

GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



October 13th, 2022

IN HOUSE NEWS

Please note: On Friday, October 14th starting at 8:00AM work will begin on replacing the roof at the front entry way and will take approximately 3-4 days to complete. The workers will be doing one side at a time so that foot traffic may still be possible. All the roofing and balconies will be complete by the first week of November. Next will be the vents, and then the final window washing. The vent work will include scaffolding and typical construction noises like drilling and sawing. The hopeful and expected completion of the whole project is 4-6 weeks from now. We apologize for any inconvenience and thank you for your understanding.

On Tuesday, October 18th from 10:00AM -12:00PM in the Fireside Lounge we will have a **Flu Clinic Sign-up** sheet available for you to pick your time. **The Flu Clinic** will be on Tuesday, October 25th from 9:00AM-2:00PM.



Girl Guide Cookies are back! Unfortunately, due to an overwhelming response, on Tuesday, October 11th we sold out very quickly! We are having Hana back on **Tuesday, October 18th from 3:30PM-4:30PM** with more cookies at \$5.00 per box and please bring **CASH ONLY** for your purchases. Thank you for your support as all proceeds from the sales allow girls the opportunity to discover new interests, learn valuable leadership skills and make lasting friendships.

Change of dates: There will be **Catholic Prayer and Communion** on Wednesday, October 19th in the Private Dining Room and **Catholic Mass** will be on Wednesday, October 26th in the Private Dining Room.

REMINDERS

Want to try your hand at something new, then join us for **Artful Aging: Painting with Elizabeth and Friends** on Saturday, October 15th at 2:00PM in the Activity Room. You may discover a hidden talent if you just give it a try.

Browse through **Altavida Fashions** on Monday, October 17th at 11:00AM in the Fireside Lounge. If you are tired of your wardrobe or just need something new, Altavida Fashions offers a great selection and you could find something that you really love!

Join us for a **Bus Outing: Shopping Trip to Freshco** on Monday, October 17th at 1:00PM. As space may be limited sign up in the Activity Room if you are interested and we will meet in the Fireside Lounge.




Join us for a pub style lunch as we have a **Bus Outing: Lunch at O'Hare's Pub** on Wednesday, October 19th at 11:30AM. This is a great opportunity to enjoy the company of your fellow residents while enjoying your favorite foods! We will meet in the Reception area.

Our "Kicking Cancer" **BC Cancer Foundation Fundraiser** is on Thursday, October 20th in the Fireside Lounge. Come and enjoy a cookie and make a donation. All donations of \$15.00 or more will receive a tax receipt. They need your continued support and every little bit makes a difference in cancer research. Thank you in advance for your generosity.

Java Music Club is back again on Thursday, October 20th at 1:30PM in the Club Lounge. Maggie our volunteer hosts this fellowship and talk about different issues each week. All are welcome!

Entertainment with the Fera Brothers is on Friday, October 21st at 2:00PM in the Fireside Lounge. Come and enjoy your favorite tunes with this harmonious duo! This will be followed by Happy hour where you are all welcome and appetizers will be served!

Saturday, October 15 th		Sunday, October 16 th		
10:00AM 11:00AM 2:00PM 7:00PM	Armchair Video Vrtual Tai Chi Artful Aging: Painting with Elizabeth and Friends Movie Night: Beetle Juice	10:00AM 10:30AM 11:00M	Armchair Video Exercises GPUC Worship Service Zumba with Winnie	
Monday October 17 th	Tuesday October 18 th	Wednesday October 19 th	Thursday October 20 th	Friday October 21 st
10:00AM Chair Fitness 11:00AM Armchair Video Exercises 11:00AM Go4Life Walking Club 11:00AM Altavida Fashions 1:00PM Bus Outing: Shopping Trip to Freshco  7:30PM Bingo	10:00AM Armchair Video Exercises 10:00AM Sign up for Flu Clinic 11:30 Meditation 2:00PM Fit Minds 1:30PM Wellness Session: Chair Yoga with Lynn Walters  3:00PM Recreation Committee Meeting 3:30PM-4:30PM: Girl Guide Cookies Sale 7:00PM Crib/Chess	10:00AM Chair Fitness 10:30AM Catholic Prayer and Communion 11:00AM Armchair Video 11:30AM Bus Outing: Lunch at O'Hare's Pub 1:30PM Meet Me at the MoMA: Sarah Roberston "Northern Lake" 3:00PM Happy Hour 7:00PM Rummikub	10:30AM BC Cancer Foundation Fundraiser  1:30PM Java Music Club 3:00PM Resident Forum 7:00PM Game of Hearts	10:00AM Osteofit with Robin Masters 11:00AM Play Reading with Stephen 11:00AM Wellness Session: The Cold and Flu Season 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 2:00PM Entertainment with The Fera Brothers  3:00PM Happy Hour 6:45PM Mah Jong