

# GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



February 2<sup>nd</sup>, 2024

## IN HOUSE NEWS

February is **Black History Month** when people in Canada celebrate the many achievements and contributions of Black Canadians and their communities who, throughout history, have done so much to make Canada a culturally diverse, compassionate and prosperous country. It is a time to learn more about these Canadian stories and the important input that Black Canadians have made to the continued growth of this country. We have several events allocated this month to acknowledge this important recognition.

A gentle request to **please refrain from using our Fireside Lounge cushions** for your dining chair. We encourage you to use one from your own suite or purchase a special foam cushion for your personal use. Thank you for your cooperation.



## REMINDERS

Test your trivia skills at **Jeopardy!** on Saturday, February 3<sup>rd</sup> at 1:30PM in the Activity Room! Come and work with your team members and you may win a prize!

If you have any questions or issues with any of your technical devices, please drop by at **Tech Time with Radha** on Sunday, February 4<sup>th</sup> at 3:00PM in the Club Lounge.



If you require household provisions, sign up for the **Bus Outing: Shopping Trip to Superstore** on Monday, February 5<sup>th</sup> at 1:00PM. Please wait in the Fireside Lounge before we board the bus.

Are you in the mood for some creative time? Join the **Craft Session: Making Heart Strings** on Monday, February 5<sup>th</sup> at 1:30PM in the Activity Room – just in time for Valentine's Day!

It is our tradition to go for dim sum for Chinese New Year! Sign up for this tasty treat for our **Bus Outing: Dim Sum, Continental Seafood Restaurant** on Wednesday, February 7<sup>th</sup> at 11:30AM. *Each resident is responsible for paying their own food bill.*



Make a donation for a cookie at our **Heart and Stroke Foundation Fundraiser** on Thursday, February 8<sup>th</sup> from 10:00AM in the Fireside Lounge. Your donation will fund critical heart and brain disease research to save lives and support people living with this illness.

Learn important information at our **Wellness Session: Proof of Care Presents: UTI and Urinary Incontinence** on Thursday, February 8<sup>th</sup> at 11:00AM in the Activity Room. Everyone is welcome.

We have a new weekly **Bus Outing to Steveston Village** starting Friday, February 9<sup>th</sup> at 12:30PM and every Friday thereafter. If you fancy a change of scenery for a walk, coffee, lunch or shopping, sign up for our weekly drop off and enjoy Steveston Village for a 90-minute visit!







In celebration of the Lunar New Year, Year of the Dragon, come and enjoy our **Chinese New Year Lion Dance Entertainment** on Friday, February 9<sup>th</sup> at 2:30PM in the Fireside Lounge. With the lion dance and drums drumming, this is a spectacle you will not want to miss! **Wear RED in celebration!**

Join us for a slice or two of delicious pizza at our **Happy Hour with Pizza** on Friday, February 9<sup>th</sup> at 3:00PM in the Club Lounge! Everyone is welcome!



## Weekly Calendar for February 3<sup>rd</sup> – February 9<sup>th</sup>, 2024

Saturday, February 3 <sup>rd</sup>		Sunday, February 4 <sup>th</sup>		
10:00AM 11:00AM 1:30PM 3:00PM 7:00PM	Armchair Exercise Video Tai Chi Jeopardy! Artful Aging: Painting with Elizabeth & Friends Movie Night: Mighty Jerome ( <i>Black History Month</i> )	10:00AM 10:30AM 11:00AM 3:00PM	Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Tech Time with Radha	
Monday February 5 <sup>th</sup>	Tuesday February 6 <sup>th</sup>	Wednesday February 7 <sup>th</sup>	Thursday January 8 <sup>th</sup>	Friday February 9 <sup>th</sup>
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Video Exercises 1:00PM Bus Outing: Shopping Trip to Superstore 1:30PM Craft Session: Making Heart Strings 3:00PM "Sit and Be Fit" Gentle Arthritis Video Exercise Class 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	10:00AM Chair Fitness 10:30AM Catholic Prayer & Communion 11:00AM Armchair Video Exercises 11:30AM Bus Outing: Dim Sum at The Continental Seafood Restaurant 1:30PM Billiards 1:30PM Decorate for Chinese New Year 3:00PM Happy Hour 7:00PM Rummikub	<i>Hairdresser</i> 10:00AM Chair Fitness: Strength and Balance 10:00AM Heart and Stroke Foundation Fundraiser  11:00AM Wellness Session: 'Proof of Care' Presents: UTI and Urinary Incontinence 11:00AM Armchair Video Exercises 1:30PM Meet Me at The MoMA: "Jin-me-Yoon" Korea/Canadian Artist 7:00PM Game of Hearts	<i>Wear Red!</i> 10:00AM Osteofit with Robin Masters 11:00AM Play Reading with Stephen 11:00AM Get Moving with Valerie 12:30PM Bus Outing: Steveston Village  1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 2:30PM Chinese New Year Lion Dance Entertainment  3:00PM Happy Hour with Pizza! 3:30PM Table Tennis 6:45PM Mah Jong

