

GILMORE GARDEN WEEKENDER HIGHLIGHTS



HAPPY *Canada day**



June 26, 2026

IN HOUSE NEWS

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 and muffins 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 sheet is available in the Activity Room!**

Chuck Dunn, a beloved resident of Gilmore, passed away on March 10th, 2026. His wife, Lyn invites any of our residents who would like to attend his Memorial Service & Celebration of Life at Trinity Lutheran Church on Saturday, July 18th from 1.00PM-3:30PM. Kindly RSVP to Lyn Dunn directly or call 604-765-0954. We will have the bus available to drive our residents to the service. The bus will leave Gilmore Gardens at 12:30PM. Please let Reception know if you would like to attend.

We have a special **Canada Day Featured Dinner** on Wednesday, July 1st from 4:45PM - 6:00PM The full menu is available at Reception. Please let Reception know if you will be having guests for dinner. Cost for guests is \$33.60 including GST and \$16.80 for children (ages 4-12 years) including GST.

It's the time of year when **summer colds and viruses** are prevalent and can spread quite easily. This is a gentle reminder that washing your hands often with soap and warm water is a healthy habit to help prevent the spread of germs. If you do feel unwell, please inform Reception and remember it is better to stay safe in your suite until you feel better. Thank you for your understanding and cooperation. **If you are feeling unwell, please phone Reception and let them know.**

We hope you enjoyed our very own Gilmore's ukelele showcase! Another friendly reminder that depending on the amount of people interested, we can explore a new **"Beginner Ukulele" group!** Please add your name to the interest sheet in the Activity Room if you would like to start learning how to play the ukulele.

As the warmer weather approaches, please note on both Wednesdays and Fridays: **Happy Hour will be on the Fireside Patio (you can join us through the Fireside Lounge doors or through the Activity Room doors) starting in the month of July!** Please note that the location is weather dependent and we may shift back to the Club Lounge on the day of with short notice if it's a better fit. Thank you for understanding!

REMINDERS

If you like listening to music in the afternoon, come and enjoy a performance of gifted pianists from the **Youth Musician Association** on Sunday, June 28th at 2:30PM in the Fireside Lounge.

Join **Sing Along with Roger** on Sunday, June 28th at 7:30PM in the Fireside Lounge. Roger, our resident volunteer, brings his harmonica and guitar to play your favourite songs!

Have your shopping bags ready for a **Bus Outing: Shopping Trip to Lansdowne/ T&T** on Monday, June 29th at 11:30AM. Please sign up in the Activity Room to ensure a seat on the bus!

Join us as we **Decorate for Canada Day** on Monday, June 29th at 1:30PM in the Fireside Lounge! Let's display our Canada flags and red and white around our Fireside Lounge together!


Happy Canada Day on Wednesday, July 1st! We are thrilled to have a special **Canada Day Entertainment with Mike Kinal** on Wednesday, July 1st at 2:00PM on the Country Kitchen Patio (weather permitting). Come and enjoy the celebrations and savour delicious maple walnut ice cream! **Don't forget to wear your red and white this day!**

We have a **Wellness Session: Vitals Monitoring Clinic with NND & Eyeglass Adjustments by Specsavers** on Thursday, July 2nd at 2:30PM in the Activity Room. It is important to check your vitals on a regular basis so this is an ideal opportunity to have that done by a nurse! Specsavers, the eyeglass specialists, will also be available to help with any adjustments needed with your frames. Sign-up sheet is available in the Activity Room!

Take a seat and imagine yourself surrounded by a stunning coastline at **Armchair Travel to Nova Scotia** on Friday, July 3rd at 2:00PM in the Fireside Lounge. Learn more about the beautiful landscape!

Join us for **Happy Hour** on Friday, July 3rd at 3:00PM on the Fireside Lounge Patio. We also serve tasty appetizers from our kitchen on Fridays! Purchase a glass of wine or beer, you are also welcome to enjoy a glass of complimentary punch!

Weekly Calendar for June 27th – July 3rd, 2026

Saturday, June 27 th		Sunday, June 28 th		
10:00AM 11:00AM 1:30PM 6:00PM	Armchair Exercise Video Tai Chi Bean Bag Toss Mah Jong 	10:00AM 10:00AM 10:30AM 11:00AM 11:00AM 1:00PM 1:30PM 2:30PM 2:30PM 7:30PM	Armchair Exercise Video Advanced Rummikub with Sally GPUC Worship Service Gentle Fit with Winnie Beginner Mah Jong with Kaela Table Tennis with Sally Tech Time with Erin Youth Musician Association Rummikub with Sally Sing Along with Roger	
Monday June 29 th	Tuesday June 30 th	Wednesday July 1 st	Thursday July 2 nd	Friday July 3 rd
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Video Exercise 11:30AM Bus Outing: Shopping Trip to Lansdowne/ T&T 1:30PM Decorate for Canada Day 2:30PM Indoor Bowling 6:45PM Music with Ron 7:30PM Bingo	10:00AM Armchair Video Exercise 11:30AM Meditation 2:45PM Giant Crosswords 6:00PM Mah Jong 7:00PM Crib/Chess	Happy Canada Day! 8:15AM Bus Outing: Steveston Salmon Festival Parade 10:00AM Chair Fitness 10:30AM Catholic Prayer & Communion 1:30PM Billiards 2:00PM Canada Day Entertainment with Mike Kinal 3:00PM Happy Hour 6:45PM Music with Ron 7:00PM Rummikub	8:00AM Hair with Farah 10:00AM Chair Fitness: Strength & Balance 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 2:30PM Wellness Session: Vitals Monitoring Clinic with NND & Eyeglass Adjustments by Specsavers 6:45PM Music with Ron 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 2:00PM Armchair Travel to Nova Scotia 3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong