

GILMORE GARDENS WEEKENDER HIGHLIGHTS



October 2nd, 2026

IN HOUSE NEWS

General Local Election Voting will be at Gilmore on Wednesday, October 7th from 2:00PM to 4:00PM in the Activity Room. You may come and vote at any time between those hours. Please bring your voting card and a piece of ID showing your name and address. — *your vote counts!*

We are still accepting guest reservations for family and friends for our **Thanksgiving Dinner Buffet** on Thursday, October 8th. Seating is available at 4:45PM or 6:30PM and **dinner tray deliveries will begin after 5:30PM**. Please be mindful of the number of guests you invite so we can accommodate everyone. Make your guest reservations at Reception and even if you are not having visitors, please let us know what time you would like to dine. We have **Entertainment with Charles Johnson** from 4:30PM-7:00PM - a great opportunity to sing along to the songs or maybe even dance!

Cost for guests: Adult: \$44.10 inc tax & Child (4-12yrs): \$16.80 inc tax.

Our Ukulele Lessons by Richmond Music School are expanding! While our existing group will continue their ongoing weekly sessions every Wednesday, we are excited to launch brand-new **Beginners Ukulele Lessons** meeting every Monday (*excluding holidays*) starting October 19th. It will be a **45min lesson from 1:30PM to 2:15PM**, and ukuleles will be provided to each resident. Anyone that is interested, can sign up on the new ukulele sheet in the Activity Room!

REMINDERS

Join us for a game of **Ladder Ball** on Saturday, October 3rd at 1:30PM in the Activity Room. Test your aim by tossing the rope and see if it stays on the ladder rungs. It always draws a lot of laughs and it is a great way to spend your afternoon.

Treat yourself to an afternoon of piano melodies at **Sharing Music, Sharing Joy – JW Piano Studio Recital** on Saturday, October 3rd at 2:30PM in the Fireside Lounge.

Settle in for an engaging feature film at **Movie Night: The Father** on Saturday, October 3rd at 7:00PM in the Activity Room. This acclaimed drama delivers a deeply moving perspective on family dynamics and aging. It's always more fun to bring a friend along and watch the movie together.

Come for some afternoon entertainment with students from **Mayumi Randall Music School** on Sunday, October 4th at 3:00PM in the Fireside Lounge. Enjoy the talent these students have to share.

Need to restock your cupboards? Sign up for our **Bus Outing: Shopping Trip to Ironwood** on Monday, October 5th at 11:30AM. The sign-up sheet is available in the Activity Room.

Discover an iconic artist at **Meet Me at the MoMA: Winslow Homer** on Monday, October 5th at 1:45PM in the Activity Room. Known for his powerful realist style, Homer evolved from Civil War illustrations to dramatic seascapes like The Gulf Stream that defined American marine painting. Come explore his life and artistic legacy together!

Pick up valuable health tips at our **Wellness Session: Presentation on Living Well & Eating Well with Nurse Next Door** on Monday, October 5th at 2:45PM in the Activity Room. In this session, you will discover how simple practices like smell training can support brain health.

Bring your own topics of interest for an engaging conversation during **Meaningful Conversations: A Space for Connection** on Tuesday, October 6th at 1:30PM in the Private Dining Room. Come share, listen, and connect through the meaningful conversations on topics that matter to you!

Hop on our **Bus Outing: Bridgeport (Michaels, Dollarama, Tim Hortons)** on Wednesday, October 7th at 11:45AM. Stop by Michaels for your crafting supplies and pick up essentials at Dollarama! The sign-up sheet is available in the Activity Room.

Join us for a fantastic hour of music at **Entertainment by Angie Faith** on Friday, October 9th at 2:00PM in the Fireside Lounge. Angie is a professionally trained vocalist of 20+ years and sings jazz, adult contemporary, plus all the classics. The music leads right into **Happy Hour with Thanksgiving Bingo** on Friday, October 9th at 3:00PM in the Club Lounge. Come and play Thanksgiving-themed bingo games while savoring tasty appetizers!

Weekly Calendar for October 3rd – 9th, 2026

Saturday, October 3 rd		Sunday, October 4 th		
10:00AM 11:00AM 1:30PM 2:30PM	Armchair Exercise Video Tai Chi Ladder Ball Sharing Music, Sharing Joy- JW Piano Studio Recital	10:00AM 10:30AM 11:00AM 11:00AM 1:30PM 2:00PM 3:00PM 7:00PM	Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Beginner Mah Jong with Kaela Tech Time with Erin Rummikub Mayumi Randall Music School Sing along with Roger	
Monday October 5 th	Tuesday October 6 th	Wednesday October 7 th	Thursday October 8 th	Friday October 9 th
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 11:30AM Bus Outing: Shopping Trip to Ironwood 1:45PM Meet Me at the MoMA: Winslow Homer 2:45PM Wellness Session: Presentation on Living Well & Eating Well with NND 6:45PM Music with Ron 7:00PM Bingo	10:00AM Armchair Exercise Video 10:45AM Resident Handbook Review with Lorne 11:30AM Meditation 1:30PM Meaningful Conversations: A Space for Connection 2:45PM Fit Minds 6:00PM Mah Jong 7:00PM Crib/Chess	10:00AM Chair Fitness 10:30AM Catholic Prayer & Communion 11:00AM RMS Ukulele Lessons 11:45AM Bus Outing: Bridgeport (Michaels, Dollarama, Tim Hortons) 1:30PM Billiards 2:00PM – 4:00PM General Local Election Voting 2026 3:00PM Happy Hour 6:45PM Music with Ron 7:00PM Rummikub	Thanksgiving Buffet Dinner 4:45PM & 6:30PM Seatings Hair with Farah 10:00AM Advanced Armchair Video with Curtis 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 4:30PM - 7:00PM Entertainment with Charles Johnson	10:00AM Osteofit with Robin Masters 11:00AM Armchair Exercise Video 11:00AM Play Reading with Stephen 2:00PM Entertainment with Angie Faith 3:00PM Happy Hour with Thanksgiving Bingo 3:30PM Table Tennis 6:00PM Mah Jong