

GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



March 9th, 2023

IN HOUSE NEWS

Daylight Savings Time begins this weekend on *Sunday March 12th at 2:00AM*. Please turn your clocks forward one hour before bed on Saturday, March 11th. Our days will become longer with more daylight in the evening hours. Spring just around the corner!



Tax Season is approaching! We are happy to offer an in-house tax consultant on March 18th for anyone who would like assistance. If you are interested, please add your name to the sign-up sheet in the Activity Room.

REMINDERS



Come for **Jeopardy!** on Saturday, March 11 at 2:00PM in the Activity Room. Jeopardy is a quiz game that reverses the traditional question-and-answer format, where contestants are instead given general knowledge clues in the form of answers and they must identify the person, place, or idea that the clue describes, in the form of a question!

Sign up for our **Bus Outing: Shopping Trip to Superstore** on Monday, March 13th at 1:00PM. Superstore has everything you need under one roof; from milk to pillows, and more! You will also find ethnic foods there! Remember to bring your own shopping bags!

Are you interested in learning how to better manage your estate? Join **Wellness Information Session: Estate Planning** on Monday, March 13th at 1:30PM in the Activity Room where the discussion will revolve around leaving an efficient legacy, being aware of estate planning mistakes, how to use various types of Trusts, ways to avoid probate and using insurance to reduce taxes at death. This is an informative session which will provide practical tips and solutions.



It's time to give your brain a fun workout! Join **Fit Minds** on Tuesday, March 14th at 2:00PM in the Club Lounge - you might enjoy this challenge more than you think!



For those of you who love the sea and the many different creatures that live in the waters, we have a **Bus Outing: Vancouver Aquarium** on Wednesday, March 15th at 11:00AM. Please sign up in the Activity Room and secure a place on the bus. No early payment required as we will pay at the door. Senior's rate is \$38.50.

We are showing a special zoom session from the Legislative Assembly of BC. Join fellow residents for a presentation on **The Bard and Parliament** on Wednesday, March 15th at 2:00PM in the Fireside Lounge where the unlikely links between William Shakespeare and the BC Legislature will be explored, together with a close look at a rare Second Folio of Shakespeare's plays.

Join **Meet Me at the MoMA: Tarsila do Amaral (1886–1973), Modernism Painter** on Thursday, March 16th at 1:30PM in the Activity Room. Born at the end of the 19th century to a family of coffee plantation owners in São Paulo, Tarsila studied piano, sculpture, and drawing before leaving for Paris in 1920 to attend the Académie Julian, the famous art



school that drew many international students. Come and learn how Tarsila influenced the art community with her particular style of work.

Do you like word games? **Scrabble with Pat** is on Thursday, March 16th at 1:30PM in the Club Lounge. Although Pat will not be attending this session, we invite you to play scrabble with your friends!



Celebrate **St Patrick's Day with the Richmond Singers** on Friday, March 17th at 1:30PM in the Fireside Lounge. *Wear anything green* and come and have fun! There will be a special **Happy Hour** game at 3:00PM in the Club Lounge, with refreshments and appetizers! You could win a pot of gold!!



MARCH 9TH – MARCH 17TH, 2023

Saturday, March 11th

Sunday, March 12th

10:00AM
11:00AM
2:00PM
7:00PM

Armchair Video
Virtual Tai Chi
Jeopardy!
Movie Night: Wildlife
Documentary: The 4 Big Cats

10:00AM
10:30AM
11:00AM

Armchair Video
GPUC Worship Service
Gentle Fit with Winnie

Monday
March 13th

Tuesday
March 14th

Wednesday
March 15th

Thursday
March 16th

Friday
March 17th

10:00AM Chair Fitness

10:00AM
Armchair Video

10:00AM Chair Yoga with Robin Masters

10:00AM Chair Fitness: Strength and Balance

St. Patrick's Day
Wear Green!

10:00AM Osteofit with Robin Masters

11:00AM Armchair Video

11:30AM
Meditation

10:30AM Catholic Mass



11:00AM Chair Yoga Stretch and Strength with Lauren

11:00AM Go4Life Walking Club

11:00AM Armchair Video

11:00AM Armchair Video

11:00AM Play Reading with Stephen

1:00PM Bus Outing: Shopping Trip to Superstore

2:00PM Fit Minds

11:00AM Bus Outing: Vancouver Aquarium

1:30PM Meet Me at the MoMA: Tarsila do Amaral, Modernism Painter

1:30PM Weekender Review (in Chinese)
中文講解中文講本週活動

1:30PM Wellness Information Session: Estate Planning



2:00PM The Bard and Parliament Zoom Presentation

1:30PM Scrabble with Pat

1:30PM St. Patrick's Day with the Richmond Singers



7:30PM Bingo

7:00PM Crib/ Chess

7:00PM Rummikub

7:00PM Game of Hearts

3:00PM "Fill Your Pot with Gold!" Happy Hour

6:45PM Mah Jong

