

# GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



October 5<sup>th</sup>, 2023

## IN HOUSE NEWS

Reminder to all Residents: If you return from hospital, you will require 48 hours quarantine as we take extra precaution at this time. For the required 48 hrs, Room Service will be complimentary for lunch and dinner trays. There will be a charge for lunch if you are not on the Lunch Program. Thank you for understanding.

## REMINDERS

Come and try your luck at our **Horseraces game** on Saturday, October 7<sup>th</sup> at 2:00PM in the Activity Room. Place a small stake on your favourite horse, we'll roll the dice and wait to see if your horse will be the first to gallop to the finish line! Remember to plan ahead and bring \$1.75 in quarters so you are not scrambling for change at the last minute! 😊



Why not start your Christmas shopping early by browsing the books related to knitting at '**Once Upon a Row**', **Yarn & Book Vendor** on Saturday, October 7<sup>th</sup> at 2:00PM in the Fireside Lounge.



Do you need to replenish your cupboards with goodies or essentials? Sign up for our **Bus Outing: Shopping Trip to Ironwood** on Monday, October 9<sup>th</sup> at 1:00PM. There is a Save-on-Foods, London Drugs, BC Liquor and other stores in the plaza.

Helping hands will be greatly appreciated at **De-decorate Thanksgiving** on Tuesday, September 10<sup>th</sup> at 11:00AM in the Fireside Lounge. Let's put away all the decorations ready for another year!

Come for a **Wellness Session: Mental Health and Cognitive Wellness** on Tuesday, September 10<sup>th</sup> at 1:30PM in the Activity Room. Cognitive health refers to the health of our brain, whereas mental health is our psychological or emotional health. The two, however, are closely linked. Without good cognitive health, we may be at more risk of mental health struggles. Learn more about the choices and tools you can use to help improve both areas.

Sign up for a **Bus Outing: Lunch at Country Meadows Golf Club** on Wednesday, October 11<sup>th</sup> at 11:30AM. The menu is extensive with burgers and sandwiches, soups and salads and much more!

Are you craving something sweet to have with your afternoon cup of tea? Come and buy a box of **Chocolate Mint Girl Guide Cookies** on Wednesday, October 11<sup>th</sup> at 3:30PM-4.30PM in the Fireside Lounge. All monies go to support the Girl Guides of Canada by providing diverse and exciting programs and activities; giving girls the chance to discover new interests; and learn valuable leadership skills.

Enjoy the banter and laughter at **Morning Chat and Coffee with Mirandah** on Thursday, October 12<sup>th</sup> at 9:30AM in the Fireside Lounge. Bring your mug of coffee or tea and sit in a comfy chair by the fire!

If you would like to explore various artists, join **Meet Me at the MoMA: Henry Ossawa Tanner, The Thankful Poor** on Thursday, October 12<sup>th</sup> at 1:30PM in the Activity Room. Working in France after

1891, Henry Ossawa Tanner achieved an international reputation largely through his religious paintings. Their deep spirituality reflects Tanner's upbringing as a minister's son as well as the influence of his visits to the Holy Land after 1897.



Take a seat for an hour of enjoyable music at **Entertainment with Music Variations** on Friday, October 13<sup>th</sup> at 2:00PM in the Fireside Lounge. This due bring their own special charm when entertaining! **Happy Hour** at 3:00PM in the Club Lounge will follow so join us for a drink and appetizer!

## Weekly Calendar for October 7<sup>th</sup> – October 13<sup>th</sup>

Saturday, October 7 <sup>th</sup>		Sunday, October 8 <sup>th</sup>		
<b>10:00AM</b> <b>11:00AM</b> <b>2:00PM</b> <b>2:00PM</b> <b>7:00PM</b>	<b>Armchair Video Exercises</b> <b>Tai Chi</b> <b>Horseraces Game</b> <b>“Once Upon a Row” Yarn &amp; Book Vendor</b> <b>Movie Night: Joseph and the Technicolor Dreamcoat</b>	<b>10:00AM</b> <b>10:30AM</b> <b>11:00AM</b>	<b>Armchair Video</b> <b>GPUC Worship Service</b> <b>Get Fit with Robin</b>	
Monday October 9 <sup>th</sup>	Tuesday October 10 <sup>th</sup>	Wednesday October 11 <sup>th</sup>	Thursday October 12 <sup>th</sup>	Friday October 13 <sup>th</sup>
<p style="color: red; text-align: center;"><i>Happy Thanksgiving</i></p> <b>10:00AM</b> <b>Advanced Armchair with Curtis</b>  11:00AM Armchair Video  11:00AM Go4Life Walking Club  <b>1:00PM Bus Outing: Shopping Trip to Ironwood</b>  <b>1:30PM ‘Sit and Be Fit’ Gentle Arthritis Video</b>  <b>7:30PM Bingo</b>	<b>10:00AM</b> <b>Armchair Video</b>  <b>11:00AM De-decorate Thanksgiving</b>  11:30AM Meditation  1:30PM Wellness Session: Mental Health and Cognitive Wellness  <b>2:00PM Fit Minds</b>  7:00PM Crib/ Chess	10:00AM Chair Fitness  <b>10:30AM Catholic Prayer &amp; Communion</b>  11:00AM Armchair Video  <b>11:30AM Bus Outing: Lunch at Country Meadows Golf Club</b>  1:30PM Billiards  3:00PM Happy Hour  <b>3:30PM Girl Guide Cookie Sale</b>  7:00PM Rummikub	9:30AM Morning Chat and Coffee with Mirandah  <b>10:00AM Chair Fitness: Strength and Balance</b>  11:00AM Armchair Video  <b>1:30PM Meet me at the MoMA: Henry Ossawa Tanner</b>    7:00PM Game of Hearts	<p style="color: red; text-align: center;"><i>Living Loving Local Celebration Dinner Featuring Apples</i></p>   10:00AM Osteofit with Robin Masters  11:00AM Chair Yoga Stretch and Strength with Lauren  11:00AM Play Reading with Stephen  1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動  <b>2:00PM Entertainment with the Music Variations</b>  3:00PM Happy Hour  6:45PM Mah Jong