

GILMORE GARDEN WEEKENDER HIGHLIGHTS



August 28th, 2026

IN HOUSE NEWS

Please note that two programs on Saturday, August 29th have been cancelled: Horseraces Game and Painting with Elizabeth. Please note that Horseraces Game has been rescheduled for the following week on Saturday, September 5th at 1:30PM instead. We apologize for the short notice.

On Saturday, August 29th Lyn Dunn has booked the Activity Room from 2:30PM-3:30PM to hold a service for her late husband, Chuck Dunn. Residents are welcomed to come attend and enjoy light snacks and refreshments.

Gilmore Gardens is once again participating in the **Forever Young 8K** on Sunday, September 13th at Richmond Oval. Gilmore will cover the cost for your registration and arrange your transportation to the event, **deadline to register is Thursday, September 3rd**. You will receive a t-shirt and number, together with goodies in your race package. You have the option to complete a 5km walk or the full 8km, please indicate which one on the sign-up sheet. Prizes are drawn at the end and there will be sponsor booths to peruse along with after-race snacks! If you are interested, please sign up in the Activity Room.

We have a special **Hawaiian Featured Dinner** on Monday, August 31st. Your guests are welcome from 4:45PM to 6:00PM. Reservations for dinner can be made at Reception. The guests meal is \$33.60 for adults and \$16.80 for children (4-12). Get in the spirit by wearing your favourite hawaiian shirts and colourful floral prints!

REMINDERS

Give your feet the TLC they deserve and book an appointment at Reception for **Foot Care with Pam** on Sunday, August 30th starting from 9:00AM in the Beauty Salon.

Do you need to pick up some groceries? Sign up for **Bus Outing: Shopping Trip to FreshCo** on Monday, August 31st at 11:30AM. Don't forget to bring your reusable bags. Sign-up sheet is available in the Activity Room.

Explore art and culture right here at **Meet me at the MoMA: Cynthia McLean** on Monday, August 31st at 1:30PM in the Activity Room. She is a self-taught painter, metal sculptor, jeweler, and fabric designer from Trinidad & Tobago, who has held three solo exhibitions with Horizons Art Gallery.

Let's bowl! Join us for a fun game of **Indoor Bowling** on Monday, August 31st at 2:30PM in the Activity Room. Whether you're aiming for a strike or just looking for a good laugh, you are in good company.

Stay informed and connected with our community by joining in **Resident Handbook Review with Lorne** on Tuesday, September 1st at 10:45AM in the Fireside Lounge. It's a great opportunity to ask questions, share feedback and brush up on Gilmore's community guideline.

Sign up for Bus **Outing: Shopping Trip to Dollarama & Save-On-Foods at Terra Nova** on Wednesday, September 2nd at 11:45AM. Make your list and bring your shopping bag with you. Sign-up sheet is in the Activity Room.

Wellness Session: Eyeglass Adjustments by Specsavers on Thursday, September 3rd at 2:30PM in the Activity Room. Make sure to sign up and book a time slot. Sign up sheet is available in the Activity Room. Please note that Nurse Next Door is not available this month for the vitals clinic – **this session will be eye glass adjustments only.**

Kick off your Friday afternoon with **Entertainment by Mike Kinal** on Friday, September 4th at 2:00PM on the Country Kitchen Patio (*or in the Fireside Lounge*). Sit back and sing along or dance! Join us later for **Happy Hour** at 3:00PM on the Fireside Patio (*or in the Club Lounge*). We have special appetizers on Friday which you can enjoy with your choice of beverage!

Weekly Calendar for August 29th – September 4th, 2026

Saturday, August 29 th		Sunday, August 30 th		
10:00AM	Armchair Video Exercise	9:00AM	Foot Care with Pam	
11:00AM	Tai Chi	10:00AM	Armchair Video Exercise	
4:30PM	Horseshoe Game cancelled	10:30AM	GPUC Worship Service	
3:00PM	Painting with Elizabeth	11:00AM	Gentle Fit with Winnie	
6:00PM	Mah Jong	1:30PM	Tech Time with Erin	
		2:00PM	Rummikub	
		7:30PM	Sing Along with Errol	
Monday August 31 st	Tuesday September 1 st	Wednesday September 2 nd	Thursday September 3 rd	Friday September 4 th
Hawaiian Themed Featured Dinner Wear your Hawaiian shirts and floral prints!	10:00AM Armchair Video Exercise	10:00AM Armchair Video Exercise	Hair with Farah	Living Loving Local: Featuring Corn
10:00AM Chair Fitness	10:45AM Resident Handbook Review with Lorne	10:30AM Catholic Prayer & Communion	10:00AM Advanced Armchair Video with Curtis	Western day - wear your plaid shirts!
11:00AM Go4Life Walking Club	11:30AM Meditation	11:45AM Bus Outing: Shopping Trip to Dollarama & Save-On-Foods at Terra Nova	11:00AM Go4Life Walking Club	10:00AM Osteofit with Robin Masters
11:00AM Armchair Video Exercise	1:30PM Chair Yoga with Lynn Walters	1:30PM Billiards	11:00AM Armchair Exercise Video	11:00AM Play Reading with Stephen
11:30AM Bus Outing: Shopping Trip to FreshCo	2:45PM Giant Crosswords	1:30PM Chair Yoga with Lauren Video	2:30PM Wellness Session: Eyeglass Adjustments by Specsavers	11:00AM Advanced Armchair Video with Curtis
1:30PM Meet Me at the MoMA: Cynthia McLean	6:00PM Mah Jong	3:00PM Happy Hour	6:45PM Music with Ron	2:00PM Entertainment with Mike Kinal
2:30PM Indoor Bowling	7:00PM Crib/Chess	6:45PM Music with Ron	7:00PM Game of Hearts	3:00PM Happy Hour
6:45PM Music with Ron		7:00PM Rummikub		3:30PM Table Tennis
7:00PM Bingo				6:00PM Mah Jong