

GILMORE GARDENS WEEKENDER HIGHLIGHTS



Wishing you a Christmas that's merry and bright!

December 26th, 2024

IN HOUSE NEWS

A Special Christmas Message from Maureen, Community Relations Manager:

With gratitude for each and every one of you, I wish you a very Merry Christmas and Happy Hanukkah! This year we have welcomed 31 new residents to Gilmore Gardens. It has been a busy year 😊. I want to thank you for helping to welcome new residents. Being a welcoming neighbour can make such a big difference for people, even when we are not new! Also, thank you for letting us show your suites to potential new residents. There is never any obligation when we ask you, but if you don't mind, it can be very helpful. We will have a new system in 2025 for showing suites, and welcoming new residents, details coming soon! If you want to be on our list for occasionally showing your suites or meeting with people who are looking for a home, or welcoming new residents, be sure to let me know! I already have some of you on the list – so many thanks! Best wishes for a blessed year in 2025!

Christmas Day Featured Dinner on Wednesday December 25th the Dining Room will be open for Dinner from 4:45PM to 5:15PM. Reservations are full. If you will be away for Dinner please let Reception know ASAP. Hope this holiday brings you good health and a lot of blessings.

REMINDERS

If you need some TLC for your feet, please make an appointment with **Foot Care with Nerissa** on Saturday, December 28th from 9:00AM in the Beauty Salon. Check the binder at Reception to see if any appointments are available.



We need helping hands to **Decorate for New Year's Eve** on Saturday, December 28th at 1:30PM. Please wait in the Fireside Lounge and everyone can help decorate together!

If you need household provisions, sign up for our **Shopping Trip to T&T, Lansdowne Mall** on Monday, December 30th at 1:00PM. Please wait in the Fireside Lounge at least 5 minutes prior to boarding the bus. Thank you.

Join us at **Fit Minds** on Tuesday, December 31st at 2:45PM in the Club Lounge. Fit Minds is an interactive session that introduces different fun activities which is a positive step for brain health!

Dress up and be ready to ring in 2025 with your friends and fellow residents at our **New Year's Eve with Randy and Jeff** on Tuesday, December 31st at 7:30PM-9:00PM in the Fireside Lounge. We will join the countdown from 8:59PM (New York time) and raise our glass of bubbly to welcome in the New Year!



We have a **Bus Outing: Scenic Drive** on Wednesday, January 1st at 1:00PM. Sit back and enjoy the change of scenery on this regional drive.






Come for some travel from the comfort of your armchair! Join **Presentation with Jill: Travels to Amalfi and Croatia** on Wednesday January 1st at 2:00PM in the Fireside Lounge and enjoy looking at her photographs from this picturesque area in Europe. You will also have some treats to enjoy whilst watching the presentation.

It's January when the snowflakes fall! Come to our **Craft Session: Making Paper 3D Snowflakes** on Thursday, December 2nd at 2:30PM in the Activity Room. This craft is easy to follow, and the snowflakes look amazing. We will hang them in the Activity Room when finished!

Ears to You Hearing Health Check is here on Friday, January 3rd from 9:30AM - 1:30PM Beauty Salon. Please add your name to the sign-up sheet in the Activity Room. **If you need to change your appointment, please let Reception know as soon as possible** as the technician comes in only for appointments that are booked and confirmed. Thank you.



Weekly Calendar for December 27 th 2024 – January 3 rd , 2025				
Saturday, December 28 th		Sunday, December 29 th		
9:00AM 10:00AM 11:00AM 1:30PM 7:00PM	Foot Care with Nerissa Armchair Exercise Video Tai Chi Decorate for New Year's Eve Movie Night: The Holiday	10:00AM 10:30AM 11:00AM 1:30PM	Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Tech Time with Erin	
Monday December 30 th	Tuesday December 31 st	Wednesday January 1 st	Thursday January 2 nd	Friday January 3 rd
10:00AM Chair Fitness 11:00AM Armchair Exercise Video 11:00AM Go4Life Walking Club 1:00PM Bus Outing: Shopping Trip to Lansdowne Mall/T&T  1:30PM Meet Me at the MoMA: Pietro Adamo 3:00PM Chair Yoga with Lauren 7:30PM Bingo	New Year's Eve 10:00AM Armchair Exercise Video 11:30AM Meditation 1:30PM Wellness Session: Chair Yoga with Lynn Walters 2:45PM Fit Minds 7:30PM New Year's Eve with Randy and Jeff 	Happy New Year! 2025 10:00AM Advanced Armchair Video with Curtis 10:30AM Catholic Prayer & Communion 11:00AM Armchair Exercise Video 1:00PM Bus Outing: Scenic Drive 1:30PM Billiards 2:00PM Presentation with Jill: Travels to Amalfi and Croatia 3:00PM Happy Hour 7:00PM Rummikub	Hairdresser 10:00AM Chair Fitness: Strength & Balance 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 1:30PM Java Music Club 2:30PM Craft Session: Making Paper 3D Snowflakes  7:00PM Game of Hearts	De-decorate Christmas! Living Loving Local Dinner: Featuring Carrots 9:30AM Ears to You Hearing Health Check 10:00AM Osteofit with Robin Masters 11:00AM Play Reading with Stephen 11:00AM Advanced Armchair Video with Curtis 1:30PM Weekender Review (in Chinese)中文講解 中文講本週活動 3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong