

GILMORE GARDENS WEEKENDER HIGHLIGHTS



October 31st, 2025

IN HOUSE NEWS



Remember!
Clocks go
backwards
one hour
this Sunday!

Daylight Savings Time will end on Sunday, November 2nd at 2:00AM with clocks going back one hour. Please turn your clocks back one hour before going to bed on Saturday, November 1st. This will mean one extra hour of sleep on the first weekend of the month!

Now that we are into the **cold and flu season**, we ask residents to please be mindful of how you are feeling each week. If you do feel 'under the weather', please let Reception know and they can provide you with a mask to wear, if necessary. If you cough or sneeze, please practice good etiquette and remember to cover your mouth and cough into your sleeve, not into your hands. Respect those around you by following these simple guidelines and it will help to prevent the spread of germs and viruses as we would all like to stay as healthy as possible during the winter months! Thank you.



REMINDERS

Enjoy a fun game of **Pictionary** on Saturday, November 1st at 1:30PM in the Activity Room. This game requires you to pick a card and then draw the particular word or saying that is on the card. No words can be spoken, and the other participants have to guess the image you are drawing!

Come and enjoy music in the afternoon at **Sharing Music, Sharing Joy with JW Piano Studio Recital** on Sunday, November 2nd at 1:30PM in the Fireside Lounge.

Sign up for a seat on the bus for our **Bus Outing: Shopping Trip to Seafair** on Monday, November 3rd at 11:30AM. This is a popular destination with a Safeway, BC Liquor, KFC, CIBC and Shoppers Drug Mart so make sure you add your name to the list!

David Hockney is a British American painter who revitalized painting with his Pop and Cubist style. Come and learn more about this well-known artist featured at **Meet Me at The MoMA: David Hockney** on Monday, November 3rd at 1:30PM in the Activity Room.

It's time for an energetic game of **Indoor Bowling** on Monday, November 3rd at 2:30PM in the Activity Room! Come and be part of a team and aim for a strike or join in on the sidelines and cheer!

Do you enjoy picking up a paintbrush and being creative? Come join us for **Painting Sunset Mountains** on Tuesday, November 4th at 1:30PM in the Activity Room. There will be a video to follow with step-by-step instructions on what to do. Everyone is welcome to this easy-to-follow session!

We have a **Bus Outing: Lunch & Shopping at Richmond Centre Mall** on Wednesday, November 5th at 12:00PM. The drop-off and pick-up point is Tim Hortons. Enjoy a coffee or lunch in the Food Court before you explore all the different stores at the mall.

We have a **Presentation with David Darling: Environmental Threat of Overpopulation & Pollution** on Thursday, November 6th at 1:30PM in the Activity Room. Come and listen to this stimulating topic and add your comments or present David with your questions at the end.

Having your blood pressure checked regularly as well as your temperature is critical in overall health so come to our **Wellness Session: Vitals Monitoring Clinic with Nurse Next Door** on Thursday, November 6th at 2:30PM in the Activity Room. Remember to keep a record of these important statistics. Sign up in the sheet in the Activity Room or drop in at your ideal time!

Enjoy **Entertainment with Charles Johnson** on Friday, November 7th at 2:00PM in the Fireside Lounge. Tap your feet, clap your hands, maybe even enjoy a dance before joining us at Happy Hour in the Club Lounge from 3:00PM-4:00PM where we will be serving complimentary appetizers along with fruit punch. You can also purchase a glass of wine or beer and enjoy the lively conversation!

Weekly Calendar for October 31 st – November 7 th , 2025				
Saturday, November 1 st		Sunday, November 2 nd		
10:00AM 11:00AM 1:30PM 6:00PM	Armchair Exercise Video Tai Chi Pictionary Mah Jong 	9:00AM 10:00AM 10:30AM 11:00AM 1:30PM 1:30PM	Daylight Savings Time <i>(clocks go back one hour)</i> Nails with Angie Armchair Video GPUC Worship Service Gentle Fit with Winnie Tech Time with Erin Sharing Music, Sharing Joy: JW Piano Studio Recital	
Monday November 3 rd	Tuesday November 4 th	Wednesday November 5 th	Thursday November 6 th	Friday November 7 th
10:00AM Chair Fitness 10:00AM-2:00PM Clarks Shoes 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 11:30AM Bus Outing: Shopping Trip to Seafair 1:30PM Meet Me at The MoMA: David Hockney 2:30PM Indoor Bowling 7:30PM Bingo	10:00AM Armchair Video 11:30AM Meditation  1:30PM Painting Sunset Mountains 2:45PM Fit Minds 6:00PM Mah Jong 7:00PM Crib/Chess	10:00AM Chair Fitness 10:30AM Catholic Prayer & Communion 11:00AM RMS Ukulele Lessons 12:00PM Bus Outing: Lunch & Shopping at Richmond Centre Mall 1:30PM Billiards 1:30PM Chair Yoga with Lauren 2:00PM Book Club Meeting 3:00PM Happy Hour 7:00PM Rummikub	Hairdresser 10:00AM Chair Fitness: Strength & Balance 11:00AM Go4Life Walking Club 11:00AM Armchair Video 1:30PM Presentation with David Darling: Environmental Threat of Overpopulation & Pollution 2:30PM Wellness Session: Vital Monitoring Clinic with NND 7:00PM Game of Hearts	Living Loving Local Dinner: Featuring Cranberries Hairdresser 10:00AM Osteofit with Robin Masters 11:00AM Advanced Armchair Video with Curtis 11:00AM Play Reading with Stephen 2:00PM Entertainment with Charles Johnson 3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong