

GILMORE GARDENS WEEKENDER "HIGHLIGHTS"

January

January

January 12th, 2024

IN HOUSE NEWS

Janice with Avon will be here on Friday, January 12th just outside the Country Kitchen in the Dining Room from 10:30AM – 1:30PM. Come, see and smell the new Avon products and maybe revisit some tried, tested and true ones as well! Brochures will be available!

We are excited to add a new program to our calendar! Starting Friday, January 12th, **Table Tennis** will be available every Friday at 3:30PM in the Activity Room. Join fellow-residents for a drop-in game of Ping Pong!

We apologize for the cancellation of our weekly **Bus Outing for Shopping** on Monday, January 15th at 1:00PM as our bus will be in for a scheduled service. Please consider coming on our **Bus Outing: Tsawwassen Mills** on Wednesday, January 17th as we will also stop at Walmart if you need to pick up any necessary grocery items. Thank you for your understanding.

Starting on Saturday, February 10th, we will be offering another session of **DrumFIT** every 2nd Saturday at 3:00PM in the Activity Room, alternating with Painting with Elizabeth. Why not try this light exercise class that will boost your brain and body whilst having fun with the drumsticks!

REMINDERS

Invite your neighbour and have fun as you place your bets on your favourite horse at **Horse Races Game** on Saturday, January 13th at 1:30PM in the Activity Room. Please remember to bring \$1.75 in quarters.



If you haven't yet heard our resident, Roger Goulet play his harmonica and guitar, you are in for a treat! Join fellow-residents for **Sing Along with Resident, Rog** on Sunday, January 14th at 7:30PM in the Fireside Lounge. Bring your request for a song and see if Rog can play it for you!

It's **National Hat Day** on Monday, January 15th so dust off your favourite hat and wear it with joy!

Why not give **Drumfit** a try on Tuesday, January 16th at 1:30PM in the Activity Room. It's a gentle music exercise that will boost your brain and body whilst having fun with the drumsticks and ball.

Join us for some mental stimulation at **Fit Minds** on Tuesday, January 16th at 1:45 PM in the Club Lounge. We tackle the exercises together, along with a chuckle or two!!

Sign up for our **Bus Outing: Lunch and Shopping at Tsawwassen Mills** on Wednesday, January 17th at 11:00AM. There is a food court as well as 2 restaurants, and a large variety of shops to wander around, all under cover. A drop-off at **Walmart** can also be included in this outing.



Do you like to explore different places on the globe? This is the perfect opportunity join us at **Armchair Travel to Sri Lanka** on Wednesday, January 17th at 2:30PM in the Activity Room. Sri Lanka is a small island country lying in the Indian Ocean and is well-known for its tea exports.



Morning Chat and Coffee with Mirandah is on Thursday, January 18th at 9:30AM in the Fireside Lounge. Bring your morning brew for an informal get-together where you can enjoy a laugh!

We have our monthly **Resident Council Meeting** on January 18th at 3:00PM in the Activity Room where you can learn about the latest news at Gilmore Gardens! All are welcome to attend.

Come for an hour of **Entertainment with John Parsons** on Friday, January 19th at 2:00PM in the Fireside Lounge. Join us afterwards for **Happy Hour** at 3:00PM in the Club Lounge where freshly popped corn will be served for National Popcorn Day!



Weekly Calendar for January 13th, 2024 – January 19th, 2024

| Saturday, January 13 th | | Sunday, January 14 th | | |
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| 10:00AM 11:00AM 1:30PM 7:00PM | Armchair Exercise Video Tai Chi Horse Races Game Movie Night: Driving Miss Daisy | 10:00AM 10:30AM 11:00AM 7:30PM | Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Sing Along with Resident, Rog Goulet | |
| Monday January 15 th | Tuesday January 16 th | Wednesday January 17 th | Thursday January 18 th | Friday January 19 th |
| <i>National Hat Day!</i> <i>Martin Luther King, Jr Day</i> 10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 1:30PM Wellness Session: Better Backs & Balance for Safe Winter Wellness 2:30PM Men's Chat Club 3:00PM "Sit and Be Fit" Gentle Arthritis Video Exercise Class 7:30PM Bingo | 10:00AM Armchair Exercise Video 11:30AM Meditation 11:30AM Food Committee Meeting 1:30PM Drumfit 1:45PM Fit Minds  3:00PM Meet Me at The MoMA: Jean Paul Riopelle 7:00PM Crib/Chess | 10:00AM Chair Fitness 10:00AM Catholic Mass 11:00AM Armchair Video 11:00AM Bus Outing: Lunch and Shopping at Tsawwassen Mills and Walmart 1:30PM Billiards 2:30PM Armchair Travel to Sri Lanka 3:00PM Happy Hour 7:00PM Rummikub | <i>Hairdresser</i> 9:30AM Morning Chat and Coffee with Mirandah 10:00AM Chair Fitness: Strength and Balance  11:00AM Armchair Video 1:30PM Java Music Club 3:00PM Resident Council Meeting 7:00PM Game of Hearts | <i>National Popcorn Day!</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 Entertainment with John Parsons 3:00PM Happy Hour with Popcorn! 3:30PM Table Tennis 6:45PM Mah Jong |