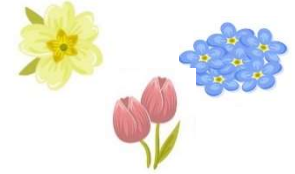
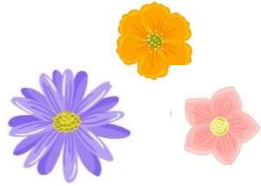


GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



February 23rd, 2024

IN HOUSE NEWS

Farah will be here on Saturday, March the 2nd for hair appointments starting at 9:15AM.

New: Farah will be offering Fridays on a regular basis as another day of service starting March 8th. Her weekly Thursday schedule will remain the same.



Wednesday, February 28th is Pink Shirt Day! Pink Shirt Day is an antibullying campaign that celebrates diversity and creates environments where all people can feel safe, valued and respected. Please wear something pink today to support this very meaningful annual event.

REMINDERS

Bring your flair for creativity to our **Craft Session: Starry Night Tutorial** on Saturday, February 24th at 1:30PM in the Activity Room. We will have an onscreen tutorial for this art session with step-by-step instructions on how to paint a 'starry night' scene. It's fun for everyone, no experience necessary!

If you require household provisions, sign up for our **Bus Outing: Shopping Trip to Freshco** on Monday, February 26th at 1:00PM. Please wait in the Fireside Lounge before we board the bus and remember to bring your reusable bags.

Join us for **Fit Minds** on Tuesday, February 27th at 2:00PM in the Club Lounge. From puzzles to a discussion on a specific topic, the activities and exercises are challenging and engaging and designed to improve cognitive functioning. A fun way to interact with your fellow residents!

Sign up for our **Bus Outing: Scenic Drive** on Wednesday, February 28th at 1:00PM. Relax and take in the sights and sounds of the city. All the early blooms will be starting to appear in the gardens so sign up early in the Activity Room for your seat on the bus!

Celebrate National Floral Design Day with a **Craft Session: Making Tissue Paper Flowers** on Wednesday, February 28th at 1:30PM in the Activity Room. We will be making beautiful flowers from tissue paper to create our own floral designs. All are welcome!



Join us for our **Birthday Party and Welcome Tea** on Thursday, February 29th at 2:00PM in the Dining Room. We will be celebrating all the birthdays of February and welcoming our new residents while enjoying delicious cake from our local Steveston Bakery and a cup of coffee or tea. All are welcome to attend this fun and social event!

Take a seat on the bus for our weekly **Bus Outing to Steveston Village** on Friday, March 1st at **12:00PM**. You can go for a walk, have lunch out, or do some shopping! There is a Save on Foods near the drop off point, so this is also a great opportunity to pick up grocery items. This bus will go to Steveston, regardless of how many residents sign up for this trip. Feel free to invite a friend to join you on the bus, if there is a seat available!



Join us for **Entertainment with Mike Kinal** on Friday, March 1st at 2:00PM in the Fireside Lounge. Listen to the upbeat music and enjoy appetizers and a drink afterwards at **Happy Hour** at 3:00PM in the Club Lounge.

Weekly Calendar for February 24th – March 1st, 2024

Saturday, February 24 ^h		Sunday, February 25 th		
9:00AM 10:00AM 11:00AM 1:30PM 3:00PM 7:00PM	Foot Care with Nerissa Armchair Exercise Video Tai Chi Craft Session: Starry Night Painting Tutorial DrumFIT Movie Night: Fences	 10:00AM 10:30AM 11:00AM 2:30PM 3:00PM	Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Youth Musician Association Tech Time with Radha	
Monday February 26 th	Tuesday February 27 th	Wednesday February 28 th	Thursday February 29 th	Friday March 1 st
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 1:00PM Bus Outing: Shopping Trip to Freshco 1:30 Craft Session: Garden Rock Painting  3:00PM "Sit and Be Fit" Gentle Arthritis Video Exercise Class 7:30PM Bingo	<p style="color: red; text-align: center;"><i>Purdy's Easter Orders In</i></p> 10:00AM Armchair Exercise Video 11:30AM Meditation 1:30PM DrumFIT 2:00PM Fit Minds 7:00PM Crib/Chess	<p style="color: red; text-align: center;"><i>Pink Shirt Day</i></p> <p style="color: red; text-align: center;"><i>National Floral Design Day</i></p> 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 Craft Session: Making Tissue Paper Flowers  3:00PM Happy Hour 7:00PM Rummikub	<p style="color: red; text-align: center;"><i>Hairdresser</i></p> 9:30AM Morning Chat & Coffee with Mirandah 10:00AM Chair Fitness: Strength and Balance 11:00AM Armchair Exercise Video 2:00PM Birthday Party and Welcome Tea  7:00PM Game of Hearts	<p style="color: red; text-align: center;"><i>Living Loving Local Dinner: Featuring Maple</i></p> 10:00AM Osteofit with Robin Masters 11:00AM Play Reading with Stephen 11:00AM Get Moving with Valerie 12:00PM Bus Outing: Steveston Village 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 2:00PM Entertainment with Mike Kinal 3:00PM Happy Hour 3:30PM Table Tennis (Drop-in) 6:45PM Mah Jong