

GILMORE GARDENS WEEKENDER HIGHLIGHTS



September 20th, 2024

IN HOUSE NEWS

We attended a successful **Forever Young 8K Run/Walk** on Sunday, September 8th at the Oval with a few energetic residents and staff who participated in this event for the 55+ “young at heart” age group! Congratulations to our residents who walked and for their commitment to “being fit for life” - our residents, Donna, Maurice, Shirley, Sue, Virginia and our community volunteer, Alamelu!

Thanksgiving is just around the corner! We are excited to announce our **Thanksgiving Buffet** on Thursday, October 10th with 2 options for seating at 5:00PM and 6:30PM. Please invite your family or friends to join us: we have a limit of 4 guests per suite so that we can accommodate everyone. Make your reservations at Reception. Cost for guests is \$42 per adult and \$16 for children (4-12 years). If you have no guests joining you, please also let Reception know which time you would like to dine. Thank you!



We will have a Chinese version of the Weekender for the week Sept 28 to Oct 4 available at Reception on Friday, September 27th. There will, however, be no Weekender Review session on that day. Our resident, Bella Wong, will be hosting the **Weekender Review in Chinese** on Friday, October 4th and 11th at 1:30PM in the Private Dining Room (when no Chinese version will be available) so we encourage residents who usually require the Chinese version of the Weekender to attend to learn more about the activities during those weeks.

REMINDERS

We have our **Open House: Sunset on Summer** on Saturday, September 21st at 1:00PM. All are welcome to join us and enjoy **Entertainment with Luke Sandford** from 1:00PM-2:30PM in the Fireside Lounge. We will be serving appetizers and refreshments and there will be a **Painting Workshop: Acrylic Silhouette Sunset** at 1:30PM in the Activity Room. Please feel free to invite friends or family members to this event where people are welcome to join a tour of our facility and learn more about how our community runs.



Sign up for our **Bus Outing: Shopping Trip to Lansdowne Mall and T&T** on Monday, September 23rd at 1:00PM. T&T is a large supermarket offering Asian foods. Remember your reusable bags!

If you enjoy learning about artists and their work, join **Meet Me at the MoMA: Jacques Joseph Tissot** on Monday, September 23rd at 1:30PM in the Activity Room. Discussion ensues whilst watching a slide presentation and a short video on the artist and their artwork.

Mark your calendar for a **Presentation from Richmond Senior Support Services: Richmond Cares, Richmond Gives** on Tuesday, September 24th at 1:30PM in the Activity Room. Learn more about how this organization could help make your life a little easier with the services they offer.



Come and browse the beautiful accessories at the **Fifth Avenue Jewelry** collection on Thursday, September 26th from 11:00AM in the Fireside Lounge. There are many types of jewelry! You may find a piece you can't do without!

Join us for a piece of delicious cake from Steveston Bakery at our **Birthday Party and Welcome Tea** on Thursday, September 26th at 2:00PM in the Dining Room. All are welcome as we celebrate resident birthdays and welcome newcomers to Gilmore Gardens!

If you fancy a change of scenery and delicious pub grub, sign up for a **Bus Outing: Lunch at The Buck and Ear** on Friday, September 27th 11:30AM.



We have **Entertainment with Charles Johnson** on Friday, September 27th at 2:00PM in the Fireside Lounge. It's the perfect time to spend an hour listening to popular songs. Afterwards, join us for **Happy Hour** at 3:00PM in the Club Lounge. We will be serving tasty appetizers for you to enjoy!

Weekly Calendar for September 21st – September 27th, 2024

Saturday, September 21 st		Sunday, September 22 nd		
11:00AM 1:00PM 1:30PM 7:00PM	Tai Chi Open House Painting Workshop Movie Night: Avatar: The Way of the Water (Part 1)	10:00AM 10:30AM 11:00AM 1:30PM 7:00PM	First Day of Autumn Armchair Exercise Video GPUC Worship Service Gentle Fit with Robin Tech Time with Erin Movie Night: Avatar (Part 2)	
Monday September 23 rd	Tuesday September 24 th	Wednesday September 25 th	Thursday September 26 th	Friday September 27 th
10:00AM Chair Fitness 11:00AM Armchair Exercise Video 11:00AM Go4Life Walking Club 1:00PM Bus Outing: Shopping Trip to Lansdowne/ T&T  1:30PM Meet Me at the MoMA: Jacques Joseph Tissot 3:00PM "Sit and Be Fit" Gentle Arthritis Exercise Video 7:30PM Bingo	10:00AM Armchair Exercise Video 11:30AM Meditation 1:30PM Richmond Senior Support Services Richmond Cares, Richmond Gives Presentation 2:30PM Fit Minds  7:00PM Crib/Chess	10:00AM Chair Fitness 10:30AM Catholic Prayer & Communion 11:00AM Armchair Exercise Video 1:30PM Billiards 3:00PM Happy Hour  7:00PM Rummikub	Hairdresser 10:00AM Chair Fitness: Strength and Balance 11:00AM Armchair Exercise Video 11:00AM Go4Life Walking Club 11:00AM Fifth Avenue Jewelry 2:00PM Birthday Party & Welcome Tea  7:00PM Game of Hearts	10:00AM Osteofit with Robin Masters 11:00AM Advanced Armchair Exercise with Curtis Video 11:00AM Play Reading with Stephen 11:30AM Bus Outing: Lunch at the Buck & Ear  2:00PM Entertainment with Charles Johnson 3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong