

GILMORE GARDENS WEEKENDER HIGHLIGHTS



January 30th, 2026

IN HOUSE NEWS

We have some beautiful snowdrops that have blossomed on the leftside of the Country Kitchen Patio. There will also be some crocus plants about to flower soon too! Go and admire these tiny, delicate flowers that bloom during the coldest months of the year.

Friendly Reminder: Please remain patient when taking the elevator to the first floor for either lunch or dinner. We have many residents who are waiting at the same time on each floor to come to the Dining Room. Thank you for your understanding and cooperation.

REMINDERS

Invite your neighbour and join us for **Pictionary** on Saturday, January 31st at 1:30PM in the Activity Room. Pick a card and draw the image for your team to guess the answer! No words allowed! 😊

It's time for **Sing Along with Roger** on Sunday, February 1st at 7:30PM in the Fireside Lounge. Roger brings his harmonica and guitar so that you can sing along to all the favourite songs he plays!

If you need provisions, sign up for our **Bus Outing: Shopping to Seafair** on Monday, February 2nd at 11:30AM. Remember your shopping list and reusable shopping bags!

We have our own **Gilmore's Winter Olympics Opening Ceremony** on Monday, February 2nd at 2:00PM in the Fireside Lounge. Come and cheer our torchbearers as they carry the Flame on its journey around the main floor of Gilmore Gardens to its resting place. You will also learn more about how our Olympic Games will be run throughout the span of 10 days!

After the ceremony, stay to watch **Movie Matinee: "Cool Runnings"** at 2:15PM in the Fireside Lounge on Monday, February 2nd. This 1993 sports-comedy movie (98 mins) is loosely based on the debut of the Jamaican national bobsleigh team at the 1988 Winter Olympics. Popcorn will be served!

Take this opportunity to bring your coffee and muffin and join **Resident Handbook Review with Lorne** on Tuesday, February 3rd at 11:00AM in the Fireside Lounge. Lorne will go through a section or two of the Handbook and is open to chat about any questions you may have!

Join us at our **Olympic Giant Crosswords** on Tuesday, February 3rd at 2:45PM in the Club Lounge. This is the first of our Olympic games so be sure to attend. We will present the top 3 with medals!

Sign up for our **Bus Outing: Dollarama/Coffee at L'aromas in Terra Nova Village** on Wednesday, February 4th at 12:00PM. There is also a Save-on-Foods at Terra Nova if you require shopping items.

Mark your calendar for our **Olympic Cornhole** game on Wednesday, February 4th at 2:00PM in the Activity Room. This game is all about *good aim*, specifically tossing the bean bag through the cornhole! This game will be a tournament-style friendly competition! We will present the top 3 with medals!

Interested in going to see a dramatic production of China's ancient culture at The Queen Elizabeth Theatre? Come for an **Information Session by Shen Yun** on Thursday, February 5th at 1:30PM in the Activity Room. Susan and Teresa will provide information and answer any questions your may have if you are interested in purchasing tickets to attend. There will also be a Cantonese translator.

Come and have your blood pressure checked at **Wellness Session: Vitals Monitoring Clinic with Nurse Next Door (NND)** on Thursday, February 5th at 2:30PM in the Activity Room. Sign up sheet will be available in the Activity Room.

Come for an informal **Fireside Chat with MLA Kelly Greene** on Friday, February 6th at 11:00AM in the Fireside Lounge. Kelly has been serving as the MLA for Richmond-Steveston since 2020. She is a strong advocate for public education, as well as for social and environmental issues.

February is *Black History Month*. Come for an interesting session at **David Darling's Presentation: Martin Luther King & Black Civil Rights** on Friday, February 6th at 2:00PM in the Activity Room.

Join us at **Happy Hour: Celebrate the Olympics** on Friday, February 6th at 3:00PM in the Club Lounge and enjoy a glass of punch or purchase a wine or beer whilst enjoying tasty appetizers from the Kitchen!

Weekly Calendar for January 31st – February 6th, 2026

Saturday, January 31 st		Sunday, February 1 st			
10:00AM 11:00AM 1:30PM 3:00PM 6:00PM	Armchair Exercise Video Tai Chi Pictionary Painting with Elizabeth Mah Jong	10:00AM 10:30AM 11:00AM 1:30PM 2:00PM 7:30PM	Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Tech Time with Erin Rummikub Sing Along with Roger		
Monday February 2 nd	Tuesday February 3 rd	Wednesday February 4 th	Thursday February 5 th	Friday February 6 th	
<i>Ground Hog Day!</i> 10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 11:30AM Bus Outing: Shopping Trip to Seafair 2:00PM Gilmore's Winter Olympics Opening Ceremony 2:15PM Movie Matinee: Cool Runnings 6:45PM Music with Ron 7:30PM Bingo	10:00AM Armchair Exercise Video 11:00AM Resident Handbook Review with Lorne 11:30AM Meditation 1:30PM Chair Yoga with Lynn Walters 2:45PM Olympic Giant Crosswords 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: Dollarama/Coffee at L'aromas in Terra Nova Village 1:30PM Billiards 2:00PM Olympic Cornhole 3:00PM Happy Hour 6:45PM Music with Ron 7:00PM Rummikub	<i>Hairdresser</i> 10:00AM Chair Fitness: Strength & Balance 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 1:30PM Information Session by Shen Yun 2:30PM Wellness Session: Vitals Monitoring Clinic with NND 6:45PM Music with Ron 7:00PM Game of Hearts	<i>Living Loving Local Dinner: Beef</i> 10:00AM Osteofit with Robin Masters 11:00AM Play Reading with Stephen 11:00AM Fireside Chat with MLA Kelly Greene 2:00PM David Darling Presentation: Martin Luther King & Black Civil Rights 3:00PM Happy Hour – Celebrate the Olympics! 3:30PM Table Tennis 6:00PM Mah Jong	