

GILMORE GARDENS WEEKENDER HIGHLIGHTS



October 18, 2024

IN HOUSE NEWS

The **Bus Outing to Steveston** on Friday, October 25th is **cancelled**. Instead we will be going to **Danny's Wun Tun Restaurant** for lunch with the bus leaving Gilmore Gardens at 11:30AM. Join us for a casual experience enjoying some great traditional Cantonese dishes at this long standing restaurant in Ironwood Plaza. Danny's Wun Tun Restaurant has been in business for 48 years and is closing their doors for good on October 27th. A family run business that will be missed!

REMINDERS

Join us on Saturday, October 19th at 2:00PM in the Activity Room for a **Dart Challenge**. Test your skills for a chance to win a prize! All are welcome 😊

Get ready with a fun Halloween **Movie Night with Hocus Pocus** on Saturday, October 19th at 7:00PM in the Activity Room. Share a few laughs with your neighbor while watching this hilarious Halloween film starring Bette Midler, Sarah Jessica Parker and Kathy Najimy. A story about a villainous comedic trio of witches who are advertently resurrected by a teenage boy in Salem Massachusetts on Halloween night.

Join **Gentle Fit with Robin** on Sunday, October 20th at 11:00AM in the Activity Room for half an hour of fun, easy moves to energize your morning! A great way to start your day!

Do you need some advice for your computer issues? Check it out at **Tech Time with Erin** on Sunday, October 20th at 1:30PM in the Private Dining Room. Book your appointment time in the Activity Room and she will do her best to help you out.

Is it time to replenish your cupboards? Join us for a **Bus Outing: Shopping Trip to Freshco** on Monday, October 21st at 1:00PM. Please remember to bring your reusable bags and be ready in the Fireside Lounge 5 minutes prior to boarding the bus.

Join us for **Meet Me at the Moma: Denyse Thomasos (Trinidad)** on Monday October 21st at 1:30PM in the Activity Room. Denyse Thomasos, a Trinidadian Canadian painter, is best known for her large-scale, semi-abstract paintings.

Come and peruse the shoe-rific fashions of **Clarks Shoes** on Tuesday October 22nd at 11:00AM in the Fireside Lounge. There are many ladies and men's styles available to be fashionable, functional and comfortable on your feet.

Join your fellow residents for a relaxing session of **Meditation** on Tuesday October 22nd at 11:30AM in the Activity Room. Close your eyes and listen to a soothing half hour of meditative calmness while reducing stress and improving your overall sense of well-being.

There will be a **Presentation with David Darling on Pride and Prejudice: An Ethnic History of BC** on Tuesday October 22nd at 1:30PM in the Activity Room. Get ready to be intrigued, learn, and be reminded of our incredible history here in BC!

Please be reminded of our **Flu Clinic** on Wednesday October 23rd from 9:00AM until 2:00PM in the Activity Room. Please remember to bring your PHN card and come at your specified appointment time as there is no need to come early. If you missed our appointment sign-up last Tuesday and would like to make an appointment, please see Reshma.

It is time once again to celebrate all the birthdays of the month and welcome our newest residents at our **Birthday Party and Welcome Tea** on Thursday, October 24th at 2:00PM in the Dining Room. Join your fellow residents for a delicious piece of cake and a cup of coffee or tea at this fun social event! All are welcome 😊

Get ready for Halloween and **Choose your Halloween Costume** on Friday, October 25th at 11:30AM – 2:30PM in the Activity Room. There will be a selection of items for you to put together a costume in anticipation of the fun in store on Halloween Day! Bring your creativity and find something fun to wear!

The Fabulous Fera Brothers are back on Friday, October 25th at 2:00PM in the Fireside Lounge. Join your neighbors in a fun hour of great tunes with **Happy Hour** and appetizers from the kitchen, to follow in the Club Lounge at 3:00PM!

Weekly Calendar for October 19th – October 25th, 2024

Saturday, October 19 th		Sunday, October 20 th		
8:30AM 10:00AM 11:00AM 2:00PM 7:00PM	Nails with Angie Armchair Exercise Video Tai Chi Dart Challenge Movie Night: Hocus Pocus	10:00AM 10:30AM 11:00AM 1:30PM	Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Tech Time with Erin	
Monday October 21 st	Tuesday October 22 nd	Wednesday October 23 rd	Thursday October 24 th	Friday October 25 th
10:00AM Chair Fitness 11:00AM Armchair Exercise Video 11:00AM Go4Life Walking Club 1:00PM Bus Outing: Shopping Trip to Freshco  1:30PM Meet Me at the MoMA: Denyse Thomasos (Trinidad) 3:00PM Chair Yoga with Lauren 7:30PM Bingo	10:00AM Armchair Exercise Video 11:00AM Clark's Shoes  11:30AM Meditation  1:30PM Presentation with David Darling on Pride and Prejudice: An Ethnic History of BC 2:45PM Fit Minds 7:00PM Crib/Chess	Flu Clinic 9:00AM - 2:00PM  1:30PM Billiards 3:00PM Happy Hour 7:00PM Rummikub	Hairdresser 10:00AM Chair Fitness: Strength & Balance 11:00 Go4Life Walking Club 11:00AM Armchair Exercise Video 11:00AM 5th Ave Jewelry 2:00PM Birthday Party and Welcome Tea  7:00PM Game of Hearts	Living Loving Local Celebration Dinner: Featuring Apples 10:00AM Osteofit with Robin Masters 11:00AM Advanced Armchair Video with Curtis 11:00AM Play Reading with Stephen 11:30AM Bus Outing: Lunch at Danny's Wun Tun Restaurant 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 2:00PM Entertainment with The Fera Brothers 3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong