

GILMORE GARDENS WEEKENDER HIGHLIGHTS



May 24th, 2024

IN HOUSE NEWS

We are currently missing a few **cereal bowls** in the Country Kitchen that are being used for Breakfast. If you have one in your suite please return it to the Country Kitchen Dirty Dishes Drawer. Thank you!

A reminder to arrive at least 5 minutes before Recreation Programs starts. As late arrivals interrupt programs that have already started. Thank you for understanding.

There is an error on the calendar for Monday, May 27th. Please ignore the Bus Outing: Shopping Trip to Superstore at 10:00AM. Thank you.

Please note the following activities are **cancelled**:

- **Chair Fitness: Strength and Balance** on Thursday, May 30th at 10:00AM
- **Armchair Exercise Video** on Thursday, May 30th at 11:00AM.
- **Play Reading with Stephen** on Friday May 31st
- **Bus Outing: Steveston Village** on Friday May 31st



The **Richmond Singers** have a special concert, “**Under One Sky**” on Saturday, June 1st at 3:00PM at the Fraserview Mennonite Brethren Church. Courtyard Gardens will drive the bus and are inviting our residents to join them. The cost is \$15 per senior if we have 10+ people. Please add your name to the sign-up sheet in the Activity Room if you would like to go.

Join us for **Aging the Healthy Way; Getting More out of Life: 6 Week Workshop** starting Wednesday, June 19th from 10:30AM-12:00PM. There will be two facilitators from the Self Management BC of University of Victoria. Please see information attached.

REMINDERS

Sign up for our **Bus Outing: Shopping Trip to Lansdowne Centre (T&T)** on Monday, May 27th at 1:00PM. There are many different shops, including a large T&T store. Please sign up in the Activity room to reserve your seat on the bus.

Did you join the **Painting with Ranu** on Monday, May 6th? If so, please mark your calendar for the follow-up session of the **Art Workshop** on Monday, May 27th at 1:00PM. Come and complete your masterpiece and display it with pride!



It's **Red Shirt Day** on Wednesday, May 29th! Find an item of clothing in red, or a red accessory and wear it for one day!

Join us for a lovely **Bus Outing: Picnic at Garry Point for Fish and Chips** on Wednesday, May 29th at 11:30AM. Enjoy this tasty treat and then take a walk around the trail at Garry Point or just sit and soak up the wonderful waterfront views!






It's our monthly **Birthday Party & Welcome Tea** on Thursday, May 30th at 2:00PM in the Dining Room! Come and enjoy refreshments with a piece of cake whilst conveying good wishes to our birthday residents and new residents!

Join us for a **BBQ on the Patio** on Friday, May 31st at 12:00PM. We will be serving juicy hot dogs and fries! Everyone is welcome! Following this, at 1:00PM we will be **Planting Flowers** - many beautiful flowers in the beds around our building that will transform our gardens! We have several pairs of gardening gloves to give to any volunteers who would like to help plant!



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

Weekly Calendar for May 24th – 31st, 2024

Saturday, May 25 th		Sunday, May 26 th		
9:00AM 10:00AM 11:00AM 1:30PM 3:00PM	Foot Care with Nerissa Armchair Exercise Video Tai Chi Pictionary with Angela Artful Aging: Painting with Elizabeth and Friends	10:00AM 10:30AM 11:00AM 2:30PM 3:00PM	Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Youth Musician Association Tech Time with Radha	
Monday May 27 th	Tuesday May 28 th	Wednesday May 29 th	Thursday May 30 th	Friday May 31 st
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 1:00PM Bus Outing: Shopping Trip to Lansdowne Centre (T&T) 1:00PM Craft Session: Painting with Ranu (Part 2) 3:00PM "Sit and Be Fit" Gentle Arthritis Video Exercise Class 7:30PM Bingo	10:00AM Armchair Video Exercises 11:00AM Meditation with Buddhist Monk (Cantonese) 11:35AM Meditation with Buddhist Monk (English) 1:00PM Recreation Committee Meeting 1:30PM Wellness Session: Chair Yoga with Lynn Walters 2:45PM Giant Crosswords 7:00PM Crib/Chess	<p style="color: red; text-align: center;">Red Shirt Day!</p> 10:00AM Chair Fitness 10:30AM Catholic Prayer & Communion 11:00AM Armchair Exercise Video 11:30AM Bus Outing: Picnic at Garry Point for Fish & Chips  1:30PM Billiards 3:00PM Happy Hour 7:00PM Rummikub	<p style="text-align: center;"><i>Birthdays to Celebrate</i></p>  Hairdresser 11:00AM Go4Life Walking Club 2:00PM Birthday Party & Welcome Tea 7:00PM Game of Hearts	<p style="text-align: center;">Hairdresser</p> <p style="text-align: center; color: green;">BBQ & Planting Day!</p> 10:00AM Osteofit with Robin Masters 11:00AM Mindful Movements Exercise Class 12:00PM BBQ  1:00PM Planting Flowers 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 3:00PM Happy Hour 3:30PM Table Tennis 6:45PM Mah Jong