

GILMORE GARDENS WEEKENDER HIGHLIGHTS



February 6th , 2026

IN HOUSE NEWS

Invite your family and friends to a special **Valentine's Day Featured Dinner** on Saturday, February 14th. Seatings are available from 4:45PM-6:00PM. Please make sure you book early at Reception for any guests as there is limited seatings! Guests \$31.50 and children \$16.80 (4-12 yrs).

We will be showing time-appropriate Team Canada events from the **2026 Winter Olympics** in the Fireside Lounge or Activity Room. Please check the schedule on mantle in front of elevators for reference, please note events are subject to change!

Debbie has arranged for a **Caregiver Support Session** with refreshments to be held at Gilmore Gardens on Wednesday, February 18th from 1:30PM-2:45PM. Debbie Hertha from Creative Aging will be hosting the event which will cost \$20+tax. She has requested interested participants to register beforehand and fill out an information form. Please register by contacting Debbie directly via her email or cell number (available on the poster). Thank you!

Are you interested in watching **Super Bowl 2026: Patriots vs. Seahawks**? It will be running on the T.V in the Activity Room at 3:30PM on Sunday, February 8th. Bring a beverage and snack and enjoy the game with your fellow residents!

REMINDERS

Invite your neighbour to **Olympic Roll A Trump** on Saturday, February 7th at 1:30PM in the Activity Room. Everyone is welcome to join the fun! Come win a Gold, Silver or Bronze Medal!

Enjoy **World of Music and Arts Students** on Saturday, February 7th at 2:30PM in the Fireside Lounge. Watch the students as they showcase their piano skills!

If you would like to learn the game of Mah Jong, please join **Beginner Mah Jong with Kaela** on Sunday, February 8th at 11:00AM in the Fireside Lounge. Please note she can only assist 4 players at a time, so come early or you can watch and observe.

Come and **Sing Along with Roger** on Sunday, February 8th at 7:30PM in the Fireside Lounge! Roger comes prepared with his harmonica and guitar! He also has song sheets of your favourite songs!

If you need to purchase any household items, please add your name to the sign-up sheet for a **Bus Outing: Shopping Trip to FreshCo** on Monday, February 9th at 11:30AM.

Join us for **Olympic Indoor Bowling** on Monday, February 9th at 2:30PM in the Activity Room. This is another of our "Olympic" games and your score will count towards the overall results if you win a medal – gold, silver or bronze! Come and try your hand at rolling a 'strike'!

We need helping hands to **Decorate for Valentine's Day** on Tuesday, February 10th at 1:30PM in the Fireside Lounge. Let's make our Fireside Lounge look dreamy and romantic with lots of hearts!

Take a seat and enjoy participating in the many, different categories for **Olympic Jeopardy** on Tuesday, February 10th at 2:30PM in the Activity Room. Come win a Gold, Silver or Bronze Medal!

Don't forget to sign up for a **Bus Outing: Richmond Centre Mall** on Wednesday, February 11th at 12:00PM. Richmond Centre has lots of different stores and wide aisles to walk. There is also a large Food Court upstairs for you to have coffee or lunch. Sign up sheet is available in the Activity Room!

Have fun as you cheer on the staff at our **Staff Olympic Games** on Thursday, February 12th at 1:30PM in the Fireside Lounge. We will be playing a few entertaining games that will be sure to arouse a few laughs from those watching! Afterwards, cheer fellow-residents as we present the gold, silver and bronze medals to our overall lucky winners at **Gilmore's Winter Olympics Closing Ceremony & Final Medal Awards** at 2:00PM in the Fireside Lounge.

Pick up a donut to enjoy with your morning coffee as you make a donation at our **Heart & Stroke Fundraiser** on Friday, February 13th from 10:30AM-1:30PM in the Fireside Lounge. This is for a worthy cause - tax receipts will be provided for any donation of \$20 and above.

Be sure to wear red or pink clothing for our **Wear Red or Pink Day** when you join us for **Valentine's Entertainment with Jennifer Lauren** on Friday, February 13th at 2:00PM in the Fireside Lounge. Jennifer is an engaging pianist and vocalist so make sure you take a seat early to enjoy her performance!

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 February 7th – 13th, 2026

Saturday, February 7 th		Sunday, February 8 th			
Monday February 9 th		Tuesday February 10 th		Wednesday February 11 th	
10:00AM Armchair Exercise Video	11:00AM Tai Chi	1:30PM Olympic Roll A Trump	2:30PM World of Music and Arts Students	9:00AM Nails with Angie	10:00AM Armchair Video
6:00PM Mah Jong				10:30AM GPUC Worship Service	11:00AM Gentle Fit with Winnie
				11:00AM Beginner Mah Jong with Kaela	1:30PM Tech Time with Erin
				2:00PM Rummikub	2:30PM Super Bowl 2026: Patriots vs. Seahawks (in the Activity Room)
				7:30PM Sing Along with Roger	
10:00AM Chair Fitness	10:00AM Armchair Exercise Video	10:00AM Olympic Chair Fitness		Hairdresser	Wear Red or Pink Day!
11:00AM Go4Life Walking Club	11:30AM Meditation	10:30AM Catholic Prayer & Communion		10:00AM Advanced Armchair Exercise Video with Curtis	10:00AM Osteofit with Robin Masters
11:00AM Armchair Exercise Video	1:30PM Decorate for Valentine's Day	11:00AM RMS Ukulele Lesson		11:00AM Go4Life Walking Club	10:30AM-1:30PM Heart & Stroke Fundraiser
11:30AM Bus Outing: Shopping Trip to FreshCo	2:30PM Olympic Jeopardy	12:00PM Bus Outing: Lunch & Shopping at Richmond Mall		11:00AM Armchair Exercise Video	11:00AM Play Reading with Stephen
1:30PM Meet Me at The MoMA: Kehinde Wiley	6:00PM Mah Jong	1:30PM Billiards		1:30PM Staff Olympic Games	2:00PM Valentine's Entertainment with Jennifer Lauren
2:30PM Olympic Indoor Bowling	7:00PM Crib/Chess	1:30PM Chair Yoga with Lauren Video		2:00PM Gilmore's Winter Olympics Closing Ceremony & Final Medal Awards	3:00PM Happy Hour
6:45PM Music with Ron		2:00PM Book Club Meeting		6:45PM Music with Ron	3:30PM Table Tennis
7:30PM Bingo		3:00PM Happy Hour		7:00PM Game of Hearts	6:00PM Mah Jong
		6:45PM Music with Ron			
		7:00PM Rummikub			