

GILMORE GARDENS WEEKENDER HIGHLIGHTS



August 7th, 2026

IN HOUSE NEWS

Book your guests for a special **Living Loving Local Dinner featuring Blueberries!** Taking place on Friday, August 14th from 4:45PM to 6:00PM in the Dining Room. You can make reservations for guests and look at the menu at Reception. Cost for guests is \$33.60 per adult and \$16.80 for children (age of 4-12). Don't forget to invite your family and friends for this delicious meal!

We enjoy displaying the pictures in the activity room from all the different programs we have each month. **A friendly reminder that if you would like to order a copy, we can order a duplicate if you add your name and photo number to the sheet on the board in the activity room. Reprints cost \$1 each.** We kindly ask you please do not remove the photos from the board. Thank you!

A gentle reminder to our residents to please put back any **Gilmore Gardens Library** books you have taken off the shelf in the den to read or browse through. We have a resident volunteer who takes care of all the new incoming books and sorts out the older books. It would, however, be appreciated if books could be replaced on the shelf from where it came!

REMINDERS

Spend your afternoon enjoying a friendly game of **Ladder Ball** on Saturday, August 8th at 1:30PM in the Activity Room. Everyone is welcome to play or just come by and watch!

Come on down to **Movie Night: The Bourne Supremacy** on Saturday, August 8th at 7:00PM in the Activity Room. Bring a friend and watch the movie together!

Beginner Mah Jong with Kaela is on Sunday, August 9th at 11:00AM in the Fireside Lounge. Whether you are learning for the first time or brushing up on the basics, this beginner-friendly session offers a relaxed way to enjoy the game.

Join in **Sing Along with Errol** on Sunday, August 9th at 7:30PM in the Fireside Lounge. Errol is our community volunteer and plays his guitar and sings some popular songs that everyone knows!

There is a **Bus Outing: Shopping trip to Seafair** on Monday, August 10th at 11:30AM. Prepare your grocery list and sign up in the Activity Room. Remember to bring your reusable bags!

Come and join us for **Art History Speaker Anik: The Ultimate Who's Who Guide: How to Identify Saints in Art** on Monday, August 10th at 2:30PM in the Activity Room. *"Saints are among the most important and recurring figures in the history of Western art, appearing in altarpieces, devotional paintings, frescoes, and countless other works across the centuries. Yet for many viewers, they can seem difficult to tell apart..."* You don't want to miss this presentation!

Bus Outing: Picnic at Richmond Nature Park is on Wednesday, August 12th at 11:30AM. If you are on the lunch program, you can order a bagged lunch. Residents can bring their own lunch, or order a bagged lunch from our kitchen for \$11.55. Please make your choice when signing up and, if ordering a sandwich, please pay at reception. This would be wonderful opportunity to take advantage of the nice weather. There's an elevated boardwalk which offers a safe route to walk! There is also an interpretive centre with exhibits and trail information which admission is by donation.

We have **Tomorrow's Topkids** visiting us on Thursday, August 13th at 2:15PM in the Activity Room. There will be approximately 20 kids, ranging from ages 10-12 coming to spend time with you! You can look forward to an afternoon of games and interesting conversations!

Come on down and enjoy **Entertainment with Charles Johnson** on Friday, August 14th at 2:00PM on the Country Kitchen Patio (*could be moved to Fireside Lounge depending on temperature and air quality*). 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 8th – 14th, 2026

Saturday, August 8 th		Sunday, August 9 th		
9:00AM 10:00AM 11:00AM 1:30PM 6:00PM 7:00PM	Nails with Angie Armchair Exercise Video Tai Chi Ladder Ball Mah Jong Movie Night: The Bourne Supremacy	10:00AM 10:00AM 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 Errol	
Monday August 10 th	Tuesday August 11 th	Wednesday August 12 th	Thursday August 13 th	Friday August 14 th
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 11:30AM Bus Outing: Shopping Trip to Seafair 2:30PM Art History Speaker Anik: The Ultimate Who's Who Guide: How to Identify Saints in Art 6:45PM Music with Ron 7:00PM Bingo	10:00AM Armchair Exercise Video  11:30AM Meditation 2:45PM Fit Minds 6:00PM Mah Jong 7:00PM Crib/Chess	10:00AM Armchair Exercise Video 10:30AM Catholic Prayer & Communion 11:30AM Bus Outing: Picnic at Richmond Nature Park 1:30PM Billiards 1:30PM Chair Yoga with Lauren Video 2:00PM Book Club Meeting 3:00PM Happy Hour 6:45PM Music with Ron 7:00PM Rummikub	Hair with Farah 10:00AM Advanced Armchair Video with Curtis 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 2:15PM Visit from Tomorrow's Topkids 6:45PM Music with Ron 7:00PM Game of Hearts	Living Loving Local Dinner: Featuring Blueberries 10:00AM Osteofit with Robin Masters 11:00AM Advanced Armchair Video with Curtis 11:00AM Play Reading with Stephen 2:00PM Entertainment with Charles Johnson 3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong