

GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



March 15th, 2024

IN HOUSE NEWS

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

Gentle Fit with Winnie will be subbed by **Robin Masters** on Sunday, March 17th 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 18th 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 16th 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 17th 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 18th at 1:00PM. Remember to bring your reusable shopping bags!

Come with helping hands to **Decorate for Cruise week** on Monday, March 18th 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 19th 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 19th 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 20th 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 20th at 1:30PM in the Activity Room. All our welcome!

We have our monthly **Birthday Party & Welcome Tea** on Thursday, March 21st 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 22nd 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 15th – 22nd, 2024

Saturday, March 16th

Sunday, March 17th

10:00AM Armchair Exercise Video
 11:00AM Tai Chi
 1:30PM Dart Challenge
 3:00PM Artful Aging: Painting with Elizabeth & Friends

10:00AM Armchair Exercise Video
 10:30AM GPUC Worship Service
 11:00AM Gentle Fit with Robin Masters
 3:00PM Tech Time with Radha

St Patrick's Day!



**Monday
March 18th**

**Tuesday
March 19th**

**Wednesday
March 20th**

**Thursday
March 21st**

**Friday
March 22nd**

10:00AM Chair Fitness
 10:00AM-3:00PM Tax Clinic with Equity CPA Inc
 11:00AM Go4Life Walking Club
 11:00AM Armchair Video Exercises
 1:00PM Bus Outing: Shopping Trip to Garden City Centre
 1:30PM Decorate for Cruise Week

Welcome Spring!



10:00AM Armchair Video Exercises
 11:30AM Food Committee Meeting
 11:30AM Meditation
 1:00PM Recreation Committee Meeting
 1:30PM Wellness Session: Chair Yoga with Lynn Walters
 1:30PM Connect Hearing Clinic
 2:45PM Giant Crosswords

10:00AM Chair Fitness
 10:30AM Catholic Mass
 11:00AM Armchair Video Exercises
 11:30AM Bus Outing: Lunch and Shopping at Tsawwassen Mills/Walmart



1:30PM Walker Check-up with Medequip

1:30PM Billiards

3:00PM Happy Hour

7:00PM Rummikub

Hairdresser
 Cruise Week Begins!
 Port of Call: Spain

10:00AM Chair Fitness: Strength & Balance

11:00AM Armchair Video Exercises

1:30PM Scrabble with Pat

2:00PM Birthday Party & Welcome Tea



7:00PM Game of Hearts

Hairdresser
 Port of Call: Morocco

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 Cruise Week Entertainment with Shik Shak Shok Belly Dancing Troupe



3:00PM Moroccan Happy Hour with Mojitos and Olive Bread

3:30PM Table Tennis

6:45PM Mah Jong



3:00PM "Sit and Be Fit" Gentle Arthritis Video Exercise Class

7:30PM Bingo

7:00PM Crib/Chess

