GILMORE GARDEN WEEKENDER HIGHLIGHTS







Happy Father's Day to all our wonderful gentelmen at Gilmore Gardens!

June 19th, 2026

IN HOUSE NEWS

Chair Yoga with Lauren on Wednesday, June 24th is **cancelled.**
Armchair Video Exercise on Thursday, June 25th is **cancelled.**

Did you know we have a selection of large print **Richmond Public Library Books** delivered every 3 months that are available in the Club Lounge. You can borrow these books by adding your name and date to the sign-out sheet by the books. Take a look and see if there is a title that interests you! **We have a new delivery on Thursday, June 25th!**

Heads up! Due to some feedback from residents. In the month of July, we will be changing the start time for Bingo to 7:00PM. Please note rest of June will remain 7:30PM. Thank you!

We have a sign-up sheet in the Activity Room for any resident who would like to join us on **our Canada Day Steveston Parade** on Wednesday, July 1st. Our bus is part of the festive parade that slowly meanders around Steveston streets with hundreds of excited bystanders! The departure time is 8:15AM and the bus will return around 12:00PM. There will be refreshments on the bus and washrooms can be used at Garry Point prior to the parade. We are sharing the bus with Courtyard Gardens therefore we have limited seating! Sign up early to reserve your spot!

REMINDERS

Are you up for a mental challenge? Join us at **Jeopardy** on Saturday, June 20th at 1:30PM in the Activity Room. It is a good way to recall all that information you never knew you had.

It's ***National Indigenous Peoples Day*** on the summer solstice, the longest day of the year. Its meaning holds deep spiritual and cultural significance, marking a time of renewal, and connection. Come for a **Craft Session: Making Dream Catchers** on Sunday, June 21st at 2:00PM in the Activity Room. Within the indigenous community and beyond, dream catchers have more recently been used as a shared sympbol of hope and healing.

Sign up for our **Bus Outing: Shopping Trip to FreshCo** on Monday, June 22nd at 11:30AM. Remember to bring your shopping list and reusable bags! Sign-up sheet is in the Activity Room.

We have another session of **"You be the Judge!"** on Monday, June 22nd at 2:30PM in the Activity Room where we hear about true events, including past court cases that open up the discussion table! Give your opinion on what you think should happen! There is no right or wrong answer. Some of the stories are quite funny events! Most importantly, have fun as 'you be the judge'!

Join in for the last **Chair Fitness Class led by BCIT Students** on Wednesday, June 24th at 10:00AM in the Activtiy Room. You can expect a fun and engaging session**,** approx 45 minutes. Gentle to moderate seated exercises will be included focusing on improving mobility, strength, flexibility, balance, and overall wellness. The students will adjust intensity based on ability level of the residents.

Walk through Vancouver's past–literally, through the oldest building on the Heritage Register (c.1868). Sign up for our **Bus Outing: Hastings Mill Museum** on Wednesday, June 24th at 10:30AM. Step in the oldest building, you can also peruse a vast array of unique heritage items, including Vancouver's first City Council Table, legendary lifeguard Serafim "Joe" Fortes' oil lamp and an original full-sie Hansom cab to mention but a few of the eclectic collection of fascinating curios donated by Vancouver settlers and their descendants over the years. There is also a Global Vintage Fashion exhibition (1925-1995) by

Fashion Historian, Ivan Sayers via a staircase to the 2nd floor which features an amazing collection of dresses from different countries around the world. **A small donation is appreciated for admission.**

Mark your calendar for our own **Gilmore's Ukulele Group Showcase** on Wednesday, June 24th at 2:30PM in the Fireside Lounge! Our small group of players are excited to entertain you with a few songs they have learned over the past few weeks. Come and cheer them on with your encouraging support! To follow and celebrate, we will have **Happy Hour with Pizza** at 3:00PM in the Club Lounge!

Come for an educational **Fire and Life Safety Presentaion by Richmond Fire Resuce** on Thursday, June 25th at 10:30AM in the Activity Room.

It's the **Birthday Party & Welcome Tea** on Thursday, June 25th at 2:00PM in the Dining Room. Enjoy socializing with friends as you celebrate our birthday residents and welcome new neighbours!

To end the week, we have a special **Strawberry Social & Entertainment with Roberto Risman** on Friday, June 26th at 2:00PM on the Country Kitchen Patio (as long as it's not too hot–we will be relocated to Fireside Lounge if the Patio is too warm). Enjoy a delicious spongecake with local fresh berries topped with whip cream while you listen to some tunes!

Weekly Calendar for June 20th – 26th, 2026

Saturday, June 20th		Sunday, June 21st	
9:00AM	**Nails with Angie**		***Happy Father's Day!***
10:00AM	Armchair Exercise Video		***National Indigenous Peoples Day***
11:00AM	Tai Chi		***Father's Day Featured Dinner***
1:30PM	**Jeopardy!**	**9:00AM**	**Foot Care with Pam**
3:00PM	Painting with Elizabeth	10:00AM	Armchair Exercise Video
6:00PM	Mah Jong	10:30AM	GPUC Worship Service
7:00PM	**Movie Night: Singin' in the Rain**	11:00AM	Gentle Fit with Winnie
		1:30PM	Tech Time with Erin (FIR)
		2:00PM	Rummikub
		2:00PM	**Craft Session: Making Dream Catchers**
		7:30PM	Sing Along with Errol

Monday June 22nd	Tuesday June 23rd	Wednesday June 24th	Thursday June 25th	Friday June 26th
Richmond Library Books Due	10:00AM Armchair Video Exercise	**10:00AM Chair Fitness by BCIT Students**	***New Richmond Public Library Books Available***	10:00AM Osteofit with Robin Masters
10:00AM Chair Fitness	11:30AM Meditation	10:30AM Catholic Prayer & Communion	***Hair with Marlene***	11:00AM Play Reading with Stephen
11:00AM Go4Life Walking Club	**1:30PM Chair Yoga with Lynn Walters**	**10:30AM Bus Outing: Hastings Mill Museum**	**10:30AM Fire & Life Safety Presentation by Richmond Fire Rescue**	**2:00PM Strawberry Social & Entertainment with Roberto Risman**
11:00AM Armchair Video Exercise	2:45PM Fit Minds	1:30PM Billiards	11:00AM Go4Life Walking Club	**3:00PM Happy Hour**
11:30AM Bus Outing: Shopping Trip to FreshCo	6:00PM Mah Jong	**2:30PM Gilmore's Ukulele Group Showcase**	**2:00PM Birthday Party & Welcome Tea**	3:30PM Table Tennis
2:30PM "You be the Judge!"	7:00PM Crib/Chess	**3:00PM Happy Hour with Pizza**	6:45PM Music with Ron	6:00PM Mah Jong
6:45PM Music with Ron		6:45PM Music with Ron	7:00PM Game of Hearts	
7:30PM Bingo		7:00PM Rummikub		