

GILMORE GARDENS WEEKENDER HIGHLIGHTS



Happy Mother's Day to all our wonderful ladies at Gilmore Gardens!

May 9th, 2024

IN HOUSE NEWS

We will be having a **Mother's Day Featured Dinner** on Sunday, May 12th at the usual dinner times. Our featured entrees are Ribeye of Beef with Yorkshire Pudding, Chicken Kebobs with Rice Pilaf, Butter Baked Haddock, or Omlette of the Week. The full menu will be available at Reception. Cost per guest is \$30.00 and please make your reservation with Reception.

REMINDERS



If you participated in the craft session with Audrey on May 9th, make sure you join the second part of this activity, **Craft Session: Making Polymer Earrings** on Saturday, May 11th at 1:30PM in the Activity Room.

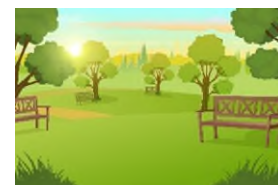
Sign up for our **Bus Outing: Shopping Trip to Seafair** on Monday, May 13th at 1:00PM. There is a Safeway, Shoppers Drug Mart, BC Liquor Store and much more! Please sign up in the Activity room to reserve your seat on the bus.

We have **Timbits in the Fireside Lounge** on Monday, May 13th at 2:00PM in the Fireside Lounge. Why not come and enjoy a sweet treat with your afternoon tea and enjoy the company of fellow residents!



Ladies, come and browse the spring fashions and accessories at **AltaVida Fashions** on Tuesday, May 14th from 11:00AM in the Fireside Lounge. The weather is becoming warmer, and summer is on its way – what better time than now to treat yourself to a new item of clothing!

Join us for a lovely **Bus Outing: Queen Elizabeth Park and/or Lunch at Seasons Restaurant** on Wednesday, May 15th at 11:30AM. You can take a walk through the gardens and enjoy lunch in the restaurant or just come for a tasty bite to eat! Sign up early for this excursion!



Learn about the latest happenings for Gilmore Gardens at our **Resident Council Meeting** on Thursday, May 16th at 3:00PM in the Activity Room. All our welcome!



Join us for some great **Entertainment with Greg Meloche** on Friday, May 17th at 2:00PM in the Fireside Lounge. Enjoy singing along to the melodious songs that Greg sings!

Following this great hour of music, join us for a **Happy Hour Pizza Party** at 3:00PM in the Club Lounge. Sip a glass of wine, beer or a soft drink with delicious pizza from the kitchen! There's always great conversation with your fellow residents and a lot of laughs!

Weekly Calendar for May 11th – 17th, 2024

Saturday, May 11th

Sunday, May 12th

Happy Mother's Day!

10:00AM Armchair Exercise Video
11:00AM Tai Chi
**1:30PM Craft Session with Audrey:
Making Polymer Earrings (Pt
2)**
**3:00PM Artful Aging: Painting with
Elizabeth and Friends**

10:00AM Armchair Exercise Video
10:30AM GPUC Worship Service
11:00AM **Gentle Fit with Winnie**
3:00PM Tech Time with Radha
7:30PM Sing Along with Errol

**Monday
May 13th**

**Tuesday
May 14th**

**Wednesday
May 15th**

**Thursday
May 16th**

**Friday
May 17th**

10:00AM Chair
Fitness

11:00AM
Go4Life
Walking Club

11:00AM
Armchair
Exercise Video

**1:00PM Bus
Outing:
Shopping Trip
to Seafair**



**2:00PM
Timbits in the
Fireside
Lounge**

3:00PM "Sit and
Be Fit" Gentle
Arthritis Video
Exercise Class

7:30PM Bingo

10:00AM
Armchair
Video
Exercises

**11:00AM
AltaVida
Fashions**

11:30AM
Meditation

**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
Exercise Video

**11:30AM
Bus Outing:
Queen
Elizabeth Park
and/or
Seasons
Restaurant for
Lunch**

1:30PM Billiards

**1:30PM Meet
Me at The
MoMA: Joan
Miró (1893-
1983), Spanish
Painter &
Sculptor**

**3:00PM Happy
Hour**

7:00PM
Rummikub

10:00AM Chair
Fitness:
Strength &
Balance

11:00AM
Armchair
Exercise Video

**11:00AM
Go4Life
Walking Club**

**1:30PM
Scrabble with
Pat**

**3:00PM
Resident
Council
Meeting**



**7:00PM Game
of Hearts**

**10:00AM Osteofit
with Robin
Masters**

11:00AM Play
Reading with
Stephen

11:00AM Mindful
Movements
Exercise Class

**12:00PM Bus
Outing: Steveston
Village**

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

**2:00PM
Entertainment with
Greg Meloche**

**3:00PM Happy
Hour Pizza Party!**

**3:30PM Table
Tennis**

6:45PM Mah Jong