GILMORE GARDENS WEEKENDER HIGHLIGHTS







October 4th , 2024

IN HOUSE NEWS

Our **Thanksgiving Buffet** is on Thursday, October 10th with 2 options for seating at 5:00PM and 6:30PM. Invite your family and friends with a limit of 4 guests per suite. Cost for guests is $42 per adult and $16 for children (4-16 years). We request all residents to let Reception know what time you would like to dine! Thank you!

Please note that we will be having **Elections BC** at Gilmore Gardens on Wednesday, September 16th from 9:30AM – 1:30PM. If you choose to vote, keep in mind that you will need to bring your ID and voter card if you have it. If you do not have a voter card, your ID will suffice.

REMINDERS

Jog your memory with **Jeopardy** on Saturday, October 5th at 2:00PM in the Activity Room. Surprise yourself with how much you remember at this fun trivia game.

Do you like singing or just listening to others singing? Either way you are welcome to join us on Sunday, October 6th at **Sing Along with Errol** at 7:30PM in the Fireside Lounge. Errol sings some popular tunes loved by quite a few residents.

Are your groceries running low? Here's your opportunity to join us for a **Bus Outing: Shopping Trip to Seafair** on Monday, October 7th at 1:00PM. Sign up in the Activity Room and don't forget your reusable shopping bags.

We have **Chair Yoga with Lauren** on Monday, October 7th at 3:00PM in the Activity Room. This is a easy video to follow along with great opportunity to get some light exercise in the afternoon.



Join us for a fun **Craft Session: Painting a Fall Birch** on Tuesday, October 8th at 2:00PM in the Activity Room. No experience needed just bring your enthusiasm to create some wonderful artwork.

Join us for **Fit Minds** on Tuesday, October 8th at 1:00PM in the Club Lounge. This is a wonderful opportunity to exercise your mental faculties whilst having fun and a good conversation.



Are you hankering for a good juicy burger and a cold beer to go with it? We have just the thing for you with our **Bus Outing: Lunch at Legends Pub** on Wednesday, October 9th at 11:30AM. Sign up in the Activity Room and don't miss this wonderful opportunity to have some fun with your fellow residents.

If you enjoy learning about artists and their work, join **Meet Me at the MoMA: Vesod: Geometric Figurative work** on Monday, October 7th at 1:30PM in the Activity Room.

Let's set the mood right for **Thanksgiving**. Come and help decorate the Fireside Lounge on Wednesday, October 9th at 1:30PM.



Wear your favourite fall outfit and celebrate **Thanksgiving Buffet** with us. Listen to some wonderful **Entertainment with Patrizia Coletta** on Thursday, October 10th at 4:30PM followed by a scrumptious buffet dinner.

Take in the wonderful fall season and join us on our **Bus Outing to Steveston Village** on Friday, October 11th at 11:30PM. You could take a walk or just browse around the small quaint shops in the area.

Come on down for a special **Oktoberfest Entertainment with Peter Paulus and his Oompah Band** on Friday, October 11th at 2:00PM in the Fireside Lounge. Celebrate this fun occasion with some German beer, sausage and sauerkraut! Prolong the festive spirit all the way to **Happy Hour** at 3:00PM in the Club Lounge.

Weekly Calendar for October 5th – October 11th, 2024

Saturday, October 5th		Sunday, October 6th	
8:30AM	Nails with Angie	10:00AM	Armchair Exercise Video
10:00AM	Armchair Video	10:30AM	GPUC Worship Service
11:00AM	Tai Chi	11:00AM	Gentle Fit with Robin
2:00PM	Jeopardy	1:30PM	Tech Time with Erin
7:00PM	Movie Night: Bridges of Madison County	7:30PM	Sing Along with Errol

Monday October 7th	Tuesday October 8th	Wednesday October 9th	Thursday October 10th	Friday October 11th
10:00AM Chair Fitness 11:00AM Armchair Exercise Video 11:00AM Go4Life Walking Club 1:00PM Bus Outing: Shopping Trip to Seafair 1:30PM Meet Me at the MoMA: Vesod: Geometric Figurative Work 3:00PM Chair Yoga with Lauren 7:30PM Bingo	10:00AM Armchair Exercise Video 11:30AM Meditation 1:00PM Fit Minds  2:00PM Craft Session: Painting a Fall Birch  7:00PM Crib/Chess	9:30AM Ears to You Hearing Clinic 10:00AM Chair Fitness 10:30AM Catholic Prayer & Communion 11:00AM Armchair Exercise Video **11:30AM Bus Outing: Lunch at Legends Pub** 1:30PM Billiards 1:30PM Decorate for Thanksgiving 3:00PM Happy Hour 7:00PM Rummikub	**10:00AM Advanced Armchair Video with Curtis** 11:00AM Armchair Exercise Video 11:00AM Go4Life Walking Club **4:30PM Thanksgiving Entertainment with Patrizia Coletta** **5:00PM & 6:30 PM Seatings for Thanksgiving Buffet Dinner**  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 to Steveston Village 1:30PM Weekender Review in Chinese **2:00PM Oktoberfest Entertainment with Peter Paulus & his Oompah Band**  3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong