

GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



April 12th, 2024

IN HOUSE NEWS

Residents, while we appreciate individuality, we are needing to remind you all that having decorations and furniture out in the hallways is not permitted. Please feel free to continue to decorate your doors and personal mailboxes, but kindly remove any items in the hallway. This includes flowers, decorations and furniture. We acknowledge that some of you have been doing this for some time, and we have turned a blind eye. However, with more people putting items in the hallways, we must be consistent and ask that there be no items in the hallways. Thank you for understanding and please continue to express yourselves with your doorway décor.

We are so delighted to have several new residents move into Gilmore Gardens over the past few months. As a courtesy to those new residents we ask kindly that you please wear your name tag as this is a great way for them to get to know other residents. Many thanks! 😊

Please be advised that we will be having an **Alarmed Fire Drill** on April 19th at 2:00PM. When you hear the alarm, please go to your nearest fire exit and remain there until a staff member says it's ok to go back to your suite. Thank you for your cooperation!

Tech Time with Radha is cancelled on Sunday, April 14th. Instead, she will be here on Sunday April 21st at 3:00PM in the Club Lounge.

Our former General Manager, Mirandah, has been promoted to **Regional Director of Operations, Western Canada** within Verve! Join us for **Mirandah's Farewell Party** on Wednesday, April 17th at 2:00PM in the Fireside Lounge. Wish Mirandah all the best in her new role whilst enjoying refreshments and cake!

If you haven't already signed the frame in the Fireside Lounge, please do so as she would love to see your well wishes!



REMINDERS

Join us for some soulful singing with the **Harvest Church Choir** on Saturday, April 13th at 2:00PM in the Fireside Lounge. Come and welcome this wonderful group of singers to our community!

Are you ready for a big shop? Sign up for a **Bus Outing: Shopping Trip to Superstore** on Monday, April 15th at 1:00PM. You can purchase everything you need at this store!

Enjoy a **Wellness Session: Chair Yoga with Lynn Walters** on Tuesday, April 16th at 1:30PM in the Activity Room. Lynn will guide you through stretching moves that will help loosen any tight joints and have you feeling relaxed by the end of the class.



Test your memory skills for recalling the correct word to the clues presented at **Giant Crosswords** on Tuesday, April 16th at 2:45PM in the Club Lounge. You may be offered a treat or two as you consider your guess!


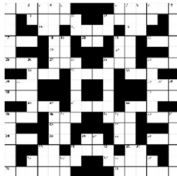



If you or a member of your family is interested in learning more about the symptoms and care of people affected with dementia, come for an informative **Wellness Session: Proof of Care Presents, "Dementia"** on Thursday, April 18th at 11:00AM in the Activity Room.

Make sure to mark your calendar for our **Resident Forum** on Thursday, April 18th at 3:00PM in the Activity Room where future events and important updates are shared about Gilmore Gardens. All our welcome!

In preparation for Earth Day next week, we have a **Craft Session: Painting Clay Pots (Part 1)** on Friday, April 19th at 1:30PM in the Activity Room. The second part of this activity will take place on Earth Day! Are you curious about this event? Come and participate to learn more! 😊

We have our weekly **Bus Outing: Steveston Village** on Friday, April 19th at 12:00PM. If you need any household items or yummy treats, why not sign up and shop at Save on Foods which is close to the drop-off point. Or enjoy a stroll along the waterfront, or a lunch in one of the many cafes.

Weekly Calendar for April 13th – 19th, 2024

| Saturday, April 13 th | | Sunday, April 14 th | | |
|---|--|---|--|--|
| 10:00AM 11:00AM 2:00PM 3:00PM | Armchair Exercise Video Tai Chi Harvest Church Choir Artful Aging: Painting with Elizabeth & Friends | 10:00AM 10:30AM 11:00AM | Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie | |
| Monday April 15 th | Tuesday April 16 th | Wednesday April 17 th | Thursday April 18 th | Friday April 19 th |
| 10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Video Exercises 1:00PM Bus Outing: Shopping Trip to Superstore 3:00PM “Sit and Be Fit” Gentle Arthritis Video Exercise Class 7:30PM Bingo | 10:00AM Armchair Video Exercises 11:30AM Meditation 11:30AM Food Committee Meeting 1:00PM Recreation Committee Meeting 1:30PM Wellness Session: Chair Yoga with Lynn Walters  2:45PM Giant Crosswords  7:00PM Crib/Chess | 10:00AM Chair Fitness 10:30AM Catholic Mass 11:00AM Armchair Video Exercises 1:30PM Billiards 2:00PM Mirandah’s Farewell Party!  7:00PM Rummikub | Hairdresser 10:00AM Chair Fitness: Strength & Balance 11:00AM Go4Life Walking Club 11:00AM Wellness Session: Proof of Care Presents “Dementia” 1:30PM Scrabble with Pat  3:00PM Resident Forum 7:00PM Game of Hearts | Hairdresser 10:00AM Osteofit with Robin Masters 11:00AM Play Reading with Stephen 11:00AM Get Moving with Valerie 12:00PM Bus Outing: Steveston Village 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 1:30PM Craft Session: Painting Clay Pots (part 1)  3:00PM Happy Hour 3:30PM Table Tennis 6:45PM Mah Jong |