

GILMORE GARDENS WEEKENDER

"HIGHLIGHTS"



November 2nd, 2023

IN HOUSE NEWS

Please note: **Weekender Review in Chinese** for Friday, November 3rd is cancelled.

It's **Daylight Saving Time** and that means the clocks go back one hour. If your clock is not digital, please remember to put it back one hour before you go to bed on Saturday, November 4th!



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.

Please be careful when hand-washing of clothing items in your bathroom sink as clothing particles are being lost down the drain and causing clogs. Thank you for your cooperation and understanding.

If you borrowed any halloween costumes or accessories, please return them to Recreation. Thank you!

REMINDERS

Join us for a **Craft Session: Making Poppies** on Saturday, November 4th at 2:00PM in the Activity Room. No special skills required just bring your enthusiasm with you!



Start your morning with **Armchair Video Exercises** on Sunday, November 5th at 10:00AM 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 Ironwood** on Monday, November 6th at 1:00PM. There are many stores at Ironwood including London Drugs, Save-on-Foods and BC Liquor.



On Monday, November 6th at 1:30PM we have **Poker 5 Card stud** in the Activity Room. Join us for a fun card game with good company!

Keep your mind active with '**Fit Minds**' on Tuesday, November 7th at 2:00PM in the Club Lounge. This activity provides novel and complex exercises to challenge your mind.

Join our **Wellness Session: "Stepping towards Safety in Retirement Living"** Zoom session on Wednesday, November 8th at 11:00AM in the Activity Room. All are welcome to attend.

Are you in the mood for a tasty pub lunch with friends? Why not sign up for our **Bus Outing: Lunch at Pioneer's Pub** on Wednesday, November 8th at 11:30AM.




Sign up for a **Hearing Aid Check-up with Connect Hearing** on Thursday, November 9th from 1:30PM in the Beauty Salon. Please see Reception to make your appointment.

Come and feel re-energized at **Get Moving with Valerie** on Friday, November 10th at 11:00AM in the Activity Room. This exercise class will offer a variety of exercises for all residents to participate in, including a few dance moves!

Take a seat for an hour of music and fun at our **Entertainment with John Parsons** on Friday, November 10th 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 3rd – November 10th

Saturday, November 4 th		Sunday, November 5 th		
10:00AM 11:00AM 2:00PM 7:00PM	Armchair Video Exercises Tai Chi Craft Session: Making Poppies Movie Night: The Fugitive <i>Fall Back 1 Hour before going to bed</i>	10:00AM 10:30AM 10:30AM 11:00AM 1:30PM	Armchair Video GPUC Worship Service Beginner Rummikub with Sally Gentle Fit with Winnie Advanced Rummikub with Sally	
Monday November 6 th	Tuesday November 7 th	Wednesday November 8 th	Thursday November 9 th	Friday November 10 th
<p style="color: red; text-align: center;"><i>Richmond Library Books Due</i></p> 10:00AM Chair Fitness 11:00AM Armchair Exercise Video 11:00AM Go4Life Walking Club 1:00PM Bus Outing: Shopping Trip to Ironwood 1:30PM Poker 5 Card Stud 3:00PM ‘Sit and Be Fit’ Gentle Arthritis Video 7:30PM Bingo	10:00AM Armchair Video 11:30AM Meditation  1:30PM Drumfit 2:00PM Fit Minds 7:00PM Crib/Chess	<p style="color: red; text-align: center;"><i>Richmond Public Library New Books Arrive</i></p> 10:00AM Chair Fitness 10:30AM Catholic Prayer & Communion 11:00AM “Stepping Towards Safety in Retirement Living” Zoom Session 11:30AM Bus Outing: Lunch at Pioneer’s Pub 1:30PM Billiards 3:00PM Happy Hour 7:00PM Rummikub	10:00AM Chair Fitness: Strength and Balance 11:00AM Armchair Exercise Video 1:30PM Java Music Club 1:30PM Meet Me at the MoMA: Emily Carr- Artist and Writer 1:30PM Hearing Aid Check up with Connect Hearing  7:00PM Game of Hearts	10:00AM Osteofit with Robin Masters 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 2:00PM Entertainment with John Parsons  3:00PM Happy Hour 6:45PM Mah Jong