## GILMORE GARDENS WEEKENDER "HIGHLIGHTS"











March 15<sup>th</sup>, 2024

## IN HOUSE NEWS

Please note: **Rummikub with Sally** on Sunday, at 10:30AM on Sunday March 17<sup>th</sup> is cancelled, and also **Table Tennis with Sally** at 1:00PM on Sunday, March 17<sup>th</sup> is cancelled.

**Gentle Fit with Winnie** will be subbed by **Robin Masters** on Sunday, March 17<sup>th</sup> at 11:00AM in the Activity Room.

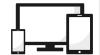
It's that time of the year again when our Tax Returns are due. If you need assistance, please sign up for an appointment at our **Tax Clinic with Jaqueline Ho, Equity CPA Inc** on Monday, March 18<sup>th</sup> from 10:00AM-3:00PM in the Private Dining Room. There is a sign-up sheet in the Activity Room. Thank you!



## **REMINDERS**

Test your aiming skills at **Dart Challenge** on Saturday, March 16<sup>th</sup> at 1:30PM in the Activity Room! This is a fun and popular game; come and cheer on your fellow residents! You never know ... you may win a prize or two!

If you have any issues with your technical devices (laptop, iPad, cell phone), please visit **Tech Time with Radha** on Sunday, March 17<sup>th</sup> at 3:00PM in the Club Lounge. She can help fix any problems you may be experiencing!



If you need essentials, sign up for a **Bus Outing: Shopping Trip to Garden City Centre** on Monday, March 18<sup>th</sup> at 1:00PM. Remember to bring your reusable shopping bags!

Come with helping hands to **Decorate for Cruise week** on Monday, March 18<sup>th</sup> at 1:30PM in the Fireside Lounge. Our annual Verve initiative, **Cruise Week** begins on Thursday with various activities throughout the week that embrace different countries in Europe!



If you need new batteries for your hearing aid or to get them cleaned, please sign up in the Activity Room for our **Connect Hearing Clinic** on Tuesday, March 19<sup>th</sup> at 1:30PM in the Beauty Salon.

Come and have fun and test your memory for recalling that *correct* word for the clues at **Giant Crosswords** on Tuesday, March 19<sup>th</sup> at 2:45PM in the Club Lounge!

Join us for a change of scenery on our **Bus Outing: Lunch and Shopping Trip to Tsawwassen Mills/Walmart** on Wednesday, March 20<sup>th</sup> at 11:30AM. Please wait in the Fireside Lounge before we board the bus. Sign up to browse the shops and have a coffee or lunch at the food court!

If you need assistance with your walker or require any other medical equipment, please come to a **Wellness Session: Walker Check-up with BC Medequip** on Wednesday, March 20<sup>th</sup> at 1:30PM in the Activity Room. All our welcome!

We have our monthly **Birthday Party & Welcome Tea** on Thursday, March 21<sup>st</sup> at 2:00PM in the Dining Room. Come and welcome our new residents and celebrate our residents whose birthday is in March! We also have delicious cake from Steveston Bakery to enjoy with a cup of tea or coffee!



Enjoy our fabulous **Cruise Week Entertainment with Shik Shak Shok Belly Dancing Troupe** on Friday, March 22<sup>nd</sup> at 2:00PM in the Fireside Lounge at our *Port of Call: Morocco!* Afterwards, you can savour tasty appetizers at our **Moroccan Happy Hour with Mojitos and Olive Bread** at 3:00PM in the Club Lounge.

Weekly Calendar for March 15 <sup>th</sup> – 22 <sup>nd</sup> , 2024							
Saturday, March 16 <sup>th</sup>				Sunday, March 17 <sup>th</sup>			
11:00AM Tai Chi 1:30PM Dart Challenge			rith	10:00AN 10:30AN 11:00AN	Λ	St Patrick's Day!  Armchair Exercise Video GPUC Worship Service Gentle Fit with Robin Masters	
		beth & Friends		3:00PM		Tech Time with Radha	
Monday		Tuesday	Wedn	esday		Thursday	Friday
March 18 <sup>th</sup>		March 19 <sup>th</sup>	March 20 <sup>th</sup>			March 21 <sup>st</sup>	March 22 <sup>nd</sup>
		Welcome Spring!				Hairdresser Cruise Week	Hairdresser  Port of Call:
10:00AM Chair Fitness		10:00AM Armchair	10:00AM Chair Fitness			Begins!	Morocco
10:00AM-3:00PM Tax Clinic with		Video Exercises	10:30AM Catholic Mass		1	Port of Call: Spain	10:00AM Osteofit with Robin Masters
Equity CPA Inc  11:00AM Go4Life		11:30AM Food Committee Meeting	11:00AM Armchair Video Exercises  11:30AM Bus Outing: Lunch and Shopping at Tsawwassen Mills/Walmart		10:00AM Chair Fitness: Strength	11:00AM Play Reading with Stephen	
Walking Club  11:00AM Armchair Video Exercises		11:30AM Meditation			& Balance		11:00AM Get Moving with Valerie
1:00PM Bus		1:00PM Recreation Committee			Α	1:00AM rmchair Video xercises	12:00PM Bus Outing: Steveston Village
Outing: Shopping Trip to Garden City Centre		Meeting 1:30PM Wellness	1:30PM Walker Check-up with Medequip  1:30PM Billiards			:30PM Scrabble ith Pat	1:30PM Weekender Review (in Chinese) 中文講解中文講本週
1:30PM Decorate for Cruise Week		Session: Chair Yoga with Lynn Walters			2:00PM Birthday Party & Welcome Tea	活動 2:00PM Cruise Week Entertainment with Shik Shak Shok Belly Dancing	
		Connect Hearing Clinic 2:45PM Giant Crosswords				3:00PM Moroccan	
3:00PM "Sit and Be Fit" Gentle Arthritis Video Exercise Class		7:00PM Crib/Chess	3:00PM Happy Hour 7:00PM			:00PM Game of earts	Happy Hour with Mojitos and Olive Bread
7:30PM Bingo			Rummiki	ub			3:30PM Table Tennis
							6:45PM Mah Jong

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