

GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



May 17th, 2024

IN HOUSE NEWS

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 their group of residents. 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.



Sing Along with Roger is back on Sunday, May 19th at 7:30PM in the Fireside Lounge. Join your fellow residents in song for an hour of old familiar tunes!



We will be introducing a **Live Meditation** on Tuesday, May 21st with Bodhistavva Nature Foundation. At 11:00AM there will be a class for Cantonese-speaking residents and at 11:35AM an English-speaking class. Come and experience this relaxing and mindful class!

The Food Committee Meeting scheduled for Tuesday, May 21st **has been moved** to Wednesday, May 22nd at 11:30AM in the Private Dining Room.

Please be advised that there will be a modest increase in prices for **Farah's Hairdressing** services starting June 1st. For more information, please visit the Beauty Salon where the new prices will be listed on the window. Thank you.

In order to enable Reception to receive and hear incoming phone calls, we kindly request all residents to use your cell phone in the Fireside Lounge, especially if you have your phone on speaker.



REMINDERS

Here's your chance to bet on your favourite horse with a chance of winning! Join us for a galloping good time at our **Horseraces Game** on Saturday, May 18th at 1:30PM in the Activity Room! Please remember to bring \$1.75 in quarters 😊

If you enjoy the game of Table Tennis, now is your chance to have a knock-around at **Table Tennis** with Sally, our community volunteer on Sunday, May 19th at 1:00PM in the Activity Room.

Sign up for our **Bus Outing: Shopping Trip to FreshCo** on Monday, May 20th at 1:00PM. FreshCo has all the basic produce items, as well as many other staples. Please bring your reusable bags and wait in the Fireside Lounge until we board the bus.



On Victoria Day, test your knowledge on British Royalty and other fun British trivia at **Royal Trivia with Jill** on Monday, May 20th at 3:00PM in the Activity Room.

It's the perfect time for a **Bus Outing: Scenic Drive to Downtown English Bay** on Wednesday, May 22nd at 12:30PM. Sign up early for a seat on the bus. Keep your fingers crossed for a warm, sunny day!

We have a **Wellness Session: Physio2U with Ryleigh Hill** on Thursday, May 23rd at 2:00PM in the Activity Room. Come for a hands-on workshop, "*Put some Spring in your Step*" where you will learn informative information and preventative exercises to increase your mobility and strength.

Sign up for the weekly **Bus Outing: Steveston Village** on Friday, May 24th at 12:00PM. You can roam the scenic Steveston Village, have a coffee or lunch and visit the quaint stores.



Entertainment with the Fabulous Fera Brothers is on Friday, May 24th at 2:00PM in the Fireside Lounge. Come and enjoy this fun duo and sing along to the songs or maybe dance to one or two! Afterwards, join us for **Happy Hour** from 3:00PM-4:00PM after in the Club Lounge.

Weekly Calendar for May 18th – May 24th, 2024

Saturday, May 18 th		Sunday, May 19 th		
10:00AM 11:00AM 1:30PM 7:00PM	Armchair Exercise Video Tai Chi Horse Races Game Movie Night: Clue	10:00AM 10:30AM 10:00AM 11:00AM 1:00PM 2:30PM 7:30PM	Armchair Exercise Video GPUC Worship Service Beginner Mah Jong with Sally Gentle Fit with Winnie Table Tennis with Sally Beginner Rummikub with Sally Sing Along with Roger	
Monday May 20 th	Tuesday May 21 st	Wednesday May 22 nd	Thursday May 23 rd	Friday May 24 th
Victoria Day 10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 1:00PM Bus Outing: Shopping Trip to Freshco 2:30PM Men's Chat 3:00PM "Sit and Be Fit" Gentle Arthritis Video Exercise Class 3:00PM Royal Trivia with Jill 7:30PM Bingo	9:30AM Wellness Session: "Ears to You" Hearing Health Check 10:00AM Armchair Exercise Video 11:00AM Live Meditation in Cantonese 11:35AM Live Meditation in English 1:30PM Drumfit 2:00PM Fit Minds 7:00PM Crib/Chess	10:00AM Chair Fitness 10:30AM Catholic Prayer and Communion 11:00AM Armchair Exercise Video 11:30AM Food Committee Meeting 12:30PM Bus Outing: Scenic Drive Downtown English Bay 1:30PM Billiards 3:00PM Happy Hour 7:00PM Rummikub	Hairdresser 10:00AM Advanced Armchair Video with Curtis 11:00AM Armchair Exercise Video 11:00AM Go4Life Walking Club 2:00PM Wellness Session: Physio2U with Ryleigh Hill 7:00PM Game of Hearts	Hairdresser 10:00AM Osteofit Exercise Class with Robin Masters 11:00AM Play Reading with Stephen 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 the Fabulous Fera Brothers 3:00PM Happy Hour 3:30PM Table Tennis 6:45PM Mah Jong