

# GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



*We wish all our residents a very Merry Christmas!*

December 22<sup>nd</sup>, 2023

## IN HOUSE NEWS

We respectfully request that if a resident receives a call on their cell phone whilst in the Dining Room, it would be very much appreciated by others, if you step away from the Dining Room to take your call. Thank you for your understanding and cooperation.



## REMINDERS



Are you familiar with Christmas traditions? Why not test your Christmas trivia at a festive **Christmas Jeopardy** on Saturday, December 23<sup>rd</sup> at 1:30PM in the Activity Room. You may learn some delightful and interesting facts about this wonderful time of year!

The holiday season is a perfect time to enjoy all the Christmas carols and songs! Enjoy singing to your favourite songs at **Sing Along with Melissa** on Saturday, December 23<sup>rd</sup> at 2:00PM in the Fireside Lounge. Following this, the students will join her for **Melissa's Music School** performance at 2:30PM.



The **Youth Music Association** will be here on Sunday, December 24<sup>th</sup> at 2:30PM in the Fireside Lounge. Take a seat and enjoy listening to the talented youth perform!

Do you have computer-related questions? Bring your device and queries to **Tech Time with Kelly Woo** on Sunday, December 24<sup>th</sup> at 3:30PM in the Club Lounge. And even if you do not have any queries, please drop by to say "goodbye" to Kelly who will be returning to her studies in January 2024.

Do you enjoy word games that challenge your memory? Join us for **Giant Crosswords** on Tuesday, December 26<sup>th</sup> at 2:45PM in the Club Lounge.



Beat off the winter blues and add your name to the Sign-up sheet for a **Bus Outing: River Rock Casino** on Wednesday, December 27<sup>th</sup> at 11:30AM. You can enjoy lunch in the food court before playing the slots! You never know, you may be a lucky winner!

Join us for our **Birthday Party and Welcome Tea** on Thursday, December 28<sup>th</sup> at 2:00PM in the Dining Room when we wish all our December-born residents a happy birthday and extend a warm welcome to the residents who have made Gilmore Gardens their new home. Delicious cake from Steveston Bakery will be served along with coffee or tea! All are welcome 😊



If you are feeling creative, come and help **Decorate for New Year's Eve** on Friday December 29<sup>th</sup> at 1:30PM in the Fireside Lounge. Let's adorn the main floor ready for our New Year's Eve celebrations!

## Weekly Calendar for December 23<sup>rd</sup> – December 29<sup>th</sup>

Saturday, December 23 <sup>rd</sup>		Sunday, December 24 <sup>th</sup>		
10:00AM 11:00AM 1:30PM 2:00PM 2:30PM 3:00PM  7:00PM	Armchair Exercise Video <b>Tai Chi</b> <b>Christmas Jeopardy!</b> <b>Sing Along with Melissa</b> <b>Melissa's Music School</b> <b>Painting with Elizabeth &amp; Friends</b> <b>Movie Night: It's a Wonderful Life</b>	10:00AM 10:30AM 11:00AM 2:30PM 3:30PM 7:00PM	Armchair Exercise Video GPUC Worship Service <b>Gentle Fit with Winnie</b> <b>Youth Musician Association</b> <b>Tech Time with Kelly Woo</b> <b>Movie Night: A Christmas Carol</b>	
Monday December 25 <sup>th</sup>	Tuesday December 26 <sup>th</sup>	Wednesday December 27 <sup>th</sup>	Thursday December 28 <sup>th</sup>	Friday December 29 <sup>th</sup>
11:00AM Armchair Exercise Video  3:00PM "Sit and Be Fit" Gentle Arthritis Video Exercise Class  7:30PM <b>Movie Night:            White            Christmas</b>  	10:00AM Armchair Exercise Video  11:30AM Meditation  <b>1:30PM            Wellness            Session:            Chair Yoga            with Lynn            Walters</b>  <b>2:45PM Giant            Crosswords</b>  <b>7:00PM            Crib/Chess</b>	10:00AM Chair Fitness  <b>10:30AM            Catholic Prayer            and            Communion</b>  11:00AM Armchair Exercise Video  <b>11:30AM Bus            Outing: River            Rock Casino</b>  1:30PM Billiards  3:00PM Happy Hour  7:00PM Rummikub	<p style="color: red; text-align: center;"><i>Hairdresser</i></p> <b>10:00AM Chair            Fitness:            Strength and            Balance</b>  11:00AM Armchair Exercise Video  <b>2:00PM            Birthday Party            &amp; Welcome            Tea</b>   <b>7:00PM Game            of Hearts</b>	<b>10:00AM Osteofit            with Robin            Masters</b>  11:00AM Get Moving with Valerie  1:30PM Weekender Review (in Chinese) 中文講解中文講本 週活動  <b>1:30PM Decorate            for New Year's            Eve</b>  3:00PM Happy Hour  <b>6:45PM Mah Jong</b>