

GILMORE GARDEN WEEKENDER HIGHLIGHTS



September 25th, 2026

IN HOUSE NEWS

Foot Care with Pam will be here Saturday September 26th. Appointment spots available still.

Please note that **Farah's Hair Services** will have a slight increase starting October 1st. Updated pricelist is located in the salon's window.

Mark your calendar for our **Living Loving Local Dinner: Featuring Apples** on Friday, October 2nd. Guest meal prices including GST \$33.60 for Adults and \$16.80 for Children aged 4 to 12.

REMINDERS

Test your luck at **Roll A Trump Game** on Saturday, September 26th at 1:30PM in the Activity Room. Toss the balls at the board and see how good you can aim to rack up the highest score!

Learn the ropes or refresh your tile-matching strategy at **Beginners Rummikub with Sally** on Sunday, September 27th at 2:15PM in the Club Lounge.

Enjoy some light music in the afternoon with **Youth Musician Association** on Sunday, September 27th at 2:30PM in the Fireside Lounge. Take a seat and delight in the musical talents of the performers.

Hop on our **Bus Outing: Shopping Trip to Lansdowne/ T&T** on Monday, September 28th at 11:30AM. The sign-up sheet is available in the Activity Room.

Discover compelling artwork during **Meet Me at the MoMA: Norval Morrisseau, an indigenous Canadian Artist** on Monday, September 28th at 1:45PM in the Activity Room. Norval Morrisseau, also known as Copper Thunderbird, was an indigenous Canadian painter and founder of the Woodland School of art. Come and explore his life and vibrant creations with us!

Step up for some active fun with **Indoor Bowling** on Monday, September 28th at 2:45PM in the Activity Room. Aim for a strike and enjoy a bit of lighthearted fun with your neighbors.

Work together as a team to solve word puzzles at **Giant Crosswords** on Tuesday, September 29th at 2:45PM in the Club Lounge. This is a great opportunity to give your brain a fun workout.

Observe **National Day for Truth & Reconciliation** on Wednesday, September 30th at 2:00PM in the Activity Room with a screening of the documentary ***The Story Behind the National Day of Truth & Reconciliation***. Since the late 1800s thousands of Indigenous children from across Canada were forcibly removed from their homes and taken to residential schools. Many children didn't ever make it back home. In this 40-minute video presentation, learn history of this horrific time in our history, how Canada is trying to reconcile and how survivors are coping. **Wear Orange** to make a statement to support truth & reconciliation and commit to the enduring truth that "EVERY CHILD MATTERS".

It's officially Fall! Let's get into the fall spirit as we **Decorate for Fall/ Thanksgiving** on Thursday, October 1st at 2:00PM in the Fireside Lounge. Come lend a hand and dress up our shared spaces with fall decorations!

Take advantage of two great health services at **Wellness Session: Vitals Monitoring Clinic with NND and Eyeglass Adjustments by Specsavers** on Thursday, October 1st at 2:30PM in the Activity Room. Drop in to have your vitals checked or to get your glasses professionally fitted and cleaned. Please sign up an appointment slot for the service you are hoping to receive on the sign-up sheet in the Activity Room.

We will have a special **Bus Outing: Steveston Village** on Friday, October 2nd at 11:30AM. Enjoy the last rays of sunshine, strolling along the waterfront. Sign-up sheet is available in the Activity Room.

Immerse yourself in fascinating live music with **Entertainment by Roberto Risman** on Friday, October 2nd at 2:00PM in the Fireside Lounge. His engaging performance and wonderful melodies are the perfect way to relax with friends and welcome the weekend.

Afterwards, don't forget to join our **Happy Hour** on Friday, October 2nd 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 26th – October 2nd, 2026

Saturday, September 26 th		Sunday, September 27 th		
9:00AM 10:00AM 11:00AM 1:30PM 3:00PM 6:00PM	Foot Care with Pam Armchair Video Exercise Tai Chi Roll A Trump Game Painting with Elizabeth Mah Jong	10:00AM 10:00AM 10:30AM 11:00AM 1:00PM 1:30PM 2:15PM 2:30PM 7:30PM	Armchair Video Exercise Advanced Rummikub with Sally GPUC Worship Service Gentle Fit with Winnie Table Tennis with Sally Tech Time with Erin Beginners Rummikub with Sally Youth Musician Association Sing Along with Roger	
Monday September 28 th	Tuesday September 29 th	Wednesday September 30 th	Thursday October 1 st	Friday October 2 nd
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 11:30AM Bus Outing: Shopping Trip to Lansdowne/T&T 1:45PM Meet Me at the MoMA: Norval Morrisseau, an Indigenous Canadian Artist 2:45PM Indoor Bowling 6:45PM Music with Ron 7:00PM Bingo	10:00AM Armchair Exercise Video 11:30AM Meditation  1:30PM Chair Yoga with Lynn Walters 2:45PM Giant Crosswords 6:00PM Mah Jong 7:00PM Crib/Chess	National Day for Truth & Reconciliation Wear Orange 10:00AM Armchair Exercise Video 10:30AM Catholic Prayer & Communion 1:30PM Billiards 2:00PM Video: The Story Behind the National Day of Truth & Reconciliation 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 2:00PM Decorate for Fall/Thanksgiving 2:30PM Wellness Session: Vitals Monitoring Clinic with NND and Eyeglass Adjustments by Specsavers 6:45PM Music with Ron 7:00PM Game of Hearts	Living Loving Local: Featuring Apples 10:00AM Osteofit with Robin Masters 11:00AM Play Reading with Stephen 11:00AM Armchair Exercise Video 11:30AM Bus Outing: Steveston Village 2:00PM Entertainment with Roberto Risman 3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong