

GILMORE GARDENS WEEKENDER HIGHLIGHTS



March 21st, 2025

IN HOUSE NEWS

Do you like going to the Theatre? Are you interested in seeing the witty and whimsical play "Pride & Prejudice", adapted from the novel by Jane Austen? We are planning a **Bus Outing to Gateway Theatre** for a matinee performance at 1:00PM on Wednesday, April 23rd. Tickets are \$35 with a 10% discount for groups of 10 people. Please let our Recreation Team know by Friday, March 28th if you would like to buy tickets to see this romantic comedy!



REMINDERS

It's **Cruise Week** and we have docked at France for the day! Join us for a game of **Jeopardy in France** on Saturday, March 22nd at 1:30PM in the Activity Room and enjoy an hour of French trivia!

Join us on Saturday, March 22nd at 2:30PM in the Fireside Lounge for an exciting hour of music with **Instrumentopia** – a high school group of 7 performers that will include a flutist, guitarist, pianist, and vocals. This eager group of students is delighted to spread the joy of music during their Spring Break!

Join **Sing Along with Roger** on Sunday, March 23rd at 7:30PM in the Fireside Lounge. Roger enjoys playing his harmonica or guitar while residents sing along to the songs he plays!

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

Sign up for **Craft Session: Making a Clay Grecian Vase** on Monday, March 24th 1:30PM in the Activity Room. Come and mould your own piece of clay and create a beautiful vase!



We have a **Chef's Demo** on Tuesday, March 25th at 1:30PM in the Activity Room. Come and watch Chef Val as he demonstrates how to cook a delicious treat for you to savour!

Sign up and enjoy a change of scenery on our **Bus Outing: Scenic Drive** on Wednesday, March 26th at 12:00PM. We will be enjoying a lunch along the way, so please select a sandwich and pay for your lunch when you sign up. The cost is \$10.00 if you're not on the lunch program but if you are on the lunch program there is no charge. You may also choose to bring your own lunch!

We have **Armchair Travel to Italy** on Wednesday, March 26th at 2:00PM in the Activity Room. Italy is full of art, culture and cuisine! Admire the stunning scenery, along with the rich history of Italy!

Join us as we say goodbye to our Life Enrichment Manager, Valerie at an **Italian Farewell to Valerie Happy Hour** on Wednesday, March 26th at 3:00PM in the Fireside Lounge. We will be serving drinks and appetizers from our kitchen. All are welcome!



It is the last day of **Cruise Week**, and we return to Canada for our **Birthday Party & Welcome Tea, Canadian Style** on Thursday, March 27th at 2:00PM in the Dining Room. Enjoy a tea or coffee with a slice of cake as you celebrate with our March birthday residents and our new residents!



Come for a fantastic hour of music at **Entertainment with Randy and Jeff** on Friday, March 28th at 2:00PM in the Fireside Lounge. Enjoy listening to the popular songs!

Afterwards, join us for **Happy Hour** at 3:00PM in the Club Lounge with tasty appetizers from our kitchen!

Weekly Calendar for March 21st – 28th, 2025

Saturday, March 22 nd		Sunday, March 23 rd		
8:30AM 10:00AM 10:00AM 11:00AM 1:30PM 2:30PM 7:00PM	France Nails with Angie Tax Clinic (by appointment only) Armchair Exercise Video Tai Chi Jeopardy in France! Instrumentopia Movie Night: Moulin Rouge	10:00AM 10:30AM 11:00AM 1:30PM 7:30PM	Egypt Armchair Exercise Video GPUC Worship Service Egyptian Gentle Fit with Winnie Tech Time with Erin Sing Along with Roger	
Monday March 24 th	Tuesday March 25 th	Wednesday March 26 th	Thursday March 27 th	Friday March 28 th
Purdy's Easter Orders in by 4:00PM Greece 10:00AM Chair Fitness in Greece  11:00AM Armchair Exercise Video 11:00AM Go4Life Walking Club 1:00PM Bus Outing: Shopping Trip to Superstore 1:30PM Craft Session: Making a Clay Grecian Vase 3:00PM Chair Yoga with Lauren 7:30PM Bingo	Slovenia 10:00AM Armchair Exercise Video  11:30AM Meditation 1:30PM Chef's Demo  2:45PM Cruise Week Fit Minds 7:00PM Crib/Chess	Italy 10:00AM Italian Chair Fitness 10:30AM Catholic Prayer and Communion 11:00AM Armchair Exercise Video 12:00PM Bus Outing: Scenic Drive (with packed lunch, if desired)  1:00PM Chair Exercises with Lauren Video 1:30PM Billiards 2:00PM Armchair Travel to Italy  3:00PM Italian Farewell to Valerie Happy Hour 7:00PM Rummikub	Back to Canada Hairdresser 10:00AM All Canadian Chair Fitness: Strength & Balance 11:00AM Armchair Exercise Video 11:00AM Gof4Life Walking Club 2:00PM Birthday Party & Welcome Tea, Canadian Style  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 Randy and Jeff 3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong