

GILMORE GARDENS WEEKENDER HIGHLIGHTS



February 21st, 2025

IN HOUSE NEWS



We kindly ask that you leave the flowers on the patio and surrounding beds for all residents to enjoy. Thank you for your understanding.

REMINDERS

Come for a game of **Pictionary** on Saturday, February 22nd at 1:30PM in the Activity Room. Pick a card and attempt to draw the word in a picture-form for the others to guess! This is a fun game for all to enjoy!

Enjoy the harmonious music at **Youth Musician Association** on Sunday, February 23rd at 2:30PM in the Fireside Lounge. Come and support these students who enjoy showcasing their talents for the residents at Gilmore Gardens!

Join **Sing Along with Errol** on Sunday, February 23rd at 7:30 PM in the Fireside Lounge. Errol enjoys having the residents join him and sing along to the many songs he plays on both his guitar.

If you need household provisions, sign up for our **Bus Outing: Shopping Trip to Freshco** on Monday, February 24th at 1:00PM. Please wait in the Fireside Lounge prior to boarding the bus.

We have a new activity, **Sing Along with The Richmond Singers** on Tuesday, February 25th at 1:30PM in the Fireside Lounge. Three choir members from The Richmond Singers will be here to host this new program that embraces participants to sing along to a variety of well-known songs with words provided on the projector screen. If you enjoy singing, you will not want to miss this!

Wednesday, February 26th is **National Pink Shirt Day!** We encourage everyone to observe this day by wearing pink to honour diversity, kindness and the power in all of us to make a positive difference. Pink Shirt Day, held annually across Canada and the world, raises awareness about bullying and encourages individuals to stand up against hate and discrimination.



Sign up for our **Bus Outing: Lunch at Pat Quinns Restaurant in Tsawwassen** on Wednesday, February 26th at 11:30AM. The menu offers a great selection of appetizers, salads, pasta, burgers and more! Enjoy a scrumptious lunch whilst taking in the beautiful green landscapes!

Browse the many pieces of jewelry and accessories at **Fifth Avenue Jewelry** on Thursday, February 27th at 12:00PM in the Fireside Lounge. Perhaps a gift for a good friend would be nice!



It's the **Birthday Party & Welcome Tea** on Thursday, February 27th at 2:00PM in the Dining Room. Come and enjoy a piece of delicious birthday cake whilst wishing our birthday residents a happy birthday and welcoming our new residents. Everyone is welcome!



Join us for a fantastic hour of music at our **Entertainment with Jennifer Lauren** at 2:00PM Friday February 28th in the Fireside Lounge. Jennifer is a long-standing favourite for many of our residents. Come and enjoy her dulcet singing as she plays the piano. Afterwards, join us for **Happy Hour** at 3:00PM in the Club Lounge with tasty appetizers from our kitchen!

Weekly Calendar for February 22nd – 28th, 2025

Saturday, February 22 nd		Sunday, February 23 rd		
9:00AM 10:00AM 11:00AM 1:30PM 7:00PM	Footcare with Nerissa Armchair Exercise Video Tai Chi Pictionary Movie Night: The Time Traveler's Wife	10:00AM 10:30AM 11:00AM 1:30PM 2:30PM 7:30PM	Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Tech Time with Erin Youth Musician Association Sing Along with Errol	
Monday February 24 th	Tuesday February 25 th	Wednesday February 26 th	Thursday January 27 th	Friday January 28 th
10:00AM Chair Fitness 11:00AM Armchair Exercise Video 11:00AM Go4Life Walking Club 1:00PM Bus Outing: Shopping Trip to FreshCo 1:30PM Meet Me at The MoMA: Betty Goodwin (1923-2008) Painter, Sculptor 3:00PM Chair Yoga with Lauren 7:30PM Bingo	10:00AM Armchair Exercise Video 11:30AM Meditation 11:30AM Food Committee Meeting 1:30PM Sing Along with The Richmond Singers  2:45PM Fit Minds 7:00PM Crib/Chess	National Pink Shirt Day! 10:00AM Chair Fitness 10:30AM Catholic Prayer & Communion 11:00AM Armchair Exercise Video 11:30AM Bus Outing to Pat Quinns Restaurant, Tsawwassen 1:30PM Billiards 1:30PM Chair Exercises with Lauren Video 3:00PM Happy Hour 7:00PM Rummikub	Hairdresser 10:00AM Chair Fitness: Strength & Balance 11:00AM Armchair Exercise Video 11:00AM Go4Life Walking Club 12:00PM Fifth Ave Jewelry 2:00PM Birthday & Welcome Tea 7:00PM Game of Hearts	10:00AM Osteofit with Robin Masters 11:00AM Play Reading with Stephen 11:00AM Advanced Armchair Exercise Video with Curtis 11:30AM Bus Outing to Steveston 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 2:00PM Entertainment with Jennifer Lauren 3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong