

GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



October 19th, 2023

IN HOUSE NEWS

A reminder to all residents to inform Reception when they will be out for **Lunch** (Lunch Program) or **Dinner**. If a resident does not show up for Lunch or Dinner, Reception will follow up with a phone call and the Health & Wellness Team will check the resident's suite to make sure there are no concerns. We appreciate your understanding and cooperation!

Please note: "**Sit and Be Fit**" **Gentle Arthritis Exercise Video** on Monday, October 23rd at 1:30PM is cancelled due to the Craft Session held in the Activity Room.

REMINDERS

Start your morning at **Gentle Fit with Winnie** on Sunday, October 22nd at 11:00AM in the Activity Room. This is a fun class with movements that will help stretch and energize your body!

Do you need to replenish your cupboards with goodies or essentials? Sign up for our **Bus Outing: Shopping Trip to FreshCo** on Monday, October 23rd at 1:00PM. Remember your reusable bags!

Come for a **Craft Session: Making Decorated Pumpkins** on Monday, October 23rd at 1:30PM in the Activity Room. These will be displayed on our mantel for Halloween!



Calling our male residents! Join Dave, our volunteer for **Men's Chat Club** on Monday, October 23rd at 2:00PM in the Club Lounge and enjoy a discussion on some topical issues.



Our **Flu Clinic** on Tuesday, October 24th will be from 9:00AM-2:00PM in the Activity Room. Please arrive at the time of your appointment as there is no need to arrive early. Please remember to bring your Personal Health Number as well. *If Covid boosters are available, and it's been 6 months or more since your last booster, you may opt to have this in addition to your flu shot.*

We have an "**Ears to You**" **Hearing Clinic** on Tuesday, October 24th from 9:30AM – 2:00PM in the Salon. If you would like to have your hearing checked, please sign up in the Activity Room. There are only 5 appointments available as each appointment will be up to an hour in length. At that time, if you need to have your hearing aids cleaned that can be done as well. Please note: this is **not a free clinic** and it will be billed to your MSP, so please bring your health card with you. Thank you!

Do you fancy a change of scenery? Sign up for a **Bus Outing: Scenic Drive** on Wednesday, October 25th at 1:00PM. Please meet in the Fireside Lounge.

Enjoy your cup of coffee at **Morning Chat and Coffee with Mirandah** on Thursday, October 26th at 9:30AM in the Fireside Lounge. There are always interesting stories shared with much laughter!



Celebrate our residents whose birthday is in October and welcome our newcomers at our **Birthday Party and Welcome Tea** on Thursday, October 26th at 2:00PM in the Dining Room.



Helping hands would be greatly appreciated as we **Decorate for Halloween** on Friday, October 27th at 11:00AM in the Fireside Lounge. Let's make our residence a spooky affair for Halloween!

Take a seat for an hour of music and fun at our **Halloween Entertainment with The Richmond Singers** on Friday, October 27th at 2:00PM in the Fireside Lounge. **Happy Hour** at 3:00PM in the Club Lounge will follow with drinks and appetizers!



Weekly Calendar for October 20th – October 27th

Saturday, October 21st

Sunday, October 22nd

10:00AM Armchair Video Exercises
11:00AM Tai Chi
2:00PM Pictionary with Angela
7:00PM Movie Night: Marley and Me



10:00AM Armchair Video
10:30AM GPUC Worship Service
11:00AM Gentle Fit with Winnie
2:30PM Youth Music Association
7:30PM Sing Along with Errol

Monday
October 23rd

Tuesday
October 24th

Wednesday
October 25th

Thursday
October 26th

Friday
October 27th

10:00AM Chair Fitness

11:00AM
Armchair
Exercise Video

11:00AM
Go4Life Walking
Club

1:00PM Bus
Outing:
Shopping Trip
to FreshCo

1:30PM Craft
Session Making
Decorated
Pumpkins

2:00PM Men's
Chat Club

7:30PM Bingo

9:00AM-2:00PM
Flu Clinic



Please bring
your Personal
Health
Number (Care
Card)

9:30AM-2:00PM
"Ears to You"
Hearing clinic



7:00PM Crib/
Chess

10:00AM Chair
Fitness

10:30AM
Catholic
Prayer &
Communion

11:00AM
Armchair
Exercise Video

1:00PM Bus
Outing: Scenic
Drive

1:30PM
Billiards

3:00PM
Happy Hour

7:00PM
Rummikub

9:30AM
Morning Chat
and Coffee
with Mirandah

10:00AM
Chair
Fitness:
Strength and
Balance

11:00AM
Armchair
Exercise
Video

2:00PM
Birthday
Party &
Welcome Tea

7:00PM Game
of Hearts

10:00AM Osteofit with
Robin Masters



11:00AM Chair Yoga
Stretch and Strength with
Lauren

11:00AM Play Reading
with Stephen

11:00AM Decorate for
Halloween

1:30PM Weekender
Review (in Chinese)
中文講解中文講本週活動

2:00PM Halloween
Entertainment with The
Richmond Singers

3:00PM Happy Hour

6:45PM Mah Jong