

GILMORE GARDENS WEEKENDER HIGHLIGHTS



新年快樂
Happy Chinese New Year



***May your day be a reminder of how much you matter
and how loved you truly are!
Happy Valentine's Day to all our wonderful residents!***



February 13th, 2026

IN HOUSE NEWS

We are excited to announce our delicious **Shrove Tuesday Pancake Lunch** on Tuesday, February 17th from 12:15PM in the Dining Room. All residents on the Lunch Program will have the choice of pancakes with whipped cream, sausage and potato patties. If you are not on the lunch program and would like lunch, the cost is \$10.50 for residents and \$15.75 for guests.

Unfortunately, due to an injury by one of the performers, the **Chinese New Year Lion Dance** which was scheduled for February 17th has been rescheduled to Wednesday, February 25th at 2:00PM in the Fireside Lounge.

We wish to remind all residents to come early for all programs. If you are running late for a program, please first check with Reception before entering the Activity Room. This reminder also applies to our Bus Outings when we request all residents to be on time. Thank you for your co-operation.

Please note that Painting with Elizabeth on Saturday, February 14th is cancelled. Thank you.

REMINDERS

Invite your neighbour and join us for **Valentine's-Themed Games** on Saturday, February 14th at 1:30PM in the Activity Room. It is Valentine's Day, after all ... so wear your red and have fun!

If you would like to have your nails done, please check at Reception to see if there's an appointment for **Nails with Angie** on Sunday, February 15th from 9:00AM in the Beauty Salon.

Enjoy a fun and musical evening at **Sing Along with Errol** on Sunday, February 15th at 7:30PM in the Fireside Lounge. Errol, our community volunteer, comes with guitar and strums the best songs!

It's the eve before Chinese New Year! Why not join our **Bus Outing: Shopping to Lansdowne Mall and T&T** on Monday, February 16th at 11:30AM. Go and check out all the wonderful produce and the festive atmosphere at this large Asian store! Be prepared for lots of hustle and bustle!

Come for **You be the Judge** on Monday, February 16th at 2:00PM in the Club Lounge. This is an interactive session to spark lively discussion on real life events from a Canadian court of law. Each case presents the facts, asks questions and gives the final outcome. You be the jury in deciding what you think should be the consequence of each case ... there are no right or wrong decisions!

Help to make our Fireside Lounge inviting and colourful as we **Decorate for Chinese New Year** on Monday, February 16th at 3:00PM. Let's adorn the Fireside Lounge with red and gold!

If you have suggestions that you would like to share regarding our programs, feel free to join the **Recreation Committee Meeting** on Tuesday, February 17th at 1:30PM in the Private Dining Room.

Join Chef Val at the **Food Committee Meeting** on Wednesday, February 18th at 11:30AM in the Private Dining Room. Here, you can discuss any dietary requirements or questions you may have.

Sign up for our **Bus Outing: Dim Sum Continental Seafood Restaurant** on Wednesday, February 18th at 12:00PM. This is a great opportunity to sample different dishes of this tasty cuisine!

Join us for a special **Happy Hour: Celebrating Chinese New Year!** On Wednesday, February 18th at 3:00PM in the Club Lounge. Come enjoy dumplings and spring rolls with your fellow residents!

Mark your calendar for our **Resident Forum** on Thursday, February 19th at 3:00PM in the Activity Room. This is when you can learn more about the happenings from the managers at Gilmore Gardens!

It's **National Muffin Day** on Friday, February 20th – there's no better way than to enjoy a tasty treat from our **Grab & Go Muffin Table** at 2:00PM outside the Health & Wellness Office. (*While supplies last!*)

Join us at **Happy Hour** on Friday, February 20th 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 February 14th – February 20th, 2026

Saturday, February 14 th		Sunday, February 15 th		
Monday February 16 th		Sunday, February 15 th		
Family Day		Happy Lunar New Year: Year of the Horse! Chinese New Year Featured Dinner	9:00AM 10:00AM 10:00AM 10:30AM 11:00AM 1:00PM 1:30PM 2:30PM 7:30PM	Nails with Angie Armchair Exercise Video Advanced Rummikub with Sally GPUC Worship Service Gentle Fit with Winnie Table Tennis with Sally Tech Time with Erin Mexican Train Game with Sally Sing Along with Errol
10:00AM Chair Fitness		10:00AM Armchair Exercise Video	10:00AM	10:00AM Chair Fitness: Strength & Balance
11:00AM Go4Life Walking Club		11:00AM Tai Chi	10:30AM	10:00AM Osteofit with Robin Masters
11:00AM Armchair Exercise Video		Valentine's-Themed Games	11:00AM	11:00AM Play Reading with Stephen
11:30AM Bus Outing: Shopping Trip to Lansdowne & T&T		1:00PM Mah Jong	1:00PM	2:00PM Grab & Go Muffin Table
2:00PM You be the Judge!		Movie Night: Crazy Rich Asians	1:30PM	3:00PM Happy Hour
3:00PM Decorate for Chinese New Year			2:30PM	3:30PM Table Tennis
6:45PM Music with Ron			7:30PM	6:00PM Mah Jong
7:30PM Bingo				
Monday February 16 th		Tuesday February 17 th	Wednesday February 18 th	Thursday February 19 th
Family Day		Happy Lunar New Year: Year of the Horse! Chinese New Year Featured Dinner	10:00AM Armchair Exercise Video	Hairdresser
10:00AM Chair Fitness		10:00AM Armchair Exercise Video	10:30AM Catholic Mass	National Muffin Day!
11:00AM Go4Life Walking Club		10:00AM Armchair Exercise Video	11:00AM RMS Ukulele Lessons	10:00AM Osteofit with Robin Masters
11:00AM Armchair Exercise Video		11:30AM Meditation	11:30AM Food Committee Meeting	11:00AM Play Reading with Stephen
11:30AM Bus Outing: Shopping Trip to Lansdowne & T&T		1:30PM Chair Yoga with Lynn Walters	12:00PM Bus Outing: Dim Sum at Continental Seafood Restaurant	2:00PM Grab & Go Muffin Table
2:00PM You be the Judge!		1:30PM Recreation Committee Meeting	1:30PM Billiards	3:00PM Happy Hour
3:00PM Decorate for Chinese New Year		2:45PM Fit Minds	1:30PM Chair Yoga with Lauren Video	3:30PM Table Tennis
6:45PM Music with Ron		6:00PM Mah Jong	3:00PM Happy Hour: Celebrating Chinese New Year!	
7:30PM Bingo		7:00PM Crib/Chess	6:45PM Music with Ron	
			7:00PM Game of Hearts	