GILMORE GARDENS WEEKENDER HIGHLIGHTS

September 13th, 2024

IN HOUSE NEWS

Food Committee Meeting has been moved to Wednesday, September 18th at 11:30AM Lorne – General Manager will be sitting in for Val – Dining Services Manager while he is on vacation. Join us in the Private Dining Room.



We kindly remind our residents to please be respectful of your neighbours with regard to **noise levels.** To ensure everyone's comfort, we encourage "quiet time" is between 10:00PM and 7:00AM when TVs, music and any other sounds should be turned down to a lower level. 😊 We thank you for your understanding and co-operation. If you have concerns and hear noise please call down the reception, staff are available to investigate where the noise is coming from to inform the Management Team.

We have our **Summer on Sunset - Open House** with Entertainment with Luke Sandford on Saturday, September 21st from 1:00PM-3:00PM in the afternoon. All are welcome to attend! Join us for an afternoon of a delicious selection of appetizers from Dining Services.



REMINDERS

Is it time for a manicure or pedicure? Book your appointment at Reception with our **Esthetician, Angie from "Tha Candy Shop"** for Saturday, September 14th from 8:30AM-3:45PM in the Beauty Salon.



Do you like trivia? Maybe on "everything history"! There will be 5 categories: science, people, geography, arts and culture, and sports! Come for **History Trivia** on Saturday, September 14th at 1:30PM in the Activity Room. You may learn a few new, unusual and interesting facts!

Enjoy your evening at **Sing Along with Errol** on Sunday, September 15th at 7:30PM in the Fireside Lounge. Errol comes with his guitar and song books, ready for you to join in and sing all your favourite tunes!

If you enjoy learning about artists and their work, join **Meet Me at The MoMA: Anselm Kiefer** on Monday, September 16th at 1:30PM in the Activity Room. Kiefer's works incorporate materials such as straw, ash, clay and shellac.

Come for a word challenge and give your mind a workout at **Giant Crosswords** on Tuesday, September 17th at 2:45PM in the Club Lounge.



Sign up for a **Bus Outing: Scenic Drive to Iona Beach with (optional) Walk and Ice Cream** on Wednesday, September 18th at 12:30PM. Please sign up in the Activity Room!

Bring out your creative side at a virtual **Art Workshop: Cone Flower** on Wednesday, September 18th at 2:00PM in the Activity Room. All art materials will be supplied.

Do you know someone living with dementia or Alzheimer's? Enjoy your morning coffee and a cookie with a small donation to our **Alzheimer's Coffee Break Fundraiser** on Thursday, September 19th from 10:30AM in the Fireside Lounge.

The dollars raised at these events support people in BC and their families who are affected by the disease through dementia programs and services in local communities.

We have **Poker 5 Card Stud** on Thursday, September 19th at 1:15PM in the Activity Room. Go with the cards your dealt and choose to stick or add a card and see if you're on a lucky streak!

Join **Trivia with Jill** on Friday, September 20th at 11:00AM in the Activity Room. Come and enjoy some trivia, riddles and more! And have fun too!

We are excited for the return of **Piano Entertainment with Greg Alcock** on Friday, September 20th at 2:00PM in the Fireside Lounge. Greg is a talented pianist who will amaze you with his performance! Afterwards, join us for **Happy Hour** at 3:00PM in the Club Lounge.

Weekly Calendar for September 14th – September 20th, 2024

Saturday, September 14th		Sunday, September 15th	
8:30AM	**Tha Candy Shop**	10:00AM	Armchair Exercise Video
10:00AM	Armchair Video	10:30AM	GPUC Worship Service
11:00AM	Tai Chi	**11:00AM**	**Gentle Fit with Winnie**
1:30PM	**History Trivia**	1:30PM	Tech Time with Erin
3:00PM	**Artful Aging: Painting with Elizabeth and Friends**	**7:30PM**	**Sing Along with Errol**

Monday September 16th	Tuesday September 17th	Wednesday September 18th	Thursday September 19th	Friday September 20th
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 1:00PM Bus Outing: Shopping Trip to Ironwood **1:30PM Meet Me at The MoMA: Anselm Kiefer**  7:30PM Bingo	10:00AM Armchair Exercise Video 11:30AM Meditation **1:00PM Recreation Committee Meeting** **1:30PM Wellness Session: Chair Yoga with Lynn Walters** 2:45PM Giant Crosswords 7:00PM Crib/Chess	10:00AM Chair Fitness 10:30AM Catholic Mass 11:00AM Armchair Exercise Video **11:30AM Food Committee Meeting** **12:30PM Bus Outing: Scenic Drive with Ice Cream at Iona Beach** 1:30PM Billiards **2:00PM Art Workshop: Cone Flower** 3:00PM Happy Hour 7:00PM Rummikub	*Hairdresser* 10:00AM Chair Fitness: Strength & Balance **10:30AM Alzheimer's Coffee Break Fundraiser** 11:00 Go4Life Walking Club 11:00AM Armchair Exercise Video **1:15PM Poker 5 Card Stud!** **3:00PM Resident Council Meeting** 7:00PM Game of Hearts	*Hairdresser* **10:00AM Osteofit with Robin Masters** 11:00AM Play Reading with Stephen **11:00AM Trivia with Jill** 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 **2:00PM Piano Entertainment with Greg Alcock**  3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong