

GILMORE GARDENS WEEKENDER HIGHLIGHTS



February



January 31st, 2025

IN HOUSE NEWS

If you have borrowed a book from our **Richmond Public Library** collection in the Club Lounge, please ensure you return it by Monday, February 3rd. New books will be available on Wednesday, February 5th. Thank you!

NEW!! For those residents who are interested in joining an exercise class in the afternoon, we now have **Chair Exercises with Lauren** beginning Wednesday, February 5th at 1:30PM and every Wednesday thereafter at 1:30PM in the Activity Room. If you're a late-riser, or just prefer to exercise later in the day, now is your chance to incorporate the benefits of dynamic movement and stretching into your routine!



CHAIR SQUATS

We kindly request that residents leave the **Daily Newspapers** from Gilmore Gardens in the Country Kitchen for everyone to read. Thank you for your cooperation.

REMINDERS

Come for **Roll A Trump Game** on Saturday, February 1st at 1:30PM in the Activity Room. This is a fun game similar to bean bag toss! Challenge your aim in tossing the ball through a particular hole to get the Trump you need! Invite your neighbour for an hour of fun!

Would you like to learn how to play the game of Rummikub? Rummikub is a rummy-like game that you play with tiles instead of cards. Our community volunteer, Sally gives instruction on how to play this fun game at **Beginner Rummikub** on Sunday, February 2nd at 2:30PM in the Club Lounge.

End your week with **Sing Along with Errol** on Sunday, February 2nd at 7:30PM in the Fireside Lounge. You can join in and sing to all the songs Errol plays whilst strumming his guitar!

Sign up for our **Bus Outing: Shopping Trip to Ironwood** on Monday, February 3rd at 1:00PM. You can visit London Drugs, Save-on-Foods, BC Liquor store, Starbucks and many more! Please wait in the Fireside Lounge at least 5 minutes prior to boarding the bus.

Join us for **Meet Me at The MoMA: Anthony Eyton, Painter "Aging in Colour"** on Monday, February 3rd at 1:30PM in the Activity Room. Eyton is a British artist born in 1923 in Middlesex. He is associated with the post-impressionist movement and was appointed as an Officer of the British Empire (OBE) in the 2023 Birthday Honours.



It always feels good to find a new pair of comfortable shoes that fit well for everyday use and walking. Come and check out the varied selection of styles at **Clark's Shoes** on Tuesday, February 4th from 10:30AM-2:00PM in the Fireside Lounge.

We have a **Bus Outing: Lunch and Shopping at Tsawwassen Mills** on Wednesday, February 5th at 11:00AM. Sign up early for this popular trip! You can enjoy lunch in the Food Court and walk the wide hallways whilst browsing the many stores!

Come for a **Craft Session: Valentine's Day Rock Painting** on Thursday, February 6th at 2:30PM in the Activity Room. No skills needed; we provide examples of what you can paint on the rocks! After they've dried, we will display them on our mantlepice in the Fireside Lounge!



It's been a while since our last Charades – why not join us for a fun activity, **Charades: Love is in the Air!** on Friday, February 7th at 11:00AM in the Fireside Lounge. Valerie and Jill mime various titles of songs, books and movies that fit the "love" occasion for next week's St Valentine's Day! All you have to do is guess what it is they are miming! 😊



Take a seat and enjoy a fantastic hour of music at **Entertainment with Roberto Risman, guitarist and singer** on Friday, February 7th at 2:00PM in the Fireside Lounge. Following the entertainment, join us for **Happy Hour** from 3:00PM in the Club Lounge for a glass of fruit punch or beer or wine, together with appetizers from our Kitchen!

Weekly Calendar for January 31st – February 7th, 2025

Saturday, February 1 st		Sunday, February 2 nd		
8:30AM 10:00AM 11:00AM 1:30PM 3:00PM	Nails with Angie Armchair Exercise Video Tai Chi Roll A Trump Game Artful Aging: Painting with Elizabeth & Friends	10:00AM 10:00AM 10:30AM 11:00AM 1:00PM 1:30PM 2:30PM 7:30PM	Advanced Rummikub with Sally Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Table Tennis with Sally Tech Time with Erin Beginner Rummikub with Sally Sing Along with Errol	
				
Monday February 3 rd	Tuesday February 4 th	Wednesday February 5 th	Thursday February 6 th	Friday February 7 th
Richmond Public Library Books Due 10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 1:00PM Bus Outing: Shopping Trip to Ironwood 1:30PM Meet Me at The MoMA: Anthony Eyton, Painter "Aging in Colour" 3:00PM "Sit and Be Fit" Gentle Arthritis Exercise Video 7:30PM Bingo	10:00AM Armchair Exercise Video 10:30AM Clark's Shoes  11:30AM Meditation 1:30PM Wellness Session: Chair Yoga with Lynn Walters  2:45PM Giant Crosswords 7:00PM Crib/Chess	New Richmond Public Library Books in 10:00AM Chair Fitness 10:30AM Catholic Prayer & Communion 11:00AM Armchair Exercise Video 11:00AM Bus Outing: Lunch & Shopping at Tsawwassen Mills  1:30PM Billiards 1:30PM Chair Exercises with Lauren 3:00PM Happy Hour 7:00PM Rummikub	Hairdresser 10:00AM Chair Fitness: Strength & Balance 11:00AM Armchair Exercise Video 11:00AM Go4Life Walking Club 1:30PM Java Music Club  2:30PM Craft Session: Valentine's Day Rock Painting 7:00PM Game of Hearts	Hairdresser Living Loving Local Dinner: Featuring Beef 10:00AM Osteofit with Robin Masters 11:00AM Play Reading with Stephen 11:00AM Charades: Love is in the Air! 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 2:00PM Entertainment with Roberto Risman 3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong