

GILMORE GARDEN WEEKENDER HIGHLIGHTS



April 25th, 2026

IN HOUSE NEWS

Please note: **Tai Chi** is cancelled on Saturday, April 25th. Instead, we have **Advanced Armchair Video with Curtis** at 11:00AM in the Activity Room.

Please return any book(s) you have borrowed from **The Richmond Public Library Books section** in the Club Lounge by Monday, April 27th. New RPL books will be available on Thursday, April 30th.

If you haven't heard, Jill, our LEA, is leaving her part-time role – she will, however, be continuing in supporting on a more casual basis. We are excited to share that you will still be seeing Jill around while we transition into finding a replacement!



We have our **Alarmed Fire Drill** on Tuesday, April 28th at 11:00AM. Once you hear the alarm go off please shelter in place (in your room), if you are in the common areas, please go to the closest Fire Exit or staff will direct you. We will inform Residents with instructions via the PA (Public Address) System. Those Residents with pets, we ask you to secure them in your suite during the drill.

REMINDERS

Try your luck at the **Horseshoe Game** on Saturday, April 25th at 1:30PM in the Activity Room. Throw the dice and see if your horse moves closer to the finish line. Remember to bring \$3.50 in quarters!

Give your feet the TLC they deserve and book an appointment at Reception for **Foot Care with Pam** on Sunday, April 26th at 9:00AM in the Beauty Salon.

Do you enjoy listening to a little music in the afternoon? Take a seat and give your support to the students of the **Youth Musician Association** on Sunday, April 26th at 2:30PM in the Fireside Lounge. The students enjoy performing for our residents so please come and say hello!

Come for a change of scenery and add your name to the sign-up sheet for a **Bus Outing: Shopping Trip to Lansdowne Mall/T&T** on Monday, April 27th at 11:30AM. There are many stores and restaurants to explore at the centre, as well as the large Asian supermarket.

Join us for a fun game of **Indoor Bowling** on Monday, April 27th at 2:30PM in the Activity Room. Cheer on your team members and see if you can score a 'strike' for your team!

We have a **Recreation Committee Meeting** on Tuesday, April 28th at 1:30PM in the Private Dining Room. Come and give your suggestions for different activities and feedback about the programs we run at Gilmore Gardens!

Give yourself a mental work out and join us for **Fit Minds** on Tuesday, April 28th at 2:45PM in the Club Lounge. Enjoy this program that offers different challenges to stimulate your memory and mind!


Sign up for our **Bus Outing: Cascades Casino, Delta** on Wednesday, April 29th at 10:45AM. You can have lunch in the Bistro and then try your hand at the machines! You may be lucky! ... 🍀 😊

Invite your neighbour and enjoy a slice of cake and a cup of coffee or tea at our **Birthday Party & Welcome Tea** on Thursday, April 30th at 2:00PM in the Dining Room. We look forward to seeing you there!

Join in for a fun game of **Dart Challenge** on Friday, May 1st at 1:30PM in the Activity Room! Come and test your aim and cheer on your fellow residents!

Come for a complimentary glass of fruit punch or purchase a glass of wine or beer at **Happy Hour** on Friday, May 1st at 3:00PM in the Club Lounge where you can enjoy tasty appetizers from our kitchen whilst socializing with fellow residents in a relaxed, congenial setting!

Weekly Calendar for April 25th – May 1st, 2026

Saturday, April 25 th		Sunday, April 26 th		
10:00AM 11:00AM	Armchair Exercise Video Advanced Armchair Video with Curtis		9:00AM 10:00AM 10:30AM 11:00AM	Footcare with Pam Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie
1:30PM 3:00PM 6:00PM 7:00PM	Horserace Game Painting with Elizabeth Mah Jong Movie Night: Under the Tuscan Sun		1:30PM 2:00PM 2:30PM	Tech Time with Erin Rummikub Youth Musician Association
Monday April 27 th	Tuesday April 28 th	Wednesday April 29 th	Thursday April 30 th	Friday May 1 st
<p style="text-align: center;">Richmond Library Books Due</p> <p>10:00AM Chair Fitness</p> <p>11:00AM Go4Life Walking Club</p> <p>11:00AM Armchair Video Exercise</p> <p>11:30AM Bus Outing: Shopping Trip to Lansdowne Mall/T&T</p> <p>2:30PM Indoor Bowling</p> <p>6:45PM Music with Ron</p> <p>7:30PM Bingo</p>	<p>10:00AM Armchair Video Exercise</p> <p>11:30AM Meditation</p> <p>11:00AM Alarmed Fire Drill</p> <p>1:30PM Chair Yoga with Lynn Walters</p> <p>1:30PM Recreation Committee Meeting</p> <p>2:45PM Fit Minds</p> <p>6:00PM Mah Jong</p> <p>7:00PM Crib/Chess</p>	<p>10:00AM Armchair Video Exercise</p> <p>10:30AM Catholic Prayer & Communion</p> <p>10:45AM Bus Outing: Cascades Casino</p> <p>11:00AM RMS Ukulele Lessons</p> <p>1:30PM Billiards</p> <p>1:30PM Chair Yoga with Lauren</p> <p>3:00PM Happy Hour</p> <p>6:45PM Music with Ron</p> <p>7:00PM Rummikub</p>	<p style="text-align: center;">Hairdresser</p> <p style="text-align: center;">New Richmond Library Books Available</p> <p>10:00AM Armchair Video with Curtis</p> <p>11:00AM Go4Life Walking Club</p> <p>11:00AM Armchair Exercise Video</p> <p>2:00PM Birthday Party & Welcome Tea</p> <p>6:45PM Music with Ron</p> <p>7:00PM Game of Hearts</p>	<p>10:00AM Osteofit with Robin Masters</p> <p>11:00AM Advanced Armchair Video with Curtis</p> <p>11:00AM Play Reading with Stephen</p> <div style="text-align: center;">  </div> <p>1:30PM Dart Challenge</p> <p>3:00PM Happy Hour</p> <p>3:30PM Table Tennis</p> <p>6:00PM Mah Jong</p>