

GILMORE GARDENS WEEKENDER HIGHLIGHTS



March 7th, 2025

IN HOUSE NEWS

Daylight Savings Time starts on Sunday, March 10th at 2:00AM. Remember to set your clocks one hour forward before bed time on Saturday night. It's time to enjoy days of longer light in the evenings!



REMINDERS

Come for a game of **Bean Bag Toss** on Saturday, March 8th at 1:30PM in the Activity Room. Invite your neighbour for an hour of fun!

If you enjoy board games, come to **Beginner Rummikub with Sally** on Sunday, March 9th at 2:30PM in the Club Lounge. Sally, our community volunteer, will happily teach you how to play this great game that is similar to the card game, rummy. The game of Rummikub is played with numbered tiles. Come and see what it's all about – either play a game or sit and observe!

Join **Sing Along with Roger** on Sunday, March 9th at 7:30PM in the Fireside Lounge. Roger enjoys playing his harmonica and guitar so that residents can sing along to the songs he plays!

If you need household provisions, sign up for our **Bus Outing: Shopping Trip to Ironwood** on Monday, March 10th at 1:00PM. Please wait in the Fireside Lounge prior to boarding the bus.



We have a Verve initiative program for all our art lovers! Join **Meet Me at The MoMA: Reflections of Time; Louise Bourgeois** on Monday, March 10th at 1:30PM in the Activity Room. With a career spanning eight decades, Bourgeois is one of the great figures of modern and contemporary art. She is best known for her large-scale sculptures and installations that are inspired by her own memories.

We have a **Wellness Session: Proof of Care presents Sexual Health** on Tuesday, March 11th at 1:30PM in the Activity Room. Keeping informed about this topic is just as important as we age! 😊

Come for our **Bus Outing: Lunch at Cavu Kitchen Bar** on Wednesday, March 12th at 11:30AM. If you would like a change of scenery along with delicious cuisine, sign up for this luncheon treat!

We are happy to announce our annual tax clinic will be here in time for your tax returns! Add your name to the sign-up sheet if you would like an appointment with **Tax Clinic with Equity CPA Inc** on Thursday, March 13th from 10:00AM in the Dining Room.



We have a new program, **Alliance Francaise French Workshop** on Thursday, March 13th at 1:30PM in the Activity Room. Enjoy some fun, interactive learning that is enjoyable with educational games and activities. You will experience cultural learning with traditions regardless of your French knowledge. Why not come and learn something new? All are welcome 😊



Join us for a fantastic hour of music at **Entertainment with Hand over Heart** on Friday, March 14th at 2:00PM in the Fireside Lounge. Enjoy listening to the songs and perhaps some dancing! Afterwards, join us for **Happy Hour** at 3:00PM in the Club Lounge with tasty appetizers from our kitchen! And, of course, we will be offering tasty chips as it's **National Potato Chip Day!**

Weekly Calendar for March 7th – 14th, 2025

Saturday, March 8 th		Sunday, March 9 th		
10:00AM 11:00AM 1:30PM 7:00PM	International Women's Day Armchair Exercise Video Tai Chi Bean Bag Toss Movie Night: Joy Turn your clock ahead one hour before you go to bed!	10:00AM 10:00AM 10:30AM 11:00AM 1:00PM 1:30PM 2:30PM 7:30PM	Daylight Savings Time begins Armchair Exercise Video Advanced Rummikub with Sally GPUC Worship Service Gentle Fit with Winnie Table Tennis with Sally Tech Time with Erin Beginner Rummikub with Sally Sing Along with Roger	
Monday March 10 th	Tuesday March 11 th	Wednesday March 12 th	Thursday March 13 th	Friday March 14 th
10:00AM Chair Fitness 11:00AM Armchair Exercise Video 11:00AM Go4Life Walking Club 1:00PM Bus Outing: Shopping Trip to Ironwood  1:30PM Meet Me at The MoMA: Reflections of Time – Louise Bourgeois 3:00PM Chair Yoga with Lauren 7:30PM Bingo	10:00AM Armchair Exercise Video  11:30AM Meditation 1:30PM Wellness Session: Proof of Care presents Sexual Health  2:45PM Fit Minds 7:00PM Crib/Chess	10:00AM Chair Fitness 10:30AM Catholic Prayer & Communion 11:00AM Armchair Exercise Video 11:30AM Bus Outing: Lunch at Cavu Kitchen Bar 1:30PM Billiards 1:30PM Chair Exercises with Lauren Video 3:00PM Happy Hour 7:00PM Rummikub	Hairdresser 10:00AM Chair Fitness: Strength & Balance 10:00AM Tax Clinic with Equity CPA Inc 11:00AM Armchair Exercise Video 1:30PM Alliance Francaise French Workshop  7:00PM Game of Hearts	National Potato Chip Day! 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 Hand over Heart 3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong