

GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



December 7th, 2023

IN HOUSE NEWS

A Reminder:

- As the weather cools down, you may want to use the baseboard heaters in your suites. For your safety, please make sure there are no items near the heaters before you turn them on.
- Cooking in your suite requires attention and care. Do not leave your stove unattended when you have items on it.
- Each floor of the building has a designated garbage room where you can dispose of your waste. Please make sure to sort your paper from other materials and place it in the appropriate bin. This will help us reduce our environmental impact and comply with the local regulations.

Thank you for your cooperation

Please note:

Due to Christmas programming Tuesday, December 12th **Cribbage and Chess** is cancelled and Thursday, December 14th **Armchair Video** is cancelled.

REMINDERS

Join our **Craft Session: Making Snowflakes** on Saturday, December 9th at 1:30PM in the Activity Room. As in previous years, this easy paper craft results in large, beautiful snowflakes that we proudly hang in the Activity Room for all to enjoy!



If you like the sound of the ukulele, come and enjoy a short 10 to 15-minute performance of music **Christmas Caroling with Gilmore Park Strummers** on Sunday, December 10th at 2:00PM in the Fireside Lounge.

Do you have computer-related questions? Bring your device and queries to **Tech Time with Kelly Woo** on Sunday, December 10th at 3:30PM in the Club Lounge.



Our new resident, Roger Goulet is a musical pro on his harmonica and his guitar! Join him at **Harmonious Hour with Resident, Rog** on Sunday, December 10th at 7:30PM in the Fireside Lounge when you can sing along to the songs!

Sign up for our **Bus Outing: Shopping Trip to Ironwood** on Monday, December 11th at 1:00PM. Please wait in the Fireside Lounge and remember to bring your shopping bags.

As is our tradition at this time of year, we are delighted to have **Christmas Caroling with the Scouts** on Tuesday, December 12th at 7:00PM in the Fireside Lounge. Come and be entertained by this group of boys and girls who are excited to see everyone! Refreshments will be served.

The holiday season is a perfect time to embrace Christmas hymns and songs and who better to do this than children! Enjoy watching the students sing for you at **Christmas Music with Richmond Christian Elementary School** on Wednesday, December 13th at 11:00AM in the Fireside Lounge!



We are thrilled to invite you to **Christmas Caroling with Gilmore Elementary School** on Thursday, December 14th at 1:15PM in the Fireside Lounge. This large group of students will join their voices together for a fun hour of Christmas Music. Everyone is welcome!



Are you ready for a good laugh? Take a seat at **Christmas Entertainment with Gilmore Gardens Staff** on Thursday, December 14th at 3:00PM in the Fireside Lounge. There will be lots of surprises and fun in this half an hour Variety Show!

Sign up for our **Bus Outing: Christmas Light Tour** on Thursday, December 14th at 6:30PM. We will take a drive to view all the colourful Christmas lights in the area!

Add some glitz or Christmas tinsel to one of your sweaters or just wear your favorite Christmas sweater for **Christmas Sweater Day** on Friday, December 15th! Be as creative as you want with various accessories, if you don't already own a Christmas sweater!



Come for a special hour of entertainment from **OWL, (Orphaned Wildlife) Rehabilitation Society Presentation** on Friday, December 15th at 2:00PM. OWL is a non-profit charitable organization whose staff and volunteers are dedicated to the rescue, rehabilitation, and release of hundreds of injured and orphaned birds of prey each year. They will bring 1 or 2 of their birds of prey to talk about the conservation and importance of these amazing raptors.

Weekly Calendar for December 8th – December 15th

Saturday, December 9 th		Sunday, December 10 th		
10:00AM 11:00AM 1:30PM 3:00PM	Armchair Exercise Video Tai Chi Craft Session: Making Snowflakes Artful Aging: Painting with Elizabeth & Friends	10:00AM 10:30AM 11:00AM 2:00PM 3:30PM 7:30PM	Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Gilmore Park Strummers Tech Time with Kelly Woo Harmonious Hour with Resident, Rog	
Monday December 11 th	Tuesday December 12 th	Wednesday December 13 th	Thursday December 14 th	Friday December 15 th
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 1:00PM Bus Outing: Shopping Trip to Ironwood 3:00PM "Sit and Be Fit" Gentle Arthritis Video Exercise Class 7:30PM Bingo	10:00AM Armchair Exercise Video 11:30AM Meditation 1:00PM Recreation Committee Meeting 1:30PM Wellness Session: Chair Yoga with Lynn Walters 2:45PM Giant Crosswords 7:00PM Christmas Caroling with the Scouts	10:00AM Chair Fitness 10:00AM Catholic Prayer and Communion 11:00AM Christmas Music with Richmond Christian Elementary School 1:30PM Billiards 2:00PM Richmond Singers Concert at GPUC 3:00PM Happy Hour 7:00PM Rummikub	<i>Hairdresser</i> 10:00AM Chair Fitness: Strength and Balance 1:15PM Christmas Caroling with Gilmore Elementary School 3:00PM Christmas Entertainment with Gilmore Gardens Staff! 6:30PM Bus Outing: Christmas Light Tour 7:00PM Game of Hearts	<i>Christmas Sweater Day!</i> <i>Hanukkah Ends</i> 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 OWL Rehabilitation Society Presentation 3:00PM Happy Hour 6:45PM Mah Jong