

GILMORE GARDEN WEEKENDER HIGHLIGHTS



September 11th, 2026

IN HOUSE NEWS

Show your Canadian pride by wearing red and white at our **Great Canadian Fall Open House** on Saturday, September 12th from 1:00PM to 3:00PM. To make the afternoon extra special, **Peter Williams, Pianist** will be performing in the Fireside Lounge throughout the event. We will have a drop in Dart Challenge Game running between 1:30PM-2:30PM in the Activity Room (*or Fireside Patio, weather dependent*) where you can test your luck and spin to win a prize! You are also welcome to drop by the Club Lounge to purchase a glass of 'Classic Canadian Caesar' for \$5.00, wine and beer will also be available at regular price. Complimentary non-alcoholic caesar will also be available. Servers will be offering tasty appetizers for you to enjoy as they walk around the main floor.

We will be conducting **Fire Safety Inspections** in all suites starting on Monday, September 14th through Wednesday, September 16th from 8:00AM to 4:30PM. Access to suites on 4th floor and 3rd floor will be required on September 14th from 8:30AM to 12:00PM and 2nd floor and main floor from 1:00PM to 3:30PM. Our Maintenance Department will be assisting. It may be necessary to ring the fire bells periodically throughout the day. We thank you in advance for your cooperation and apologize for any inconvenience.

REMINDERS

Time to restock your cupboards? Sign up for the **Bus Outing: Shopping Trip to Ironwood** on Monday, September 14th at 11:30AM. This plaza has plenty of stores in the vicinity. The sign-up sheet is available in the Activity Room. Remember to bring your reusable bags!

Explore art and culture at **Meet me at the MoMA: Nicholas J. Bott** on Monday, September 14th at 1:45PM in the Activity Room. Nicholas Bott is renowned for his brightly coloured, post-impressionistic take on Canadian landscape painting. Inspired by early Dutch painters, like Van Gogh, and later the Group of Seven. He uses strong outlines, thick brushstrokes and a vibrant palette to capture the raw energy and essence of the Canadian mountains, forest and coastlines!

Embark on a virtual journey during **Armchair Travel: Exploring Rome with Rick Steves** on Monday, September 14th at 2:45PM in the Fireside Lounge. In this hour-long travel special, we explore the "Eternal City" of Rome, a grand and ancient metropolis rich with exquisite art, vibrant culture, and centuries of history. Trace the rise and fall of classical Rome, wander Bernini's Baroque streets, and make a pilgrimage to the Vatican before discovering hidden neighborhood gems and romantic nightspots alongside friendly locals. This would be the best option for spending your Monday afternoon!

Come share any food feedback or concerns you may have at the **Food Committee Meeting** on Tuesday, September 15th at 11:30AM in the Private Dining Room. Everyone is welcome!

Bus Outing: Richmond Centre Mall on Wednesday, September 16th at 11:45AM. It's a great opportunity to do some shopping, grab a bite to eat for lunch, or simply stroll around the mall with friends. Be sure to reserve your seat by signing up in the Activity Room.

Take a seat at the **Resident Council Meeting** on Thursday, September 17th at 3:00PM in the Activity Room. Here, you will learn more about important news and updates at Gilmore Gardens from your resident led council.

Treat yourself to an afternoon of piano melodies at **Entertainment with Luke Sandford** on Friday, September 18th at 2:00PM in the Fireside Lounge. Immerse yourself in the music or simply relax as Luke fills the room with his rich musical artistry!

Don't forget to join us at **Happy Hour** on Friday, September 18th at 3:00PM in the Club Lounge. 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 September 12th – September 18th 2026

Saturday, September 12 th		Sunday, September 13 th		
9:00AM 10:00AM 1:00-3:00PM 6:00PM	<i>Great Canadian Fall Open House</i> Nails with Angie Armchair Video Exercise Entertainment with Peter Williams, Pianist Mah Jong	10:00AM 10:30AM 11:00AM 1:30PM 2:00PM 7:30PM	<i>Happy Grandparents Day!</i> Armchair Video Exercise GPUC Worship Service Gentle Fit with Winnie Tech Time with Erin Rummikub Sing Along with Roger	
Monday September 14 th	Tuesday September 15 th	Wednesday September 16 th	Thursday September 17 th	Friday September 18 th
10:00AM Advanced Armchair Video with Curtis 11:00AM Go4Life Walking Club 11:00AM Armchair Video Exercise 11:30AM Bus Outing: Shopping Trip to Ironwood 1:45PM Meet Me at the MoMA: Nicholas J. Bott 2:45PM Armchair Travel: Exploring Rome with Rick Steves 6:45PM Music with Ron 7:00PM Bingo	10:00AM Armchair Video Exercise 11:30AM Meditation 11:30PM Food Committee Meeting 1:30PM Chair Yoga with Lynn Walters 2:45PM Giant Crosswords 6:00PM Mah Jong 7:00PM Crib/Chess	10:00AM Armchair Video Exercise 10:30AM Catholic Mass 11:00 RMS Ukulele Lessons 11:45AM Bus Outing: Richmond Centre Mall 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	<i>Hair with Farah</i> 10:00AM Advanced Armchair Video with Curtis 11:00AM Armchair Exercise Video 3:00PM Resident Council Meeting 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 Luke Sandford, Pianist 3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong