GILMORE GARDENS WEEKENDER "HIGHLIGHTS"







October 6, 2022

IN HOUSE NEWS

Cindy the Hairdresser will be away on Saturday, October 8th and Farah will be here in her place.

Our **Flu Clinic** will be on **Tuesday, October 25th from 9:00AM-2:00PM** in the Activity Room. This year you will only need to bring your ID on the day of the Flu Clinic. No personal health numbers will be required. We will have a **Flu Clinic Sign-up** sheet available for you to pick your time on Tuesday, October 18th from 10:00AM -12:00PM in the Fireside Lounge. There will be more information about this closer to the date.



Are you interested in playing the **Ukulele**? An **8-week lesson program** will start on Sunday November 6th at 3:00PM in the Activity room. If you would like to commit to the duration of this program, please sign up in the Activity Room as spots are limited to 9 participants. Do you have your own Ukulele, or can you borrow one? Please indicate yes or no on the sign-up sheet. Let's make music together!!



The **Wellness Session with Teresa Hansen, "The Power of Connection"** will be presented on Wednesday, October 12th at 11:00AM in the Activity Room. It was cancelled on Wednesday, October 5th due to an unforeseeable issue.

Girl Guide Cookies are back! They will be available in the Fireside Lounge on Tuesday, October 11th from 3:30PM-4:30PM and Girl Guide Hannah, will be selling the Mint Cookie version for $5.00 per box. Please bring **CASH ONLY** for your purchases. Thank you for your support as all proceeds from the sales allow girls the opportunity to discover new interests, learn valuable leadership skills and make lasting friendships.

REMINDERS

We will have the **Go4Life Walking Club** on Monday,October 10th at 11:00AM Join us and burn away some of those extra calories from Thanksgiving Dinner**!** We will meet in the Reception area.

Need a little extra to squirrel away as gifts for family? **Avon with Janice** will be here on Tuesday, October 11th at 11:00 AM in the Dining Room. Come and see what's new and check out some of the samples. You just may find some really good deals!

Technical issues bothering you? **Tech Time with Makena and Alexa** is on Tuesday, October 11th at 3:30PM in the Club Lounge. Bring your iPads, tablets, phones etc. along with your questions and they will assist you with their expertise.



There will be **Bus Outing: Shopping trip to Ironwood** on Wednesday, October 12th at 1:00PM. Please sign up in the Activity Room and wait in the Fireside Lounge. Remember to bring your reusable shopping bags.

On Thursday, October 13th **Clarks Shoes** will bring their extensive fall collection of shoes for you to shop right here at home! You are welcome to come down to the Fireside



Lounge from 10:30AM – 2:00PM just to browse or make a purchase from their many styles of footwear. See you there!

Enjoy challenging yourself to a good word game, why not come down and play **Scrabble with Pat** on Thursday, October 13th at 1:30PM in the Club Lounge. This is a new program, so give it a try.



Come down and enjoy some entertainment with **Kierah Raymond, Celtic Fiddle Performer** on Friday, October 14th. It's a "tap your toes" great way to spend a Friday afternoon and then join us for Happy Hour right after.

Saturday, October 8th		Sunday, October 9th	
9:00AM **10:00AM** **11:00AM**	**Hair with Farah** **Armchair Video** **Virtual Tai Chi**	**10:00AM** **10:30AM** **11:00M**	**Armchair Video Exercises** **GPUC Worship Service** **Zumba with Winnie**

Monday October 10th	Tuesday October 11th	Wednesday October 12th	Thursday October 13th	Friday October 14th
Happy Thanksgiving!  ***Library Books Due***  **11:00AM Go4Life Walking Club** 11:00AM Armchair Video Exercises **7:30PM Bingo**	***Esthetician*** 10:00AM Armchair Video Exercises **11:00AM Avon with Janice** 11:30AM Meditation **2:00PM Fit Minds** **3:30PM Tech Time with Makena and Alexa.** **3:30PM Girl Guide Cookie Sales** 7:00PM Crib/Chess	***New Library Books In*** **10:00AM Chair Yoga with Robin Masters** **10:30AM Catholic Prayer and Communion** **11:00AM Wellness Session with Teresa Hansen: "The Power of Connection"** **1:00PM Bus Outing: Shopping Trip to Ironwood**  **3:00PM Happy Hour** 7:00PM Rummikub	***Hair with Farah*** 10:00AM Chair Fitness: Stretch and Strength **10:30AM Clarks Shoes** **11:00 Armchair Video** **1:30PM Scrabble with Pat** **1:30PM Armchair Travel to Alaska**  7:00PM Game of Hearts	***National Dessert Day*** ***Living Loving Local Celebration Dinner: Featuring Apples*** **10:00AM Osteofit with Robin Masters** **11:00AM Chair Yoga: Stretch and Strength with Lauren** **11:00AM Play Reading with Stephen** **1:30PM Weekender Review (in Chinese)** 中文講解中文講本週活動 **2:00PM Entertainment with Kierah Raymond: Celtic Fiddle Performer**  **3:00PM Happy Hour** 6:45PM Mah Jong