

GILMORE GARDENS WEEKENDER "HIGHLIGHTS"

Spring



Spring

March 8th, 2024

IN HOUSE NEWS



Please note that all activities remain cancelled for March 9th and March 10th. If you plan to attend any activities during the week of Monday, March 11th, you will be required to wear a *mask* to help prevent any risk of infection, this also includes our bus trips. We will be limiting all activities to a maximum of 10 residents, so please arrive early if you wish to join. In light of this, the following events that involve larger gatherings are **cancelled**:

- **Bingo** on Monday, March 11th
- **Resident Council Meeting** on Thursday, March 14th
- **St Patrick's Day Celebration with The Richmond Singers** on Friday, March 15th

Our **Hairdresser**, Farah will be offering Fridays on a regular basis for hairdressing services in the Beauty Salon starting Friday, March 8th. Farah's weekly Thursday schedule will remain the same.



Daylight Saving Time starts on Sunday, March 10th at 2:00AM. Remember to set your clocks one hour forward before bedtime on Saturday night. It's time to enjoy days of longer light in the evenings!



We are excited to have our annual **Easter Buffet** on Thursday, March 28th with seatings at 5:00PM and 6:30PM. There is a limit of 3 guests per resident (cost is \$42 per adult guest and \$16 per child aged 4–12). Please make your reservations at Reception starting Friday, March 15th. We will do our best to accommodate all reservations. If you are not inviting guests, please let Reception know what time you would like to dine; 5:00PM or 6:30PM. Thank you!

REMINDERS

Do you need anything from Safeway, Shoppers Drug Mart or the BC Liquor store? If so, sign up for our **Bus Outing: Shopping Trip to Seafair** on Monday, March 11th at 1:00PM. Please wait in the Fireside Lounge before we board the bus and remember to bring your reusable bags.

Spring is just around the corner and to welcome the season we have a **Craft Session: Making Spring Wreaths** on Monday, March 11th at 1:30PM in the Activity Room. Each resident will be given supplies to make a beautiful wreath which they can hang on their front door for all to enjoy!

We have a **Wellness Session: Walker Check-up with BC Medequip** on Tuesday, March 12th at 1:30PM in the Activity Room. If your walker needs assistance or you are interested in enquiring about any medical equipment you may need, please join us. All are welcome.



Come for **Fit Minds** on Tuesday, March 12th at 2:00PM in the Club Lounge. The activities and exercises that are presented are both challenging and engaging and are designed to improve cognitive functioning. Why not join us for a session and participate or sit and listen!

Sign up for our **Bus Outing: Dim Sum at Sea Fortune Restaurant, Richmond** on Wednesday, March 13th at 11:30AM. Savour the many, different selections of dim sum with fellow residents! Please note: Each resident is responsible for paying their own bill.

We need helping hands to **Decorate for St Patrick's Day** on Thursday, March 14th at 11:00AM in the Fireside Lounge. Let's create an inviting atmosphere for our Irish festivities on March 15th.

Come for a bittersweet farewell at **Morning Chat and Coffee with Mirandah** on Thursday, March 14th at 9:30AM. We are very sad to see Mirandah leaving us, however, it is also an exciting time for both her and the company as she embarks on a new and exciting journey in the role of Director of Operations, Western Region.

Sign up for a seat on the bus for our weekly **Bus Outing to Steveston Village** on Friday, March 15th at 12:00PM. The bus will go to Steveston regardless of how many residents sign up.


Weekly Calendar for March 8th – 15th, 2024

Saturday, March 9th

Sunday, March 10th

Clocks go forward 1 hour on Saturday night!

All activities on Saturday and Sunday are cancelled

Monday March 11 th	Tuesday March 12 th	Wednesday March 13 th	Thursday March 14 th	Friday March 15 th
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 1:00PM Bus Outing: Shopping Trip to Seafair 1:30PM Craft Session: Making Spring Wreaths  3:00PM "Sit and Be Fit" Gentle Arthritis Video Exercise Class	10:00AM Armchair Exercise Video 11:30AM Meditation 1:30PM Wellness Session: Walker Check-up with BC MEDEQUIP 2:00PM Fit Minds 3:15pm DrumFIT 7:00PM Crib/Chess	10:00AM Chair Fitness 10:30AM Catholic Prayer & Communion 11:00AM Armchair Exercise Video 11:30AM Bus Outing: Dim Sum at Sea Fortune Restaurant 1:30PM Billiards 3:00PM Happy Hour 7:00PM Rummikub	<i>Hairdresser</i> 9:30AM Morning Chat & Coffee with Mirandah 10:00AM Chair Fitness: Strength and Balance 11:00AM Armchair Exercise Video 11:00AM Decorate for St Patrick's Day 1:30PM Java Music Club 1:30PM Meet Me at The MoMA: Charles Jervas, Portrait Painter (Ireland) 7:00PM Game of Hearts	<i>Hairdresser</i> 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 3:30PM Table Tennis (Drop-in) 6:45PM Mah Jong