

GILMORE GARDENS WEEKENDER HIGHLIGHTS



August 21st, 2026

IN HOUSE NEWS

Please note: We have a scheduled **Code Green Evacuation Drill** on Wednesday, August 26th at 9:30AM. We encourage all residents to *please* exit the building during the drill. Your co-operation is vital in helping to familiarize yourself with what you need to do in case of an emergency scenario.

Gilmore Gardens is proud to sponsor the upcoming **Senior Mixed Tournament** on Thursday, September 10, 2026, and we would love you to join us! Tournament starts at 9:30 AM Shotgun start (we will arrange to arrive a bit early so everyone is settled in). Gilmore Gardens will pay for your tournament entry fee, your golf cart, and your taxi transportation to and from the event. Not a Golfer? You are welcome to join us just for the delicious lunch buffet and social time—transportation and buffet are fully covered for you as well. You have the chance to win some wonderful prizes at this event! Spaces are limited - please stop by reception or let Roberto know as soon as possible so we can register our team and organize transportation accordingly. Thank you.

Farah, our Hairdresser, will be at Gilmore for an additional day this month to accommodate extra people on Friday, August 28th. If you're interested, please book your appointment time at Reception.

REMINDERS

Join us for a fun game of **Bean Bag Toss** on Saturday, August 22nd at 1:30PM in the Activity Room. Give it a try and have a few laughs along the way as you hit and miss or score big.

Are you in the mood for entertainment? Come and enjoy **The Fifth Measure Band Performance** on Saturday, August 22nd at 2:30PM in the Fireside Lounge. The band is comprised of 5 instruments: piano, violin, clarinet, trumpet, and alto saxophone! They play a variety of genres through instrumental covers, mainly pop ballads, neoclassical and favourites from musicals and movies. The performance will be approximately 45 minutes.

Sign up for our **Bus Outing: Shopping Trip to Lansdowne/T&T** on Monday, August 24th at 11:30AM. If your shopping list does not need food items, why not visit the Dollarama store for other essentials! Sign-up sheet is in the Activity Room. Remember to bring your reuseable bags!

Nothing says summer like chilled drinks! Cool off with **Ice Cream Floats on the Patio** on Monday, August 24th at 2:30PM on the Country Kitchen Patio (*or the Fireside Lounge, weather permitting*).

Join Carolyn for **Meaningful Conversations: A Space for Connection** on Tuesday, August 25th at 1:30PM in the Private Dining Room. Carolyn is a retired mental health nurse, end of life doula, and grief counsellor. This gentle, bi-weekly gathering offers a warm space to connect deeply with others, explore meaningful topics, and nurture a sense of belonging. Whether you seek comfort, curiosity, or simply good company, you are warmly invited to join in for an hour of heart-centered conversation.

We have a special **Bus Outing: Emma Lea Farms** on Wednesday, August 26th at 1:00PM. The market features a wide variety of fruit, local veggies, fresh pressed juices, honey, flowers, frozen pies and various jams too! Enjoy this lovely scenic drive and treat yourself to a \$5 scoop of delicious ice cream or a tasty milkshake, sundae, smoothie or parfait, made with your choice of berries! Sign up early and book your spot. Let's go on an adventure and explore together!

Celebrate our August birthdays and welcome our new residents at our **Birthday Party & Welcome Tea** on Thursday, August 27th at 2:00PM in the Dining Room. Join us for a slice of delicious cake along with a cup of tea or coffee. We hope to see you there!

Spend your afternoon enjoying **Entertainment with Music Variations** on Friday, August 28th at 2:00PM on the Country Kitchen Patio (*or Fireside Lounge, depending on the weather*).

Don't forget to come and join us for **Happy Hour** at 3:00PM on Friday, August 28th on the Fireside Patio (*or Club Lounge, weather permitting*) where will be celebrating **National Red Wine Day!** We offer complimentary fruit punch or you can purchase a glass of wine or beer to enjoy with tasty appetizers from our kitchen!

Weekly Calendar for August 22nd – 28th, 2026

Saturday, August 22 nd		Sunday, August 23 rd		
9:00AM 10:00AM 11:00AM 1:30PM 2:30PM 6:00PM 7:00PM	Nails with Angie Armchair Exercise Video Tai Chi Bean Bag Toss The Fifth Measure Band Performance Mah Jong Movie Night: Driving Miss Daisy	10:00AM 10:30AM 11:00AM 11:00AM 1:30PM 2:00PM 7:30PM	Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Beginner Mah Jong with Kaela Tech Time with Erin Rummikub Sing Along with Roger	
Monday August 24 th	Tuesday August 25 th	Wednesday August 26 th	Thursday August 27 th	Friday August 28 th
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 11:30AM Bus Outing: Shopping Trip to Lansdowne and T&T 2:30PM Ice Cream Floats on the Patio 6:45PM Music with Ron 7:00PM Bingo	10:00AM Armchair Exercise Video 11:30AM Meditation 1:30PM Meaningful Conversations: A Space for Connection 2:45PM Fit Minds 6:00PM Mah Jong 7:00PM Crib/Chess	9:30AM Code Green Evacuation Drill 10:30AM Catholic Prayer & Communion 1:00PM Bus Outing: Emma Lea Farms 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 2:00PM Birthday Party & Welcome Tea 6:45PM Music with Ron 7:00PM Game of Hearts	National Red Wine Day! Hair with Farah 10:00AM Osteofit with Robin Masters 11:00AM Advanced Armchair Video with Curtis 11:00AM Play Reading with Stephen 2:00PM Entertainment with Music Variations 3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong