

GILMORE GARDENS WEEKENDER HIGHLIGHTS



July 10th , 2026

IN HOUSE NEWS

Public Address System Testing - Wednesday, July 15th at 11:00AM. We will be testing the public address (PA) system in the main hallways outside your suites. Nothing needs to be done by residents. This is just to check volume levels for future announcements if they are needed in emergencies.

Fire Drill - Thursday, July 16th at 10:00AM We will be hosting a **Fire Drill. Shelter in place** unless directed by staff. Do not open doors unless directed by staff. When the fire alarm turns off, the fire drill is over.

We were very saddened with the passing of former resident, **Chuck Dunn**, earlier this year in March. His wife, Lyn, and family would like to invite those residents who knew him to a **Memorial Service and Celebration of Life** at the Trinity Lutheran Church on Saturday, July 18th from 1:00PM–3:30PM. Please let Lyn know if you would like to attend. Her phone number is (604) 765 0954. We will have the bus available to drive residents to the service. The bus will leave at 12:30PM. If you would like a seat on the bus, please let Reception know – there are still spots available on the bus.

We're excited to see so many residents enjoying the puzzles in the Computer Den! To provide additional space, we have added a new puzzle table behind the piano near the Fireside Lounge doors leading to the patio. **A friendly reminder that our puzzle tables are for everyone to enjoy. Please be considerate of others by sharing the space and giving everyone an opportunity to participate in the fun.** Thank you for your kindness and cooperation, and happy puzzling!

REMINDERS

Sign up for our **Bus Outing: Shopping Trip to Ironwood** on Monday, July 13th at 11:30AM. Ironwood has plenty of stores, including Save On Foods, London Drugs, Canadian Tire and BC Liquor store. Make your shopping list and remember your re-usable bags! Sign-up sheet is in the Activity Room.

Join in for **Meet Me at the MoMA: Lawren Stewart Harris** on Monday, July 13th at 1:30PM in the Activity Room. At forty-nine years old, already celebrated and established, a Canadian painter, made a radical choice: he walked away from comfort. From Berlin to Toronto, Algoma and Lake Superior to the Arctic, he sought more than landscape. He searched for the spiritual essence of the land. Come and watch a fascinating 27-minute video about this visionary Canadian artist!

Come to an informative **"Wellness Session: How to Maintain a Healthy Brain"** by Karen Tyrell from Dementia Solutions on Tuesday, July 14th at 2:00PM in the Fireside Lounge. Did you know your brain is the ultimate "use it or lose it" organ? Join us to discover practical ways to keep your brain active and reduce your risk of dementia. This informative and interactive session is led by Karen Tyrell, CPCA, CDCP– Canadian Dementia Consultant, Educator, and author of *Cracking the Dementia Code: Creative Solutions to Cope with Changed Behaviors*. You don't want to miss this!

Take in the sunshine and sign up for a **Bus Outing: Picnic at Garry Point** on Wednesday, July 15th at 12:00PM. If you are on the lunch program, you can order a bagged lunch. Residents can bring their own lunch, or order a bagged lunch from our kitchen for \$11.55. You can also purchase fish and chips from the concession stand at Garry Point. Please make your choice when signing up and, if ordering a sandwich, please pay at reception.

It's **National Hot Dog Day** on Wednesday, July 15th. Join us for **mini corn dogs** prepared by our Gilmore Kitchen during **Happy Hour** at 3:00PM on the Patio or Club Lounge (*weather permitting*). Enjoy a glass of punch or purchase a glass of wine or beer!

Join us for **'Songs with Spul'u'Kwuks Elementary Students** on Thursday, July 16th at 1:30PM in the Fireside Lounge. These adorable children are thrilled to come to Gilmore Gardens and perform for you! They have prepared four songs, it will be approximately a 20-minute performance!

Get your artistic mode on and join in for a follow along video of **"Artfull Enrichment": Painting Palm Beach Workshop** on Thursday, July 16th at 2:30PM in the Activity Room. Follow the easy step by step instructions and be amazed at what you create!

Tap your feet and clap your hands at **Entertainment with Hand Over Heart** on Friday, July 17th at 2:00PM on the Country Kitchen Patio (*could possibly be moved to Fireside Lounge depending on temperature*). This will be followed by **Happy Hour** on the Fireside Patio (*or the Club Lounge, depending on temperature*), at 3:00PM. Complimentary appetizers from our kitchen will be served along with punch! You may also purchase a glass of wine or beer.

Weekly Calendar for July 11th – 17th, 2026

Saturday, July 11 th		Sunday, July 12 th		
9:00AM	Nails with Angie	10:00AM	Armchair Video	
10:00AM	Armchair Exercise Video	10:30AM	GPUC Worship Service	
11:00AM	Tai Chi	11:00AM	Gentle Fit with Winnie	
1:30PM	Roll A Trump Game	11:00AM	Beginner Mah Jong with Kaela	
6:00PM	Mah Jong	1:30PM	Tech Time with Erin	
7:00PM	Movie Night: Quartet	2:00PM	Rummikub	
		7:30PM	Sing Along with Errol	
Monday July 13 th	Tuesday July 14 th	Wednesday July 15 th	Thursday July 16 th	Friday July 17 th
10:00AM Chair Fitness	10:00AM Armchair Exercise Video	National Hot Dog Day!	Hair with Farah	10:00AM Osteofit with Robin Masters
11:00AM Go4Life Walking Club		10:00AM Chair Fitness	10:00AM Chair Fitness: Strength & Balance	
11:00AM Armchair Exercise Video	11:30AM Meditation	10:30AM Catholic Mass	11:00AM Go4Life Walking Club	11:00AM Advanced Armchair Video with Curtis
11:30AM Bus Outing: Shopping Trip to Ironwood	2:00PM Wellness Session: "How to Maintain a Healthy Brain" with Karen Tyrell from Dementia Solutions	11:00AM RMS Ukulele Lessons	11:00AM Armchair Exercise Video	11:00AM Play Reading with Stephen
1:30PM Meet Me at The MoMA: Lawren Stewart Harris		1:30PM Billiards	1:30PM Songs with Spul'u'Kwuks' Elementary Students	2:00PM Entertainment with Hand Over Heart
2:30PM Shuffleboard	6:00PM Mah Jong	1:30PM Chair Yoga with Lauren	2:30PM "Artful Enrichment": Painting Palm Beach Workshop	3:00PM Happy Hour
6:45PM Music with Ron	7:00PM Crib/Chess	3:00PM Happy Hour with Mini Corn Dogs	6:45PM Music with Ron	3:30PM Table Tennis
7:00PM Bingo		6:45PM Music with Ron	7:00PM Game of Hearts	6:00PM Mah Jong
		7:00PM Rummikub		