GILMORE GARDENS WEEKENDER HIGHLIGHTS







October11th, 2024

IN HOUSE NEWS

Please be mindful to dispose your compost in the recycling area frequently, at least once a week as it becomes very odorous if it is left too long. We appreciate and thank you for your cooperation.

We ask that you please refrain from playing your music loud and watching TV with the volume high between the hours of 10:00PM and 7:00AM. Any excessive noise can be very disruptive to those who would like to enjoy their suite in the quiet hours of the evening and to be able to sleep. We thank you for your cooperation!

Richmond Public Library Books are due on Monday, October 14th. Please return all books to the Club Lounge by 4:00PM. If you are still reading your book, please let Valerie know and we can renew it with Richmond Public Library until the next book exchange. Thank you😊

Sign-up for the Flu Clinic is on Tuesday, October 15th from 9:30AM – 12:00PM in the Fireside Lounge. Please come during this time to choose your preferred time and reminder slips will be given. **The Flu Clinic** is on Wednesday, October 23rd from 9:00 – 2:00PM.

REMINDERS

Nails with Angie will be here on Saturday, October 12th from 8:30AM in the Beauty Salon. Check with Reception to see if there are any available appointment times.



Join us for some fun with **Bean Bag Toss** on Saturday, October 12th at 1:30PM in the Activity Room. Throw and score points to win prizes.

Is your computer or device giving you a rough time? Check it out at **Tech Time with Erin** on Sunday, October 13th at 1:30PM in the Private Dining Room. Book your appointment time in the Activity Room and she will be sure to help you out.

Check out your chocolate knowledge at our **Spin It to Win It: Chocolate** on Monday, October 14th at 1:30PM in the Activity Room. Join in and win your way to a stash of candy.



Sign up for the **Bus Outing: Shopping Trip to Ironwood**, on Monday, October 14th at 1:00PM. Bring your reusable bags with you and wait at Reception before we board the bus.

Join us for a brain tickling hour of **Giant Crosswords** on Tuesday, October 15th at 2:45PM in the Club Lounge. Test your vocabulary and try guessing the right word. It's a fun hour for all to enjoy😊



BC Elections Voting will be here at Gilmore Gardens on Wednesday, October 16th from 9:30AM until 1:00PM. You may come and vote at any time between those hours. Please bring your voting card and ID. If you don't have a voting card, please bring a piece of ID with your address on it. A piece of letter mail will do!

Do you enjoy spending a little money to win it big? Sign up for the popular **Bus Outing: River Rock Casino** on Wednesday, October 16th at 11:30PM. You may just come home with a jackpot.



Altavida Fashions will be setting up shop here on Thursday October 17th at 11:00AM. Join us to browse at all the fall fashions they have to offer. You could find exactly what you were looking for just in time for the holidays.

Resident Forum will be held on Thursday, October 17th at 3:00PM in the Activity Room. Come and hear the latest of what's going on in the building and upcoming events and activities in November! All are encouraged to attend.

Join us for a rollicking good time with **Entertainment with Hand Over Heart** on Friday, October 18th at 2:00PM in the Fireside Lounge. Sing, dance and enjoy the company of your neighbors while they perform some popular songs. This will be followed by Happy Hour in the Club Lounge at 3:00PM.

Weekly Calendar for October 12th – October 18th, 2024

Saturday, October 12th		Sunday, October 13th	
8:30AM	Nails with Angie	9:00AM	Footcare with Nerissa
10:00AM	Armchair Exercise Video	10:00AM	Armchair Exercise Video
11:00AM	Tai Chi	10:30AM	GPUC Worship Service
1:30PM	**Bean Bag Toss**	11:00AM	Gentle Fit with Robin
3:00PM	Artful Aging: Painting with Elizabeth and Friends	1:30PM	Tech Time with Erin

Monday October 14th	Tuesday October 15th	Wednesday October 16th	Thursday October 17th	Friday October 18th
Richmond Public Library Books Due Happy Thanksgiving		***Richmond Public Library New Books Arrive***	*Hairdresser*	
10:00AM Advanced Exercise with Curtis Video	9:30AM **Sign Up for Flu Clinic**	9:30AM – 1:00PM BC Elections Voting at Gilmore Gardens 	10:00AM Chair Fitness: Strength & Balance	10:00AM Osteofit with Robin Masters
11:00AM Go4Life Walking Club	10:00AM Armchair Exercise Video	10:30AM Catholic Mass	11:00 Go4Life Walking Club	11:00AM Play Reading with Stephen
11:00AM Armchair Exercise Video	11:30AM Meditation	11:30AM Food Committee Meeting	11:00AM Armchair Exercise Video	11:00AM Trivia with Jill
1:00PM Bus Outing: Shopping Trip to Ironwood	**1:00PM Recreation Committee Meeting**	**11:30AM Bus Outing: River Rock Casino**	11:00AM **Altavida Fashions**	1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動
 **1:30PM Spin It and Win It: Chocolate**	1:30PM Wellness Session: Chair Yoga with Lynn Walters		1:30PM Scrabble with Pat	**2:00PM Entertainment with Hand Over Heart**
3:00PM Sit and Be Fit Video Class	**2:45PM Giant Crosswords**	1:30PM Billiards	3:00PM Resident Forum	
7:30PM Bingo	7:00PM Crib/Chess	3:00PM Happy Hour	7:00PM Game of Hearts	3:00PM Happy Hour
		7:00PM Rummikub		3:30PM Table Tennis
				6:00PM Mah Jong