

GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



November 10th, 2022

IN HOUSE NEWS

Our BC Cancer Foundation, "Kicking Cancer" fundraiser on Thursday, October 20th was a huge success and we raised \$885.00 to this very worthy cause. Huge thanks to Barbara Tuai and Chuck Dunn for volunteering their time to take care of the donation table. Great job both of you and many thanks to all for your generous support!

We are starting our collection of new, unopened bottle items for our Bottle Draw that will take place on Thursday, December 8th. If you have a bottle or 2 you'd like to donate, please bring them down to reception. Thank you for your donation!

Big Brothers will be coming on Tuesday, November 15th for a pick up of donated items. Get a head start on looking through your old clothing and unwanted items you would like to donate. All clothing must be in large bags and smaller knick knacks in boxes, and all must be sealed up. Please take your items directly down to the secured parking area where you will see a sign that clearly marks the area to drop your donations. **All donations must be in the drop off area by 4:00PM on Monday, November 14th.** Please do not leave your donations in the Activity Room. Thank you and happy housecleaning! 😊

Zumba with Winnie on Sunday mornings at 11:00AM has now been changed to **Gentle Fit with Winnie.** Most of the class participants enjoy a Gentle Fit type of exercise more than the other! Try this exercise class with the moves to build greater strength, flexibility and coordination at a slower pace.

REMINDERS



Are you looking for a little romance? Join us for Movie Night: "Indiscreet" (1958) on Saturday, November 12th at 7:00PM in the Activity Room. This is a story about an actress (Ingrid Bergman) who has given up on love, but then meets a suave banker (Cary Grant) only to find out later that he's already married!

Come over to an hour of **Sing Along with Errol** on Sunday, November 13th at 7:30PM in the Fireside Lounge. Singing your favourite songs would be a fun way to spend a lazy Sunday evening after dinner!



If your grocery supplies are running low or you need some new snacks, sign up for the **Bus Outing: Shopping Trip to Freshco** on Monday, November 14th at 1:00PM. Remember to bring your reuseable bags and we will meet in the Fireside Lounge.



Are you feeling lucky or just looking for something to do? Try the ever popular fun game of **Bingo** on Monday, November 14th at 7:30PM in the Activity Room. You could win big or just spend an eventful evening with friends.

There is a **Food Committee Meeting** on Tuesday, November 15th at 3:00PM in the Activity Room. All are welcome to join the discussion and voice your questions or concerns.

On Wednesday, November 16th we have **Bus Outing** to the **Richmond Centre Mall** at 11:00AM. This may be a great opportunity to start your Christmas shopping as there are plenty of shops for all kinds of






gifts! Make sure to take a break and stop at the Food Court for some lunch or a snack. We will meet in the Fireside Lounge prior to boarding the bus.

We have the **GPUC 'The Seekers' Bible Study Group** meeting on Thursday, November 17th at 9:45AM in the Private Dining Room. Everyone is welcome to participate in this fellowship, with coffee and refreshments served.

Do you want a little trivia session to engage your mind? **'Jeopardy'** will be taking place on Thursday, November 17th at 3:00PM in the Activity Room. All are welcome even if you just want to watch without participating. You never know how much you can remember until you give it a try.



Entertainment with Greg Alcock on Friday, November 18th at 2:00PM in the Fireside Lounge will surely brighten your mood! As he tickles the ivories, you will find his music to be very energetic, highly entertaining, and will definitely get your toes tapping and fingers snapping!! Everyone is welcome 😊

Saturday, November 12 th		Sunday, November 13 th		
10:00AM 11:00AM 2:00PM 7:00PM	Armchair Video Virtual Tai Chi Artful Aging: Painting with Elizabeth and Friends Movie Night: Indiscreet	10:00AM 10:30AM 11:00AM 7:30PM	Armchair Video Exercises GPUC Worship Service Gentle Fit with Winnie Sing along with Errol	
Monday November 14 th	Tuesday November 15 th	Wednesday November 16 th	Thursday November 17 th	Friday November 18 th
11:00AM Armchair Video Exercises 11:00AM Go4Life Walking Club 1:00PM Bus Outing: Shopping Trip to Freshco  7:30PM Bingo	Big Brothers Donation Pickup 10:00AM Armchair Video Exercises 11:30AM Meditation 1:30PM Wellness Session: Chair Yoga with Lynn Walters  3:00PM Food Committee Meeting 7:00PM Crib/Chess	10:00AM Chair Yoga with Robin Masters 10:30AM Catholic Prayer and Communion 11:00AM Armchair Video 11:00AM Bus Outing: Richmond Centre Mall 3:00PM Happy Hour  7:00PM Rummikub	9:45AM GPUC The Seekers Bible Study Group 11:00AM Armchair Video 1:30PM Java Music Club 3:00PM Jeopardy  7:00PM Game of Hearts 	10:00AM Osteofit with Robin Masters 11:00AM Play Reading with Stephen 11:00AM Armchair Video 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活 動 2:00PM Entertainment with Greg Alcock 3:00PM Happy Hour 6:45PM Mah Jong