

GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



April 5th, 2024

IN HOUSE NEWS

New! Go4Life Walking Club on Thursday, April 11th at 11:00AM. Meet our new volunteer, Alamelu and share some stories with her while you enjoy your walk in the neighbourhood!



Please note:

Farah, our Hairdresser, will not be here on Friday, April 12th.

There is an upcoming **Alarmed Fire Drill planned for Friday April 19th at 2:00PM**. If you are unsure about procedure or what to do during a Fire Drill, please let Reception know. Christopher, our Building Services Manager, will then arrange a time to walk you through.

REMINDERS

Come and cheer on your fellow residents as you test your putting skills at the game of **Golf Challenge** on Saturday, April 6th at 1:30PM in the Activity Room! Whether you are used to playing a round of golf or not, this is a fun game for all to enjoy!

Who likes the sound of jazz? Well, take a seat and tap your feet to **Swing Out Richmond Jazz Performance** on Sunday, April 6th at 2:30PM in the Fireside Lounge. These seasoned musicians will be playing well-known medleys accompanied by a keyboard, cajon drum, flute, and other musical instruments! Come and enjoy some 'swinging' harmony!



Have you written your shopping list for those essential household items, and a few non-essentials like snacks and cookies? If so, make sure you add your name to the sign-up sheet for a **Bus Outing: Shopping Trip to FreshCo** on Monday, April 8th at 1:00PM!

Do you miss reading The Richmond News? Well, now is your opportunity to enjoy perusing this local newspaper again! Join a **Digital Live Tutorial with Richmond News on "How to Get The Richmond News on Your Device"** on Monday, April 8th at 1:30PM in the Activity Room.

Come for **Fit Minds** on Tuesday, April 9th at 2:00PM in the Club Lounge. All the exercises that form this innovative activity are both challenging and engaging and are designed to improve cognitive functioning. Why not join us for a session and participate or come, sit and listen!

Join us for our **Bus Outing: Lipont Gallery** on Wednesday, April 10th at 12:30PM. In recent years, immigrant artists have enriched Canada's art scene with their high-quality works. The Lipont Gallery is presenting nearly 20 pieces of art by Alex Ji, an accomplished oil painter, showcasing landscape sketches and oil paintings of the natural beauty of Greater Vancouver and beyond.









Are you a person who enjoys being creative with the colour and fabric of your furniture and where to fashionably put your loved items so they will be noticed? If you need motivation and expert tips, join us for an **Interior Design Class with Barbara Smyth: Award Winner** on Thursday, April 11th at 2:00PM in the Activity Room.

Avon with Janice will be here on Friday, April 12th from 11:00AM in the Fireside Lounge. Take a look at the brochures in the Country Kitchen; there may be some products you would like to order, or simply drop by and say “hello” to Janice – she likes to see a friendly face!

Enjoy our fun hour of **Entertainment with Roberto Risman** on Friday, April 12th at 2:00PM in the Fireside Lounge. He brings a lot of energy with a great selection of songs that will get your toes tapping, hands clapping, and singing along! Afterwards, you can savour tasty appetizers at our **Happy Hour** from 3:00PM in the Club Lounge.

Weekly Calendar for April 6th – April 12th, 2024

Saturday, April 6 th		Sunday, April 7 th		
10:00AM	Armchair Exercise Video		10:00AM	Armchair Exercise Video
11:00AM	Tai Chi		10:30AM	GPUC Worship Service
1:30PM	Golf Challenge!		11:00AM	Gentle Fit with Winnie
2:30PM	Swing Out Richmond Jazz Performance			
7:00PM	Movie Night: The American President			
Monday April 8 th	Tuesday April 9 th	Wednesday April 10 th	Thursday April 11 th	Friday April 12 th
10:00AM Chair Fitness	10:00AM Armchair Video Exercises	10:00AM Chair Fitness	<i>Hairdresser</i>	10:00AM Osteofit with Robin Masters
11:00AM Go4Life Walking Club		10:30AM Catholic Prayer & Communion	10:00AM Chair Fitness: Strength & Balance	11:00AM Play Reading with Stephen
11:00AM Armchair Video Exercises	11:30AM Meditation		11:00AM Go4Life Walking Club	11:00AM Get Moving with Valerie
1:00PM Bus Outing: Shopping Trip to FreshCo	1:30PM DrumFIT	11:00AM Armchair Video Exercises	11:00AM Armchair Video Exercises	11:00AM Avon with Janice
1:30PM Richmond News Digital Live Tutorial: How to Get the Richmond News on Your Device	2:00PM Fit Minds	12:30PM Bus Outing: Lipont Gallery	1:30PM Java Music Club	12:00PM Bus Outing: Steveston Village
			2:00PM Interior Design Class with Barbara Smyth: Award Winner	1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動
3:00PM “Sit and Be Fit” Gentle Arthritis Video Exercise Class	7:00PM Crib/Chess	1:30PM Billiards		2:00PM Entertainment with Roberto Risman
		3:00PM Happy Hour		
7:30PM Bingo		7:00PM Rummikub	7:00PM Game of Heart	3:00PM Happy Hour
				3:30PM Table Tennis
				6:45PM Mah Jong