

GILMORE GARDENS WEEKENDER HIGHLIGHTS



September 27th, 2024

IN HOUSE NEWS

We had a successful **Alzheimer's Fundraiser** on September 19th and are very happy to announce that we raised \$1,260. Thank you to all the residents who participated in this important cause. We would also like to thank our resident volunteers who helped at this event – Barbara Tuai, Irene Shiho and Mary Januth.



Our **Thanksgiving Buffet** is on Thursday, October 10th with 2 options for seating at 5:00PM and 6:30PM. Invite your family and friends with a limit of 4 guests per suite. Cost for guests is \$42 per adult and \$16 for children (4-16 years). We request all residents to let Reception know what time you would like to dine! Thank you!

As cold weather draws closer and the need for appropriate shoes is upon us, it may be perfect time for a pedicure where you can have your nails trimmed and restored ready to comfortably step into your winter shoes! If you would like an appointment for professional nail care – whether it be for a pedicure or a manicure – please see Reception and book a time for **Nails with Angie** on Saturday, October 5th from 8:30AM in the Beauty Salon.

REMINDERS

Foot Care with Nerissa is here on Sunday, September 29th from 9:00AM in the Beauty Salon. Check with Reception to see if there are any available appointment times.

National Truth and Reconciliation Day is on Monday, September 30th. We are excited to have Janice Black for a **Performance with Indigenous Dancers** at 2:30PM in the Fireside Lounge. Come and learn more about the important role indigenous dance plays in ceremonies with helping to maintain the culture by passing down stories and traditions from many generations.



Sign up in the Activity Room for a **Bus Outing: Scenic Drive** on Wednesday, October 2nd at 1:00PM. Please wait in the Fireside Lounge until we board the bus!

Join our **Wellness Session; Presentation with Christin on Holistic Massage Therapy** on Wednesday, October 2nd at 1:30PM in the Activity Room. Holistic therapy is a therapeutic massage for health and well-being and has many benefits, including increased energy, aiding digestion and increased joint mobility – to name just a few! Christin will be happy to answer any of your questions.

We have a **Wellness Session: Proof of Care Presents "10 Things for Seniors"** on Thursday, October 3rd at 1:30PM in the Activity Room. Proof of Care will share valuable tips and insights on how to embrace healthy aging and cultivate a balanced lifestyle that contributes to your overall well-being. Invite your neighbour to this event where important ideas will be suggested for better health!





Come and browse the many, stylish clothes at **Casual Chic Couture Fashions** on Friday, October 4th at 11:00AM in the Fireside Lounge. Choose a new outfit for autumn or maybe get ahead and buy an item of clothing to finish your ensemble for the Christmas holidays!

Join **Trivia Challenge** on Friday, October 4th at 11:00AM in the Activity Room. Come and have a fun time guessing the answer to questions from many, different interesting categories!!

Join us for a **Wellness Session: Why Should I get Vaccinated?** On Friday, October 4th at 1:30PM in the Activity Room. Learn the importance of keeping up to date with your vaccinations especially with winter just around the corner! Afterwards, join us for **Happy Hour** at 3:00PM in the Club Lounge.

Weekly Calendar for September 28^h – October 4th, 2024

Saturday, September 28 th		Sunday, September 29 th		
9:00AM 10:00AM 11:00AM 1:30PM 3:00PM	Foot Care with Nerissa Armchair Exercise Video Tai Chi Pictionary Artful Aging: Painting with Elizabeth and Friends	10:00AM 10:00AM 10:30AM 11:00AM 1:00PM 1:30PM 2:30PM 2:30PM	Armchair Exercise Video Advanced Rummikub GPUC Worship Service Gentle Fit with Winnie Table Tennis with Sally Tech Time with Erin Beginner Rummikub with Sally Youth Musician Association Performance	
Monday September 30 th	Tuesday October 1 st	Wednesday October 2 nd	Thursday October 3 rd	Friday October 4 th
<i>National Truth & Reconciliation Day</i> 10:00AM Advanced Exercise with Curtis Video 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 1:00PM Bus Outing: Shopping Trip to Superstore  2:30PM Truth & Performance with Indigenous Dancers 7:30PM Bingo	10:00AM Armchair Exercise Video 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 Exercise Video 1:00PM Bus Outing: Scenic Drive 1:30PM Billiards 1:30PM Wellness Session: Presentation with Christin on Holistic Massage Therapy 3:00PM Happy Hour 7:00PM Rummikub	<i>Hairdresser</i> 10:00AM Chair Fitness: Strength & Balance 11:00 Go4Life Walking Club 11:00AM Armchair Exercise Video 1:30PM Wellness Session: Proof of Care Presents “10 Things for Seniors” 2:30PM Java Music Club 7:00PM Game of Hearts	<i>Hairdresser</i> <i>Living Loving Local Celebration Dinner: Featuring Apples</i> 10:00AM Osteofit with Robin Masters 11:00AM Play Reading with Stephen 11:00AM Casual Chic Couture Fashions 11:00AM Trivia Challenge! 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 1:30PM Wellness Session: Why Should I get Vaccinated? 3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong