

GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



April 26th, 2024

IN HOUSE NEWS

All residents are welcome to enjoy the TV in the Club Lounge, however, if there is an activity scheduled when you are there, please be mindful and retreat to your suite to finish watching your program. Thank you.



We are delighted to inform you that we'll be having a **Mother's Day Brunch Buffet** on Sunday, May 12th from 12:00PM – 1:30PM. Reception will be taking reservations starting Friday, April 26th. Adults: \$25.00, Residents: \$15.00, Children ages 4-16 \$16.00 and **no charge for residents on the lunch program.**

REMINDERS

Do you like to test your memory and knowledge? Come for a challenging hour that promises a lot of fun when you participate in "**Jeopardy**" on Saturday, April 27th at 1:30PM in the Activity Room. Just like the TV game show, reply with a question to a given clue and you may win a prize!



On Sunday, April 28th, at 2:30PM in the Fireside Lounge, join us in support of this young talent as the **Youth Music Association** come by and entertain you with their musical abilities.

It's the time to enjoy the warmer weather and the perfect time to join us on the **Bus Outing: Shopping Trip to Walmart** on Monday, April 29th, at 1:00PM. From grocery items to household items and clothing, there's something for everyone! Please sign up in the Activity room to reserve your seat on the bus.



Challenge yourself to **Giant Crosswords** on Tuesday, April 30th 2:45PM in the Club Lounge. Test your memory as you're provided with clues to the puzzle. There's always a treat to enjoy as well!

Join us for a fun **Bus Outing: Van Dusen Gardens and Lunch at Shaughnessy Restaurant** on Wednesday, May 1st at 11:30AM. You can have lunch and then peruse the gardens or just have a quick bite in the cafeteria and spend more time in the gardens. Please sign up early for this excursion and you won't be disappointed.

Test your general IQ and participate in a fun and challenging **Trivia Game: I Should Have Known That!** on Thursday, May 2nd at 1:30PM in the Activity Room. We will collaborate within groups to answer trivia questions and compete for first, second and third prizes! Come and join us for a lot of fun and laughs!

On Thursday, May 2nd at 3:30PM in the Activity Room we have a new Fitness class called, "**Pound for Seniors.**" This class will be led by an instructor who is trained specifically in drumming with seniors. Come and try this low-key new style of movement to keep fit!



Are you up to date with your vaccinations? Have you received 2 doses of shingles vaccines or pneumococcal vaccines in the past? There is a **Wellness Session: Importance of Vaccinations** on Friday, May 3rd at 11:00AM in the Activity Room. Keeping up to date with your immunizations is an

important step to staying healthy as you get older. Come learn more about the recommended vaccines for you!



Join us for some great **Entertainment with Charles Johnson** in the Fireside Lounge on Friday, May 3rd at 2:00PM. This talented fellow with his southern charm will bring old familiar tunes for you to enjoy while tapping your toes!
Following this great hour of music enjoy **Happy Hour** with your favourite glass of wine or beer and delicious appetizers from the kitchen at 3:00PM in the Club Lounge.

Weekly Calendar for April 27th - May 3rd, 2024

Saturday, April 27 th		Sunday, April 28 th		
9:00AM 10:00AM 1:30PM 3:00PM	Footcare with Nerissa Armchair Exercise Video Jeopardy Artful Aging: Painting with Elizabeth and Friends	10:00AM 10:30AM 11:00AM 2:30PM 3:00PM	Armchair Video GPUC Worship Service Gentle Fit with Winnie Youth Music Association Tech Time with Radha	
Monday April 29 th	Tuesday April 30 th	Wednesday May 1 st	Thursday May 2 nd	Friday May 3 rd
<p><i>Richmond Public Library Books Due</i></p> <p>National Dance Day</p> <p>10:00AM Chair Fitness</p> <p>11:00AM Go4Life Walking Club</p> <p>11:00AM Armchair Video Exercises</p> <p>1:00PM Bus Outing: Shopping Trip to Walmart</p> <p>1:30PM Meet Me at the MoMA: Rembrandt Van Rijn – Painted Presence: Rembrandt and his Peers</p> <p>3:00PM “Sit and Be Fit” Gentle Arthritis Video Exercise Class</p> <p>7:30PM Bingo</p>	<p>10:00AM Armchair Video Exercises</p> <p>11:30AM Meditation</p> <p>1:30PM Wellness Session: Chair Yoga with Lynn Walters</p> <p>2:45PM Giant Crosswords</p>  <p>7:00PM Crib/Chess</p>	<p><i>Richmond Public Library New Books Arrive</i></p> <p>10:00AM Chair Fitness</p> <p>10:30AM Catholic Prayer and Communion</p> <p>11:00AM Armchair Video Exercises</p> <p>11:30AM Bus Outing: Van Dusen Gardens and Lunch at Shaughnessy Restaurant</p> <p>1:30PM Billiards</p> <p>3:00PM Happy Hour – “Christmas in May!”</p> <p>7:00PM Rummikub</p>	<p>10:00AM Chair Fitness: Strength & Balance</p> <p>11:00AM Armchair Video Exercises</p> <p>11:00AM Go4Life Walking Club</p> <p>1:30PM Trivia Game: “I Should Have Known That!”</p>  <p>3:30PM Pound for Seniors</p> <p>7:00PM Game of Hearts</p>	<p>Living Loving Local Celebration Dinner Featuring: Rhubarb</p> <p>10:00AM Osteofit with Robin Masters</p> <p>11:00AM Play Reading with Stephen</p> <p>11:00AM Wellness Session: Importance of Vaccinations</p> <p>12:00PM Bus Outing: Steveston Village</p> <p>1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動</p> <p>2:00PM Entertainment with Charles Johnson</p> <p>3:00PM Happy Hour</p> <p>3:30PM Table Tennis</p> <p>6:45PM Mah Jong</p>