

GILMORE GARDEN WEEKENDER HIGHLIGHTS



July 17th, 2026

IN HOUSE NEWS

Calling all of Gilmore's knitters! The maternity ward at Lions Gate Hospital has reached out with a special request for hand-knitted baby toques. If you'd like to craft something cozy for a newborn, we would love your help! Please reach out to Suman directly to get more details and she can coordinate the drop off for the donation. Thank you!

We have a special **French Themed Featured Dinner** on Friday, July 24th from 4:45PM to 6:00PM in the Dining Room. You can make reservations for guests and look at the menu at Reception. Cost for adult guest \$33.60 and child (4-12) \$16.80. Invite your family and friends to enjoy this lovely meal!

Please note that **Painting with Elizabeth is cancelled** on Saturday, July 18th. Thank you!

Are you interested in watching the last two FIFA World Cup Games? On Saturday, July 18th you can watch the Bronze Final: France vs. England game at 2:00PM in the Fireside Lounge. **On Sunday, July 19th you can come watch the Final: Spain vs. Argentina at 12:00PM in the Activity Room.**

Please note due to the above and other programs. Tech Time with Erin at 1:30PM will be relocated to the Private Dining Room on Sunday, July 19th. Book appointment time on sign-up sheet in Activity Room.

REMINDERS

Test your luck at the **Horse Races Game** on Saturday, July 18th at 1:30PM in the Activity Room. Remember to bring \$3.50 in quarters with you. You never know – you may be a winner!

Enjoy music in the afternoon from a small group of musicians called **Positive Energy Music Group** on Sunday, July 19th at 1:30PM in the Fireside Lounge. They sing uplifting songs that you can sing along to! Since 2024, they have been providing volunteer musical performances at UBC Pavilion Hospital. The performers ages range between 45-70 years old – come and encourage them!

Make your shopping list and sign up for a seat on the bus for our **Bus Outing: Shopping Trip to Freshco** on Monday, July 20th at 11:30AM. Don't forget to bring your reusable bags with you! Sign-up sheet is available in the Activity Room.

It's summertime and everyone is welcome to enjoy **Ice Cream on the Patio** on Monday, July 20th at 2:30PM on the Country Kitchen Patio. There is no better way than to sit in the fresh outdoors, enjoying ice cream and gazing at our beautiful plants! Make sure to invite your neighbour to enjoy this treat!

If you have any feedback to give Chef Val, please join the **Food Committee Meeting** on Tuesday, July 21st at 11:30AM in Private Dining Room. Everyone is welcome!

Did you know that early July to mid-September is Melissa and Grosso Lavender season? We have a special **Bus Outing: Lavenderland** on Wednesday, July 22nd at 10:00AM. **To explore the 7 acres of lavender fields, tickets for seniors are \$12.50 and can be purchased on arrival.** The gift shop has locally crafted products and sell a variety of farm-fresh goods. From the gift shop you may purchase Lavender Kombucha, ice cream, soda, slushies, snacks, and more! **Browsing the giftshop is FREE.** They have lavender and chocolate flavoured ice cream, as well as seasonal flavours ranging from cotton candy, tiramisu and even raspberry! If you fancy an ice cream, please note a single scoop in a cup is \$8.39 and a single scoop in a cone is \$8.91. Lavenderland has gravel and sand for their farm walkways, and all on-site washrooms are walker and wheelchair accessible. Sign up sheet is available in the Activity Room!

Why not treat yourself to a new blouse or all this summer season? Perk up your summer wardrobe and come and browse through **Casual Chic Couture Fashions** on Thursday, July 23rd from 11:00AM to 2:00PM in the Fireside Lounge.

We have **Entertainment with Music Variations** on Friday, July 24th at 2:00PM on the Country Kitchen Patio or the Fireside Lounge (*depending on temperature*). Come and tap your toes to some popular tunes or even dance a little if you feel up to it! Afterwards, enjoy us for a special **Happy Hour with French Hors d'Oeuvres** at 3:00PM on the Fireside Patio or the Club Lounge (*depending on temperature*). Come and enjoy complimentary punch along with your appetizer! You are also welcome to purchase a glass of wine or beer! Invite a neighbour to join you!

Weekly Calendar for July 18th – 24th, 2026

Saturday, July 18 th		Sunday, July 19 th		
9:00AM 10:00AM 11:00AM 1:30PM 3:00PM 6:00PM	Nails with Angie Armchair Exercise Video Tai Chi Horse Race Game Painting with Elizabeth Mah Jong	10:00AM 10:30AM 11:00AM 1:30PM 1:30PM 2:00PM 7:30PM	Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Tech Time with Erin (PDR) Positive Energy Music Group Performance Rummikub Sing Along with Roger	
Monday July 20 th	Tuesday July 21 st	Wednesday July 22 nd	Thursday July 23 rd	Friday July 24 th
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 11:30AM Bus Outing: Shopping Trip to Freshco 2:30PM Ice Cream on the Patio 6:45PM Music with Ron 7:00PM Bingo	10:00AM Armchair Video Exercise 11:30AM Meditation 11:30AM Food Committee Meeting 1:30PM Chair Yoga with Lynn Walters 2:45PM Giant Crosswords 6:00PM Mah Jong 7:00PM Crib/Chess	10:00AM Bus Outing: Lavenderland 10:00AM Armchair Exercise Video 10:30AM Catholic Prayer & Communion 11:00AM RMS Ukelele Lesson 1:30PM Billiards 1:30PM Chair Yoga with Lauren Video 3:00PM Happy Hour 6:45PM Music with Ron 7:00PM Rummikub	Hair with Farah 10:00AM Chair Fitness: Strength & Balance 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 11:00AM-2:00PM Casual Chic Couture Fashions 6:45PM Music with Ron 7:00PM Game of Hearts	French Themed Featured Dinner 10:00AM Osteofit with Robin Masters 11:00AM Play Reading with Stephen 11:00AM Advanced Armchair Video with Curtis 2:00PM Entertainment with Music Variations 3:00PM Happy Hour with French Hors d'Oeuvres 3:30PM Table Tennis 6:00PM Mah Jong