



THE GAZETTE

Goward House
 2495 Arbutus Road, Victoria, BC V8N 1V9
 Tel: 250 477 4401
 Website: www.gowardhouse.com
 E-mail: info@gowardhouse.com

DEC and **JAN**
2017 **2018**

Editor: Mary Homer

PRESIDENT'S MESSAGE

♪ 'Chestnuts roasting on an open fire . . . Jack Frost nipping at your nose

Yuletide carols being sung by the choir . . . And folks dressed up like Eskimos. . . ' ♪

Seasons greetings to all our members. We have a cozy gas fireplace and yuletide carols: no chestnuts roasting and no need to dress as warmly as Eskimos. The Goward House elves have decked our halls and we're sure Elaine will find mincemeat tarts for all of us in the Tea Room. So come, enjoy our beautiful home, and feel the friendship and the spirit of Christmas.

Our white elephant sale encouraged the letting go of a few precious items, thank you. Both shoppers and Goward House benefited from your largesse. Our craft fair was equally successful. How cool is that to find 'homemade' presents for loved one.

We're looking forward to our annual turkey dinner. The staff and volunteers make a huge effort to bring that joyful meal to you. We're like a large family at this event with everyone chatting and happy. And, of course the choir bursts forth with familiar carols.

So have a healthy holiday and come back to Goward in the New Year and join as many activities as you can. Stay young and active with us.

Gail Branton and Gayle Millbank

GOWARD HOUSE HOLIDAY CLOSURES

Fri	-	December 22 – Closes at 12 noon
Sat	-	December 23 – Closed
Sun	-	December 24 – Closed
Mon	-	December 25 – Closed (Christmas Day)
Tues	-	December 26 – Closed (Boxing Day)
Wed	-	December 27 – Closed
Thurs	-	December 28 – Closed
Fri	-	December 29 – Closed
Sat	-	December 30 – Closed
Sun	-	December 31 – Closed
Mon	-	January 1 - Closed (Happy New Year)

RE-OPENS: TUESDAY, JANUARY 2, 2018

OFFICIAL SNOW PROTOCOL

IN CASE OF SNOW
 MEMBERS and VOLUNTEERS ARE ASKED TO
 PHONE
250 477 4401
after 8:30 am
 TO ENSURE THE HOUSE IS OPEN FOR ACTIVITIES

**WE DO NOT WANT
 ANYONE DRIVING
 IN THE SNOW
 UNNECESSARILY**



**TEA ROOM CLOSED on THURSDAY - DECEMBER 14
 DUE TO OUR CHRISTMAS LUNCHEON**

DECEMBER and JANUARY ART SHOW
December 1, 2017 to January 24, 2018 **FREE**
Mon – Fri (9:00 am to 4:00 pm) **ALL ARE WELCOME!**
The Studio of Harmonious Endeavours
Chinese Brush Painting

This group of artists share a common passion for Chinese Brush Painting. The studio was founded by the accomplished local artist, Nenagh Molson (who continues to share her wisdom and skills in occasional workshops) and now comprises about a dozen artists working at various levels. With a rich and ancient history, this intriguing art form poses endless fascination on many levels, for novice and formal artist alike. In weekly sessions we explore avenues inspired by local flora or fauna or other resources, practice techniques acquired in lessons, and share our individual pursuits. Their afternoons together promote mutual encouragement and skill-sharing, as well as a great 'harmony of spirit' so necessary to artistic development.

All are welcome to drop in & view this ancient art form and meet the artists at their :
ARTISTS' RECEPTION
Sunday – December 3
1:30 pm – 3:30 pm

BEGINNERS' LINE DANCING
Tuesdays
12:15 – 1:00 pm **NEW MEMBERS WELCOME!**

Come and learn to touch, tap, hook, scuff and stomp your way to fitness in 2018. This new program is a fun way to exercise and meet others that share the enjoyment of moving to music. Come and try it out! First-timer? No problem, your first class is free!

RECEIVE A FREE PORTRAIT
Tuesdays
1:15 pm – 4:00 pm

The Goward House Portrait Group painters are seeking models. You do not have to be a GH member to model. Yes, you do get to keep your clothes on (unless you prefer to do otherwise). The volunteer models receive the portrait of their choice (free), in recognition of their donated time and effort in posing.

