

GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



October 12th, 2023

IN HOUSE NEWS

Kindly remember that there is no assigned seating in the Dining Room at dinner time. 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 any seating request. Thank you 😊

The Food Committee Meeting has been changed to Wednesday, October 18th at 11:30AM in the Private Dining Room.

Tech Time with Kelly Woo on Sunday October 15th has been cancelled.

REMINDERS

Join in for a fun afternoon answering various topics at **A Halloween Jeopardy!** on Saturday, October 14th at 1:30PM in the Activity Room.



Are you curious to learn a new board game? Join our volunteer, Sally for **Beginner Rummikub** on Sunday, October 15th at 10:30AM in the Club Lounge and learn the basic rules of this fun board game. An **Advanced Rummikub** group plays at 1:30PM in the Club Lounge.

Start your morning with some gentle exercise at **Get Fit with Robin** on Sunday, October 15th at 11:00AM in the Activity Room.

Do you need household provisions? Make sure you sign up for the **Bus Outing: Shopping Trip to Superstore** on Monday, October 16th at 1:00PM. Remember to bring your reusable shopping bags with you.

Come and make a bowl with silk leaves at **Craft Session: Making Leaf Bowls** on Monday, October 16th at 1:00PM in the Activity Room. All are welcome!

"Sit and Be Fit" Gentle Arthritis Video Exercise Class is on Monday, October 16th at **3:00PM** in the Activity Room. This is a gentle class designed to address arthritis and osteoarthritis with movements that strengthen muscles and help to relieve joint pain. Come and give it a try!

For all art enthusiasts come and enjoy a session on an influential artist and his well-know piece of art at **Meet Me at the MoMA: Edvard Munch, The Scream** on Monday, October 16th at 2:15PM in the Activity Room. This session focuses on the painter and his works and what he is trying to convey through his art.

Is it time for a new pair of winter shoes? Come and browse **Clarks Shoes** on Tuesday, October 17th at 10:00AM in the Fireside Lounge. There will be many styles available for men and women.



It's the cold and flu season again and to help protect you, we encourage you to sign up for our **Flu Clinic** on Wednesday, October 18th at 9:30AM. A table will be set up in the Fireside Lounge where you can arrange an appointment time.

Join us for a **Bus Outing: Lunch at Seasons in the Park** on Wednesday, October 18th at 11:30AM. Feel free to enjoy a light lunch at the restaurant and then visit the Bloedel Conservatory. The Conservatory is a domed lush paradise atop the City's highest point. More than 100 exotic birds and 500 exotic plants and flowers thrive within its temperature-controlled environment. Entrance fee to the Conservatory is \$6.11.




Join us for **Armchair Travel to Austria** on Wednesday, October 18th at 1:30PM in the Activity Room. Explore the beauty and highlights of Austria from the comfort of an armchair!

The **Resident Forum** is on Thursday, October 19th at 3:00PM in the Activity Room. All are welcome to attend and learn more about the upcoming events at Gilmore Gardens.

We have **Entertainment with Patrizia Coletta** on Friday, October 20th at 2:00PM in the Fireside Lounge. Take a seat and enjoy the dulcet tones and favourite songs as Patrizia sings!



Weekly Calendar for October 14th – October 20th

Saturday, October 14 th		Sunday, October 15 th		
10:00AM 11:00AM 1:30PM 3:00PM	<i>National Dessert Day</i> Armchair Video Exercises Tai Chi A Halloween Jeopardy Artful Aging: Painting with Elizabeth & Friends	10:00AM 10:30AM 10:30AM 11:00AM 1:30PM	Armchair Video Exercises Beginner Rummikub with Sally GPUC Worship Service Get Fit with Robin Advanced Rummikub	
Monday October 16 th	Tuesday October 17 th	Wednesday October 18 th	Thursday October 19 th	Friday October 20 th
10:00AM Chair Fitness 11:00AM Armchair Video 11:00AM Go4Life Walking Club 1:00PM Bus Outing: Shopping Trip to Superstore 1:00PM Craft Session: Making Leaf Bowls 2:15PM Meet Me at the MoMA: Edvard Munch, The Scream 3:00PM "Sit and Be Fit" Arthritis Video Exercise Class 7:30PM Bingo	10:00AM Armchair Video 10:00AM Clarks Shoes  11:30AM Meditation 1:00PM Recreation Committee Meeting 1:30PM Chair Yoga with Lynn Walters 2:45PM Giant Crosswords 7:00PM Crib/ Chess	9:30AM Sign up for Flu Clinic 10:00AM Chair Fitness 10:30AM Catholic Mass 11:00AM Armchair Video 11:30AM Bus Outing: Lunch at Seasons in the Park 11:30AM Food Committee Meeting 1:30PM Armchair Travel to Austria 1:30PM Billiards 3:00PM Happy Hour 7:00PM Rummikub	10:00AM Chair Fitness: Strength and Balance 11:00AM Armchair Video 1:30PM Scrabble with Pat 1:30PM Java Music Club 3:00PM Resident Forum  7:00PM Game of Hearts	10:00AM Osteofit with Robin Masters 11:00AM Advanced Armchair Video Exercises with Curtis  11:00AM Play Reading with Stephen 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 2:00PM Entertainment with Patrizia Coletta 3:00PM Happy Hour 6:45PM Mah Jong