GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



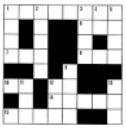
October 27th, 2022

REMINDERS

Artful Aging: Painting with Elizabeth and Friends is on Saturday, October 29th at 2:00PM in the Activity Room. Join your fellow residents and paint what ever your heart desires! All are welcome.

On Monday, October 31st at 1:30PM join us with your creative costume in our **Halloween Costume Parade** at 1:30PM in the Fireside Lounge. Dress up and be something other than yourself and line up for this fun event with spooky music! Come early to get a seat and enjoy the parade first as it will be followed by a **Halloween Party with Music Variations** at 2:00PM in the Fireside Lounge. There will be prizes for the top 2 costumes! All are welcome to attend and have some fun and laughter at this spooktacular event.





If you like to play word games then here is the opportunity to join our **Giant Crosswords** on Tuesday, November 1st at 2:45 in the Club Lounge. It's a fun way to spend an hour tickling your brain to fill in the puzzle! All are welcome.



No time like the "present" to get a head start on your Christmas shopping! We have a **Bus Outing: Shopping Trip to Lansdowne** on Wednesday, November 2nd at 1:00PM. Come with us to walk, browse, get some ideas or vist the T&T Market! Please sign up in the Activity Room and we will meet in the Fireside Lounge before leaving.

There will be a new **GPUC "The Seekers" Bible Study Group** on Thursday, November 3rd at 9:45AM in the Private Dining Room. This Study group was previously held in GPUC but is now going gather at Gilmore Gardens. If you are interested please join us for fellowship, coffee and refreshments.

Java Music Club is back again on Thursday, November 3rd at 1:30PM in the Club Lounge. Maggie our volunteer hosts this chat about different issues each week. All are welcome!



All are welcome to attend the **Resident Council Meeting** on Thursday, November 3rd at 3:00PM in the Activity Room. This is an opportunity to voice your questions and concerns and hear about what activities are coming in November and December. Everyone is welcome and all attendee names are entered to win a door prize!

Entertainment with Jennifer Lauren is on Friday, November 4th at 2:00PM in the Fireside Lounge. Join us to enjoy some of your favourite tunes you can sing along to with the energy and music that Jennifer brings. She's a favorite for sure! All are welcome.



Join us for a drink and laugh or two at **Happy Hour** on Friday, November 3rd at 3:00PM in the Club Lounge. We'll share some funny stories and tell a few jokes to bring smiles to your face and fun to your afternoon! This is a great way to meet other residents and socialize in a relaxed atmosphere. Appetizers will be served!

Saturday, October 29th		Sunday, October 30th	
10:00AM 11:00AM 2:00PM 7:00PM	Armchair Video Virtual Tai Chi Artful Aging: Painting with Elizabeth and Friends Movie Night: Hocus Pocus	9:00AM 10:00AM 10:30AM 11:00M	Footcare with Nerissa Armchair Video Exercises GPUC Worship Service Zumba with Winnie

Monday October 31st	Tuesday November 1st	Wednesday November 2nd	Thursday November 3rd	Friday November 4th
Happy Halloween!  **10:00AM Chair Fitness** 11:00AM Armchair Video Exercises **11:00AM Go4Life Walking Club** **1:30PM Halloween Costume Parade** **2:00PM Halloween Party with "Music Variations"**  **7:30PM Bingo**	10:00AM Armchair Video Exercises 11:30 Meditation **1:30PM Wellness Session: Chair Yoga with Lynn Walters**  **2:45PM Giant Crossword**  7:00PM Crib/Chess	**10:00AM Chair Fitness** **10:30AM Catholic Prayer and Communion** 11:00AM Armchair Video **1:00PM Bus Outing: Shopping Trip to Lansdowne** **3:00PM Happy Hour**  7:00PM Rummikub	9:45AM GPUC The Seekers Bible Study Group **11:00AM Armchair Video** 1:30PM Java Music Club **3:00PM Resident Council Meeting** 7:00PM Game of Hearts 	**National Candy Day!** ***Living Loving Local Celebration Dinner: Featuring Cranberries***  **10:00AM Osteofit with Robin Masters** **11:00AM Play Reading with Stephen** 11:00AM Chair Yoga Stretch and Strength with Lauren **1:30PM Weekender Review (in Chinese)** 中文講解中文講本週活動 **2:00PM Entertainment with Jennifer Lauren** **3:00PM Happy Hour "Joking Around"** 6:45PM Mah Jong