GILMORE GARDENS WEEKENDER "HIGHLIGHTS"





LEST WE FORGET



November 6, 2022

IN HOUSE NEWS

It is that time of year again to set our clocks back one hour! Before you go to bed on Saturday, November 5th, remember to turn your clocks back 1 hr. Daylight Savings Time begins on Sunday, November 6th.



Big Brothers will be coming on Tuesday, November 15th for a pick up of donated items. Get a head start on looking through your old clothing and unwanted items you would like to donate. All clothing must be in large bags and smaller knick knacks in boxes, all must be sealed up. Please take your items directly down to the secured parking area where you will see a sign that clearly marks the area to drop your donations. Please do not leave your donations in the Activity Room. Thank you and happy housecleaning! 😊

Decorate for Remembrance Day on Wednesday, November 9th will be at 1:30PM and not at 5:00PM as indicated on the monthly Calendar.

REMINDERS

On Monday, November 7th **Avon with Janice** will be here at 11:00AM to take your orders. You can browse through the booklet and could possibly find a few stocking stuffer items for family and friends.





There will be a **Bus Outing: Shopping Trip to Ironwood** on Monday, November 7th at 1:00PM. If you are low on grocery supplies, this would be a good opportunity to sign up. We will meet at Reception before leaving.



Interested in something hands on, there will be a **Craft session: Rock Art Painting Poppies** on Monday, November 7th at 1:30 PM in the Activity Room. We will display it in the Fireside Lounge just in time for Remembrance Day.

Need a little quiet to put your mind at ease, then we have just the thing for you, try our **Meditation** session on Tuesday, November 8th at 11:30AM in the Activity Room.

If you are experiencing any kind of technical issues with your favourite devices, we have **Tech Time with Makena and Alexa** on Tuesday, November 8th at 3:30PM in the Club Lounge. They can help answer any queries you may have or even teach you something you did not know.

Join us on a **Bus Outing: Lunch at Milltown Pub** on Wednesday, November 9th at 11:00AM for some good 'ol pub food. Sign up early to save yourself a seat on the bus!

Add to your stocking stuffers or indulge for yourself as we will be taking **Christmas Purdy's Chocolate Orders** on Thursday, November 10th from 10:00AM until 12:00PM in the Fireside Lounge. All orders must be in no later than Monday, November 21st and delivery will be December 6th.

Join us as we will together remember those men and women who fought so hard to give us our freedom. The **Remembrance Day Service** on Friday, November 11th will begin at 10:45AM in the Fireside Lounge with Reverend Bruce. We ask you to please take a seat early by 10:30AM





Check out our destination this month as we are set to take off at 1:30PM in **Armchair Travel to South Africa**! Experience the breathtaking scenery, sights, sounds and taste of this magnificent country!

Saturday, November 5th		**Sunday, November 6th**	
10:00AM **11:00AM**	**Armchair Video** **Virtual Tai Chi**	**10:00AM** **10:30AM** **11:00M**	**Armchair Video Exercises** **GPUC Worship Service** **Zumba with Winnie**

Monday November 7th	**Tuesday November 8th**	**Wednesday November 9th**	**Thursday November 10th**	**Friday November 11th**
10:00AM Chair Fitness **11:00AM Go4Life Walking Club** 11:00AM Armchair Video Exercises **11:00AM Avon with Janice** **1:00PM Bus Outing: Shopping Trip to Ironwood**  **1:30PM Craft Session: Rock Art Painting Poppies** 7:30PM Bingo	***National Cappuccino Day*** *9:00AM Esthetician* 10:00AM Armchair Video **11:30AM Meditation** **2:00PM Fit Minds** **3:30PM Tech Time with Makena and Alexa**  7:00PM Crib/Chess	**10:00AM Chair Yoga with Robin Masters** 10:30AM Catholic Prayer and Communion 11:00AM Armchair Video **11:00AM Bus Outing: Lunch at Milltown Pub** **1:30PM Decorate for Remembrance Day** **3:00PM Happy Hour** 7:00PM Rummikub	**10:00AM Purdy Chocolate Orders** 11:00AM Armchair Video **1:30PM Scrabble with Pat** **1:30PM Meet Me at the Moma: Mary Ritter (Painter) "The Heritage of the Great War"** **2:00PM Meet Me at the Moma: Matthew Wong (Painter) "The Journey Home"** 7:00PM Game of Hearts	**10:30AM Remembrance Day Service with Reverend Bruce**  **1:30PM Weekender Review (in Chinese)** 中文講解中文講本週活動 **1:30PM Armchair Travel to South Africa** **3:00PM Happy Hour** 6:45PM Mah Jong