

GILMORE GARDENS WEEKENDER "HIGHLIGHTS"

JANUARY

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January 5th, 2024

IN HOUSE NEWS

If you wish to book an appointment for **Foot Care with Nerissa**, please note her next visit will be on **Saturday, January 27th** at 9:00AM and not Sunday, January 28th as printed on the calendar.

We are thrilled to announce the winners of the **Best Christmas Door!** As voted by our residents, June S won first prize, Mary & Mike J, and Kim L were joint second prize winners and Pat F and Jenny P were joint third prize winners. Thank you to everyone who took the effort to make your doors look festive for the holiday season!



We would like to remind residents that if there are less than 5 people signed up for a **Bus Outing**, we will unfortunately have to cancel the trip. We also request that if a resident needs to cancel their seat on a bus trip, please cancel either the day before or early on the morning of the trip. Thank you for your understanding.

Come and visit the Activity Room look at all the photos of our happy residents at the Christmas and New Year's Eve events that took place at Gilmore Gardens. If you wish to order copies, please use the sign-up sheet on the left side of the pinboard. Thank you and enjoy!

REMINDERS

Join fellow residents for a game of **Dart Challenge** on Saturday, January 6th at 1:30PM in the Activity Room. The board and darts are magnetic so even if you are not used to playing darts, this game is a lot of fun for everyone! We will keep score and award 1st, 2nd and 3rd place prizes 😊

Take a seat and enjoy an hour of **Piano Music with Robbie Akehurst** and his young students on Saturday, January 6th at 3:00PM in the Fireside Lounge. Robbie is a member of the "Youth Entertainment Senior Society" and has been playing piano since he was 8 years old! All are welcome!

Come and wish Errol a "Happy New Year" at **Sing Along with Errol** on Sunday, January 7th at 7:30PM in the Fireside Lounge. Sing all your favourite songs as Errol strums his guitar!



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

If you require household provisions, sign up for the **Bus Outing: Shopping Trip to Freshco** on Monday, January 8th at 1:00PM. Please wait in the Fireside Lounge before we board the bus.

Are you in the mood for a card games? Come and have fun at the simplest variant of poker, **Poker: 5 Card Stud** on Monday, January 8th at 1:30PM in the Activity Room. We have prizes for the top 3 winners so come and try your hand – you never know ... 😊

Sign up for a seat on our **Bus Outing: Lunch at Country Meadows Golf Club** on Wednesday, January 10th at 11:30AM. This is a popular venue with delicious options on the menu!

Invite your neighbour and learn more about keeping active at Gilmore Gardens and healthy eating at **Being Fit in 2024** on Wednesday, January 10th at 1:30PM in the Activity Room.

Ladies ... it's the start of a new year so what better time than now to purchase a new outfit or item that will enhance your current wardrobe! Come and browse the clothing and say "Hi!" to Veronica at **Altavida Fashions** on Thursday, January 11th from 10:30AM-2:00PM in the Fireside Lounge.

We have a local artist to discover at **Meet Me at The MoMA: Stan Douglas, Films Photography** on Thursday, January 11th at 1:30PM in the Activity Room. Through photography and film, the Canadian artist, Stan Douglas (1960 -) who lives in Vancouver, examines fact and fiction while exploring the media and how it shapes our understanding of reality.

Join us for **Entertainment with Charles Johnson** on Friday, January 12th at 2:00PM in the Fireside Lounge. Afterwards, we will have **Happy Hour** from 3:00PM in the Club Lounge with appetizers!

Weekly Calendar for January 5th – January 12th , 2024

Saturday, January 6 th		Sunday, January 7 th		
10:00AM 11:00AM 1:30PM 3:00PM 3:00PM	Armchair Exercise Video Tai Chi Dart Challenge Piano Music with Robbie Akehurst Artful Aging: Painting with Elizabeth & Friends	10:00AM 10:30AM 10:30AM 11:00AM 1:30PM 7:30PM	Armchair Exercise Video GPUC Worship Service Beginner Rummikub with Sally Gentle Fit with Winnie Advanced Rummikub with Sally Sing Along with Errol	
Monday January 8 th	Tuesday January 9 th	Wednesday January 10 th	Thursday January 11 th	Friday January 12 th
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 1:00PM Bus Outing: Shopping Trip to Freshco 1:30PM Poker 5 Card Stud! 3:00PM "Sit and Be Fit" Gentle Arthritis Video Exercise Class 7:30PM Bingo	10:00AM Armchair Exercise Video 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 Exercise Video 11:30AM Bus Outing: Lunch at Country Meadows Golf Club 1:30PM Billiards 1:30PM Being Fit in 2024 3:00PM Happy Hour 7:00PM Rummikub	Hairdresser 10:00AM Chair Fitness: Strength and Balance 10:30AM Altavida Fashions 11:00AM Armchair Exercise Video 1:30PM Meet Me at The MoMA: Stan Douglas, Films Photographs 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 2:00PM Entertainment with Charles Johnson 3:00PM Happy Hour 6:45PM Mah Jong