GILMORE GARDENS WEEKENDER HIGHLIGHTS



October 17th, 2025

IN HOUSE NEWS

Reminder that the **Flu and Covid-19 Booster Clinic** is on Thursday, October 23rd in the Activity Room from 9:00-2:00PM, please refer to your reminder slip for your time slot. Please arrive no earlier than 10 minutes before your appointment time and bring your Personal Health Card with you. Thank you!

REMINDERS

Enjoy a fun **Trivia Game: "I Should Have Known That!"** on Saturday, October 18th at 1:00PM in the Activity Room. Answer "Yes" or "No" questions about things that you should know!

Come for some harmonious afternoon music with **Jessica's Music School** on Sunday, October 18th at 2:15PM in the Fireside Lounge. Jessica's students play both the flute and piano.. they may also be coming dressed in their cute Halloween costumes!

Spend your evening at **Sing Along with Roger** on Sunday, October 19th at 7:30PM in the Fireside Lounge. Roger, our resident volunteer, plays his harmonica and brings his guitar for you to sing along to the popular songs he plays! A wonderful way to come together with fellow residents!

Sign up for a seat on the bus for our **Bus Outing: Shopping Trip to Lansdowne/T&T** on Monday, October 20th at 11:30AM located in the Activity Room. T&T is a large Asian supermarket that sells lots of fresh produce as well as many other useful items.

Come and learn more about the fascinating artist from Santa Fe featured at **Meet Me at The MoMA: Mike Nudelman** on Monday, October 20th at 1:30PM in the Activity Room.

It's **Diwali** and we are celebrating with a **Armchair Travel to India** on Monday, October 20th at 2:30PM in the Fireside Lounge. Come enjoy an informative and cinematic 30-minute video about India. Enjoy a samosa followed by dancing by our lovely dining services team around 3:00PM. Wear something bright and colourful this day and make sure to get up and join them for a dance!

We have a **Food Committee Meeting** on Tuesday, October 21st at 11:30AM in the Private Dining Room. Come and chat with Chef Val if you have any feedback to share. Following this, there will be a **Recreation Committee Meeting** at 1:30PM in the PDR where you can pass on any comments you may have and chat about the upcoming bus outings and events!

This year, we are going to a restaurant in Richmond for Diwali! If you feel like an authentic Indian dining experience, add your name to the sign-up sheet in the Activity Room for our **Bus Outing: Lunch at Ginger Indian Cuisine or A&W** on Wednesday, October 22nd at 11:30AM. Ginger Restaurant offers a diverse menu that reflects the culinary traditions of various regions of India. Enjoy the tasty dishes which can also be ordered without the spicy "heat" if you prefer! Or.. enjoy a classic A&W burger next door. The choice is yours!

Join us for an interesting **Wellness Session: The Inner Flo (Open-Ear Conduction Headphones with Amplification)** on Wednesday, October 22nd at 1:00PM in the Activity Room. This is a device with new innovation and upgrades, helping improve both hearing and thus social interactions at a fraction of the cost of hearing aids. The presentation will take about 30 minutes with time for questions afterwards and live tests with willing resident volunteers who would like to experience the device (with or without their hearing aids). There will also be an opportunity to purchase with a 10% discount for anyone who is interested at this particular session.

Weekly Calendar for October 18th – 24th, 2025

Saturday, October 18th		Sunday, October 19th	
10:00AM	Armchair Exercise Video	**9:00AM**	**Nails with Angie**
11:00AM	Tai Chi	10:00AM	Armchair Video
1:00PM	**Trivia Game "I Should Have Known That!"**	**10:00AM**	**Advanced Rummikub (Sally)**
		10:30AM	GPUC Worship Service
2:15PM	**Jessica's Music School**	11:00AM	Gentle Fit with Winnie
6:00PM	Mah Jong	**1:00PM**	**Table Tennis (Sally)**
		1:30PM	Tech Time with Erin
		2:30PM	**Beginner Rummikub (Sally)**
		7:30PM	**Sing Along with Roger**

Monday October 20th	Tuesday October 21st	Wednesday October 22nd	Thursday October 23rd	Friday October 24th
Happy Diwali	10:00AM Armchair Video	10:00AM Chair Fitness	***Hairdresser***	***Hairdresser***
10:00AM Chair Fitness	11:30AM Meditation	10:30AM Catholic Prayer & Communion	**9:00AM-2:00PM Flu Shot and Covid-19 Booster Vaccine Clinic**	10:00AM Osteofit with Robin Masters
11:00AM Go4Life Walking Club	**11:30AM Food Committee Meeting**	11:00AM RMS Ukulele Lessons		11:00AM Play Reading with Stephen
11:00AM Armchair Exercise Video	**1:30PM Recreation Committee Meeting**	**11:30AM Bus Outing: Lunch at Ginger Indian Cuisine or A&W**	11:00AM Go4Life Walking Club	**11:00AM Trivia with Jill**
11:30AM Bus Outing: Shopping to Lansdowne Mall/T&T	2:45PM Fit Minds	**1:00PM Wellness Session: The Inner Flo (Open-Ear Bone Conduction Headphones with Amplification)**	7:00PM Game of Hearts	3:00PM Happy Hour
1:30PM Meet Me at The MoMA: Mike Nudelman	6:00PM Mah Jong	1:30PM Billiards		3:30PM Table Tennis
2:30PM Armchair Travel to India		3:00PM Happy Hour		6:00PM Mah Jong
7:30PM Bingo	7:00PM Crib/Chess	7:00PM Rummikub		
