

GILMORE GARDENS WEEKENDER HIGHLIGHTS



October 25th, 2024

IN HOUSE NEWS

It's the time of year when the weather is much cooler and viruses can spread more easily so this is a gentle reminder that washing your hands often with soap and warm water is a healthy habit to help prevent the spread of flu and other germs. If you do feel unwell, please inform our Health & Wellness Manager, Reshma and stay safe in your suite until you feel better. Thank you for your cooperation.

REMINDERS



Footcare with Nerissa will be here on Saturday, October 26th from 8:30AM in the Beauty Salon. Please check Reception to see if there are any available appointment times.

We know you enjoy playing bingo, so why not come for a fun game of **Halloween Bingo** on Saturday, October 26th at 1:30PM in the Activity Room! There will be ghouls and pumpkins, spiders and candy to find – on your bingo card, that is! 😊 Plus a few chocolate treats to enjoy!

Enjoy music in the afternoon with the **Youth Musician Association** on Sunday, October 27th at 2:30PM in the Fireside Lounge. The high school students enjoy this opportunity to showcase their musical talents in playing various instruments for our residents!

If you like singing to popular songs, make sure you go to **Sing Along with Errol** on Sunday, October 27th at 7:30PM in the Fireside Lounge. Errol has song books for everyone, as well as his trusted guitar with him!



Do you have your shopping list ready? Sign up for the **Bus Outing: Shopping Trip to Walmart** on Monday, October 28th at 1:00PM. Bring your reusable bags with you and wait at Reception before we board the bus.



It's almost Halloween! Join us at **Decorating/Carving Pumpkins for Halloween** on Monday, October 28th at 2:30PM in the Activity Room. We provide the pumpkins – you bring your creativity!

We have **Giant Crosswords** on Tuesday, October 29th at 2:45PM in the Club Lounge. Give your memory a challenge in guessing the right word to the clues! It's a fun hour for all to enjoy!

We are celebrating Diwali! Sign up for our popular **Bus Outing: Lunch at Tandoori Flame Indian Restaurant** on Wednesday, October 30th at 11:00AM. Satvir and Sarb will be joining you for delicious Indian cuisine at this buffet-style restaurant.

Join us at our **Special Diwali Happy Hour with Diwali Dancing** on Wednesday, October 30th at 3:00PM in the Fireside Lounge. We will be serving tasty samosas for you to enjoy! 😊



Come for a fun time at our **Halloween Costume Parade** on Thursday, October 31st at 1:45PM in the Fireside Lounge. Help us pick the most creative Halloween outfits! Following this, we have a

Halloween Magic Show with Vitaliy at 2:00PM in the Fireside Lounge! Be prepared to witness some amazing magic tricks from the magician, Vitaliy that will have you gasping with wonder!

Do you like puzzles and trivia? Come for **Trivia with Jill** on Friday, November 1st at 11:00AM in the Activity Room. There will be a variety of Rebus puzzles, riddles, and different categories of trivia!

Who loves popcorn?! Invite your neighbour and come and enjoy this buttery treat at **Popcorn Please!** on Friday, November 1st from 1:30PM in the Fireside Lounge. Follow this by joining us at **Happy Hour** in the Club Lounge at 3:00PM where you can have complementary fruit punch and appetizers or purchase a glass of wine or beer for \$7.

Weekly Calendar for October 26th – November 1st, 2024				
Saturday, October 26th		Sunday, October 27th		
9:00AM 10:00AM 11:00AM 1:30PM 3:00PM	Footcare with Nerissa Armchair Exercise Video Tai Chi Halloween Bingo Artful Aging: Painting with Elizabeth & Friends	10:00AM 10:30AM 10:00AM 11:00AM 1:00PM 1:30PM 2:30PM 2:30PM 7:30PM	Armchair Exercise Video GPUC Worship Service Advanced Rummikub with Sally Gentle Fit with Winnie Table Tennis with Sally Tech Time with Erin Beginner Rummikub with Sally Youth Musician Association Sing Along with Errol	
				
Monday October 28th	Tuesday October 29th	Wednesday October 30th	Thursday October 31st	Friday November 1st
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 11:00AM Decorate for Halloween! 1:00PM Bus Outing: Shopping Trip to Walmart 2:30PM Decorate/carving pumpkins for Halloween  7:30PM Bingo	10:00AM Armchair Exercise Video 11:30AM Meditation 1:30PM Wellness Session: Chair Yoga with Lynn Walters 2:45PM Giant Crosswords  7:00PM Crib/Chess	<i>Celebrating Diwali</i> 10:00AM Chair Fitness 10:30AM Catholic Prayer and Communion 11:00AM Armchair Video 11:00AM Bus Outing: Lunch at Tandoori Flame Indian Restaurant 1:30PM Billiards 3:00PM Special Diwali Happy Hour and Diwali Dancing! 7:00PM Rummikub	<i>Hairdresser</i> <i>Happy Halloween!</i>  10:00AM Chair Fitness: Strength & Balance 11:00 Go4Life Walking Club 11:00AM Armchair Exercise Video 1:45PM Halloween Costume Parade! 2:00PM Halloween Magic Show with Vitaliy 7:00PM Game of Hearts	<i>Living Loving Local Celebration Dinner: Featuring Cranberries</i> 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 1:30PM Popcorn Please!  3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong