

# GILMORE GARDENS WEEKENDER "HIGHLIGHTS"

**HAPPY  
FAMILY  
DAY**



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February 16<sup>th</sup>, 2024

## IN HOUSE NEWS

Please note: **Tech Time with Radha** on Sunday, February 18<sup>th</sup> is cancelled. Radha will be here on Sunday, February 25<sup>th</sup> at 3:00PM in the Club Lounge.

Our **Heart and Stroke Foundation Fundraiser** was a huge success this year as we raised \$1515.00 towards this very worthy cause. A big thank you to Barbara Tuai for all her fundraising efforts along with Lyn Dunn at the table this year. The delicious and beautiful cookies were made by Barbara's grand daughter Amiko! Thank you to all who supported this fundraising effort by donating so generously as we know how important it is!

## REMINDERS

Test your aiming skills at **Dart Challenge** on Saturday, February 17<sup>th</sup> at 1:30PM in the Activity Room! Our darts are magnetic so no danger if you miss the board!! 😊

If you require household provisions, sign up for the **Bus Outing: Shopping Trip to Ironwood** on Monday, February 19<sup>th</sup> at 1:00PM. Please wait in the Fireside Lounge before we board the bus.

Have you ever dreamed of going to the beautiful island of Sri Lanka? Sit back and experience this exotic destination at **Armchair Travel to Sri Lanka** on Monday, February 19<sup>th</sup> at 1:30PM in the Activity Room. Set in the Indian Ocean in South Asia, the tropical island nation is a place where the original soul of Buddhism still flourishes and where nature's beauty remains abundant and unspoilt. Enjoy the stunning landscapes and beaches and captivating cultural heritage with a sweet treat and a cup of tea!



**Connect Hearing** will be here on Tuesday, February 20<sup>th</sup> starting at 1:30PM in the Beauty Salon. This is a great opportunity to visit the Tech, Sherly Wang if you need to have your hearing aids checked or cleaned. If you would like to take advantage of this service, please sign up in the Activity Room.

Are you feeling lucky? Then join us for a **Bus Outing: River Rock Casino** on Wednesday, February 21<sup>st</sup> at 11:30AM. This is always a popular trip so sign up early and you won't be disappointed.

Come and listen to some beautiful **Harp Music with Anya McRae** on Wednesday, February 21<sup>st</sup> at 1:30PM in the Fireside Lounge! This soothing music is very relaxing and wonderful for the heart and soul!



Join us for a special **Happy Hour with Margaritas!** for *National Margarita Day* on Wednesday, February 21<sup>st</sup> at 3:00PM in the Club Lounge. Enjoy a complimentary Margarita along with tasty nachos while enjoying some conversation with your fellow residents!

Satisfy that sweet tooth or maybe choose to gift them! Our **Purdy's Easter Chocolate Order Desk** will be open on Thursday, February 22<sup>nd</sup> in the Fireside Lounge from 10:00AM until 12:00PM. Come and place your order for your favourite Easter Chocolates and receive them in the week of March 11<sup>th</sup>. Brochures will be available at Reception to peruse ahead of the order date if you wish.




**Clarks Shoes** will be setting up shop on Thursday, February 22 at 10:30AM in the Fireside Lounge. Why not browse through and try out some new footwear. A large selection of styles and sizes will be available. Put your best foot forward and check this out!

Sign up in the Activity Room for our weekly **Bus Outing to Steveston Village** on Friday, February 23<sup>rd</sup> at 12:30PM. This is a great opportunity to browse the local stores, have lunch, go for a walk or shop at the local Save on Foods. This trip will run regardless of how many passengers are on the bus.



We have our lovely **Patrizia Coletta** here to perform on Friday, February 23<sup>rd</sup> at 2:00PM in the Fireside Lounge. Come listen to her beautiful voice, feel her energy and maybe get up for a dance or two!

## Weekly Calendar for February 17<sup>th</sup> – February 23<sup>rd</sup>, 2024

Saturday, February 17 <sup>th</sup>		Sunday, February 18 <sup>th</sup>		
10:00AM	Armchair Exercise Video	10:00AM	Armchair Exercise Video	
11:00AM	Tai Chi	10:30AM	GPUC Worship Service	
1:30PM	Dart Challenge	10:30AM	<b>Beginner Rummikub with Sally</b>	
3:00PM	Artful Aging: Painting with Elizabeth & Friends	11:00AM	<b>Gentle Fit with Winnie</b>	
		1:30PM	<b>Advanced Rummikub with Sally</b>	
		7:30PM	<b>Sing Along with Errol</b>	
Monday February 19 <sup>th</sup>	Tuesday February 20 <sup>th</sup>	Wednesday February 21 <sup>st</sup>	Thursday January 22 <sup>nd</sup>	Friday February 23 <sup>rd</sup>
<b>Family Day</b>			<b>Hairdresser</b>	
10:00AM Chair Fitness	10:00AM Armchair Video Exercises	10:00AM Chair Fitness	<b>National Margarita Day!</b>	<b>10:00AM Osteofit with Robin Masters</b>
11:00AM Go4Life Walking Club	<b>11:30AM Food Committee Meeting</b>	<b>10:30AM Catholic Mass</b>	10:00AM Armchair Video Exercises	11:00AM Play Reading with Stephen
11:00AM Armchair Video Exercises	11:30AM Meditation	11:00AM Armchair Video Exercises	<b>10:00AM Purdy's Easter Chocolate Order Desk</b>	11:00AM Get Moving with Valerie
<b>1:00PM Bus Outing: Shopping Trip to Superstore</b>	<b>1:00PM Recreation Committee Meeting</b>	<b>11:30AM Bus Outing: River Rock Casino</b>	<b>10:30AM Clarks Shoes</b>	<b>12:30PM Bus Outing: Steveston Village</b>
<b>1:30PM Armchair Travel to Sri Lanka</b>	<b>1:30PM Connect Hearing Clinic</b>	1:30PM Billiards	11:00AM Armchair Video Exercises	 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動
3:00PM "Sit and Be Fit" Gentle Arthritis Video Exercise Class	<b>1:30PM Wellness Session: Chair Yoga with Lynn Walters</b>	<b>1:30PM Harp Music with Anya McRae</b>	<b>1:30PM Java Music Club</b>	<b>2:00PM Entertainment with Patrizia Colletta</b>
<b>7:30PM Bingo</b>	<b>2:45PM Giant Crosswords</b>	<b>3:00PM Happy Hour with Margaritas!</b>	<b>7:00PM Game of Hearts</b>	<b>3:00PM Happy Hour</b>
	<b>7:00PM Crib/Chess</b>	7:00PM Rummikub		<b>3:30PM Table Tennis</b>
				<b>6:45PM Mah Jong</b>