

GILMORE GARDENS WEEKENDER "HIGHLIGHTS"

2023



2023

January 5th, 2023

IN HOUSE NEWS

NEW! As of Wednesday, January 11th we will be providing a few more items in addition what is already offered in the Country Kitchen. Starting 8:30AM until 11:00AM daily, these breakfast options will be available to help fuel your morning!

- Hard boiled eggs
- Cereal with milk
- Assorted fruit yogurt
- Plain yogurt

We encourage all residents to enjoy these breakfast items in the Country Kitchen, perhaps over a coffee with your neighbors!

Please be reminded that residents may not leave their **unwanted items** for staff to dispose of. There was a printer in a box left in the library and some women's clothing left on the piano bench in the Activity Room. We have Big Brothers picking up in the Spring and Fall, so kindly wait until then or please ask a family member to dispose of any unwanted items for you. Thank you.

Please note:

Play Reading with Stephen is cancelled for the month of January.

This month the **Birthday Party and Welcome Tea** will be held on Thursday, January 26th at 2:00PM in the Dining Room. This was left off the January Calendar in error. Our apologies for any confusion this may have caused.

Stretch and Strength with Lauren on Friday, January 13th in the Activity Room will be cancelled. Instead we will be presenting a Wellness Session on Hepatitis C.

REMINDERS

Join us for **Artful Aging: Painting with Elizabeth and Friends** on Saturday, January 7th at 2:00PM in the Activity Room. This is a fun program that will bring out the creative side in you! Why not give it a try!

Are you a dog lover? Even if you're not, invite your neighbour to watch the charming **Movie Night: Must Love Dogs** on Saturday, January 7th at 7:00PM in the Activity Room. A thirty-year old preschool teacher looks to the personal ads for a change of pace and a relationship, with hilarious results!

Join **Gentle Fit with Winnie** on Sunday, January 8th at 11:00AM. The class introduces you to gentle moves that will help invigorate your body, as well as leaving you feeling uplifted and ready for your day!



What better way to sing the blues away than at **Sing Along with Errol** on Sunday, January 8th at 7:30PM. Come and sing to your heart's content 😊

Do you need any household goods? Add your name to the list for our **Bus Outing: Shopping Trip to Ironwood** on Monday, January 9th at 1:00PM. Please remember your reusable bag.

On Monday, January the 9th we have a **Craft Session: Making Paper Snowflakes** at 1:30PM in the Activity Room. Come and try your hand at this effortless craft. You will be amazed at how simple it is to make such beautiful paper snowflakes that will be hung in the Activity Room. No special skill is needed!




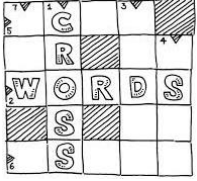





Sign up for a wonderful opportunity of taking in the local sights on our **Bus Outing: Scenic Drive** on Wednesday, January 11th at 1:00PM. Please wait in the Fireside Lounge.

It's time for **Jeopardy!** on Thursday, January 12th at 2:00PM in the Activity Room. The game works just like the iconic show – pick a category and a value, listen to the clue, and give your response in the form of a question. Time flies when you're having fun ... 😊

Learn interesting facts at a live **Wellness Session: Hepatitis C Awareness & Information** on Friday, January 13th at 11:00AM in the Activity Room. Hepatitis C is a viral infection that causes liver inflammation, sometimes leading to serious liver damage. Become informed about this serious condition.

We have **Entertainment with Patrizia Coletta** on Friday, January 13th at 2:00PM. Come and enjoy the energy Patrizia brings while she sings with her beautiful voice, all the songs you love!

JANUARY 7TH – JANUARY 13TH, 2023

Saturday, January 7 th		Sunday, January 8 th		
9:00AM 10:00AM 11:00AM 2:00PM 7:00PM	Hair with Farah Armchair Video Virtual Tai Chi Artful Aging: Painting with Elizabeth and Friends Movie Night: Must Love Dogs	10:00AM 10:30AM 11:00AM	Armchair Video Exercises GPUC Worship Service Gentle Fit with Winnie	
Monday January 9 th	Tuesday January 10 th	Wednesday January 11 th	Thursday January 12 th	Friday January 13 th
10:00AM Chair Fitness 11:00AM Armchair Video 11:00AM Go4Life Walking Club 1:00PM Bus Outing: Shopping Trip to Ironwood 1:30PM Craft Session: Making Paper 3D Snowflakes 7:30PM Bingo	9:00AM <i>Esthetician</i> 10:00AM Armchair Video Exercises 11:30AM Meditation 2:45PM Giant Crosswords  7:00PM Crib/ Chess	10:00AM Chair Fitness 10:30AM Catholic Prayer and Communion 11:00AM Armchair Video 1:30PM Bus Outing: Scenic Drive  3:00PM Happy Hour 7:00PM Rummikub	9:00AM <i>Hair with Farah</i> 10:00AM Chair Fitness: Strength and Balance 11:00AM Armchair Video 1:30PM Scrabble with Pat 2:00PM Jeopardy!  7:00PM Game of Hearts	Living Loving Local: Featuring Carrots!   10:00AM Osteofit with Robin Masters 11:00AM Wellness Session: Hepatitis C Awareness & Information 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 2:00PM Entertainment with Patrizia Coletta 3:00PM Happy Hour  6:45PM Mah Jong