

GILMORE GARDENS WEEKENDER HIGHLIGHTS

Happy
New Year
2025

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January 3rd, 2025

IN HOUSE NEWS

Starting January 1st, 2025, we are implementing a few changes to our dining services as follows:

- There will no longer be a “**Tray Pick-up**” option for room service. Room service delivery will still be available, and we encourage everyone to join their neighbours in the Dining Room as much as possible.
- We will be increasing the number of complimentary room service trays to 14.
- Bag lunches will still be available if you have an appointment that keeps you away for lunch.
- There will be no pick-up option for hot food as of January 1st, either dine-in or delivery.

If you have any questions regarding these changes, please contact Lorne McMillan, General Manager. Thank you!

REMINDERS

It's National Trivia Day on Saturday, January 4th! Test your knowledge for all things “*trivia*” at **Trivia with Angela** at 1:30PM in the Activity Room. It's a day to “brush up” on bits of trivia! 😊

If you need household provisions, sign up for our **Bus Outing: Shopping Trip to Ironwood** on Monday, January 6th at 1:00PM. Please wait in the Fireside Lounge at least 5 minutes prior to boarding the bus.



We have a **Bus Outing: Lunch at Seasons in the Park** on Wednesday, January 8th at 11:30AM. Seasons Restaurant has great views of downtown Vancouver and has an extensive delicious menu, including soups and salads, burgers and many tasty entrees. Invite your neighbour and enjoy!

Join us for an interesting **Presentation with David Darling on “A History of Relations between Canadian PMs and US Presidents”** on Thursday, January 9th at 1:30PM in the Activity Room. Canadian PM, Pierre Trudeau once told US President, Richard Nixon, *“Living next to you is in some ways like sleeping with an elephant. No matter how friendly and even-tempered the beast is, if I can call it that, one is affected by every twitch and grunt.”* The presentation will look at how cordial the relationships between the Presidents and Prime Ministers have been in the past. With Trump as the next President, what will this bring for Canada?







It's a week of trivia! Join **Trivia with Jill** on Friday, January 10th at 11:00AM in the Activity Room and give your memory and mind a workout in coming up with the answer for the different types of trivia we will be doing! All in good fun!



Come for a wonderful hour of **Entertainment with Music Variations** on Friday, January 10th at 2:00PM in the Fireside Lounge. The music will have you tapping your feet, clapping your hands or maybe dancing! Afterwards, join us for **Happy Hour** at 3:00PM in the Club Lounge. On Fridays, we have tasty appetizers from our kitchen!

Weekly Calendar for January 3rd – 10th, 2025

Saturday, January 4 th		Sunday, January 5 th		
8:30AM 10:00AM 11:00AM 1:30PM 3:00PM	<i>National Trivia Day!</i> Nails with Angie Armchair Exercise Video Tai Chi Trivia with Angela Artful Aging: Painting with Elizabeth & Friends	10:00AM 10:30AM 11:00AM 1:30PM	Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Tech Time with Erin	
Monday January 6 th	Tuesday January 7 th	Wednesday January 8 th	Thursday January 9 th	Friday January 10 th
<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 Ironwood</p> <p>1:30PM Meet Me at The MoMA: Christopher Pratt (East Coast, Maritimes)</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 Meditation</p>  <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: Lunch a Seasons in the Park</p>  <p>1:30PM Billiards</p> <p>3:00PM Happy Hour</p> <p>7:00PM Rummikub</p>	<p><i>Hairdresser</i></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 Presentation with David Darling: A History of Relations between Canadian PMs and US Presidents</p> <p>7:00PM Game of Hearts</p>	<p><i>Hairdresser</i></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>2:00PM Entertainment with Music Variations</p> <p>3:00PM Happy Hour</p> <p>3:30PM Table Tennis</p> <p>6:00PM Mah Jong</p>