

GILMORE GARDENS WEEKENDER HIGHLIGHTS



January 17th, 2025

IN HOUSE NEWS

Please note: Farah, our **Hairdresser** will be available on Friday, January 17th. There are a few appointments available from 8:30AM – 11:30AM. Please check with Reception.



For those residents who are on the **Lunch Program**, please be reminded that the Dining Room opens at 12:15PM. Please ensure you come at least 5 minutes beforehand. If you are not coming for lunch, please let Reception know.

Meet Me at The MoMA: J.M.W. Turner is moved from Monday, January 20th to Wednesday, January 22nd at 1:30PM in the Activity Room.

The Dining Room will be open for dinner on **Friday, January 25th at 5:00PM**. This is due to the Robbie Burns Celebration starting at 4:00PM. Thank you for your cooperation.

REMINDERS

If you need household provisions, sign up for our **Bus Outing: Shopping Trip to Walmart** on Monday, January 20th at 1:00PM. Please wait in the Fireside Lounge at least 5 minutes prior to boarding the bus.



We have a **Bus Outing: Brunch at Cora's Restaurant** on Wednesday, January 22nd at 11:00AM. Cora's has an extensive delicious menu for breakfast and brunch, including waffles, pancakes, eggs, sandwiches and many other tasty dishes. Invite your neighbour and enjoy!

Join us for **Meet Me at The MoMA: J.M.W. Turner** on Wednesday, January 22nd at 1:30PM in the Activity Room. Turner (1775-1851) was born in London, England and was an English Romantic landscape painter whose expressionistic studies of light, colour and atmosphere were unmatched in their range and sublimity.

Come for an informative **Presentation on Frauds and Scams with Keith Fairbairn** on Thursday, January 23rd at 1:30PM in the Activity Room. As the RCMP warn, if it sounds too good to be true, it probably is. Learn about some common types of fraud and discover ways to protect your money.

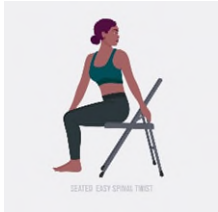




We are celebrating Robbie Burns a day early on Friday, January 24th! Wear your tartan and take a seat to watch the **Elizabeth Johnston Highland Dancers** perform spectacular highland flings on Friday, January 24th at 4:00PM in the Fireside Lounge accompanied by **Andrew Lee, Bagpiper**.

Following this, listen carefully as you experience the **Address to a Haggis with Jim Gallacher** at 4:30PM. This is a fun celebration so make sure you mark it on your calendar! Robert Burns, who died in 1796, was a Scottish bard whose life and poems are celebrated on his birthday (January 25th).



Weekly Calendar for January 17th – 24th, 2025

Saturday, January 18 th		Sunday, January 19 th		
<p>8:30AM 10:00AM 11:00AM 1:30PM 3:00PM</p>	<p>Nails with Angie Armchair Exercise Video Tai Chi Horseraces Game Artful Aging: Painting with Elizabeth & Friends</p>	<p>10:00AM 10:30AM 11:00AM 1:30PM</p>	<p>Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Tech Time with Erin</p>	
Monday January 20 th	Tuesday January 21 st	Wednesday January 22 nd	Thursday January 23 rd	Friday January 24 th
<p>Martin Luther King, Jr Day</p> <p>10:00AM Chair Fitness</p> <p>11:00AM Armchair Exercise Video</p> <p>11:00AM Go4Life Walking Club</p> <p>1:00PM Bus Outing: Shopping Trip to Walmart</p> <p>3:00PM "Sit and Be Fit" Gentle Arthritis Exercise Video</p> <p>7:30PM Bingo</p>	<p>10:00AM Armchair Exercise Video</p> <p>11:30AM Food Committee Meeting</p> <p>11:30AM Meditation</p> <p>1:00PM Recreation Committee Meeting</p> <p>1:30PM Wellness Session: Chair Yoga with Lynn Walters</p> <div style="text-align: center; margin: 10px 0;">  </div> <p>2:45PM Giant Crosswords</p> <p>7:00PM Crib/Chess</p>	<p>10:00AM Chair Fitness</p> <p>10:30AM Catholic Prayer & Communion</p> <p>11:00AM Armchair Exercise Video</p> <p>11:30AM Bus Outing: Brunch at Cora's Restaurant</p> <p>1:30PM Meet Me at The MoMA: JMW Turner, British Artist</p> <div style="text-align: center; margin: 10px 0;">  </div> <p>1:30PM Billiards</p> <p>3:00PM Happy Hour</p> <p>7:00PM Rummikub</p>	<p>Hairdresser</p> <p>10:00AM Chair Fitness: Strength & Balance</p> <p>11:00AM Armchair Exercise Video</p> <p>11:00AM Go4Life Walking Club</p> <p>1:30PM Frauds & Scams Presentation with Keith Fairbairn</p> <div style="text-align: center; margin: 10px 0;">  </div> <p>7:00PM Game of Hearts</p>	<p>Hairdresser</p> <p>10:00AM Osteofit with Robin Masters</p> <p>11:00AM Play Reading with Stephen</p> <p>11:00AM Trivia with Jill</p> <p>1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動</p> <p>3:30PM Table Tennis</p> <p>4:00PM Robbie Burns Celebration: Liz Johnston Highland Dancers</p> <p>4:30PM Address to a Haggis with Jim Gallacher</p> <p>6:00PM Mah Jong</p>