

GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



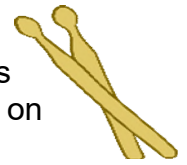
March 30th, 2023

IN HOUSE NEWS

We hope you like the new calendar format and will find it easier to read. Because of the new format, we won't be able to post resident and staff birthdays. We will, instead have a Birthday Board located in the Activity Room for anyone who wishes to view it. We welcome the feedback on the new calendar format and please direct all your questions and/or concerns to Valerie. Thank you! 😊

There will be a **Celebration of Life for Sally Houston at the GPUC** on Saturday, April 15th at 2:00PM. All are welcome to attend. We will always remember Sally as a leader in our community, always lending a hand with kindness, her great sense of humor and always showing inclusiveness among all the residents. We sure miss her!

We are re-introducing our **Drumfit** on Mondays at 1:30PM and Fridays at 10:45AM in the Activity Room. Come and participate in this unique program that uses movement through drumming to benefit both the mind and body of all mobility ranges. This activity enhances mood, improves memory and range of motion! Why don't you come to the next **Drumfit** on Monday, April 3rd at 1:30PM in the Activity Room and give it a try? On your way in, enter your name for a special prize draw at the end of the class!



Easter is almost here and we have our **Easter Buffet Dinner** on Thursday April 6th with seatings at 5:00PM or 6:30PM. The Buffet Menu is available for viewing at Reception. If you would like to make guest reservations, please see Reception (max 4 guests per resident). Guest: \$30; Child 4-12 years \$12. Join us in the Reception Lounge for **Entertainment with Hand over Heart** from 4:30PM to 7:00PM.

REMINDERS

Please take note that all Tai Chi classes will now be **live** going forward! **Tai Chi** on Saturday, April 1st at 11:00AM in the Activity Room will be a live class taught by Wayne Clouston. Come and experience the mind, body, and spirit of Tai Chi!

Come and listen to **Cherie Lam Music Recital** on Saturday, April 1st at 1:00PM in the Fireside Lounge. Enjoy watching the students as they play piano for our residents.

It's springtime and the weather is warmer! Join the **Go4Life Walking Club** on Monday, April 3rd at 11:00AM and take a walk around the local streets while enjoying the beautiful flowers as they bloom!

Do you need to shop for essentials? We have a **Bus Outing: Shopping Trip to the new Save on Foods** in Garden City Center on Monday, April 3rd at 1:00PM. Sign up in the Activity Room and remember to bring your reusable bags.



Do you need to have your hearing aids checked? We are having another **Connect Hearing Clinic** on Tuesday, April 4th starting at 1:30PM in the Beauty Salon. Please sign up in the Activity Room as there are limited spots available.

Come and challenge yourself at **Giant Crosswords** on Tuesday, April 4th at 2:45PM in the Club Lounge. It's a fun game that gives your brain a workout!




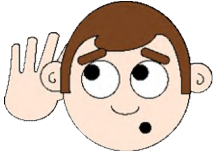



Make sure you sign up early for our popular **Bus Outing: Lunch at Milltown Pub** on Wednesday, April 5th at 11:30AM. Enjoy a gastronomic delight from the extensive menu!

Bring your neighbour and come for **Meet Me at The MoMA: Alfred Sisley (1839-1899), Artist** on Thursday, April 6th at 1:30PM in the Activity Room. Sisley was an Impressionist landscape painter who was born and spent most of his life in France but retained British citizenship. He was the most consistent of the Impressionists in his dedication to painting landscape en plein air.



Are you in the mood for travel? Take a seat at **Armchair Travel to Finland** on Friday, April 7th at 2:00PM in the Activity Room and learn more about the 4 main regions: Lapland, the Coast and Archipelago, Lakeland and the Helsinki region. Enjoy the trivia and treats that follow!

WEEKLY CALENDAR

Saturday, April 1 st			Sunday, April 2 nd	
April Fool's Day!				
10:00AM	Hair with Farah		10:00AM	Armchair Video
11:00AM	Armchair Video		10:30AM	Exercises
1:00PM	Tai Chi – live!		11:00AM	GPUC Worship Service
2:00PM	Cherie Lam Music Recital			Gentle Fit with Winnie
	Painting with Elizabeth & Friends			
Monday April 3 rd	Tuesday April 4 th	Wednesday April 5 th	Thursday April 6 th	Friday April 7 th
10:00AM Chair Fitness	10:00AM Armchair Video	10:00AM Chair Fitness	<i>Hair with Farah</i>	Good Friday
11:00AM Armchair Video Exercises	11:30AM Meditation	10:30AM Catholic Prayer & Communion	10:00AM Chair Fitness: Strength & Balance	World Health Day
11:00AM Go4Life Walking Club	1:30PM Connect Hearing Clinic	11:00AM Armchair Video Exercises	11:00AM Armchair Video Exercises	10:00AM Osteofit with Robin Masters
1:00PM Bus Outing: Shopping Trip to Save on Foods		11:30AM Bus Outing: Lunch at Milltown Pub	1:30PM Java Music Club	10:45AM DrumFIT
	1:30PM Wellness Session Chair Yoga with Lynn Walters		1:30PM Meet Me at The MoMA: Alfred Sisley, Artist	11:00AM Advanced Armchair Video with Curtis
1:30PM Drumfit		2:00PM Decorate for Easter!	4:30PM Entertainment with Hand over Heart	11:00AM Play Reading with Stephen
2:00PM De-decorate Cruise Week	2:45PM Giant Crosswords		5:00PM & 6:30PM Seatings for Easter Buffet	1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動
7:30PM Bingo	7:00PM Crib/ Chess	3:00PM Happy Hour		2:00PM Armchair Travel to Finland
		7:00PM Rummikub		3:00PM Happy Hour
			7:00PM Game of Hearts	6:45PM Mah Jong