

# GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



November 17<sup>th</sup>, 2023

## IN HOUSE NEWS

Please note our community volunteer, Cathie is not available for our **Go4Life Walking Club** on Monday, November 20<sup>th</sup> at 11:00AM. We encourage you, however, to still enjoy a walk together in the neighbourhood.

Please note: There will be a **Recreation Meeting** on Tuesday, November 21<sup>st</sup> at 1:30 in the Private Dining Room. Anyone can sit in for this meeting. 😊

## REMINDERS

Start your morning with **Gentle Fit with Winne** on Sunday, November 19<sup>th</sup> at 10:00AM in the Activity Room. This is a fun exercise class with moves that will energize you!



Do you like to bake? Come and use your culinary skills at **Baking for Craft Fair & Bake Sale** on Monday, November 20<sup>th</sup> at 11:30AM in the Gilmore Park United Church kitchen. We need helping hands to bake some delicious cookies to be sold at our upcoming Fair on November 25<sup>th</sup>. Of course, there will be sampling!

Do you fancy a change of scenery? Sign up for our **Bus Outing: Shopping Trip to Lansdowne** on Monday, November 20<sup>th</sup> at 1:00PM. There are many stores at Lansdowne, including T&T, A&W, Best Buy and Dollarama.

Keep your mind active with **'Fit Minds'** on Tuesday, November 21<sup>st</sup> at 2:00PM in the Club Lounge. This fun activity provides complex exercises to challenge your mind, along with many laughs!

It's that time of year when you start thinking of buying a new outfit or accessory for the different Christmas events coming up! Browse the different styles of clothing at **Laura Fashions** on Wednesday, November 22<sup>nd</sup> from 10:00AM-1:00PM in the Fireside Lounge.



**AVON**

Drop by and say "hi" at **Avon with Janice** on Wednesday, November 22<sup>nd</sup> from 10:00AM – 2:00PM outside the Country Kitchen. We have some Avon brochures for perusal in the the Country Kitchen



Sign up for a **Bus Outing: Scenic Drive** on Wednesday, November 22<sup>nd</sup> at 1:00PM. Keep your fingers crossed that the weather is sunny and dry, which always makes for a pleasant drive!

Join our community volunteer, Maggie for a relaxing and inviting discussion at **Java Music Club** on Thursday November 23<sup>rd</sup> at 1:30PM in the Club Lounge. Come and participate with the group for friendly conversation on a chosen topic. All are welcome!

Take a seat for an hour of music and fun at our **Entertainment with Charles Johnson** on Friday, November 24<sup>th</sup> 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 November 18<sup>th</sup> – November 24<sup>th</sup>

Saturday, November 18 <sup>th</sup>		Sunday, November 19 <sup>th</sup>		
<b>10:00AM</b> Armchair Video Exercises <b>11:00AM</b> Tai Chi <b>2:30PM</b> Richmond Music School <b>7:00PM</b> Movie Night: The Client		<b>10:00AM</b> Armchair Video <b>10:30AM</b> GPUC Worship Service <b>11:00AM</b> Gentle Fit with Winnie		
Monday November 20 <sup>th</sup>	Tuesday November 21 <sup>st</sup>	Wednesday November 22 <sup>nd</sup>	Thursday November 23 <sup>rd</sup>	Friday November 24 <sup>th</sup>
<i>Hairdresser</i>  <b>10:00AM Chair Fitness</b>  11:00AM Armchair Exercise Video  11:00AM Go4Life Walking Club (no leader)  <b>11:30AM Baking for Craft Fair &amp; Bake Sale</b>  <b>1:00PM Bus Outing: Shopping Trip to Lansdowne</b>  <b>3:00PM 'Sit and Be Fit' Gentle Arthritis Video</b>  <b>7:30PM Bingo</b>	<b>10:00AM Armchair Video</b>   <b>11:30AM Meditation</b>  <b>11:30AM Food Committee Meeting</b>  <b>1:30PM Recreation Committee Meeting</b>  <b>1:30PM Drumfit</b>  <b>2:00PM Fit Minds</b>  7:00PM Crib/ Chess	10:00AM Chair Fitness  <b>10:00AM Raffle Draw Ticket Sales</b>  <b>10:00AM-1:00PM Laura Fashions</b>  <b>10:00AM-2:00PM Avon with Janice</b>  <b>10:30AM Catholic Prayer &amp; Communion</b>  <b>11:00AM Armchair Exercise Video</b>  <b>11:30AM Bus Outing: Scenic Drive</b>  1:30PM Billiards  3:00PM Happy Hour  7:00PM Rummikub	<i>Hairdresser</i>  <b>10:00AM Chair Fitness: Strength and Balance</b>  11:00AM Armchair Exercise Video  <b>1:00PM Raffle Draw Ticket</b>  <b>1:30PM Java Music Club</b>   7:00PM Game of Hearts	10:00AM Osteofit with Robin Masters  10:00AM Raffle Draw Ticket Sales  11:00AM Play Reading with Stephen  11:00AM Get Moving with Valerie  1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動  <b>2:00PM Entertainment with Charles Johnson</b>  3:00PM Happy Hour  6:45PM Mah Jong