

GILMORE GARDEN WEEKENDER HIGHLIGHTS



July 31st, 2026

IN HOUSE NEWS

A special **BC Day Featured Dinner** is coming up on Monday, August 3rd. Invite your family and friends to join you! Seatings will be 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.

A friendly reminder to all residents to come early for all programs. Latecomers can be quite disruptive to other residents by interrupting an activity or class that is already in session. We appreciate your cooperation!

REMINDERS

Take your best shot at our **Dart Challenge** on Saturday, August 1st at 1:30PM in the Activity Room! Aim for the bullseye and score a chance to dart a balloon for an even better thrill! Everyone is welcome!

Come for **Painting with Elizabeth** on Saturday, August 1st 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!

Come travel without leaving your seat! Join us for **Armchair Travel: Vancouver Island** on Monday, August 3rd at 2:00PM in the Fireside Lounge. This 40-minute journey takes you to the essential attractions along the Pacific West Coast, from the timeless elegance of Victoria and the enchanting Butchart Gardens to the rugged beauty of Tofino, Ucluelet, Port Hardy, and Telegraph Cove. Go beyond the ordinary with exclusive footage of grizzly bears hunting wild salmon, Orca Killer Whales, Humpback Whales, Seals, Sea Lions, Dolphins, and more. Join us for a cinematic journey where the pristine landscapes of Vancouver Island and extraordinary wildlife encounters come to life, creating a visual masterpiece that captures the heart and soul of this Pacific gem.

Stay informed and join the conversation! Lorne, our General Manager is hosting **Resident Handbook Review with Lorne** on Tuesday, August 4th at 10:45AM in the Fireside Lounge. Lorne will go through a section or two of the handbook and is open to chat about any questions you may have!

Beat the afternoon slump and engage yourself in **Giant Crosswords** on Tuesday, August 4th at 2:45PM in the Club Lounge. This would be the great opportunity to give your brain a fun workout!

Sign-up for **Bus Outing: Lunch & Shopping at Tsawwassen Mills** on Wednesday, August 5th at 11:30AM. This is a huge mall with a lot of popular stores. Browse around and you will definitely find something to buy! Residents will have the opportunity to enjoy lunch at the food court. Sign-up sheet is available in the Activity Room!

Your health matters! We are having a **Wellness Session: Vitals Monitoring Clinic with NND & Eyeglass Adjustments by Specsavers** on Thursday, August 6th at 2:30PM in the Activity Room. Take advantage of these helpful services and stay on top of your well-being. Specsavers, the eyeglass specialists, will also be available to help with any adjustments needed with your frames. Sign-up sheet for both are available in the Activity Room!

Relax and enjoy an afternoon of beautiful music! On Friday, August 7th at 2:00PM in the Fireside Lounge join us for **Entertainment with Jolie Say**, an advanced classical piano student preparing for her ARCT Diploma with the Royal Conservatory of Music. Her program is 45-minutes long and fully prepared, it features a mix of dramatic pieces and familiar melodies. Come and show her your support! Afterwards, join us for **Happy Hour** at 3:00PM on 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 delicious appetizers prepared by our kitchen!

Weekly Calendar for August 1st – 7th, 2026

Saturday, August 1 st		Sunday, August 2 nd		
10:00AM 11:00AM 1:30PM 3:00PM 6:00PM	International Mahjong Day! Armchair Exercise Video Tai Chi Dart Challenge 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 Rummikub Sing Along with Roger	
Monday August 3 rd	Tuesday August 4 th	Wednesday August 5 th	Thursday August 6 th	Friday August 7 th
BC Day Featured Dinner 10:00AM Advanced Armchair Video with Curtis 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 2:00PM Armchair Travel: Vancouver Island 6:45PM Music with Ron 7:00PM Bingo	10:00AM Armchair Exercise Video 10:45AM Resident Handbook Review with Lorne 11:30AM Meditation 1:30PM Chair Yoga with Lynn Walters 2:45PM Giant Crosswords 6:00PM Mah Jong 7:00PM Crib/Chess	10:00AM Chair Fitness 10:30AM Catholic Prayer & Communion 11:30AM Bus Outing: Lunch & Shopping at Tsawwassen Mills Mall 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 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 Play Reading with Stephen 11:00AM Advanced Armchair Video with Curtis 2:00PM Entertainment with Jolie Say, Advanced Classical Piano Student 3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong