

GILMORE GARDENS WEEKENDER HIGHLIGHTS



January 9th, 2026

IN HOUSE NEWS

Are you living with vision loss or do you know a resident who is? Are you aware there are specific technology devices that can help enhance people's lives as they navigate their daily routines? If you are interested in learning more, the Canadian National Institute for the Blind (CNIB) have a program called **"Empowering Connections for Seniors Through Technology"**. To ensure all residents are included, this program is offered in other languages such as, Mandarin and Cantonese. Individual sessions from a CNIB volunteer are offered on the use of assistive devices that will support them for their specific vision loss. Each resident will be offered up to 5 one-hour sessions during the months of January to March. Please connect with Suman or Jill if you are interested in this program by Wednesday, January 14th.

Just a gentle reminder, as we welcome **new residents** to Gilmore Gardens, please be mindful to wear your **name tag** so that people remember your name. ☺ - - ☺

REMINDERS

Invite your neighbour for **Roll a Trump Game** on Saturday, January 10th at 1:30PM in the Activity Room. See if you can aim the ball to go into one of the holes! Everyone is welcome to join in on the fun!

If your nails need a little TLC (tender loving care), make sure you book an appointment at Reception for **Nails with Angie** on Sunday, January 11th from 9:00AM in the Beauty Salon.

Do you need to restock your cupboards with essentials? If so, add your name to the sign up sheet for a **Bus Outing: Shopping Trip Seafair** on Monday, January 12th at 11:30AM. Please wait in the Fireside Lounge and remember your shopping list and reusable bags!

Do you enjoy doing crafts? Come and join us at a **Craft Session: Making Snowflakes** on Monday, January 12th at 2:00PM in the Activity Room. These beautiful, large 3D paper snowflakes will adorn the Activity Room, once completed!

Checking your health vitals, such as blood pressure, on a regular basis is important as we grow older. Come for a **Wellness Session: Vitals Monitoring Clinic with Nurse Next Door** on Tuesday, January 13th at 2:30PM in the Activity Room. Sign up sheet is available in the Activity Room!

For all the casino lovers out there, make sure you sign up for the **Bus Outing: River Rock Casino** on Wednesday, January 14th at 12:00PM. You will have time to eat lunch at the Food Court before playing the machines to test your luck that day! ☺ - - ☺

We have a special visit from **Dan Levitt, BC Senior's Advocate** on Thursday, January 15th at 2:30PM in the Activity Room. Levitt has championed the rights of seniors for 30 years at provincial, national and international levels. Prior to his appointment as Senior Advocate, he held positions in senior living and long-term care homes in the Lower Mainland for more than 10 years where he helped shape a more dementia-friendly future for seniors.

Take a seat at the **Resident Council Meeting** on Thursday, January 15th at 3:00PM in the Activity Room. Here, you will learn more about important upcoming events and news at Gilmore Gardens!

We have a **Bus Outing: Steveston Village** on Friday, January 16th at 11:30AM. Why not take a stroll along the marina, enjoy a cup of coffee or light lunch, or browse the many, charming shops!

Enjoy the harmony and songs at **Entertainment with Music Variations** on Friday, January 16th at 2:00PM in the Fireside Lounge. You can sing along, clap your hands and have a dance or two! Afterwards, join us for **Happy Hour** from 3:00PM-4:00PM in the Club Lounge where you can purchase a glass of wine or beer or a complimentary glass of fruit punch together with tasty, hot appetizers from the kitchen, all whilst enjoying good company with fellow-residents

Weekly Calendar for January 10th – 16th, 2026

Saturday, January 10 th		Sunday, January 11 th		
10:00AM 11:00AM 1:30PM 6:00PM 7:00PM	Armchair Exercise Video Tai Chi Roll a Trump Game Mah Jong Movie Night: Elvis	9:00AM 10:00AM 10:00AM 10:30AM 11:00AM 1:00PM 1:30PM 2:00PM 2:30PM 7:30PM	Nails with Angie Armchair Video Advanced Rummikub with Sally GPUC Worship Service Gentle Fit with Winnie Table Tennis with Sally Tech Time with Erin Rummikub Mexican Train with Sally Sing Along with Roger	
Monday January 12 th	Tuesday January 13 th	Wednesday January 14 th	Thursday January 15 th	Friday January 16 th
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 11:30AM Bus Outing: Shopping Trip to Seafair 2:00PM Craft Session: Making Snowflakes  6:45PM Music with Ron 7:30PM Bingo	10:00AM Armchair Exercise Video 11:30AM Meditation 2:30PM Wellness Session: Vitals Monitoring Clinic with NND  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 Lesson 12:00PM Bus Outing: River Rock Casino 1:30PM Billiards 1:30PM Chair Yoga with Lauren Video 3:00PM Happy Hour 6:45PM Music with Ron 7:00PM Rummikub	Hairdresser 10:00AM Chair Fitness: Strength & Balance 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 1:30PM Scrabble with Pat 2:30PM Visit from Dan Levitt, BC Senior's Advocate 3:00PM Resident Council Meeting 6:45PM Music with Ron 7:00PM Game of Hearts	10:00AM Osteofit with Robin Masters 11:00AM Advanced Armchair Exercise Video with Curtis 11:00AM Play Reading with Stephen 11:30AM Bus Outing: Steveston Village 2:00PM Entertainment with Music Variations 3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong