GILMORE GARDENS WEEKENDER HIGHLIGHTS









February 7th, 2025

IN HOUSE NEWS

Please be advised that the **Bus Outing: Lunch at Country Meadows Golf Club** on Wednesday, February 12th will be leaving Gilmore Gardens at **11:45AM** and not 11:30 as stated on the Calendar. Thank you.

Before the entertainment on February 14th at 2:00PM, we have some students from **Hugh McRoberts Secondary School** coming for a visit at 1:30PM to the Fireside Lounge with homemade Valentine Cards to give out. Please join them for some conversation and receive a beautiful card!

We have a special **St Valentine's Day Featured Dinner** on Friday, February 14th. Please ensure you book early at Reception if you would like to have guests join you for dinner. Thank you!

Please note if you have any **maintenance-related issues**, contact Reception first and they will advise our Maintenance team to get in touch with you. Thank you!

REMINDERS

Come for a game of **Lotto 649** on Saturday, February 8th at 1:30PM in the Activity Room. This is a fun game for all to enjoy! Remember to bring your quarters!

Join our resident, Roger Goulet at **Sing Along with Roger** on Sunday, February 9th at 7:30PM in the Fireside Lounge. Roger loves to invite his fellow-residents to join him and sing along to the many songs he plays on both his guitar and harmonica.

Sign up for our **Bus Outing: Lunch at Country Meadows Golf Club** on Wednesday, February 12th at 11:45AM. The menu offers a great selection of appetizers, salads, pasta, burgers and more! Enjoy a scrumptious lunch whilst taking in the beautiful green landscapes!

If you need household provisions, sign up for our **Bus Outing: Shopping Trip to Superstore** on Monday, February 10th at 1:00PM. Please wait in the Fireside Lounge prior to boarding the bus.



We have an **Artful Aging Tutorial: Painting a Winter Chickadee** on Monday, February 10th at 1:30PM in the Activity Room. Feel free to join this session which will be a step-by-step activity for everyone to experience.



Browse the beautiful clothing at **Casual Chic Couture Fashions** on Tuesday, February 11th from 11:00AM in the Fireside Lounge. You may find a outfit to wear for the upcoming warmer months!

February is Black History Month. Come for a **Presentation with David Darling: Martin Luther King, Jr. & the Struggle for Civil Rights** on Tuesday, February 11th at 1:30PM in the Activity Room. *"Martin Luther King, Jr. was an American Baptist minister, activist, and political philosopher who was one of the most prominent leaders in the civil rights movement from 1955 until his assassination in 1968" - Wikipedia*

Grab your morning coffee and make a donation at our **Heart and Stroke Fundraiser** on Thursday, February 13th at 10:00AM-12:00PM in the Fireside Lounge. We will have tasty cookies available too!

Come to a **Walker Check-up with BC Medequip** on Thursday, February 13th at 1:30PM in the Activity Room. You can also enquire about the other medical devices that Medequip provides.

It's St Valentine's Day on Friday, February 14th! Listen to a fantastic hour of music at our **Valentine's Day Entertainment with Cheek to Cheek** at 2:00PM in the Fireside Lounge. Afterwards, join us for **Happy Hour** at 3:00PM in the Club Lounge with tasty appetizers from our kitchen!



Weekly Calendar for February 8th – 14th, 2025

Saturday, February 8th		Sunday, February 9th	
8:30AM	***Nails with Angie***	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	**Lotto 649 Game**	1:30PM	Tech Time with Erin
7:00PM	**Movie Night: Chocolat**	**7:30PM**	**Sing Along with Roger**

Monday February 10th	Tuesday February 11th	Wednesday February 12th	Thursday January 13th	Friday January 14th
10:00AM Chair Fitness 11:00AM Armchair Exercise Video 11:00AM Go4Life Walking Club **1:00PM Bus Outing: Shopping Trip to Superstore** **1:30PM Artful Aging Tutorial: Painting a Winter Chickadee**  3:00PM Chair Yoga with Lauren 7:30PM Bingo	10:00AM Armchair Exercise Video **11:00AM Casual Chic Couture Fashions** 11:30AM Meditation **1:30PM Presentation with David Darling: Martin Luter King & the Struggle for Civil Rights** **2:45PM Fit Minds**  7:00PM Crib/Chess	10:00AM Chair Fitness 10:30AM Catholic Prayer & Communion 11:00AM Armchair Exercise Video **11:45AM Bus Outing: Lunch at Country Meadows Golf Club**  1:30PM Billiards **1:30PM Decorate for St Valentine's Day** **1:30PM Chair Exercises with Lauren Video** **3:00PM Happy Hour** 7:00PM Rummikub	***Hairdresser*** 10:00AM Chair Fitness: Strength & Balance **10:00AM Heart & Stroke Fundraiser**  11:00AM Armchair Exercise Video 11:00AM Go4Life Walking Club **1:30PM Walker Check-up with BC Medequip** 7:00PM Game of Hearts	***Happy St Valentine's Day! Wear Red!*** ***St Valentine's Day Featured Dinner*** 10:00AM Osteofit with Robin Masters 11:00AM Play Reading with Stephen 11:00AM Advanced Armchair Exercise Video with Curtis **11:30AM Bus Outing to Steveston** 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 **1:30PM Hugh McRobert Students** **2:00PM Entertainment with Cheek to Cheek** **3:00PM Happy Hour** 3:30PM Table Tennis 6:00PM Mah Jong