

GILMORE GARDENS WEEKENDER HIGHLIGHTS



March 20th, 2026

IN HOUSE NEWS



Reminder that BC Hydro has a **Planned Power Outage** on **Saturday March 21st**. The outage is planned to last approximately an hour and will happen between 12:00PM and 4:00PM. Disruption should be minimal, as our emergency generator will power the building during the outage. You will experience 2 brief power interruptions, when the generator is turned on, and again when it is turned off. This is normal, like flipping a switch. Managers and staff will ensure the transition goes smoothly. If you have any questions, please see Christopher or Audrey.

Tax Clinic with Equity CPA Inc will be here on **Saturday, March 21st**. They will be here from 10:00AM-4:00PM in the Private Dining Room. **Please come down at your appointed time.**

Please note there will be a few cancelled activities:

Monday March 23rd

- 10:00AM Chair Fitness is cancelled, replaced by Armchair Exercise Video
- 2:00PM Meet Me at the MoMA: Jim Fitzpatrick's is Cancelled
- 2:45PM Bean Bag Toss is Cancelled

Thursday March 26th 11:00AM Go4Life Walking Club Cancelled

Friday March 27th 11:00AM Advanced Armchair Video with Curtis is Cancelled



We are now taking reservations for the **Easter Buffet** on **Thursday, April 2nd**. There are 2 seatings: **4:45PM and 6:30PM**. Cost for guests will be **\$44.10** including GST and **\$16.80** for children (ages 4-12) including GST. We request you please inform reception what time you will be dining even if you are not having guests. Thank you!



Country Kitchen Newspapers are for Resident to share in the Country Kitchen. Kindly do not remove the Newspapers from the room as they are there for your enjoyment. Extra copies of the crosswords and puzzles are made available each morning and placed in the Country Kitchen. Residents are encouraged to use these extra copies rather than completing the puzzles in the newspapers.

REMINDERS!



Join us this Saturday, March 21st at 1:30PM in the Activity Room for our exciting **Dart Challenge!** Whether you're a seasoned pro or just here for the fun, this is your chance to show off your aim, cheer on your neighbors, and maybe even hit that bullseye!

Add your name to the sign up sheet for our **Bus Outing: Shopping Trip to Ironwood** on Monday, March 23rd at 11:30AM. There are plenty of stores in the area you could browse, including Bulk Barn where you could purchase snacks in small quantities. Please wait in the Fireside Lounge and remember your reusable bags.

 **Boost Your Brain Power!**  Join us for a **Wellness Session: Brain Health Presentation** with **Jonathan Askholm** on Tuesday, March 24th at 2:00PM in the Activity Room! Discover fun and practical ways to keep your mind sharp, engaged, and thriving.

If you need a little mental stimulation in the middle of the afternoon, join us for **Fit Minds** on Tuesday, March 24th at 2:45PM in the Club Lounge.

Don't forget to sign up for **Bus Outing: Steveston Village** on Wednesday, March 25th at 11:45AM. Sign up sheet is available in the Activity Room. Please meet in the Fireside Lounge prior to outing.

Join us on Thursday, March 26th at 2:00PM in the **Dining Room** for our **Monthly Birthday Party & Welcome Tea!** We'll be celebrating all of our wonderful residents with birthdays this month—so come enjoy delicious cake, tea, and coffee while sharing smiles, stories, and laughter with friends and neighbors. 🍰 ✨

Come on down and sing along at **Entertainment with John Parsons** on Friday, March 27th at 2:00PM in the Fireside Lounge! Enjoy an afternoon filled with great tunes, toe-tapping rhythms, and plenty of feel-good vibes. Then keep the good times rolling as we head over to the Club Lounge at 3:00PM for **Happy Hour**—the perfect chance to relax, chat, and raise a glass with friends. 🍷 🍹

Weekly Calendar for March 21st– March 27th, 2026

Saturday, March 21 st		Sunday, March 22 nd		
10:00AM 10:00AM-4:00PM 11:00AM 1:30PM 6:00PM	Armchair Exercise Video Tax Clinic by Appointments Tai Chi Dart Challenge Mah Jong	10:00AM 10:30AM 11:00AM 11:00AM 1:30PM 2.00PM 7:30PM	Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Beginner Mah Jong with Kaela Tech Time with Erin Rummikub Sing Along with Roger	
Monday March 23 rd	Tuesday March 24 th	Wednesday March 25 th	Thursday March 26 th	Friday March 27 th
10:00AM Armchair Exercise Video 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 11:30AM Bus Outing: Shopping Trip to Ironwood 6:45PM Music with Ron 7:30PM Bingo	10:00AM Armchair Exercise Video 11:30AM Meditation 2:00PM Wellness Session: Brain Health Presentation by Jonathan Askholm 2:45PM Fit Minds 6:00PM Mah Jong 7:00PM Crib/Chess	10:00AM Chair Fitness 10:30AM Catholic Prayer & Communion 11:45AM Bus Outing: Steveston Village 1:30PM Chair Yoga with Lauren 1:30PM Billiards 3:00PM Happy Hour 6:45PM Music with Ron 7:00PM Rummikub	Hairdresser 10:00AM Armchair Exercise Video with Curtis 11:00AM Go4Life Walking Club 11:00AM Armchair Video 2:00PM Birthday Party & Welcome Tea 6:45PM Music with Ron 7:00PM Game of Hearts	10:00AM Osteofit with Robin Masters 11:00AM Play Reading with Stephen 11:00AM Trivia with Jill 2:00PM Entertainment with John Parsons 3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong