

GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



January 19th, 2024

IN HOUSE NEWS

Please note: **Foot care with Nerissa** will now be on the last *Saturday* of each month. Next visit will be Saturday, January 27th. Sign up at Reception for an appointment.

Recreation Committee Meeting has been cancelled on Tuesday, January 23rd.

Due to our **Robbie Burns Celebration on Wednesday, January 24th at 4:00PM**, the dining room will be open for dinner starting at 5:00PM. Thank you for your cooperation. 😊

REMINDERS

Test your aiming skills at **Bean Bag Toss** on Saturday, January 20th at 1:30PM in the Activity Room! Come and cheer on your neighbours at this energizing game! We have prizes for the top 3 winners so come and try your hand – you never know!

Enjoy the music, clap and sing some songs at **Sing Along with Resident, Rog** on Sunday, January 21st at 7:30PM in the Fireside Lounge. Roger always has his harmonica tucked in his pocket and he also plays the guitar!



If you require household provisions, sign up for the **Bus Outing: Shopping Trip to Ironwood** on Monday, January 22nd at 1:00PM. Please wait in the Fireside Lounge before we board the bus.



Are you feeling lucky? Come and have fun at our **Lotto 649 Game** on Monday, January 23rd at 1:30PM in the Activity Room! Remember \$1.75 in nickels and dimes!

Do you enjoy word games that challenge your memory? Join us for **Giant Crosswords** on Tuesday, January 23rd at 2:45PM in the Club Lounge.

Sign up for a seat on our **Bus Outing: Scenic Drive** on Wednesday, January 24th at 1:00PM. Keep your fingers crossed for a bright and sunny day!

Mark your calendar to wear tartan as we celebrate **Robbie Burns** on Wednesday, January 24th at 4:00PM in the Fireside Lounge! It is our tradition to introduce the **Elizabeth Johnston Highland Dancers with Robert Johnston on Bagpipes** at 4:00PM followed by the **Address to a Haggis with Jim Gallacher**. Robert Burns, who died in 1796, was a Scottish bard whose life and poems are celebrated on his birthday. This is an afternoon you will not want to miss!



Happy birthday to our residents who celebrate their special day in January! Join us to welcome our new residents and celebrate our January born residents at our **Birthday Party and Welcome Tea** on Thursday, January 25th at 2:00PM in the Dining Room. All are welcome, no invitation required.

Join us for an hour of hilarious activity with **Charades: Winter Wonderland** on Friday, January 26th at 1:30PM in the Activity Room. It is always barrels of fun as you try to guess what we are trying to act out in the best possible way!!

Charades



Anyone for a game of **Table Tennis**? Why not invite your neighbour to have a fun knock-around at this active game on Friday, January 26th at 3:30PM in the Activity Room. All are welcome to come and play or watch!

Weekly Calendar for January 20th – January 26th, 2024

Saturday, January 20 th		Sunday, January 21 st		
10:00AM 11:00AM 1:30PM 3:00PM	Armchair Exercise Video Tai Chi Bean Bag Toss Artful Aging: Painting with Elizabeth & Friends	10:00AM 10:30AM 11:00AM 7:30PM	Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Sing Along with Resident, Rog	
Monday January 22 nd	Tuesday January 23 rd	Wednesday January 24 th	Thursday January 25 th	Friday January 26 ^h
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Video Exercises 1:00PM Bus Outing: Shopping Trip to Ironwood 1:30PM Lotto 649 Game 3:00PM "Sit and Be Fit" Gentle Arthritis Video Exercise Class 7:30PM Bingo	10:00AM Armchair Video Exercises 11:30AM Meditation 1:30PM Wellness Session: Chair Yoga with Lynn Walters  2:45PM Giant Crosswords 7:00PM Crib/Chess	10:00AM Chair Fitness 10:30AM Catholic Prayer and Communion 11:00AM Armchair Video Exercises 11:30AM Bus Outing: Scenic Drive 1:30PM Billiards 3:00PM Happy Hour 4:00PM Robbie Burns Celebration: Elizabeth Johnston Highland Dancers 7:00PM Rummikub	Hairdresser Robbie Burns Day! 10:00AM Chair Fitness: Strength and Balance 11:00AM Armchair Video Exercises 2:00PM Birthday Party & Welcome Tea  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 1:30PM Charades: Winter Wonderland! 3:00PM Happy Hour 3:30PM Table Tennis 6:45PM Mah Jong