If you would like to model, please phone:
Jim McFarland
250 477 8988
to schedule a Tuesday afternoon session.

Art work
by
Elfreda
Schrager



WEDNESDAY CRAFT GROUP
Wednesdays **NEW MEMBERS WELCOME!**
1:30 pm – 3:30 pm (Sequoia Room)

This intimate and dedicated group of crafters welcomes new members to join them for fun and laughter. They are currently working on their own projects and anyone interested in joining is welcome to "drop in" to visit the group.

iPAD Club **NEW MEMBERS WELCOME!**
Monday – December 18
10:00 am – 11:30 am

This group meets on the 3rd Monday of each month in the Sequoia Room. The group support one another as well as benefit from receiving guidance from their former instructor who drops in from time to time.

SUN ROOM SOCIAL BRIDGE GROUP
Thursdays **NEW MEMBERS WELCOME!**
12:30 pm – 4:00 pm

This group welcomes new members to join them for a fun afternoon of bridge playing. They play "social" (not duplicate) bridge and are a very friendly group. All levels of play are welcome! Drop in to the Sun Room and see if this group is a good fit for you. First-timer? No problem, your first time is free!

FRIDAY SOCIAL BRIDGE
Fridays **NEW MEMBERS WELCOME!**
12:30 pm – 3:45 pm

This group plays social bridge on an intermediate level and welcomes players to join them in the Sun Room on Friday afternoons. Drop in to the Sun Room and see if this group is a good fit for you. First-timer? No problem, your first time is free!

PURDY'S CHOCOLATES
Purdy's Chocolate orders will be available for pick up on:
(Thursday) December 7 to December 14 (Thurs)



Any uncollected chocolates will be donated to the Staff Christmas Party (tee hee!)

A WARM WELCOME to our newest members:

Winnie Carmichael, Susan McCutcheon, Suzanne Beauchamp, Elaine Gallagher, Chin Liew, Judy Stinson, Bob Stinson, Angela Schreiber, Valerie Collins, Liam Arthurs, Dave Nicholds, Yao Hwimin, Judy Morgan, Norman McFarlane, Anne Trick, Lynn McDiarmid, Kaitlin McManus, Lorne Bailey, Lynda Bailey, Emrys Evans, Mark Babity, and Olimpia Romita. Please introduce yourself and help to make them feel at home.

CHRISTMAS LUNCHEON & CONCERT

Thursday, December 14

Arrive by: 11:30 am

Lunch: 12:00 noon

ALL ARE WELCOME!

Following with tradition, we will be offering our annual Christmas Luncheon & Concert. After the luncheon you will have the opportunity to enjoy a musical performance by our **Goward House Singers**, which will take place in the Lower Hall at 1:00 pm.

Following the concert, we will be offering dessert with coffee and/or tea at 2:00 pm.

FOR RESERVATIONS: Tel: 250 477 4401

BOOK CLUB**NEW MEMBERS WELCOME!**Tuesday – December 19 (**Cancelled**)

1:30 pm – 3:30 pm (GH Theatre)

CANCELLED due to the fast approaching holiday season - - See info in the next column regarding their session in January 2018.

BEGINNERS TAI CHI in JANUARY

Tuesdays and Fridays

11:00 am to 12:00 noon

Open House and Registration: Friday – January 5

The Fung Loy Kok Taoist tai Chi Society will be conducting Beginners' Tai Chi classes at Goward House on Tuesdays and Fridays starting Tuesday, January 9. You **MUST** attend the Open House on January 5 in order to register for these classes.

MONEY MATTERSThursday – December 28 (**Cancelled**)

2:00 pm – 3:30 pm

CANCELLED due to Goward House closure for the holiday season. See info in the next column regarding their session in January 2018.

BRIDGE LESSONS - Topic: Defense in the 21st Century

Mondays 1:00 pm to 3:00 pm

January 8 to March 12 (9 weeks)

Jim Brackenbury, an ACBL accredited bridge teacher and club director, will be teaching this nine-week course. The focus will be on helping experienced newer players (those familiar with the basics of bidding and play) and intermediate players improve their defensive play in bridge, using the most recently updated textbook from the American Contract Bridge League. Class size is limited.

