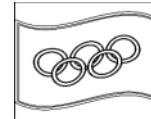
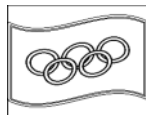


# GILMORE GARDENS WEEKENDER HIGHLIGHTS



**February 6<sup>th</sup> , 2026**

## IN HOUSE NEWS

Invite your family and friends to a special **Valentine's Day Featured Dinner** on Saturday, February 14<sup>th</sup>. 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 18<sup>th</sup> 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 8<sup>th</sup>. 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 7<sup>th</sup> 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 7<sup>th</sup> 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 8<sup>th</sup> 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 8<sup>th</sup> 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 9<sup>th</sup> at 11:30AM.

Join us for **Olympic Indoor Bowling** on Monday, February 9<sup>th</sup> 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 10<sup>th</sup> 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 10<sup>th</sup> 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 11<sup>th</sup> 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 12<sup>th</sup> 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 13<sup>th</sup> 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 13<sup>th</sup> 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 7<sup>th</sup> – 13<sup>th</sup>, 2026

Saturday, February 7 <sup>th</sup>		Sunday, February 8 <sup>th</sup>		
10:00AM	Armchair Exercise Video	9:00AM	<b>Nails with Angie</b>	
11:00AM	Tai Chi	10:00AM	Armchair Video	
1:30PM	<b>Olympic Roll A Trump</b>	10:30AM	GPUC Worship Service	
2:30PM	<b>World of Music and Arts Students</b>	11:00AM	Gentle Fit with Winnie	
6:00PM	Mah Jong	11:00AM	<b>Beginner Mah Jong with Kaela</b>	
		1:30PM	Tech Time with Erin	
		2:00PM	Rummikub	
		3:30PM	<b>Super Bowl 2026: Patriots vs. Seahawks (in the Activity Room)</b>	
		7:30PM	Sing Along with Roger	
Monday February 9 <sup>th</sup>	Tuesday February 10 <sup>th</sup>	Wednesday February 11 <sup>th</sup>	Thursday February 12 <sup>th</sup>	Friday February 13 <sup>th</sup>
10:00AM Chair Fitness	10:00AM Armchair Exercise Video	10:00AM Olympic Chair Fitness	<b>Hairdresser</b>	<b>Wear Red or Pink Day!</b>
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 <b>Decorate for Valentine's Day</b>	11:00AM RMS Ukulele Lesson	11:00AM Go4Life Walking Club	<b>10:30AM-1:30PM Heart &amp; Stroke Fundraiser</b>
<b>11:30AM Bus Outing: Shopping Trip to FreshCo</b>	2:30PM <b>Olympic Jeopardy</b>	<b>12:00PM Bus Outing: Lunch &amp; Shopping at Richmond Mall</b>	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	<b>1:30PM Staff Olympic Games</b>	2:00PM <b>Valentine's Entertainment with Jennifer Lauren</b>
<b>2:30PM Olympic Indoor Bowling</b>	7:00PM Crib/Chess	1:30PM Chair Yoga with Lauren Video	<b>2:00PM Gilmore's Winter Olympics Closing Ceremony &amp; Final Medal Awards</b>	3:00PM Happy Hour
6:45PM Music with Ron		<b>2:00PM Book Club Meeting</b>	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		