

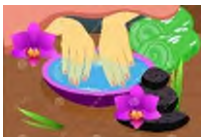
# GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



January 12<sup>th</sup>, 2023

## IN HOUSE NEWS

As we are now in the midst of the Flu/Cold season, it is important to be reminded of what we can do to continue to be safe. Many of you may be a little unsettled about the new Covid variant floating around, but rest assured that mask wearing, hand washing, sanitizing and being cautious in crowded places outside your home are all the right safety measures to continue with. Please keep your Covid vaccine boosters up to date and advise our nurse when you have done so. Thank you 😊



It is with regret that we inform you **Marlene, our Esthetician** will be leaving Gilmore Gardens; her last day is on Tuesday, January 24<sup>th</sup>. Make sure to book your appointment so that you can treat your hands or feet to the special care they need. Please feel free to drop by and wish her all the best on her last day! 😊

Please note that there will be no **Council Meeting** on Thursday, January 19<sup>th</sup> at 3:00PM in the Activity Room. This meeting will be postponed until further notice.

**The Seekers Bible Study Group** on Thursday, January 19<sup>th</sup> at 9:45AM will be cancelled at Gilmore Gardens and postponed until further notice.

## REMINDERS

Join our **Bus Outing: Shopping Trip to FreshCo** on Monday, January 16<sup>th</sup> at 1:00PM. Sign up if you require some basic supplies or if you just want to have a local trip out!

In preparation for Chinese New Year, we have a **Craft Session: Making Chinese Decorations** on Monday, January 16<sup>th</sup> at 1:30PM in the Activity Room. We will be making beautiful hoop wreaths decorated in red berries to hang around the Fireside Lounge. Come and join us for this fun activity!



Why not join **Men's Chat Club** on Monday, January 16<sup>th</sup> at 2:00PM in the Club Lounge. This is a great opportunity to meet some of Gilmore Gardens' male residents. The activity is hosted by our community volunteer, Dave MacDonald who will have everyone chatting and laughing whilst discussing many different topics!

We have a **Virtual Wellness Session on Dementia** on Tuesday, January 17<sup>th</sup> at 10:00AM in the Activity Room. Feel free to join us to learn a little more about this disease and how you can better understand those around you who are currently experiencing it.



**Tech Time with Makena and Alexa** is on Tuesday, January 17<sup>th</sup> at 3:30PM in the Club Lounge. These tech-savvy girls will help with any problems you may have or if you need to learn something new. Every question is valid so do not hesitate to come and ask them anything about your tech gadgets.



**National Hat Day** is on Wednesday, January 18<sup>th</sup>. Why not wear your favourite piece of headwear when you come to the Dining Room! If you have a story to share about the hat, even better!

Sign up early so you get a seat on the bus for our popular outing to **Bus Outing: Lunch at Milltown Pub** on January 18<sup>th</sup> at 11:30AM. The pub is right on the Fraser River and has a great ambience as well as delicious food. Come and look at the menu when you sign up!



For those of you who like to be creative in decorating, join us and **Decorate for Chinese New Year** on Thursday, January 19<sup>th</sup> at 2:00PM in the Fireside Lounge. We always appreciate the helping hands 😊

Enjoy a wonderful hour of music at **Entertainment with the Fabulous Fera Brothers** on January 20<sup>th</sup> at 2:00PM in the Fireside Lounge. The brothers sing and harmonize all your favourite songs!

## JANUARY 12<sup>TH</sup> TO JANUARY 19<sup>TH</sup>, 2023

Saturday, January 14<sup>th</sup>

Sunday, January 15<sup>th</sup>

9:00AM  
10:00AM  
11:00AM

Hair with Farah  
Armchair Video  
Virtual Tai Chi

10:00AM  
10:30AM  
11:00AM

Armchair Video  
GPUC Worship Service  
Gentle Fit with Winnie

Monday  
January 16<sup>th</sup>

Tuesday  
January 17<sup>th</sup>

Wednesday  
January 18<sup>th</sup>

Thursday  
January 19<sup>th</sup>

Friday  
January 20<sup>th</sup>

10:00AM Chair  
Fitness

*Martin Luther  
King Day*

*National Hat  
Day!*

9:00AM Hair  
with Farah

10:00AM Osteofit  
with Robin Masters

11:00AM  
Armchair Video

10:00AM Virtual  
Wellness  
Session with  
Karen Tyrell:  
Important Q&As  
about Dementia

10:00AM Chair  
Yoga with Robin  
Masters

10:00AM Chair  
Fitness:  
Strength and  
Balance



11:00AM Go4Life  
Walking Club

11:30AM  
Meditation

10:30AM  
Catholic Mass

11:00AM  
Armchair Video

11:00AM Chair Yoga:  
Stretch and Strength  
with Lauren

1:00PM Bus  
Outing:  
Shopping Trip to  
FreshCo

2:00PM Fit Minds

11:30AM Bus  
Outing: Lunch at  
Milltown Pub

2:00PM  
Decorate for  
Chinese New  
Year

1:30PM Weekender  
Review (in Chinese)  
中文講解中文講本週活  
動



3:00PM Food  
Committee  
Meeting



2:00PM  
Entertainment with  
the Fabulous Fera  
Brothers

1:30PM Craft  
Session: Making  
Chinese  
Decorations

3:30PM  
Recreation  
Committee  
Meeting

3:00PM Happy  
Hour

7:00PM Game of  
Hearts



2:00PM Men's  
Chat Club

3:30PM Tech  
Time with  
Makena and  
Alexa

7:00PM  
Rummikub

3:00PM Happy Hour

7:30PM Bingo

7:00PM Crib/  
Chess

6:45PM Mah Jong