REGISTRATION INFO:

Cost: \$ 80 Goward House Members

\$100 Non-members

+ \$ 30 for textbook (price subject to change and payable to instructor)

NEW

Register by phone: 250 477 4401

Registration / payment deadline: Wed - Dec 13, 2017

*No class on February 12, 2018 (Family Day)

BOOK CLUB**NEW MEMBERS WELCOME!**

Tuesday – January 16

1:30 pm – 3:30 pm (GH Theatre)

This group normally meets on the 3rd Tuesday of each month in the Goward House Theatre and welcome additional members to join them for fun and chatter. It is never too late to join this group!

BEGINNERS' ASIAN / CHINESE MAH JONG

Wednesdays - January 17, 24 and 31

9:30 am to 12:00 noon

(Sun Room)

Mah Jong, also known as "M.J." is very often played at social and family functions. Everyone, young and old, who knows the basic rules want to participate. Like bridge, Mah Jong is usually played with four players. It is a wonderful and interesting game for an afternoon or evening entertainment.

Playing is very good therapy, and good for the brain cells. It tends to develop one's thinking power and intelligence; and is a good form of exercise; not only for your hands, fingers and arms, but also for your eyes. If you miss one of the classes, Nancy is willing to meet with you at a later date to make up for the missed lesson. Sign up individually or with friends.

Registration: Tel: 250 477 4401

Registration deadline: January 12, 2018

Cost - \$30 Goward House members

\$35 Non-members

MONEY MATTERS**FREE**

Thursday, January 25

ALL ARE WELCOME

2:00 pm – 3:30 pm

Topic: Estate Planning –Tax Considerations

Continuing our series on estate planning, this month come out and learn from Andrea Tang, **BCom, CPA, CA**:

- What is Probate?
- Can/should you try to avoid it?
- What is a designated account?
- What are some tax planning strategies for estate planning purposes;
- What about adding my children to my accounts?

This free information session is made possible by Pam Katunar – Financial Advisor with Raymond James. Please pre-register your attendance with our front desk (tel: 250 477 4401). Thanks!

2017 TAX RECEIPTS for PRESIDENT'S APPEAL

There are currently many tax receipts at our front desk waiting to be picked up by those that donated to the President's Appeal. Anyone wishing to receive a tax receipt for their 2017 income tax return in connection with their donation to the Goward House President's Appeal should ensure their donation is received by December 21. Goward House will be closing for the holidays the next day (at noon). Any donations after December 21 will receive a tax receipt for the 2018 taxation year. Tax receipts will be available for pick up from our front desk approximately 2 weeks after date of receipt.

ANNUAL MEMBERSHIPS

AVOID \$10 PENALTY

Avoid the January line ups and avoid paying the late penalty fee of \$10 by paying for your 2018 membership before December 22, when we close for the holidays. The annual membership cost remains at \$60 per person. Remember: *'If you don't pay, you can't play!'*

Assisted Dying 101: The Basics

Thursday – February 22

1:30 pm

Presented by Dying with Dignity Canada

NEW

Medical assistance in dying is now a legal end-of-life choice in Canada. One of the primary activities for the Dying With Dignity Canada organization is educating the public about this important option.

Most people are interested in learning how Medical Assistance in Dying (MAID) might apply on a quite personal basis either as a possible option they might choose for themselves at some future date or for a loved one.

The Victoria Chapter of Dying With Dignity Canada will be speaking at Goward House about end-of-life issues.

Their goal is to quickly bring those present up-to-speed and up-to-date with assisted dying on southern Vancouver Island including: what MAID means, some basic statistics, who would qualify, how one would go about applying (Patient Request), getting approved, what to do after being approved, the peace one feels, setting the date, what happens on the day, what arrangements need to be made and other considerations.

Bear in mind they are in constant contact with senior staff of Island Health who are responsible for the MAID program so their information is current. They have also met with the Seniors Advocate of BC about access in assisted living residences.

This presentation is about 45 minutes long. There will be available an additional 15-30 minutes for questions and discussion.

Registration: Tel 250 477 4401

Registration Deadline: February 15 (Thurs)

Cost: \$5 per person (includes tea /coffee)

TEA ROOM

HOLIDAY HOURS & SERVICES

There will be no lunch service available in the Goward House Tea Room on (Thursday) December 21 or (Friday) December 22. Coffee, tea and sweets will be available on the "Honour System" on this day. GH closes at noon on Friday, December 22.

