

GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



October 26th, 2023

IN HOUSE NEWS

If you have a **Richmond Public Library** book from our collection in the Club Lounge, please remember to return it by Monday, November 6th. New books will arrive on Wednesday, November 8th.

The line painting in the underground parking has been cancelled due to the cold weather. It has been moved to Spring 2024. There will be no need to move your vehicle to accommodate this event. Thank you for your cooperation!

Do you have any unwanted clothing and household items to donate? **Big Brothers** will pick up items at Gilmore Gardens on Tuesday, November 14th. Please bag your clothing in garbage bags and any household items in a box. No loose items or electronics will be accepted. Please take your items directly to the secured area in the underground parking where there will be a large sign with "Big Brothers" right of the elevator in the parkade. If you need assistance, please let Reception know. **Deadline to drop off items is Monday, November 13th at 3:00PM.**

REMINDERS

It's almost Halloween! Why not join our **Craft Session: Carving Pumpkins** on Saturday, October 28th at 1:30PM and carve a spooky (or happy!) face on a pumpkin! Painting and decorating with your own ideas are all welcome too! Come and create your very own work of art!

Start your morning with a fun exercise class at **Gentle Fit with Winnie** on Sunday, October 29th at 11:00AM in the Activity Room.

Do you feel like dressing up and don't know what to wear for Halloween? Your problems are solved when you **Choose your Halloween Costume** on Monday, October 30th at 11:00AM in the Activity Room. Sift through our costumes and pick out something you would like and join us in the parade on Halloween Day!

Do you need household provisions? Make sure you sign up for the **Bus Outing: Shopping Trip to Walmart** on Monday, October 30th at **12:30PM**. Please note the earlier departure time.

Test your vocabulary with **Giant Crosswords** on Monday, October 30th at 1:30PM in the Club Lounge. Enjoy some laughs and maybe a chocolate or two! All are welcome.

If you would like to try a gentle exercise class to help with any stiff joints, join "**Sit and Be Fit**" **Gentle Arthritis Exercise Video Class** on Monday, October 30th at 3:00PM in the Activity Room. This exercise video addresses arthritis and osteoarthritis to help strengthen muscles and relieve joint pain.

Happy Halloween! Wear your costumes and join us at our fun **Halloween Parade** on Tuesday, October 31st at 1:30 PM in the Fireside Lounge. Show off your best costume to win a prize for the best dressed by popular vote!



We have a special **Halloween Entertainment with The Fabulous Fera Brothers** on Tuesday October 31st at 2:00PM in the Fireside Lounge. Join us for this fun musical hour with a special scary treat! Right after the entertainment, we will be having a **Special Halloween Happy Hour** at 3:00PM in the Club Lounge with fun and games. Come and join in for a spooktacular time!!

Join us for a **Bus Outing: Lunch and Shopping at Tsawwassen Mills** on Wednesday, November 1st at 11:00AM. Enjoy a light lunch or coffee at the food court before browsing the many stores at the mall.

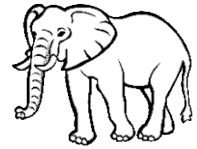


We have a **Wellness Session: Eye Health** on Thursday, November 2nd at 1:30PM in the Activity Room. Become informed about the various issues concerning your eyes!

Meet Me at the MoMA: Vincent Van Gogh, "Vase with Poppies" is on Thursday, November 2, at 2:45PM in the Activity Room. Vincent van Gogh is perhaps the most famous artist in the world and is perceived by many as the 'mad artist'.

***New*- Get Moving with Valerie** on Friday, November 3RD at 11:00AM in the Activity Room is a new class offering new moves, different every week! This class will offer a variety of exercises and will be fun for all residents to participate in. Maybe a dance move or two 😊 Come and give this new class a try!

Join us in the Fireside Lounge for a **Visit to Africa with Jill** on Friday, November 3rd at 2:00PM. Jill will share a few of her terrific photos as she takes you through part of her recent journey to Africa! Come and enjoy this fabulous adventure!



Weekly Calendar for October 28th – November 3rd

Saturday, October 28 th		Sunday, October 29 th		
	<p>10:00AM Armchair Exercise Video 11:00AM Tai Chi 1:30PM Craft Session: Carving Pumpkins</p>	<p>9:00AM 10:00AM 10:30AM 11:00AM 3:30PM</p>	<p>Footcare with Nerissa Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Tech Time with Kelly Woo</p>	
Monday October 30 th	Tuesday October 31 st	Wednesday November 1 st	Thursday November 2 nd	Friday November 3 rd
<p>10:00AM Advanced Armchair Video with Curtis 11:00AM Armchair Exercise Video 11:00AM Go4Life Walking Club 11:00AM Choose your Halloween Costume! 12:30PM Bus Outing: Shopping Trip to Walmart 1:30PM Giant Crosswords 3:00PM "Sit and Be Fit" Gentle Arthritis Exercise Video 7:30PM Bingo</p>	<p style="text-align: center;">Happy Halloween!</p> <p>10:00AM Armchair Exercise Video 11:30AM Meditation 1:30PM Halloween Costume Parade! 2:00PM Halloween Entertainment with The Fabulous Fera Brothers 3:00PM Halloween Happy Hour 7:00PM Crib/ Chess</p>	<p>10:00AM Chair Fitness 10:30AM Catholic Mass 11:00AM Wellness Session: Chair Yoga with Lynn Walters 11:00AM Bus Outing: Lunch and Shopping at Tsawwassen Mills 1:30PM Billiards 3:00PM Happy Hour 7:00PM Rummikub</p>	<p>10:00AM Chair Fitness: Strength and Balance 11:00AM Armchair Exercise Video 1:30PM Wellness Session: Eye Health 2:45PM Meet Me at The MoMA: Vincent Van Gogh: "Vase with Poppies" 7:00PM Game of Hearts</p>	<p style="text-align: center;">Living Loving Local Celebration Dinner: Featuring Cranberries</p> <p>10:00AM Osteofit with Robin Masters 11:00AM Get Moving with Valerie 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 A Visit to Africa with Jill 3:00PM Happy Hour 6:45PM Mah Jong</p>