

# GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



January 26<sup>th</sup>, 2024

## IN HOUSE NEWS

**National Cake Day** is on Saturday, January 27<sup>th</sup>! Celebrate this special day with a delicious piece of Chocolate Cake that will be available in the Country Kitchen after 1:00PM!

## REMINDERS

Join fellow residents for a game of **Pictionary** on Saturday, January 27<sup>th</sup> at 2:00PM in the Activity Room. Pictionary is a classic game for everyone to play! Individuals take turns to draw a picture that represents a word for other players to guess. A timer is set and whoever guesses correctly is next up to draw! No drawing skills are required – just a good imagination!

Come and enjoy your favourite songs at **Sing Along with Errol** on Sunday, January 28<sup>th</sup> at 7:30PM in the Fireside Lounge. Sing to your heart's content as Errol strums his guitar!

Take a seat and enjoy listening to the students play piano at the **Youth Musician Association** on Sunday, January 28<sup>th</sup> at 2:30PM in the Fireside Lounge.

If you require household provisions, sign up for the **Bus Outing: Shopping Trip to Seafair** on Monday, January 29<sup>th</sup> at 1:00PM. Please wait in the Fireside Lounge before we board the bus.



We have an interesting session for those who like art! Come for an **Artfull Talk: Life in Winter** on Monday, January 29<sup>th</sup> at 1:30PM in the Activity Room where you will discover and discuss the winter scenes of several different artists.

Have you tried our Verve initiative program called Fit Minds? If not, please feel free to join us for **Fit Minds** on Tuesday, January 30<sup>th</sup> at 2:00PM in the Club Lounge. The program consists of novel exercises that challenge you every session!

Sign up for a seat on our **Bus Outing: Lunch at Milltown Pub** on Wednesday, January 31<sup>st</sup> at 11:30AM. This is a popular venue with delicious options on the menu!

It's another chocolate day! 😊 This time we are celebrating **National Hot Chocolate Day!** Come for **Happy Hour** on Wednesday, January 31<sup>st</sup> at 3:00PM and enjoy a mug of hot chocolate or a cold refreshment with a platter of chocolate treats!

For Black History month, we are exploring the work of an African American artist at **Meet Me at The MoMA: Jean-Michel Basquiat (1960-1988)** on Thursday, February 1<sup>st</sup> at 1:30PM in the Activity Room. Come and discover the remarkable life of this artist who died at the young age of 27.

Join us for **Entertainment with Kyle Windjack** on Friday, February 2<sup>nd</sup> at 2:00PM in the Fireside Lounge. Afterwards, we will have **Happy Hour** from 3:00PM in the Club Lounge with appetizers!





How about a game of Ping Pong? Invite your neighbour and come to **Table Tennis (drop-in)** every Friday at 3:30PM in the Activity Room.

## Weekly Calendar for January 27<sup>th</sup> – February 2<sup>nd</sup>, 2024

Saturday, January 27 <sup>th</sup>		Sunday, January 28 <sup>th</sup>		
<p><b>9:00AM</b> 10:00AM <b>11:00AM</b> 2:00PM 7:00PM</p>	<p><b><i>National Chocolate Cake Day!</i></b></p> <p><b>Footcare with Nerissa</b> Armchair Exercise Video <b>Tai Chi</b> <b>Pictionary with Angela</b> <b>Movie Night: Must Love Dogs</b></p>	<p>10:00AM 10:30AM <b>11:00AM</b> 2:30PM 7:30PM</p>	<p>Armchair Exercise Video GPUC Worship Service <b>Gentle Fit with Winnie</b> <b>Youth Musician Association</b> <b>Sing Along with Errol</b></p>	
Monday January 29 <sup>th</sup>	Tuesday January 30 <sup>th</sup>	Wednesday January 31 <sup>st</sup>	Thursday February 1 <sup>st</sup>	Friday February 2 <sup>nd</sup>
<p>10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video <b>1:00PM Bus Outing: Shopping Trip to Seafair</b> <b>1:30PM Artful Talk: Life in Winter</b> 3:00PM "Sit and Be Fit" Gentle Arthritis Video Exercise Class 7:30PM Bingo</p>	<p>10:00AM Armchair Exercise Video 11:30AM Meditation  1:30PM DrumFIT <b>2:00PM Fit Minds</b> 7:00PM Crib/Chess</p>	<p><b><i>National Hot Chocolate Day!</i></b> 10:00AM Chair Fitness <b>10:30AM Catholic Prayer &amp; Communion</b> 11:00AM Armchair Exercise Video <b>11:30AM Bus Outing: Lunch at Milltown Pub</b>  1:30PM Billiards <b>3:00PM Happy Hour with Hot Chocolate!</b> 7:00PM Rummikub</p>	<p><b><i>Hairdresser</i></b> <b>9:30AM Morning Chat &amp; Coffee with Mirandah</b>  <b>10:00AM Chair Fitness: Strength and Balance</b> 11:00AM Armchair Exercise Video  <b>1:30PM Meet Me at The MoMA: Jean-Michel Baquiat</b>  7:00PM Game of Hearts</p>	<p><b><i>Living Loving Local Celebration Dinner: Featuring Beef</i></b> <b><i>National Groundhog Day!</i></b>  <b>10:00AM Osteofit with Robin Masters</b> 11:00AM Play Reading with Stephen 11:00AM Advanced Armchair Video with Curtis 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 <b>2:00PM Entertainment with Kyle Windjack</b> 3:00PM Happy Hour <b>3:30PM Table Tennis (Drop-in)</b> 6:45PM Mah Jong</p>