

# GILMORE GARDENS WEEKENDER HIGHLIGHTS



January 23<sup>rd</sup>, 2026

## IN HOUSE NEWS

Due to our **Robbie Burns Celebration** starting at 4:00PM on Sunday, January 25<sup>th</sup>, the Dining Room will open for dinner starting at 5:00PM. Thank you for your cooperation! Please note that reservation can still be made at Reception for our Robbie Burns Day Featured Dinner.

Are you interested in picking up a new hobby? Join in for **RMS Ukulele Lesson** on Wednesday, January 28<sup>th</sup> at 11:00AM in the Activity Room. You can come give it a try and see if you'd like to continue after your first day. Feel free to simply sit in and watch if that's more comfortable!

## REMINDERS

**Foot Care with Pam** is on Saturday, January 24<sup>th</sup> from 9:00AM in the Beauty Salon. Check with Reception if you would like to make an appointment!

Invite your neighbour to our **Horsrace Game** on Saturday, January 24<sup>th</sup> at 1:30PM in the Activity Room. Please bring \$3.50 in quarters! Everyone is welcome to join the fun!

Do you need some help with your tablet, phone or other technology? Make sure to sign up for **Tech Time with Erin** on Sunday, January 25<sup>th</sup> at 1:30PM in the Activity Room. Sign up sheet is available in the Activity Room, choose a time slot that suites you best!

Mark your calendar to *wear tartan* as we celebrate **Robbie Burns Day** on Sunday, January 25<sup>th</sup> at 4:00PM in the Fireside Lounge! Robbie burns, who died in 1796, was a Scottish bard whose life and poems are celebrated on his birthday. Come and watch a wonderful performance from the **Elizabeth Johnston Highland Dancers with Robert Johnston on Bagpipes** at 4:00PM followed by the **Address to a Haggis with Jim Gallacher** at 4:30PM. The "Address to a Haggis" is a poem written by Robert Burns in 1786 to celebrate the Scottish dish and is recited when the haggis is brought in on a silver platter. This is an event you will not want to miss!

Come join **Sing Along with Errol** on Sunday, January 25<sup>th</sup> at 7:30PM in the Fireside Lounge!! Errol comes with his guitar and song books ready for everyone to join in with all your favourite songs!

Do you need to restock your cupboards with essentials? Add your name to the sign-up sheet for a **Bus Outing: Shopping Trip to Lansdowne/T&T** on Monday, January 26<sup>th</sup> at 11:30AM. T&T is a large Asian supermarket that has different items. Lansdowne Mall has lots of stores including A&W, Dollarama, Winners and several restaurants. Sign up sheet is located in the Activity Room!

Do you enjoy playing active games? Come and join us at **Bean Bag Toss** on Monday, January 26<sup>th</sup> at 2:30PM in the Activity Room. Toss the 3 bean bags and see how many points you score!

Give your mind a gentle challenge at **Fit Minds** on Tuesday, January 27<sup>th</sup> at 2:45PM in the Club Lounge. This program offers creative exercises that are novel and complex and are a great way to stimulate your thinking!

Don't forget to sign up for a **Bus Outing: Scenic Drive** on Wednesday, January 28<sup>th</sup> at 1:00PM. If it's a sunny day, we shall drive to see some scenic views! Please meet in the Reception Area.

It's time to offer greetings to our January-birthday residents and welcome new residents at the **Birthday Party & Welcome Tea** on Thursday, January 29<sup>th</sup> at 2:00PM in the Dining Room. Celebrate with a slice of delicious cake from Steveston Bakery whilst sipping a cup of tea or coffee!

Join us for a game of **Charades** on Friday, January 30<sup>th</sup> at 2:00PM in the Activity Room. Come and guess the title of the book, movie or song as we act out each word! No words are spoken, just some creative miming! Afterwards, join us for **Happy Hour** at 3:00PM in the Club Lounge where you can sip a complimentary glass of fruit punch or purchase a glass of wine or beer. On Fridays, we serve tasty appetizers from the kitchen which you can enjoy whilst having social time with fellow-residents!

### Weekly Calendar for January 24<sup>th</sup> – 30<sup>th</sup>, 2026

Saturday, January 24 <sup>th</sup>		Sunday, January 25 <sup>th</sup>		
<p><b>9:00AM</b> 10:00AM 11:00AM <b>1:30PM</b>  6:00PM <b>7:00PM</b></p>	<p><b>Foot Care with Pam</b> Armchair Exercise Video Tai Chi <b>Horserace Game</b>  Mah Jong <b>Movie Night: Thelma</b></p>	<p>10:00AM 10:30AM 11:00AM 1:30PM 2:00PM <b>4:00PM</b>  <b>4:30PM</b> <b>7:30PM</b></p>	<p style="text-align: center;"><b>Robbie Burns Day! Wear Tartan!</b></p> <p>Armchair Video GPUC Worship Service Gentle Fit with Winnie Tech Time with Erin Rummikub <b>Robbie Burns Day Celebration:</b> <b>Liz Johnston Highland Dance</b> <b>Address to the Haggis with Jim Gallacher</b> <b>Sing Along with Errol</b></p>	
Monday January 26 <sup>th</sup>	Tuesday January 27 <sup>th</sup>	Wednesday January 28 <sup>th</sup>	Thursday January 29 <sup>th</sup>	Friday January 30 <sup>th</sup>
<p>10:00AM Chair Fitness  11:00AM Go4Life Walking Club  11:00AM Armchair Exercise Video  <b>11:30AM Bus Outing: Shopping Trip to T&amp;T at Lansdowne Mall</b>  <b>2:30PM Bean Bag Toss Game</b>  6:45PM Music with Ron  7:30PM Bingo</p>	<p>10:00AM Armchair Exercise Video  11:30AM Meditation  <b>2:45PM Fit Minds</b>    6:00PM Mah Jong  7:00PM Crib/Chess</p>	<p>10:00AM Chair Fitness  10:30AM Catholic Prayer &amp; Communion  11:00AM RMS Ukulele Lesson  <b>1:00PM Bus Outing: Scenic Drive</b>  1:30PM Billiards  1:30PM Chair Yoga with Lauren Video  3:00PM Happy Hour  6:45PM Music with Ron  7:00PM Rummikub</p>	<p style="text-align: center;"><b>Hairdresser</b></p> <p>10:00AM Advanced Armchair Exercise Video with Curtis  11:00AM Go4Life Walking Club  11:00AM Armchair Exercise Video  <b>2:00PM Birthday Party &amp; Welcome Tea</b>  6:45PM Music with Ron  7:00PM Game of Hearts</p>	<p>10:00AM Osteofit with Robin Masters  11:00AM Advanced Armchair Exercise Video with Curtis  11:00AM Play Reading with Stephen  <b>2:00PM Charades!</b>  <b>3:00PM Happy Hour</b>  3:30PM Table Tennis  6:00PM Mah Jong</p>