

GILMORE GARDENS WEEKENDER HIGHLIGHTS



February 15th, 2025

IN HOUSE NEWS

Our **Heart and Stroke Foundation Fundraiser** held on Thursday February 13th has raised \$1257.00! We would like to thank Barbara Tuai and Chuck Dunn for volunteering their time to sit at the table and take donations. A big thank you to Ron from the Gilmore kitchen for making such a wonderful arrangement of cookies for this event and we would also like to thank all residents who supported this very worthy cause!



REMINDERS



Come for **Dart Challenge** on Saturday, February 15th at 1:30PM in the Activity Room. Challenge your aim in throwing the darts and aiming for the bull's eye! Invite your neighbour for an hour of fun!

Invite a neighbour and end your week at **Sing Along with Roger** on Sunday, February 16th at 7:30PM in the Fireside Lounge. Join in and sing the songs Roger plays on his guitar or harmonica!

Sign up for our **Bus Outing: Shopping Trip to Seafair** on Monday, February 17th at 1:00PM. You can visit Safeway, Shoppers Drug Mart, BC Liquor store and many more! Please wait in the Fireside Lounge at least 5 minutes prior to boarding the bus.

It's **Family Day** and **Random Acts of Kindness Day** on Monday, February 17th in Canada. Start your day with a good deed to lift the spirits of those around you. The purpose of today is to extend kindness, recognize kind acts and promote kindness within the community today and every other day. Even a friendly smile can brighten someone's day! 😊



Dreaming of warm, sunny days on the Adriatic coast? Come for a **Presentation with Jill on her Travels to Croatia** on Monday, February 17th at 2:30PM in the Fireside Lounge. This is the second part of her vacation travels in Europe last October. Jill will share photos and stories from her trip as well as interesting and fun facts about this small and friendly country.

We have a **Bus Outing: Scenic Drive** on Wednesday, February 19th at 1:00PM. Please wait in the Fireside Lounge before boarding the bus. Thank you!

Mark your calendar for **The Price is Right** on Wednesday, February 19th at 1:30PM in the Activity Room. Residents are invited to "contestants' row" to compete with guessing the prices of merchandise - and hopefully win some great prizes for the person closest to the actual price without going over!



Come for our **Resident Forum** on Thursday, February 20th at 3:00PM in the Activity Room and learn more about the upcoming happenings and news at Gilmore Gardens. All are welcome!

Join **Trivia with Jill** on Friday, February 21st at 11:00AM in the Activity Room for an hour of fun trivia, puzzles, multiple-choice questions, rebus and much more!



It's *Western Day* on Friday, February 21st and we have a fantastic hour of music at **Entertainment with Mike Kinal, guitarist and singer** on Friday, February 21st at 2:00PM in the Fireside Lounge. Wear your plaid shirt and cowboy hat and sing or dance along to the songs! Afterwards, join us for **Happy Hour** from 3:00PM in the Club Lounge where you can enjoy a soft drink or beer or wine, together with appetizers from our Kitchen!



Weekly Calendar for February 15th – February 21st, 2025

Saturday, February 15 th		Sunday, February 16 th		
8:30AM 10:00AM 11:00AM 1:30PM 3:00PM	Nails with Angie Armchair Exercise Video Tai Chi Dart Challenge Artful Aging: Painting with Elizabeth & Friends	10:00AM 10:30AM 11:00AM 1:30PM 7:30PM	Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Tech Time with Erin Sing Along with Roger	
Monday February 17 th	Tuesday February 18 th	Wednesday February 19 th	Thursday February 20 th	Friday February 21 st
Family Day Random Acts of Kindness Day! 10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 1:00PM Bus Outing: Shopping Trip to Seafair 2:30PM Presentation with Jill on her Travels to Croatia  7:30PM Bingo	10:00AM Armchair Exercise Video 11:30AM Meditation  1:00PM Recreation Committee Meeting 1:30PM Wellness Session: Chair Yoga with Lynn Walters 2:45PM Giant Crosswords  7:00PM Crib/Chess	10:00AM Chair Fitness 10:30AM Catholic Mass 11:00AM Armchair Exercise Video 1:00PM Bus Outing: Scenic Drive 1:30PM Billiards 1:30PM The Price is Right!  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 Scrabble with Pat 3:00PM Resident Forum  7:00PM Game of Hearts	Hairdresser Western Day! 10:00AM Osteofit with Robin Masters 11:00AM Play Reading with Stephen 11:00AM Trivia with Jill 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 2:00PM Entertainment with Mike Kinal 3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong