GILMORE GARDENS WEEKENDER HIGHLIGHTS







May 2nd, 2025

IN HOUSE NEWS

Dining Service: Please let Reception know in the morning if you will be out for lunch (if you are on the lunch program) or away at dinner. Also, if you require a tray delivery, please let us know ahead of time. Thank you!



Check your appointment time and come to the **Covid-19 Booster Vaccine Clinic** on Tuesday, May 6th from 9:00AM-2:00PM in the Activity Room. Remember to bring your personal health card!

REMINDERS

It's time for the fun game of **Roll A Trump** on Saturday, May 3rd at 1:30PM in the Activity Room! Come and throw the balls and see if you can score the highest points! As always, there will be prizes for the winners!



If you like music, invite your neighbour and enjoy listening to the students from **Mayumi Randall Music School** on Sunday, May 4th at 3:00PM in the Fireside Lounge.

Do you need household provisions and maybe a few treats? We have a **Bus Outing: Shopping Trip to FreshCo** on Monday, May 5th at 1:00PM. Sign up in the Activity Room for a seat on the bus.



Join us at **Meet Me at The MoMA: Alex Colville** on Monday, May 5th at 1:30PM in the Activity Room. "*Learn about the life and work of this realist painter who created precise and poetic images of everyday situations.*"

Spend a relaxing time at our **Bus Outing: Lunch & Shopping at Richmond Centre Mall** on Wednesday, May 7th at 12:00PM. Browse the shops and take a break for coffee or some lunch at the Food Court. Please sign up on the sheet in the Activity Room.



Come for a stimulating hour-long session at a **David Darling Presentation: Revolution vs Evolution, Different Paths from Common Origins to Independence and Beyond** on Thursday, May 8th at 1:30PM in the Activity Room. Everyone is welcome!

We have a **Bus Outing: Steveston Village** on Friday, May 9th at 1:00PM. Sign up for a seat on the bus and enjoy a walk along the boardwalk and see the fishing boats. Or, if you need some shopping, you can visit Save on Foods. There are also several coffee shops and restaurants where you can sit and eat whilst people watching!



It's Mother's Day this Sunday and in celebration we have a special **Mother's Day High Tea and Entertainment with Cherelle Jardine** on Friday, May 9th at 2:00PM in the Dining Room. Invite a friend or family member and enjoy sumptuous sandwiches and delicious, sweet treats with a cup of fresh coffee or tea. And, of course, remember to wear your prettiest outfit! Please let Reception know if you will be bringing a guest.

Join us for **Happy Hour** on Friday, May 9th from 3:00PM-4:00PM in the Club Lounge. We serve tasty appetizers from our kitchen which you can enjoy with a complimentary glass of fruit punch, or you can purchase a glass of wine or beer or a soda. This is the perfect time to socialize and have a laugh with fellow residents!

Weekly Calendar for May 3rd - 9th, 2025

Saturday, May 3rd		Sunday, May 4th	
8:30AM	**Nails with Angie**	10:00AM	Armchair Exercise Video
10:00AM	Armchair Exercise Video	10:30AM	GPUC Worship Service
11:00AM	Tai Chi	**11:00AM**	**Gentle Fit with Winnie**
1:30PM	**Roll A Trump Game**	1:30PM	Tech Time with Erin
7:00PM	**Movie Night: The King's Speech**	**3:00PM**	**Mayumi Randall Music School**

Monday May 5th	Tuesday May 6th	Wednesday May 7th	Thursday May 8th	Friday May 9th
Cinco de Mayo	**9:00AM-2:00PM COVID Booster Vaccine Clinic**	10:00AM Chair Fitness	***Hairdresser***	***Hairdresser***
10:00AM Chair Fitness		10:30AM Catholic Prayer and Communion	10:00AM Chair Fitness: Strength & Balance	10:00AM Osteofit with Robin Masters
11:00AM Armchair Exercise Video	**2:45PM Fit Minds**	**11:00AM RMS Ukulele Lessons**		11:00AM Advanced Armchair Exercise Video with Curtis
11:00AM Go4Life Walking Club		**12:00PM Bus Outing: Lunch & Shopping at Richmond Centre Mall**	11:00AM Armchair Exercise Video	11:00AM Play Reading with Stephen
1:00PM Bus Outing: Shopping Trip to FreshCo	7:00PM Crib/Chess	**1:30PM Chair Yoga with Lauren Video**	11:00AM Go4Life Walking Club	**1:00PM Bus Outing: Steveston Village**
1:30PM Meet Me at The MoMA: Alex Colville		1:30PM Billiards	**1:30PM David Darling Presentation: Revolution vs Evolution, Different Paths from Common Origins to Independence and Beyond**	1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動
3:00PM Chair Yoga with Lauren		**3:00PM Happy Hour**		**2:00PM Mother's Day High Tea and Entertainment with Cherelle**
7:30PM Bingo		7:00PM Rummikub	7:00PM Game of Hearts	**3:00PM Happy Hour**
				3:30PM Table Tennis
				6:00PM Mah Jong