

# GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



December 15<sup>th</sup>, 2023

## IN HOUSE NEWS



Holiday cooking is a festive activity, but it also requires safety precautions. If you are using the stove, please remember to turn it off when you have finished. This is a good safety practice to follow to prevent fires and accidents in the kitchen.



The festive season is a time to enjoy the beauty of Christmas decorations and lights. It is, however, important to be mindful of the risk of overloading your electrical outlets. Too many plugs in one socket can cause overheating, sparks, fires, or electric shocks.

**Play Reading with Stephen** is cancelled on Friday, December 15<sup>th</sup> and 22<sup>nd</sup> and will resume on Friday, January 5<sup>th</sup> 2024.

Would you like to listen to the **Vancouver Orpheus Male Choir "Beautiful the Story"** on Sunday, December 17<sup>th</sup> at 3:30PM at Gilmore Park United Church? What a special treat to invite a family member or friend to this wonderful concert that is so close to walk to! We have discounted tickets, especially for our residents for \$20 per ticket, discounted from \$25! Please see Recreation to purchase yours!

Our Annual **Christmas Buffet** on Thursday, December 21<sup>st</sup> is now fully booked. Reception will be reaching out next week to confirm those who have guest reservations. If you do not have a guest reservation, please let Reception know which seating you would like for dinner; either 4:45PM or 6:30PM. Thank you!

## REMINDERS

Christmas music is in the air this December. Join us for a musical afternoon with **ROCA Sing Out** on Saturday, December 16<sup>th</sup> at 2:00PM in the Fireside Lounge.

Come and sing to your heart's content at **Sing Along with Errol** on Sunday, December 17<sup>th</sup> at 7:30PM in the Fireside Lounge. Errol brings his guitar and will be playing all your favorite Christmas songs!

Sign up for our **Bus Outing: Shopping Trip to Garden City Centre** on Monday, December 18<sup>th</sup> at 1:00PM. There is a Save-On-Foods as well as a Shoppers Drug Mart at the plaza and plenty of other smaller stores you can browse.

Calling all our male residents ... come and join our community volunteer, Dave for some hearty discussion at the **Men's Chat Club** on Monday, December 18<sup>th</sup> at 2:00PM in the Club Lounge.

There is a **Hearing Aid Checkup with Connect Hearing** on December 19<sup>th</sup> at 1:30PM in the Salon. If you need new batteries or a cleaning, please sign up in the Activity Room to ensure a visit with Sherly!

The **Resident Forum** is on Tuesday, December 19<sup>th</sup> at 3:00PM in the Activity Room. All residents are welcome to attend to learn about the upcoming news and happenings at Gilmore Gardens!

Sign up for our **Bus Outing: Bistro Lunch and Shopping at Mandeville Gardens** on Wednesday, December 20<sup>th</sup> at 11:30AM. The Garden Centre is a winter wonderland at this time of year where you can find many last-minute gifts for family or friends, or even yourself!

We have the **Best Christmas Door Walk About** on Thursday, December 21<sup>st</sup> at 1:30PM. We will meet in the Fireside Lounge and take a walk along the hallways together!

Before our **Christmas Buffet** on Thursday, December 21<sup>st</sup>, please enjoy some Christmas. **Entertainment with John Parsons** in the Reception area from 4:00PM-6:30PM.

Take a seat and applaud the lucky resident who wins by popular vote, the **Best Christmas Door Winner** on Friday, December 22<sup>nd</sup> at 1:45PM in the Fireside Lounge.

Join **Entertainment with the Shoe Shakers** at Friday, December 22<sup>nd</sup> at 2:00PM in the Fireside Lounge. This will be followed by **Happy Hour with Santa's Elves** at 3:00PM in the Club Lounge. Enjoy a glass of wine or beer or a non-alcoholic beverage, together with some tasty appetizers!

## Weekly Calendar for December 16<sup>th</sup> – December 22<sup>nd</sup>

Saturday, December 16 <sup>th</sup>		Sunday, December 17 <sup>th</sup>		
10:00AM 11:00AM 2:00PM 7:00PM	Armchair Video Exercises <b>Tai Chi</b> <b>ROCA Sing Out</b> <b>Movie Night: Home Alone</b>	10:00AM 10:30AM 11:00AM 7:30PM	Armchair Video Exercises GPUUC Worship Service <b>Gentle Fit with Winnie</b> <b>Sing Along with Errol</b>	
Monday, December 18 <sup>th</sup>	Tuesday, December 19 <sup>th</sup>	Wednesday, December 20 <sup>th</sup>	Thursday, December 21 <sup>st</sup>	Friday, December 22 <sup>nd</sup>
<b>10:00AM Chair Fitness</b>  11:00AM Armchair Exercise Video  11:00AM Go4Life Walking Club  <b>1:00PM Bus Outing: Shopping Trip to Garden City Centre</b>  <b>1:30PM Meet Me at The MoMA: Caspar David Friedrich, Painter "Winter Landscape"</b>  <b>2:00PM Men's Chat Club</b>  3:15PM 'Sit and Be Fit' Gentle Arthritis Exercise Video  7:30PM Bingo	<b>10:00AM Armchair Video</b>  <b>11:30AM Meditation</b>  <b>11:30AM Food Committee Meeting</b>  <b>1:30PM Drumfit</b>  <b>1:30PM Hearing Aid Check Up with Connect Hearing</b>  <b>3:00PM Resident Forum</b>  7:00PM Crib/ Chess	10:00AM Chair Fitness  <b>10:30AM Catholic Mass</b>  <b>11:00AM Armchair Exercise Video</b>  <b>11:30AM Bus Outing: Lunch and Shopping at Mandeville Gardens</b>  1:30PM Billiards  <b>3:00PM Happy Hour</b>  7:00PM Rummikub	<i><b>Hairdresser</b></i>  <b>10:00AM Chair Fitness: Strength and Balance</b>  11:00AM Armchair Exercise Video  <b>1:30PM Best Christmas Door Walk About</b>  <b>1:30PM Scrabble with Pat</b>  <b>2:30PM Fit Minds</b>  <b>4:00PM-6:30PM Entertainment with John Parsons</b>  7:00PM Game of Hearts	10:00AM Osteofit with Robin Masters  11:00AM Get Moving with Valerie  1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動  <b>1:45PM Best Christmas Door Walk Winner</b>  <b>2:00PM Entertainment with the Shoe Shakers</b>  <b>3:00PM Happy Hour with Santa's Elves</b>  6:45PM Mah Jong

