

GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



January 19th, 2023

IN HOUSE NEWS



It is with regret that we inform you **Marlene, our Esthetician** will be leaving Gilmore Gardens. Marlene's last day is on Tuesday, January 24th. 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 😊

Gilmore Gardens is hosting a Chamber of Commerce social event, "**Business after 5**" on Tuesday, January 24th. It will be held in the Fireside Lounge which will be sectioned off for this event. Up to 75 visitors are expected to attend from 5:00PM-7:00PM. We are excited to be showcasing our wonderful Gilmore Gardens and will be providing a few mini tours to those guests who are interested. If you would like to volunteer for this event and provide your experiences living at Gilmore Gardens, please let Andrea or Maureen know. We would appreciate the expert information coming straight from our residents! Thank you!

REMINDERS

Come for **Movie Night: Swing time** on Saturday, January 21st at 7:00PM in the Activity Room. This 1936 musical comedy stars Fred Astaire and Ginger Rogers. Set mainly in NY city, the film follows a gambler and dancer named "Lucky" (Astaire) who is trying to raise money to secure his marriage when he meets dance instructor, Penny (Rogers) and begins dancing with her; the two soon fall in love. Come and see what happens next in this fun movie.

Join us for **Artful Aging: Painting with Elizabeth and Friends** on Saturday, January 21st at 2:00PM in the Activity Room. This is a fun program that will bring out the creative side in you!



Join **Gentle Fit with Winnie** on Sunday, January 22nd at 11:00AM in the Activity Room. This class introduces you to gentle moves that will help invigorate your body, as well as leaving you feeling uplifted and ready for your day!

If you need any household goods, please remember to sign up for our **Bus Outing: Shopping Trip to Seafair** on Monday, January 23rd at 1:00PM and remember your reusable bag.



In preparation for Robbie Burns Day, why not travel from the comfort of your home and see all the popular places that have been visited by so many as you take in **Armchair Travel to Scotland** on Monday, January 23rd at 1:30PM in the Activity Room. You will enjoy some trivia, fun facts and sample a Scottish treat! All are welcome!

Join **Giant Crosswords** on Tuesday, January 24th at 2:45PM in the Club Lounge. Join us and challenge your memory to find the missing words!

If you feel like a food adventure and a change of cuisine, join us for our **Bus Outing: Dim Sum at the Continental Seafood Restaurant** on Wednesday, January 25th at 11:00AM in the Club Lounge. Please sign up early for this popular bus trip!

We have a **Robbie Burns Celebration: Entertainment with Elizabeth Johnston Highland Dancers** on Wednesday, January 25th at 4:00PM. After the dancing with the bagpiper playing, our tradition is for Jim Gallacher to give a special toast to the Haggis. Come and celebrate this day in style!










Everyone is welcome at our **Birthday Party and Welcome Tea** on Thursday, January 26th at 2:00PM in the Dining Room. Please join us for a delicious piece of cake and coffee or tea as we celebrate all the January birthdays and welcome our new residents.

We have **Chinese New Year Entertainment with Chinese Dancers** on Friday, January 27th at 2:00PM in the Fireside Lounge. Come and enjoy the fascinating Lion Dancers as they perform their New Year traditions!



JANUARY 21ST - JANUARY 27TH, 2023

Saturday, January 21 st		Sunday, January 22 nd		
9:00AM Hair with Farah 10:00AM Armchair Video 11:00AM Virtual Tai Chi 2:00PM Artful Aging: Painting with Elizabeth and Friends 7:00PM Movie Night: Swing Time		10:00AM 10:30AM 11:00AM	Happy Lunar New Year! Armchair Video Exercises GPUC Worship Service Gentle Fit with Winnie 	
Monday January 23 rd	Tuesday January 24 th	Wednesday January 25 th	Thursday January 26 th	Friday January 27 th
10:00AM Chair Fitness 11:00AM Armchair Video 1:00PM Bus Outing: Shopping Trip to Seafair  1:30PM Armchair Travel to Scotland 7:30PM Bingo	10:00AM Armchair Video Exercises 11:30AM Meditation 1:30PM Wellness Session: Chair Yoga with Lynn Walters 2:45PM Giant Crosswords 7:00PM Crib/Chess	<i>Wear Plaid!</i> 10:00AM Chair Fitness 10:30AM Catholic Prayer and Communion 11:00AM Armchair Video 11:00AM Bus Outing: Dim Sum at the Continental Seafood Restaurant  3:00PM Happy Hour 4:00PM Robbie Burns Day Celebration with Elizabeth Johnston Highland Dancers  7:00PM Rummikub	9:00AM Hair with Farah 10:00AM Chair Fitness: Strength and Balance  11:00AM Armchair Video 2:00PM Birthday Party and Welcome Tea 7:00PM Game of Hearts 	10:00AM Osteofit with Robin Masters 11:00 Wellness Session: Better Nutrition to Fuel your Day and How to Control Weight Gain 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 2:00PM Chinese New Year Entertainment with the Chinese Dancers  3:00PM Happy Hour 6:45PM Mah Jong