GILMORE GARDENS WEEKENDER HIGHLIGHTS







November 1, 2024

IN HOUSE NEWS



Daylight Saving Time will end on Sunday, November 3rd at 2:00AM with clocks falling back one hour. This will mean one extra hour of sleep on the first weekend of the month! The time shift will result in earlier sunrises and earlier sunsets. Please turn your clocks back one hour before going to bed on Saturday, November 2nd!

We are inviting residents to donate *new, clean and unopened bottles* for our **Bottle Draw** which will take place at the **Craft Fair & Bake Sale** on Saturday, November 30th. Please drop off your bottles at Reception. We will be wrapping these later this month! Thank you!

If you have mobility issues and are going out on a **Bus Outing**, please arrange to have an independent person/care aid who can assist with helping you on the outing. Our staff are only available to help you on and off the bus and not for any mobilization or transfer.

REMINDERS

Join in the fun game of **Roll o' Trump** on Saturday, November 2nd at 2:00PM in the Activity Room. Throw the ball and see if you can aim it in a slot and perhaps win a tasty prize! All are welcome!

We have a **Bus Outing: Shopping Trip to Superstore** on Monday, November 4th at 1:00PM. Remember to make a shopping list and bring your reusable bags! Please wait in the Fireside Lounge at least 5 minutes prior to boarding the bus. Thank you!



Join us for **Meet Me at the MoMA: Rabindranath Tagore – Poet, Writer, Painter** on Monday, November 4th at 1:30PM in the Activity Room. Born in Calcutta, Tagore's works consist of poems, novels, short stories, paintings, drawings and music. At age sixty, Tagore took up drawing and painting with successful exhibitions of his many works held throughout Europe. Come and learn more about one of the most revered poet-philosophers of his time.

Join us for a **Wellness Session: Motion Cares presents "The Advantages of Using a Walker"** on Tuesday, November 5th at 1:30PM in the Activity Room. Learn about the benefits of easier mobility after surgery by using a walker. Walkers also offer support for balance problems, arthritis or leg weakness. Come and become more knowledgeable in this great assistive device!

We have a **Bus Outing: Lunch at Pat Quinn's Restaurant, Tsawwassen** on Wednesday, November 6th at 11:15AM. Indulge in a plate of seafood pasta or steak, or enjoy a more casual plate of tacos, pizza, soup or salad – whatever you choose from their extensive menu, you will enjoy the ambiance of this stylish golf club! 😉

Come for **Trivia Challenge: I Should Have Known That** on Wednesday, November 6th at 1:30PM in the Activity Room. This trivia game always brings much laughter! What are you waiting for …?!

It's **Cancer Awareness Day** on Thursday, November 7th. We will be hosting a **BC Cancer Foundation Fundraiser** from 10:30AM-12:30PM in the Fireside Lounge. Donations from Gilmore

Gardens will be matched by the Collings Stevens Family Foundation to help build a new Medicinal Chemistry Lab at BC Cancer's LJ Blackmore Cancer Research Centre. Please support this important and worthy cause! Thank you.

We have **Java Music Club** on Thursday, November 7th at 1:30PM in the Activity Room. This program is hosted by our community volunteer, Maggie, who introduces a specific theme to chat about for each session. Come and join fellow-residents and make new friends in this small group setting.

Come to **Entertainment with John Parsons** on Friday, November 8th at 2:00PM in the Fireside Lounge. This is a fantastic hour of live music and afterwards, enjoy **Happy Hour** with appetizers from the kitchen at 3:00PM in the Club Lounge!

Weekly Calendar for November 2nd – November 8th, 2024

Saturday, November 2nd		Sunday, November 3rd	
8:30AM	Nails with Angie		***Daylight Savings Time Begins***
10:00AM	Armchair Exercise Video	10:00AM	Armchair Exercise Video
11:00AM	Tai Chi	10:30AM	GPUC Worship Service
2:00PM	Roll o' Trump Game	11:00AM	Gentle Fit with Winnie
7:00PM	Movie Night: The End of the Affair	11:30AM	Avon with Janice
		1:30PM	Tech Time with Erin
		2:00PM	Boundless Harmonies Piano Students





Monday November 4th	Tuesday November 5th	Wednesday November 6th	Thursday November 7th	Friday November 8th
10:00AM Chair Fitness	10:00AM Armchair Exercise Video	10:00AM Chair Fitness	***Hairdresser***	10:00AM Osteofit with Robin Masters
11:00AM Armchair Exercise Video	11:30AM Meditation	10:30AM Catholic Prayer & Communion	***Cancer Awareness Day***	11:00AM Advanced Armchair Video with Curtis
11:00AM Go4Life Walking Club	1:30PM Wellness Session: Motion Cares presents "The Advantages of using a Walker"	11:00AM Armchair Video	10:00AM Chair Fitness: Strength & Balance	11:00AM Play Reading with Stephen
1:00PM Bus Outing: Shopping Trip to Superstore	2:45PM Fit Minds	11:15AM Bus Outing: Lunch at Pat Quinn's Restaurant, Tsawwassen	10:30AM BC Cancer Foundation Fundraiser	11:30AM Bus Outing to Steveston Village
1:30PM Meet Me at The MoMA: Rabindranath Tagore (India) Poet, Writer, Painter		1:30PM Billiards	11:00 Go4Life Walking Club	1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動
3:00PM Chair Yoga with Lauren	7:00PM Crib/Chess	1:30PM Trivia Challenge: I Should Have Known That!	11:00AM Armchair Exercise Video	2:00PM Entertainment with John Parsons
7:30PM Bingo		3:00PM Happy Hour	1:30PM Java Music Club	3:00PM Happy Hour
		7:00PM Rummikub	7:00PM Game of Hearts	3:30PM Table Tennis
				6:00PM Mah Jong