

# GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



February 9<sup>th</sup>, 2024

## IN HOUSE NEWS



Come for a special **Craft Session: Making Chinese Lanterns with Kelly Greene, MLA (Richmond-Steveston)** on Monday, February 12<sup>th</sup> at 10:45AM in the Private Dining Room. Whether you wish to make a Chinese lantern or would like to just drop by to say "hello", Kelly would love to meet our residents!

Please note: The **Connect Hearing Clinic** on Tuesday, February 13<sup>th</sup> is cancelled. The Clinic will be here on Tuesday, February 20<sup>th</sup> at 1:30PM in the Beauty Salon. Sign up for an appointment in the Activity Room and take this opportunity to purchase new batteries for your hearing aids.

We occasionally have to cancel our **Wednesday Bus Outings** due to a lack of participation. We would welcome any of your ideas for bus outings which you can submit in our Suggestion Box in the Country Kitchen. Thank you for participating!

Reminder for everyone who enjoys playing Table Tennis or those who aspire to learn how to play this fun game; there is a **drop-in Table Tennis** session *every Friday at 3:30PM in the Activity Room!* Invite a fellow-resident to come and have a knock-around at **Ping Pong!** We also have a large net which is excellent for retrieving any balls that bounce to the floor! Anyone is welcome 😊

Thank you to resident, Maurice F who recently attended a Dementia workshop and gave us a copy of the **"Alzheimer Society Risk Factors" booklet**. If you are interested in a copy, please pick one up from the Sign-up Table in the Activity Room. It is very informative!

## REMINDERS

Chinese New Year falls on February 10<sup>th</sup>, starting a year of the Dragon! In celebration, come and join our **Craft Session: Making Chinese Decorations** on Saturday, February 10<sup>th</sup> at 1:30PM in the Activity Room.



If you require provisions or would like a change of scenery, sign up for our **Bus Outing: Shopping Trip to Lansdowne Mall (T&T)** on Monday, February 12<sup>th</sup> at 1:00PM. Please wait in the Fireside Lounge before we board the bus.

We need helping hands to **Decorate for Valentine's Day** on Monday, February 12<sup>th</sup> at 1:30PM in the Fireside Lounge! Help add to our decorations in time for Valentine's Day on Wednesday!

Calling all men to come and join our **Men's Chat Club** on Monday, February 12<sup>th</sup> at 2:00PM in the Club Lounge. Bring your coffee or tea and enjoy some great conversation in the afternoon with your fellow residents!

Sign up for our **Bus Outing: Shopping at Tsawwassen Mills** on Wednesday, February 14<sup>th</sup> at 11:30AM. There are many different shops at the mall, including a large Food Court. We will also do a drop-off at **Walmart** which is near by.



It's Valentine's Day and we are celebrating with **Entertainment with The Music Variations** on Wednesday, February 14<sup>th</sup> at 2:00PM in the Fireside Lounge.

Join us for a **Special Valentine's Day Happy Hour** on Wednesday, February 14<sup>th</sup> at 3:00PM in the Club Lounge! We will be playing fun games with a few delicious prizes to be won!


Take a seat with fellow residents as you enjoy a donut with your afternoon tea! We will be serving complimentary **Timbits in the Fireside Lounge** on Thursday, February 15<sup>th</sup> at 1:30PM.

All are welcome to join our **Resident Forum** on Thursday, February 15<sup>th</sup> at 3:00PM in the Activity Room. Come and learn more about upcoming events and happenings at Gilmore Gardens!

Are you a savvy shopper? Test your knowledge at **The Price is Right** on Friday, February 16<sup>th</sup> at 1:30PM in the Activity Room. Come and experience Gilmore Gardens' version of this game right in your home ... you may win a prize or two!



## Weekly Calendar for February 10<sup>th</sup> – February 16<sup>th</sup>, 2024

Saturday, February 10 <sup>th</sup>		Sunday, February 11 <sup>th</sup>		
10:00AM 11:00AM 1:30PM  3:00PM 7:00PM	<p style="color: red; text-align: center;"><b>Happy Lunar New Year!</b></p> Armchair Exercise Video <b>Tai Chi</b> <b>Craft Session: Making Chinese Decorations</b> <b>DrumFIT</b> <b>Movie Night: Crouching Tiger, Hidden Dragon</b>	10:00AM 10:30AM 11:00AM 7:30PM	Armchair Exercise Video GPUC Worship Service <b>Gentle Fit with Winnie</b> <b>Sing Along with Resident, Rog</b>	
Monday February 12 <sup>th</sup>	Tuesday February 13 <sup>th</sup>	Wednesday February 14 <sup>th</sup>	Thursday February 15 <sup>th</sup>	Friday February 16 <sup>th</sup>
10:00AM Chair Fitness  <b>10:45AM Craft Session with MLA (Richmond-Steveston), Kelly Greene</b>  11:00AM Go4Life Walking Club  11:00AM Armchair Exercise Video  <b>1:00PM Bus Outing: Shopping Trip to Lansdowne Mall</b>  <b>1:30PM Decorate for Valentine's Day!</b> 2:00PM Men's Chat Club  3:00PM "Sit and Be Fit" Gentle Arthritis Video Exercise Class  7:30PM Bingo	<p style="color: red; text-align: center;"><b>Shrove Tuesday (Pancake Day)</b></p> 10:00AM Armchair Exercise Video  11:30AM Meditation  1:30PM DrumFIT  <b>2:00PM Fit Minds</b>  7:00PM Crib/Chess	<p style="color: red; text-align: center;"><b>Happy Valentine's Day!</b></p> 10:00AM Chair Fitness  <b>10:30AM Catholic Prayer &amp; Communion</b>  11:00AM Armchair Exercise Video  <b>11:30AM Bus Outing: Tsawwassen Mills / Walmart</b>  1:30PM Billiards  2:00PM Entertainment with Music Variations  <b>3:00PM Special Valentine's Day Happy Hour</b>  7:00PM Rummikub	<p style="color: red; text-align: center;"><b>Hairdresser</b></p> <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 Scrabble with Pat</b>  <b>1:30PM Timbits in the Fireside Lounge</b>  <b>3:00PM Resident Forum</b>  7:00PM Game of Hearts	<b>10:00AM Osteofit with Robin Masters</b>  11:00AM Play Reading with Stephen  <b>11:00AM Wellness Session: Stress and Coping</b>  <b>12:30PM Bus Outing to Steveston Village</b>  1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動  <b>1:30PM The Price is Right</b>  <b>3:00PM Happy Hour</b>  <b>3:30PM Table Tennis (Drop-in)</b>  <b>6:45PM Mah Jong</b>