

GILMORE GARDENS WEEKENDER HIGHLIGHTS



January 10th, 2025

IN HOUSE NEWS

Just a gentle reminder, as we welcome new residents to Gilmore Gardens, please be mindful to wear your **name tag** so that people remember your name. 😊



For those residents who enjoy coming on our **bus trips**, either shopping or for our Wednesday outings, we kindly request that the front 2 rows of seats (either side of the aisle) be made available for residents who have mobility issues. Thank you for your cooperation.

Please be advised: In respect of all residents, effective immediately, we will no longer wait for any resident returning late to the bus after a shopping trip and will not assume liability for any resident who may need to arrange for alternate transportation back to Gilmore Gardens. Thank you for your understanding.

REMINDERS

Join your fellow residents for **Dart Challenge** on Saturday, January 11th at 1:30PM in the Activity Room. Come and challenge your aim in throwing the dart at the bullseye!

Take a seat and enjoy listening to a harmonious hour of music at **Columbia Academy Music School** on Saturday, January 11th at 2:30PM in the Fireside Lounge.



Join **Sing Along with Errol** on Sunday, January 12th at 7:30PM in the Fireside Lounge. Errol will strum his guitar and play all your favourite songs!

If you need household provisions, sign up for our **Bus Outing: Shopping Trip to Seafair** on Monday, January 13th at 1:00PM. Please wait in the Fireside Lounge at least 5 minutes prior to boarding the bus.

Join us for a **Winter Wellness Talk with Physio2U** on Tuesday, January 14th at 1:30PM in the Activity Room. Winter brings picturesque, snowy landscapes but it also brings slippery sidewalks and an increased risk of falls, posing challenges to balance and mobility. Come and learn more about protecting your health, maintaining independence and ensuring safety in the winter months.



It's **National Hat Day** on Wednesday, January 15th! Wear any hat you have – whether it's a baseball cap, sun hat or fancy fascinator!

Mark your calendar for our **Resident Council Meeting** on Thursday, January 16th at 3:00PM in the Activity Room. Learn more about the important events and upcoming activities at Gilmore Gardens!

We have a **Bus Outing to Steveston** on Friday, January 17th at 11:30AM. It's the perfect time to meet a friend and visit for lunch at one of the many bistros, or some shopping at Save-on-Foods, or a walk along the boardwalk at the marina! Sign up in the Activity Room.

End your week with a scintillating hour of music at **Entertainment with Patrizia Coletta** on Friday, January 17th at 2:00PM in the Fireside Lounge. Afterwards, join us for **Happy Hour** at 3:00PM in the Club Lounge when we offer tasty appetizers from the Kitchen!



Weekly Calendar for January 10th – 17th, 2024

Saturday, January 11 th		Sunday, January 12 th		
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	Dart Challenge	11:00AM	Gentle Fit with Winnie	
2:30PM	Columbia Academy Music School	1:30PM	Tech Time with Erin	
7:00PM	Movie Night: Eight Below	7:30PM	Sing Along with Errol	
Monday January 13 th	Tuesday January 14 th	Wednesday January 15 th	Thursday January 16 th	Friday January 17 th
10:00AM Chair Fitness	10:00AM Armchair Exercise Video	National Hat Day!	Hairdresser	10:00AM Osteofit with Robin Masters
11:00AM Armchair Exercise Video	11:30AM Meditation	10:00AM Chair Fitness	10:00AM Chair Fitness: Strength & Balance	11:00AM Play Reading with Stephen
11:00AM Go4Life Walking Club	1:30PM Winter Wellness Talk with Physio2U	10:30AM Catholic Mass	11:00AM Go4Life Walking Club	11:00AM Advanced Armchair Video with Curtis
1:00PM Bus Outing: Shopping Trip to Seafair		11:00AM Armchair Exercise Video	11:00AM Armchair Exercise Video	11:30AM Bus Outing to Steveston
	2:45PM Fit Minds	11:30AM Bus Outing: Lunch at O'Hares Pub	1:30PM Scrabble with Pat	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		3:00PM Resident Council Meeting	2:00PM Entertainment with Patrizia Coletta
7:30PM Bingo		1:30PM Billiards		3:00PM Happy Hour
		3:00PM Happy Hour	7:00PM Game of Hearts	3:30PM Table Tennis
		7:00PM Rummikub		6:00PM Mah Jong