

GILMORE GARDENS WEEKENDER HIGHLIGHTS



July 24th, 2026

IN HOUSE NEWS

Our local Pride Week is from Saturday, July 25th – Sunday, August 2nd! This is a time for reflection and action, reinforcing the importance of diversity and equality. Every individual is valid and deserving of love, we invite you to join the movement for inclusion by wearing the following colours on the following dates:



Monday, July 27th: Red or Orange. Red (Life): Signifies life, the most fundamental and powerful force. Orange (Healing): Stands for healing and recovery; the strength it takes to overcome adversity.

Wednesday, July 29th: Yellow or Green. Yellow (Sunlight): Represents sunlight, generating optimism, hope and clarity. Green (Nature): Represents nature and growth; it is about our connection to the earth and to one another.

Friday, July 31st: Blue or Purple. Blue (Serenity): Stands for serenity and peace, important values for creating safe, affirming spaces. Purple (Spirit): Represents spirit, recognizing the inner strength and dignity of the 2SLGBTQ+ community.

REMINDERS

Come, cheer, laugh and play! **Bean Bag Toss** on Saturday, July 25th at 1:30PM in the Activity Room. Cheer your fellow players as they play a good game. Everyone is welcome to join!

Give your feet the TLC they deserve and book an appointment at Reception for **Foot Care with Pam** on Sunday, July 26th beginning at 9:00AM in the Beauty Salon.

Do you like trying new things? Come for **Beginner Rummikub with Sally** at 2:00PM on Sunday, July 26th in the Club Lounge. It's the perfect opportunity to learn a new game at your own pace!

Time to stock up on groceries? Sign up for our **Bus Outing: Shopping Trip to Lansdowne/ T&T** on Monday, July 27th at 11:30AM. The sign-up sheet is available in the Activity Room. Remember to bring your reusable bags!

Join us for **Meet Me at the MoMA: Winnifred Petcheymarsh** on Monday, July 27th at 1:30PM in the Activity Room. Winnifred won the hearts and confidence of the Indigenous people living at Eskimo Point in the Northwest Territories (now Arviat, Nunavut). Come and watch how her paintings depicted Indigenous culture before their northern ways were lost to modern society.

If you have any feedback or new ideas to share with Suman, Life Enrichment Manager regarding programs, please attend the **Recreation Committee Meeting** on Tuesday, July 28th at 1:30PM in the Private Dining Room. Everyone is welcome!

Sign up for **Wellness Session: Trial Relaxation Massage** by Comfort Cocoons on Tuesday, July 28th from 10:00AM to 12:00PM in the Beauty Salon. Enjoy a complimentary 20-minute trial massage session. Before each massage session, they will conduct a brief intake assessment – please arrive a few minutes earlier than your appointment time. The trial massage session is designed to promote relaxation, comfort, and overall well-being. Sign-up sheet is available in the Activity Room, please note spots are limited.

Enjoy a relaxing afternoon by the waterfront! Join us for a trip to **Steveston Village** on Wednesday, July 29th at 12:00PM. Browse local shops and enjoy the fresh ocean breeze! Sign up in the Activity Room.

Join us for a special **Happy Hour with Margaritas** on Wednesday, July 29th at 3:00PM in the Fireside Patio or Club Patio or Club Lounge (*weather permitting*). Let's sip, chat and celebrate summer together!

Join us on Thursday, July 30th at 2:00PM in the Dining Room for our monthly **Birthday Party & Welcome Tea!** We'll be celebrating our July birthdays and welcoming our new residents—so come enjoy a delicious slice of cake along with a cup of tea or coffee!

Come for the fun at **Entertainment with The Fera Brothers** on Friday, July 31st at 2:00PM on the Country Kitchen Patio (*could possibly be moved to Fireside Lounge depending on temperature*). Afterwards, don't miss out on our special **Happy Hour with Nachos celebrating National Avocado Day** at 3:00PM in the Fireside Patio (*or the Club Lounge, depending on temperature*). Enjoy a glass of complimentary punch or purchase a glass of wine or beer to go with the yummy nachos prepared by our kitchen!

Weekly Calendar for July 25th – 31st, 2026

Saturday, July 25 th		Sunday, July 26 th		
10:00AM 11:00AM 1:30PM 6:00PM 7:00PM	Armchair Exercise Video Tai Chi Bean Bag Toss Mah Jong Movie Night: Letters from Iwo Jima	9:00AM 10:00AM 10:00AM 10:30AM 11:00AM 11:00AM 1:00PM 1:30PM 2:00PM 7:30PM	Foot Care with Pam Armchair 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 Beginner Rummikub with Sally Sing along with Roger	
Monday July 27 th	Tuesday July 28 th	Wednesday July 29 th	Thursday July 30 th	Friday July 31 st
<i>Wear red or orange day!</i> 10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 11:30AM Bus Outing: Shopping Trip to Lansdowne/T&T 1:30PM Meet Me at The MoMA: Winnifred Petcheymarsh 2:30PM Indoor Bowling 6:45PM Music with Ron 7:00PM Bingo	10:00AM Armchair Exercise Video 10:00AM-12:00PM Wellness Session: Trial Relaxation Massage by Comfort Cocoons 11:30AM Meditation 1:30PM Recreation Committee Meeting 2:45PM Fit Minds 6:00PM Mah Jong 7:00PM Crib/Chess	<i>Wear yellow or green day!</i> 10:00AM Chair Fitness 10:30AM Catholic Prayer & Communion 11:00AM RMS Ukulele Lessons 12:00PM Bus Outing: Steveston Village 1:30PM Billiards 1:30PM Chair Yoga with Lauren 3:00PM Happy Hour with Margaritas! 6:45PM Music with Ron 7:00PM Rummikub	<i>Hair with Farah</i> 10:00AM Advanced Armchair Video with Curtis 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 2:00PM Birthday Party & Welcome Tea 6:45PM Music with Ron 7:00PM Game of Hearts	<i>Wear blue or purple day!</i> <i>National Avocado Day!</i> 10:00AM Osteofit with Robin Masters 11:00AM Advanced Armchair Video with Curtis 11:00AM Play Reading with Stephen 2:00PM Entertainment with The Fera Brothers 3:00PM Happy Hour with Nachos 3:30PM Table Tennis 6:00PM Mah Jong