

# GILMORE GARDEN WEEKENDER HIGHLIGHTS



July 3<sup>rd</sup>, 2026

## IN HOUSE NEWS

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 18<sup>th</sup> 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.

Does anyone have a suggestion for a program to replace our **Thursday 7:00PM** slot for *Game of Hearts*? We appear to have no-one interested in playing this card game and would like to introduce a more popular resident-run activity. If you have an idea, please speak to Suman!

Please note: a **Chinese translated copy of the 'Statement on Verve's Commitment to Combating Racial Inequality'** is available for residents whom would like a copy, it's available for pick up at Reception. Thank you!

Please note: From Monday, July 6<sup>th</sup> **Bingo** will start at **7:00PM**.

## REMINDERS

Are you up for a challenge? Join us at **Ladder Ball** on Saturday, July 4<sup>th</sup> at 1:30PM in the Activity Room. Get active and toss the rope ball at the ladder with the hope that it will catch on!

Come for **Artful Aging: Painting with Elizabeth and Friends** on Saturday, July 4<sup>th</sup> at 3:00PM in the Activity Room. Everyone is welcome! Elizabeth is a community volunteer and can help guide you through a painting that you would like to do. Come and say "hi" to her!

Sign up for our **Bus Outing: Shopping Trip to Seafair** on Monday, July 6<sup>th</sup> at 11:30AM. Remember to bring your shopping list and reusable bags! Sign-up sheet is in the Activity Room.

Join us for a **Wellness Session: Staying Safe & Healthy in the Summer–Presentation by Christine, Home Instead** on Monday, July 6<sup>th</sup> at 2:30PM in the Activity Room. This presentation covers why seniors are at greater risk during hot weather, how to recognize heat exhaustion and heat stroke, tips for staying cool and hydrated, the difference between UVA and UVB rays, choosing the right sunscreen, and other practical ways to enjoy the summer safely. This session provides valuable information to help everyone make the most of the summer, whilst protecting their health!

Sign up for our **Bus Outing: Shopping Trip to Walmart** on Wednesday, July 8<sup>th</sup> at 12:00PM. There is also a small MacDonalds on the ground floor where you can grab a burger or fries after shopping!

We are pleased to have a **Presentation by David Darling on The Mysteries of Machu Picchu** on Thursday, July 9<sup>th</sup> at 1:30PM in the Activity Room. Machu Picchu, the Lost City of the Incas, is an engineering marvel built in 1450 in the high Andes. How was it built with the technology of that time? What was its significance to astronomy? Why was it abandoned and largely unknown for 400 years? Come find out!

Join the fun for a special **Lotto 649 Game** on Thursday, July 9<sup>th</sup> at 3:00PM in the Activity Room.

Remember to bring your dimes for the game sheet. Everyone is welcome to join!

We have **Entertainment with Luke Sandford, Pianist** on Friday, July 10<sup>th</sup> at 2:00PM in the Fireside Lounge. Come and enjoy Luke's artistic piano skills and sing along!

Followed by, **Happy Hour** on Friday, July 10<sup>th</sup> at 3:00PM will be on the Fireside Patio (if the weather is warm enough!). Come and join us and enjoy complimentary fruit punch and appetizers or purchase a wine or beer!

### Weekly Calendar for July 4<sup>th</sup> – 10<sup>th</sup>, 2026

Saturday, July 4 <sup>th</sup>		Sunday, July 5 <sup>th</sup>		
10:00AM 11:00AM <b>1:30PM</b> 3:00PM 6:00PM	Armchair Exercise Video Tai Chi <b>Ladder Ball</b> Painting with Elizabeth Mah Jong	10:00AM 10:30AM 11:00AM 1:30PM 2:00PM 7:30PM	Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Tech Time with Erin (FIR) Rummikub Sing Along with Roger	
Monday July 6 <sup>th</sup>	Tuesday July 7 <sup>th</sup>	Wednesday July 8 <sup>th</sup>	Thursday July 9 <sup>th</sup>	Friday July 10 <sup>th</sup>
10:00AM Chair Fitness  11:00AM Go4Life Walking Club  11:00AM Armchair Video Exercise  <b>11:30AM Bus Outing: Shopping Trip to Seafair</b>  <b>2:30PM Wellness Session: Staying Safe and Healthy in the Summer Presentation by Christine</b>  6:45PM Music with Ron  <b>7:00PM Bingo</b> <i>(Please note earlier time!)</i>	10:00AM Armchair Video Exercise  <b>10:45AM Resident Handbook Review with Lorne</b>  11:30AM Meditation  <b>1:30PM Chair Yoga with Lynn Walters</b>  2:45PM Fit Minds  6:00PM Mah Jong  7:00PM Crib/Chess	10:00AM Armchair Video  10:30AM Catholic Prayer & Communion  11:00AM RMS Ukelele Lesson  <b>12:00PM Bus Outing: Shopping Trip to Walmart</b>  1:30PM Billiards  1:30PM Chair Yoga with Lauren Video  <b>2:00PM Book Club Meeting</b>  <b>3:00PM Happy Hour</b>  6:45PM Music with Ron  7:00PM Rummikub	<i><b>Hair with Farah</b></i>  10:00AM Advanced Armchair Video with Curtis  11:00AM Go4Life Walking Club  11:00AM Armchair Video  <b>1:30PM David Darling Presentation: Mysteries of Machu Picchu</b>  <b>3:00PM Lotto 649 Game</b>  6:45PM Music with Ron  7:00PM Game of Hearts	<i><b>Living Loving Local Dinner: Raspberries</b></i>  10:00AM Osteofit with Robin Masters  11:00AM Play Reading with Stephen  11:00AM Advanced Armchair Video with Curtis  <b>2:00PM Entertainment with Luke Sandford, Pianist</b>  <b>3:00PM Happy Hour</b>  3:30PM Table Tennis  6:00PM Mah Jong