

GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



March 1st, 2024

IN HOUSE NEWS

With the current water leak in the Private Dining Room and the Club Lounge set aside for lunch and dinner seating, we will be combining Entertainment with Mike Kinal and Happy Hour on Friday, March 1st from 2:00PM in the Fireside Lounge. Come and enjoy the music and refreshments in a cozy location!

Please note that some of the activities during the coming may change locations due to the the Private Dining Room and Club Lounge being used for Lunch and Dinner.

Richmond Public Library Books are due on Monday, March 4th. Please return any books you have to the Club Lounge by this date. The new books will be available on Wednesday, March 6th.

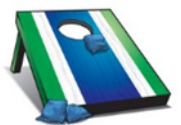


Calling all book lovers! We would like to start a **Gilmore Gardens Book Club** and are requesting those residents who would be interested in participating on a regular basis to please add your name to the sheet on the sign-up table in the Activity Room. Thank you!

We are excited to introduce a new fitness class, **Pound Fitness Class** starting on Thursday, March 7th at 3:30PM in the Activity Room. This class is set to music and is led by a fitness instructor. It involves using drum sticks to help improve muscle conditioning and includes cardio interval training. The goal with this class is to improve strength and flexibility as well as improve the mind-body connection. No previous fitness experience is necessary, and modifications are provided for different abilities.

REMINDERS

Test your aiming skills at **Bean Bag Toss** on Saturday, March 2nd at 1:30PM in the Activity Room! This is a fun and popular game; come and cheer on your team members and 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 3rd at 3:00PM in the **Activity Room**. She can help fix any problems you may be experiencing!

If you require household provisions, sign up for the **Bus Outing: Shopping Trip to Walmart** on Monday, March 4th at 1:00PM. Please wait in the Fireside Lounge before we board the bus.

Do you miss reading The Richmond News? Well, now is your opportunity to enjoy perusing this local newspaper again! Join a **Live Tutorial with Richmond News on "How to Get The Richmond News on Your Device"** on Monday, March 4th at 1:30PM in the Activity Room.

Join us for a **Bus Outing: Shopping and Lunch at Richmond Centre Mall** on Wednesday, March 6th at 11:30AM. Sign up and browse the shops, and have a coffee or lunch at the food court!

Come for an informative **Wellness Session: Proof of Care Presents “Dementia”** on Thursday, March 7th at 11:00AM in the Activity Room. Memory issues are normal as we age, however, certain symptoms can signal more serious cognitive impairment. Learn about the early signs of dementia and differentiate between these and normal memory loss. Everyone is welcome.



Enjoy listening to the sweet sound of string instruments at **Entertainment with The Camilli Quartet** on Friday, March 8th at 2:00PM in the Fireside Lounge. Afterwards, invite your neighbour to **Happy Hour** at 3:00PM in the Club Lounge and enjoy a drink with delicious appetizers!

Weekly Calendar for March 2nd– 8th, 2024

Saturday, March 2 nd		Sunday, March 3 rd		
10:00AM 11:00AM 1:30PM 3:00PM	<p style="text-align: center;"><i>Hairdresser</i></p> Armchair Exercise Video Tai Chi Bean Bag Toss Artful Aging: Painting with Elizabeth & Friends	10:00AM 10:30AM 11:00AM 3:00PM	Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Tech Time with Radha	
Monday March 4 th	Tuesday March 5 th	Wednesday March 6 th	Thursday March 7 th	Friday March 8 th
<p><i>Richmond Public Library Books Due</i></p> 10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Video Exercises 1:00PM Bus Outing: Shopping Trip to Walmart 1:30PM Richmond News Live Tutorial “How to Get The Richmond News on Your Device” 3:00PM “Sit and Be Fit” Gentle Arthritis Video Exercise Class 7:30PM Bingo 	10:00AM Armchair Video Exercises 11:30AM Meditation 1:30PM Wellness Session: Chair Yoga with Lynn Walters <div style="text-align: center;"></div> 7:00PM Crib/Chess <div style="text-align: center;"></div>	<p><i>Richmond Public Library Books Arrive</i></p> 10:00AM Chair Fitness 10:30AM Catholic Prayer and Communion 11:00AM Armchair Video Exercises 11:30AM Bus Outing: Lunch and Shopping at Richmond Centre Mall 1:30PM Billiards 1:30PM Giant Crosswords 3:00PM Happy Hour 7:00PM Rummikub	<p><i>Hairdresser</i></p> 10:00AM Chair Fitness: Strength & Balance 11:00AM Wellness Session: Proof of Care Presents “Dementia” 1:30PM Meet Me at The MoMA: Andy Warhol, American Visual Artist <div style="text-align: center;"></div> 3:30PM Pound Fitness Class – <i>New!</i> 7:00PM Game of Hearts	<p><i>Hairdresser</i></p> 10:00AM Osteofit with Robin Masters 11:00AM Play Reading with Stephen 11:00AM Get Moving with Valerie 12:00PM <i>New time!</i> 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 The Camilli Quartet 3:00PM Happy Hour 3:30PM Table Tennis 6:45PM Mah Jong