GILMORE GARDENS WEEKENDER HIGHLIGHTS



January 24th, 2025

IN HOUSE NEWS

It's **Robbie Burns Day** on Saturday, January 25th! Robbie burns, who died in 1796, was a Scottish bard whose life and poems are celebrated on his birthday! Come and enjoy our celebration with a special *Robbie Burns Day Featured Dinner*, including haggis!

REMINDERS

We have a **Craft Session: Making Chinese New Year Firecrackers** on Saturday, January 25th at 1:30PM in the Activity Room. Come and bring your creative flair and help make these colourful decorations that will be displayed in the Fireside Lounge!

Enjoy some afternoon music with the **Youth Musician Association** on Sunday, January 26th at 2:30PM in the Fireside Lounge – a great time to relax and take in the harmonious sounds!

If you need household provisions, sign up for our **Bus Outing: Shopping Trip to FreshCo** on Monday, January 27th at 1:00PM. Please wait in the Fireside Lounge prior to boarding the bus.



We have a game of **Five Card Stud** on Monday, January 27th at 1:30PM in the Activity Room. See if you can win a prize! The top 3 players will win! 😉

Join us for **Fit Minds** on Tuesday, January 28th at 2:45PM in the Club Lounge. This activity includes a series of fun and engaging activities for discussion – a good time to gather with friends.

Sign up for our **Bus Outing: River Rock Casino** on Wednesday, January 29th at 11:30AM. Invite your neighbour and see if you're on a winning streak! You also have time to enjoy a bite of lunch at the Food Court!



It's **Lunar *Chinese New Year*** on Wednesday, January 29th! Remember to <u>wear red</u> to celebrate the start of the new year and enjoy the Chinese New Year Featured Dinner!



It's ***National Puzzle Day*** on Wednesday, January 29th – give your mind a vigorous workout with various puzzles to complete at **Puzzle Challenge** at 1:30PM in the Activity Room! There will be prizes to win!

Enjoy **Formosa Music Ensemble** on Thursday, January 30th at 11:30AM in the Fireside Lounge. This is a small group of Taiwanese Canadian instrumentalist performers who are looking forward to playing for our residents at Gilmore Gardens!

It's time to wish our residents whose birthday is in January a happy birthday and to welcome our new residents to Gilmore Gardens at the **Birthday Party & Welcome Tea** on Thursday, January 30th at 2:00PM! Join us for a piece of delicious cake as we sing happy birthday!



Wear red and join us for a wonderful hour of **Chinese New Year Lion Dance Entertainment** on Friday, January 31st at 2:00PM in the Fireside Lounge. This is a magnificent celebration for the Lunar New Year, so make sure you join us! Afterwards, we will have **Happy Hour** at 3:00PM in the Club Lounge with tasty appetizers from our kitchen!

Weekly Calendar for January 24th – 31st, 2025

Saturday, January 25th		Sunday, January 26th	
	Robbie Burns Day Featured Dinner! ***Happy Robbie Burns Day!***		
9:00AM	**Footcare with Nerissa**	10:00AM	Armchair Exercise Video
10:00AM	Armchair Exercise Video	10:30AM	GPUC Worship Service
11:00AM	Tai Chi	11:00AM	Gentle Fit with Winnie
1:30PM	**Craft Session: Making Chinese New Year Firecrackers**	1:30PM	Tech Time with Erin
7:00PM	**Movie Night: Everest**	**2:30PM**	**Youth Musician Association**

Monday January 27th	Tuesday January 28th	Wednesday January 29th	Thursday January 30th	Friday January 31st
		Happy Lunar New Year! ***Year of the Snake!***	***Hairdresser***	***Wear Red!***
10:00AM Chair Fitness	10:00AM Armchair Exercise Video	***Chinese New Year Featured Dinner***	10:00AM Chair Fitness: Strength & Balance	10:00AM Osteofit with Robin Masters
11:00AM Armchair Exercise Video	11:30AM Meditation	***Wear Red!***	11:00AM Armchair Exercise Video	11:00AM Play Reading with Stephen
11:00AM Go4Life Walking Club	**1:30PM Decorate for Chinese New Year**	***National Puzzle Day***	11:00AM Go4Life Walking Club	11:00AM Advanced Armchair Exercise Video with Curtis
1:00PM Bus Outing: Shopping Trip to FreshCo		10:00AM Chair Fitness	**11:30AM Formosa Music Ensemble**	**1:30PM Bus Outing to Steveston**
	**2:45PM Fit Minds**	10:30AM Catholic Prayer & Communion	**2:00PM Birthday Party & Welcome Tea**	1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動
1:30PM Five Card Stud	7:00PM Crib/Chess	11:00AM Armchair Exercise Video	7:00PM Game of Hearts	**2:00PM Chinese New Year Lion Dance** 
3:00PM Chair Yoga with Lauren		**11:30AM Bus Outing: River Rock Casino**		**3:00PM Happy Hour**
7:30PM Bingo		1:30PM Billiards		3:30PM Table Tennis
		1:30PM Puzzle Challenge		6:00PM Mah Jong
		3:00PM Happy Hour		
		7:00PM Rummikub		