

GILMORE GARDENS WEEKENDER HIGHLIGHTS



SHROVE TUESDAY



February 28th, 2025

IN HOUSE NEWS

Attention all residents: If you are expecting a delivery, Reception will notify you once it has arrived. Kindly pick up your delivery promptly. Thank you for your cooperation.

A kind request to please **not** pick the flowers from the patio for your own suite. These are planted for all our residents to enjoy whilst sitting outdoors. Thank you for your understanding.

REMINDERS

Come for our **Horseraces Game** on Saturday, March 1st at 1:30PM in the Activity Room. This is a fun game where you roll the dice and move your winning horse towards the finish line! Come for an hour of fun with fellow residents! Please bring \$1.75 in quarters as Reception will not be making change.



Invite a neighbour and end your week at **Sing Along with Roger** on Sunday, March 2nd at 7:30PM in the Fireside Lounge. Have fun whilst singing the songs Roger plays on his guitar or harmonica!

Sign up for our **Bus Outing: Shopping Trip to Lansdowne Mall and T&T** on Monday, March 3rd at 1:00PM. Please wait in the Fireside Lounge at least 5 minutes prior to boarding the bus.

It's **Shrove Tuesday** on March 4th and Chef Val and his team will be serving delicious pancakes at lunch time! If you are not already on the lunch program and wish to enjoy this culinary delight, please let Reception know and pay \$10 for the lunch! Lunch starts at 12:15PM.



If you are in need of a hearing test or to have your hearing aids checked, please sign up for the **Ears to You Hearing Health Check** on Wednesday, March 5th in the Salon. Appointments will start at 9:30AM and run until 2:00PM.

We have a **Bus Outing: River Rock Casino** on Wednesday, March 5th at 11:00AM. There is a Food Court at the Casino where you can enjoy coffee and a snack or lunch. Please meet in the Fireside Lounge 5 min prior to boarding the bus.



Come and browse the clothes at **Altavida Fashions** on Thursday, March 6th from 11:00AM in the Fireside Lounge. You may find a clothing item that will excite you for the upcoming warmer weather and put a "spring" in your step!

Join us for an art experience as we study the works of **Angela Grossmann in Meet Me at the MoMA** on Thursday, March 6th at **2:40PM** in the Activity Room. The subjects of Angela's paintings, photo-based collages, and mixed media works largely reference the female form. Angela lives and works in Vancouver, Canada.

It's time for **Trivia with Jill** on Friday, March 7th at 11:00AM in the Activity Room. We have fun with a variety of different trivia games, multiple choice quizzes, Rebus and much more!

Join us for an hour of awesome music at **Entertainment with John Parsons, guitarist and singer** on Friday, March 7th at 2:00PM in the Fireside Lounge. You can tap your feet to the popular songs, clap your hands, maybe even dance! 😊

Afterwards, join us for **Happy Hour** on Friday, March 7th from 3:00PM in the Club Lounge where you can enjoy a soft drink, beer or wine, along with tasty appetizers from our own kitchen!

Weekly Calendar for March 1st – March 7th, 2025

Saturday, March 1 st		Sunday, March 2 nd		
8:30AM 10:00AM 11:00AM 1:30PM 3:00PM	<i>Nails with Angie</i> Armchair Exercise Video Tai Chi Horseraces Game Artful Aging: Painting with Elizabeth & Friends	10:00AM 10:30AM 11:00AM 1:30PM 7:30PM	Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Tech Time with Erin Sing Along with Roger	
Monday March 3 rd	Tuesday March 4 th	Wednesday March 5 th	Thursday March 6 th	Friday March 7 th
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 1:00PM Bus Outing: Shopping Trip to Lansdowne and T&T  3:00PM "Sit and Be Fit" Gentle Arthritis Exercise Video 7:30PM Bingo	<i>Shrove Tuesday (Pancake Day!)</i> 10:00AM Armchair Exercise Video 11:30AM Meditation 1:30PM Chair Yoga with Lauren Exercise Video  2:45PM Giant Crosswords 7:00PM Crib/Chess 	9:30AM Wellness Session: Ears to You Hearing Health Check 10:00AM Chair Fitness 10:30AM Catholic Prayer and Communion 11:00AM Armchair Exercise Video 11:00AM Bus Outing: River Rock Casino 1:30PM Billiards 1:30PM Chair Exercises with Lauren Video 3:00PM Happy Hour 7:00PM Rummikub	<i>Hairdresser</i> 10:00AM Chair Fitness: Strength & Balance 11:00AM Armchair Exercise Video 11:00AM Go4Life Walking Club 11:00AM Altavida Fashions 1:30PM Java Music Club  2:40PM Meet Me at The MoMA: International Women's Day – Angela Grossmann 7:00PM Game of Hearts	<i>Living Loving Local Celebration Dinner: Featuring Maple</i> 10:00AM Osteofit with Robin Masters 11:00AM Advanced Armchair Video with Curtis 11:00AM Play Reading with Stephen 11:00AM Trivia with Jill 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 2:00PM Entertainment with John Parsons 3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong