

GILMORE GARDENS WEEKENDER HIGHLIGHTS



October 16th, 2026

IN HOUSE NEWS

A Friendly Reminder: If you are feeling unwell or experiencing any symptoms, **please remain in your suite** and let Reception know so we can take appropriate steps to assist you.

Provincial Election Voting will be held on Monday, October 19th from 9:00AM to 12:00PM in the Activity Room. You may come and vote at any time between those hours. Please remember to bring your voting card and a piece of ID showing your name and address when coming to vote. Please also note that **Chair Fitness at 10:00AM and Armchair Exercise Video at 11:00AM are cancelled** for the morning to accommodate voting. — *your vote counts!*

Flu Shot and COVID-19 Booster Vaccine Clinic is on Wednesday, October 21st from 9:00AM to 2:00PM in the Activity Room. Please refer to your reminder slip for your time slot and arrive no earlier than 10 minutes before your appointment time. Don't forget to bring your Personal Health Card with you! Please note that to accommodate the clinic, **RMS Ukulele Lessons on the same day will temporarily move to the Private Dining Room at 11:00AM.**

Our new **Beginner RMS Ukulele Lessons** begin on Monday, October 19th at 1:30PM in the Activity Room. For those who have signed up, ukuleles will be prepared on the first lesson day. Please sign the release form upon receiving your instrument, and kindly note that each resident is responsible for the ongoing care of their assigned ukelele.

REMINDERS

Give it your best shot and throw those balls at **Roll A Trump** on Saturday, October 17th at 1:30PM in the Activity Room. If you don't feel like playing you can even sit in and cheer on your fellow residents.

Enjoy musical performances with **Jessica's Music School** on Saturday, October 17th at **2:45PM** (*Please note the updated start time*) in the Fireside Lounge. Talented flute and piano students will share a variety of classical pieces.

Settle in for a captivating story during **Movie Night: The Curious Case of Benjamin Button** on Saturday, October 17th at 7:00PM in the Activity Room. This remarkable tale follows a man who ages in reverse, offering a unique and moving reflection on time and love.

Hop on our **Bus Outing: Shopping Trip to Seafair** on Monday, October 19th at 11:30AM. Please add your name to the sign up sheet in the Activity Room and gather in the Fireside Lounge.

Join in for some friendly competition and active fun during **Indoor Bowling** on Monday, October 19th at 2:45PM in the Activity Room. Test your aim and cheer your neighbors for strikes and spares.

Share your dining feedback with Chef Val at **Food Committee Meeting** on Tuesday, October 20th at 11:30AM in the Private Dining Room. We value your feedback and welcome new ideas.

Join us at the hilarious guessing game of **Pictionary** on Tuesday, October 20th at 1:30PM in the Activity Room. You don't need to be an artist just do your best to get the word across.

Keep your mind active and sharp with **Fit Minds** on Tuesday, October 20th at 2:45PM in the Club Lounge. Engage in fun cognitive exercises designed to boost memory and brain health.

It's the perfect time to look for new outfit or accessory at **Casual Chic Couture Fashions** on Thursday, October 22nd from 11:00AM to 2:00PM in the Fireside Lounge. How about a cozy, new sweater for the colder weather or a fancy top for the upcoming Christmas festivities.

Slide into some friendly competition at **Shuffle Board** on Thursday, October 22nd at 2:00PM in the Activity Room. Practice your precision and enjoy the active interaction with your neighbors.

Test your trivia knowledge at **Jeopardy** on Friday, October 23rd at 2:00PM in the Activity Room. Challenge yourself across various fun categories and see who takes home the winning title.

Bring along your fellow-residents and join in at **Happy Hour** on Friday, October 23rd at 3:00PM in the Club Lounge. Savor delicious appetizers from our kitchen, complimentary punch or purchase a drink and raise a toast to the weekend.

Weekly Calendar for October 17th – 23rd, 2026

Saturday, October 17 th		Sunday, October 18 th		
9:00AM 10:00AM 11:00AM 1:30PM 2:45PM 6:00PM 7:00PM	Nails with Angie Armchair Video Tai Chi Roll A Trump Game Jessica's Music School Mah Jong Movie Night: The Curious Case of Benjamin Button	10:00AM 10:30AM 11:00AM 11:00AM 1:30PM 2:00PM 7:00PM	Armchair Video GPUC Worship Service Gentle Fit with Winnie Beginner Mah Jong with Kaela Tech Time with Erin Rummikub Sing Along with Roger	
Monday October 19 th	Tuesday October 20 th	Wednesday October 21 st	Thursday October 22 nd	Friday October 23 rd
9:00AM – 12:00PM Provincial Election Voting 11:00AM Go4Life Walking Club 11:30AM Bus Outing: Shopping Trip to Seafair 1:30PM Beginner RMS Ukulele Lessons 2:45PM Indoor Bowling 6:45PM Music with Ron 7:00PM Bingo	10:00AM Armchair Exercise Video 11:30AM Food Committee Meeting 1:30PM Pictionary 2:45PM Fit Minds 6:00PM Mah Jong 7:00PM Crib/Chess	9:00AM – 2:00PM Flu Shot and COVID-19 Clinic in Activity Room 10:30AM Catholic Mass 11:00AM RMS Ukulele Lessons (Private Dining Room) 1:30PM Billiards 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 Go4Life Walking Club 11:00AM Armchair Exercise Video 11:00AM-2:00PM Casual Chic Couture Fashions 2:00PM Shuffleboard 6:45PM Music with Ron 7:00PM Game of Hearts	10:00AM Osteofit with Robin Masters 11:00AM Armchair Exercise Video 11:00AM Play Reading with Stephen 2:00PM Jeopardy 3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong