at 11:30AM. Please sign up in the Activity Room for a seat on the bus. **Please note:** Two shopping trips this month will leave at the earlier time of 11:30AM when the shops are less busy. This will also enable residents to enjoy other activities with less overlap.



Join us at **Armchair Travel: Wonders of Canada** on Monday, July 7th at 2:00PM in the Fireside Lounge. Come and view the spectacular highlights of our beautiful country! There may be some Canadian treat to enjoy too!

Our community volunteer, Alamelu has shown interest in coming to play board games with you! Join her at **Board Games with Alamelu** on Tuesday, July 8th at 11:00AM in the Club Lounge. Alamelu will bring her own games from home. Come and say "hi" and enjoy a game or two!

We were told there is more interest in playing **Mah Jong** in the evenings, so we have added another session to come and play! Come and play on Tuesdays at 6:00PM in the Activity Room!



Sign up for our **Bus Outing: SAS Comfort Shoes, Burnaby** on Wednesday, July 9th at 11:00AM. Please sign up for a seat on the bus in the Activity Room. Feel free to bring your own lunch, there is a Wendy's next door if you wish to buy a take-out to eat on the way home!

If you are curious to know how Mah Jong is played, come to **Beginner Mah Jong** with our community volunteers, Kaela and Toy on Thursday, July 10th at 11:00AM in the Fireside Lounge. You can learn how the game is played by joining in or just come and observe! 😊

We have a return visit from the adorable children at **Songs with Spul 'u' Kwuks Elementary Students** on Thursday, July 10th at 1:00PM in the Fireside Lounge. Come and listen to the students who look forward to giving a special performance for our residents!

We are thrilled to play **'The Price is Right!'** on Friday, July 11th at 2:00PM in the Activity Room. Everyone is welcome! Get invited to Contestants Row and whoever guesses closest to the price of familiar household items wins that item! All in the name of fun – come and be part of this popular game!

Invite your neighbour and enjoy a glass of complimentary fruit punch or purchase a glass of wine or beer at **Happy Hour** from 3:00PM-4:00PM on the Fireside Patio (outside the Activity Room) where you can enjoy tasty appetizers from our Kitchen every Friday!



Weekly Calendar for July 5th – 11th, 2025

Saturday, July 5th		Sunday, July 6th	
8:30AM	**Nails with Angie**	10:00AM	Armchair Exercise Video
10:00AM	Armchair Exercise Video	**10:00AM**	**Advanced Rummikub with Sally**
11:00AM	Tai Chi	10:30AM	GPUC Worship Service
1:30PM	**Dart Challenge**	11:00AM	Gentle Fit with Robin
2:30PM	**Piano with Young Musicians**	**1:00PM**	**Table Tennis with Sally**
3:00PM	Artful Aging: Painting with Elizabeth & Friends	1:30PM	Tech Time with Erin
		2:30PM	**Beginner Rummikub with Sally**

Monday July 7th	Tuesday July 8th	Wednesday July 9th	Thursday July 10th	Friday July 11th
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video **11:30AM Bus Outing: Shopping Trip to FreshCo** **2:00PM Armchair Travel: Wonders of Canada** 3:00PM Chair Yoga with Lauren Video **7:30PM Bingo**	10:00AM Armchair Exercise Video **11:00AM Board Games with Alamelu** 11:30AM Meditation **1:30PM Chair Yoga with Lynn Walters** 2:45PM Giant Crosswords **6:00 Mah Jong** 7:00PM Crib/Chess	10:00AM Chair Fitness 10:30AM Catholic Prayer & Communion 11:00AM RMS Ukulele Lessons **11:00AM Bus Outing: SAS Comfort Shoes** 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 Beginner Mah Jong** 11:00AM Go4Life Walking Club 11:00AM Armchair Video **1:00PM Songs with Spul 'u' Kwuks Elementary Students** 7:00PM Game of Hearts	**10:00AM Osteofit with Robin Masters** 11:00AM Play Reading with Stephen 11:00AM Advanced Armchair Video with Curtis 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 **2:00PM 'The Price is Right!'** **3:00PM Happy Hour** 3:30PM Table Tennis **6:00PM Mah Jong**