

# GILMORE GARDENS WEEKENDER HIGHLIGHTS



May 1<sup>st</sup>, 2026

## IN HOUSE NEWS

Please remember to wear your **Name Tag**, especially if you are a new resident. You will find more people can wish you a “good morning” when they know you live here and can read your name!

We have a **Sign-up for the Covid-19 Booster** on Thursday, May 14<sup>th</sup> from 10:00AM - 12:30PM in the Fireside Lounge. This is when you can choose a time for the actual **Covid-19 Booster Vaccine Clinic** that will be held on May 20<sup>th</sup> from 9:00AM – 2:00PM in the Activity Room. If you do happen to receive your booster earlier from your pharmacy, please let Reshma know so she has record.

We have two wonderful, featured dinners coming up: **Cinco de Mayo on Tuesday, May 5<sup>th</sup>** and **Mother’s Day on Sunday, May 10<sup>th</sup>**. We are taking reservations, see reception for more details!

Our Country Kitchen is running low on coffee mugs. If you’ve borrowed one and it’s wandered into your cupboard, or even your fridge (we’ve all been there), please return it to the Country Kitchen. Thank you for helping us keep the country kitchen stocked!

## REMINDERS

Come with energy for an active game of **Ladder Ball** on Saturday, May 2<sup>nd</sup> at 1:30PM in the Activity Room. This is a game that everyone can play!

Have you been interested in learning how to play Mah Jong? Come join or simply watch **Beginner Mah Jong with Kaela** on Sunday, May 3<sup>rd</sup> at 11:00AM in the Fireside Lounge!

Enjoy music in the afternoon from a small group of musicians called **Positive Energy Music Group** on Sunday, May 3<sup>rd</sup> at 1:30PM in the Fireside Lounge. They sing uplifting songs that you can sing along to in Chinese and English! Since 2024, they have been providing volunteer music performances at UBC Pavilion Hospital! The performers ages range between 45-70 years old!

Sign-up for our **Bus Outing: Shopping Trip to Seafair** on Monday, May 4<sup>th</sup> at 11:30AM. Make your shopping list and stock up on any treats or household provisions you may need. Remember to wait in the Fireside Lounge before the bus takes off!

Soak up the sights at **Armchair Travel: Inside the Beautiful Wildlife of Mexico & Brazil** on Monday, May 4<sup>th</sup> at 2:00PM in the Fireside Lounge. Enjoy watching all the different wildlife from these 2 amazing countries!

Join in for the **Resident Handbook Review with Lorne** on Tuesday, May 5<sup>th</sup> at 10:45AM in the Fireside Lounge. Lorne will go through a section or two of the Handbook and is open to chat about any questions you may have!

Sign up for our **Bus Outing: Steveston Village** on Wednesday, May 6<sup>th</sup> at 11:45AM. Steveston is a lovely destination where you can browse the charming stores, walk by the water, enjoy coffee or lunch at one of the many cafes, or simply sit on a bench by the water and soak up the fresh air!

We have a special **Cinco de Mayo Entertainment with Cheek to Cheek** on Wednesday, May 6<sup>th</sup> at 2:00PM in the Fireside Lounge! This lively duo is excited to be back at Gilmore to perform for you all! To continue the celebration, afterwards, we have **Happy Hour with Margaritas** on Wednesday, May 6<sup>th</sup> at 3:00PM in the Club Lounge!

In search of a new pair of comfortable shoes? Come check out the collection at **Clark's Shoes** on Thursday, May 7<sup>th</sup> from 10:30AM-2:00PM in the Fireside Lounge.

**Wellness Session: Vitals Monitoring Clinic with NND** on Thursday, May 7<sup>th</sup> at 2:30PM in the Activity Room. Make sure to sign up for a time slot in the sheet available in the Activity Room!

We are excited to celebrate Mother's Day with a **Mother's Day High Tea and Entertainment with Angie Faith** on Friday, May 8<sup>th</sup> at 2:00PM in the Dining Room. Everyone is welcome to come and share this delicious celebration! If you are planning to attend or having guests, please do let reception know so we can make sure there's enough treats for everyone to enjoy!

Please note that **Happy Hour is cancelled on Friday, May 8<sup>th</sup>** due to our special Mother's Day High Tea! We apologize for the inconvenience.

## Weekly Calendar for May 2<sup>nd</sup> – May 8<sup>th</sup>, 2026

Saturday, May 2 <sup>nd</sup>		Sunday, May 3 <sup>rd</sup>		
10:00AM 11:00AM <b>1:30PM</b> 6:00PM 7:00PM	Armchair Video Tai Chi <b>Ladder ball</b> Mah Jong Movie Night: My Big Fat Greek Wedding	10:00AM 10:30AM 11:00AM <b>11:00AM</b> 1:30PM <b>1:30PM</b>  2:00PM 7:30PM	Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie <b>Beginner Mah Jong with Kaela</b> Tech Time with Erin <b>Positive Energy Music Group Performance</b> Rummikub Sing Along with Roger	
Monday May 4 <sup>th</sup>	Tuesday May 5 <sup>th</sup>	Wednesday May 6 <sup>th</sup>	Thursday May 7 <sup>th</sup>	Friday May 8 <sup>th</sup>
10:00AM Chair Fitness  11:00AM Go4Life Walking Club  11:00AM Armchair Exercise Video  <b>11:30AM Bus Outing: Shopping Trip to Seafair</b>  <b>2:00PM Armchair Travel: Inside the Beautiful Wildlife of Mexico &amp; Brazil</b>  6:45PM Music with Ron  7:30PM Bingo	<b>Happy Cinco de Mayo!</b>  <b>Cinco de Mayo Featured Dinner</b>  10:00AM Armchair Exercise Video  <b>10:45AM Resident Book Review with Lorne</b>  11:30AM Meditation  2:45PM Fit Minds  6:00PM Mah Jong  7:00PM Crib/Chess	10:00AM Armchair Video  10:30AM Catholic Prayer & Communion  11:00AM RMS Ukulele Lessons  <b>11:45AM Bus Outing: Steveston Village</b>  1:30PM Billiards  <b>2:00PM Cinco de Mayo Entertainment with Cheek to Cheek</b>  <b>3:00PM Happy Hour with Margaritas!</b>  6:45PM Music with Ron  7:00PM Rummikub	<b>8:00AM Hair with Farah</b>  10:00AM Chair Fitness: Strength & Balance  <b>10:30AM-2:00PM Clarks Shoes</b>  11:00AM Go4Life Walking Club  11:00AM Armchair Exercise Video  <b>2:30PM Wellness Session: Vitals Monitoring Clinic with NND</b>  6:45PM Music with Ron  7:00PM Game of Hearts	10:00AM Osteofit with Robin Masters  11:00AM Play Reading with Stephen  11:00AM Advanced Armchair Video with Curtis  <b>2:00PM Mother's Day High Tea &amp; Entertainment with Angie Faith</b>  3:30PM Table Tennis  6:00PM Mah Jong