

# GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



# October



September 28<sup>th</sup>, 2023

## IN HOUSE NEWS

Each year, September 30<sup>th</sup> marks the **National Day for Truth and Reconciliation**. The day honours the children who never returned home and survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process. Please wear **orange** on September 30<sup>th</sup> to show your support for Indigenous communities and to mark Truth and Reconciliation Day in BC.



Please let Reception know what time you would like to dine at our **Thanksgiving Buffet** on Thursday, October 5<sup>th</sup>. **There are 2 seatings: 5:00PM and 6:30PM**, and there is still time to reserve for your guests! Cost per guest is \$30.00.

Kindly remember that there is no assigned seating in the Dining Room at dinnertime. We understand that you may like to sit with your friends, but that may not always be possible. We don't want to rush any resident who is currently dining at your regular table from enjoying their meal at a leisurely pace. We will do our best to accommodate sitting request. Thank you 😊

## REMINDERS

If you don't know much about Indigenous communities and their history in Canada, join us for a session of **Indigenous Facts and Trivia** on Saturday, September 30<sup>th</sup> at 1:30PM in the Activity Room.

**Painting with Elizabeth and Friends** is on Saturday, September 30<sup>th</sup> at 3:00PM in the Activity Room. For all the budding artists in the building, do come down and try your hand at art at this informal session.

Are you experiencing computer problems or just need some advice? **Tech Time with Kelly Woo** on Sunday at 3:30PM in the Club Lounge may be just what you need. Kelly can help with all your technical difficulties.



**Sing Along with Errol** on Sunday, October 1<sup>st</sup> at 7:30PM in the Fireside Lounge. Errol plays his guitar and sings popular songs you can either sing or hum to or just come down for the camaraderie.



Sign up for the **Bus Outing: Shopping Trip to Seafair** on Monday, October 2<sup>nd</sup> at 1:00PM. There is a Safeway and Shoppers Drug Mart in the area. Remember to bring your reusable shopping bags with you.

Introducing **"Sit and Be Fit" Gentle Arthritis Video Exercise Class** on Monday, October 2<sup>nd</sup> at 1:30PM in the Activity Room. This is a gentle class designed address arthritis and osteoarthritis with movements that strengthen muscles and help to relieve joint pain. Come and give it a try!

Do you like a mental workout in the middle of the afternoon? **Giant Crosswords** on Tuesday, October 3<sup>rd</sup> at 2:45PM in the Club Lounge is a great way to test your vocabulary and learn a few new words! Come and give it a try! All are welcome.




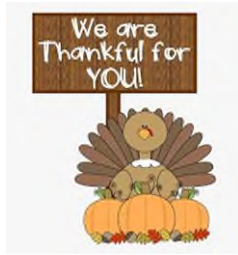



Do you need a little change in your surroundings? Sign up for our **Bus Outing: Lunch at Legends Pub** on Wednesday, October 4<sup>th</sup> at 11:30AM. Enjoy a good meal and a day out with your fellow residents.

Do come down early and join in the festivities before the Thanksgiving Buffet. Join us for **Thanksgiving with Entertainment with Roberto Risman** starting at 4:30PM in the Reception Lounge.

On Friday, October 6<sup>th</sup> come on down to the Activity Room at 1:30PM for a fun game of **Charades: 'Falling for you'**. You are in for a good time and a barrel of laughs as we enact words for you to guess.

## Weekly Calendar for September 30<sup>th</sup> – October 6<sup>th</sup>

Saturday, September 30 <sup>th</sup>		Sunday, October 1 <sup>st</sup>		
10:00AM 11:00AM <b>1:30PM</b> 3:00PM	<p style="text-align: center;"><b>National Day for Truth and Reconciliation</b></p> Armchair Video Exercises Tai Chi <b>Indigenous Facts and Trivia</b> Artful Aging: Painting with Elizabeth & Friends	9:00AM 10:00AM 10:30AM 11:00AM <b>3:30PM</b> <b>7:30PM</b>	<p style="text-align: center;"><b>National Seniors Day</b></p> Footcare with Nerissa Armchair Video Exercises GPUC Worship Service Gentle Fit with Robin <b>Tech Time with Kelly Woo</b> <b>Sing Along with Errol</b>	
Monday October 2 <sup>nd</sup>	Tuesday October 3 <sup>rd</sup>	Wednesday October 4 <sup>th</sup>	Thursday October 5 <sup>th</sup>	Friday October 6 <sup>th</sup>
<p><b>10:00AM Chair Fitness</b></p> <p>11:00AM Armchair Video</p> <p><b>11:00AM Go4Life Walking Club</b></p> <p><b>1:00PM Bus Outing: Shopping Trip to Seafair</b></p> <p><b>1:30PM "Sit and Be Fit" Arthritis Video Exercise Class</b></p> <p>1:30PM Decorate for Thanksgiving</p>  <p>7:30PM Bingo</p>	<p>10:00AM Armchair Video</p> <p>11:30AM Meditation</p> <p>1:30PM Chair Yoga with Lynn Walters</p> <p><b>2:45PM Giant Crosswords</b></p>  <p>7:00PM Crib/ Chess</p>	<p style="text-align: center;"><b>National Taco Day</b></p>  <p><b>10:00AM Chair Fitness</b></p> <p>10:30AM Catholic Prayer and Communion</p> <p>11:00AM Armchair Video</p> <p><b>11:30AM Bus Outing: Lunch at Legends Pub</b></p> <p>1:30PM Billiards</p> <p>3:00PM Happy Hour</p> <p>7:00PM Rummikub</p>	<p>10:00AM Chair Fitness: Strength and Balance</p> <p>11:00AM Armchair Video</p> <p>1:30PM Java Music Club</p> <p><b>4:30PM Thanksgiving Entertainment with Roberto Risman</b></p> <p><b>5:00PM &amp; 6:30PM Seatings Thanksgiving Buffet</b></p>  <p><b>7:00PM Game of Hearts</b></p>	<p style="text-align: center;"><b>Living Loving Local Dinner: Featuring Apples</b></p> <p><b>10:00AM Osteofit with Robin Masters</b></p> <p>11:00AM Advanced Armchair Video Exercises with Curtis</p> <p><b>11:00AM Play Reading with Stephen</b></p> <p>1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動</p> <p><b>1:30PM Charades: Falling for you</b></p>  <p><b>3:00PM Happy Hour</b></p> <p><b>6:45PM Mah Jong</b></p>