SUNSHINE LADY!



If you are aware of any Goward House member that is in hospital or recovering from a serious illness or injury, please let Elaine or Mary in the administration offices know. They will ensure our Sunshine Lady sends out a card on behalf of GH and its members.

SEASON'S GREETINGS

To all Goward House Members and their families and friends



from your staff Elaine Leonard, Mary Homer.
Anne Crozier Smith and Lyle Rumpel

BOUQUETS



OUR SINCERE THANKS to the following volunteers for aiding us with our successful **8th** annual Craft Fair:

<i>David Eyles</i>	<i>Eileen Beal</i>	<i>Val Minaker</i>
<i>Paul Redchurch</i>	<i>David Smith</i>	<i>Eleanor Beam</i>
<i>Janis Dunning</i>	<i>Pat Young</i>	<i>Val Roberts</i>
<i>Anton De Bakker</i>	<i>Elaine Daniel</i>	<i>Bill Feyrer</i>
<i>Margaret Patrick</i>	<i>Gail Branton</i>	<i>Loree Hayes</i>
<i>Pat Longman</i>	<i>Deanne Green</i>	<i>Nessie Langley</i>
<i>Pam Katunar</i>	<i>Kittie Ure</i>	<i>Ray Coutts</i>
<i>Barry Mah Ming</i>	<i>Leslie Lord</i>	<i>Wendy Denys</i>
<i>Jim Brackenbury</i>	<i>Anne Millar</i>	<i>Mark Denys</i>
<i>Mary Brackenbury</i>	<i>Salma Styles</i>	<i>Trisha Parker</i>
<i>Hildegard Chambelain</i>	<i>Susan Ikeda</i>	<i>Dean Sawyer</i>
<i>Kate Campbell</i>	<i>Sharon Apsey</i>	<i>Val Blume</i>
<i>Joanne Squires</i>	<i>Louise Manarey</i>	<i>Lorraine Diment</i>
<i>Andre Berthiaume</i>	<i>Barb Sawyer</i>	<i>Rosemary Ward</i>
<i>Kyle Lemay</i>	<i>Gayle Milbank</i>	<i>Bev Ashforth</i>
<i>Vickie Stewart</i>	<i>Joan Feyrer</i>	<i>Mark Rossi</i>
<i>Fred Haynes</i>	<i>Cathy Haynes</i>	

A BIG THANK YOU to the members of our craft groups for donating their time and effort in creating the many items that adorned our craft table.

ALSO OUR THANKS to the members that supported the craft fair by donating items, attending the craft fair, and promoting it to your family and friends.

LAST BUT NOT LEAST our sincere thanks to Carol Simson and Sylvia Brewis for decorating GH for the Christmas season. Also, our sincere thanks to Mary Brackenbury for providing the welcoming Christmas wreath by the front door.

This event is a large fundraiser for Goward House and it could not take place without the support of our generous members and volunteers. We succeeded in raising over \$6,000. Thanks everyone!

THE RESULTS ARE IN!

Our website is important. In the past 15 months we have had more than 60,000 visitors.



Thank you for completing our website questionnaire. Your feedback helps us make Goward House the best it can be!

We appreciate your comments and will soon be implementing your suggestions. So, let us know how we are doing with streamlining and re-organizing the website.

THRIFTY FOODS - SMILE CARD FUNDRAISER

We received \$306.92 from Thrifty Foods representing funds raised in October 2017 from the *Smile* card fundraising program. Thank you to all who use their Smile cards!

DID YOU KNOW . . . that Goward House currently has raffle tickets for sale (\$2 per ticket or 3 for \$5) Tickets are available from the front desk.

PRIZES (on display at Goward House) are:

1st Etched Copper Bowl (value \$400)

2nd Christmas Entertaining Basket (value \$200+)

3rd Asian Infusion Gift Basket (value \$125)

Prize draws will take place on December 14 at 4:00 pm

NEW HOT MENU ITEM

Starting in January 2018 our menu will be expanded from time to time to include a grilled Italian Panini.



This item proved to be very popular at our recent Craft Fair and will be added to our menu from time to time.

GOWARD HOUSE WOODLANDS

Goward House woodland volunteers, Marcia Knowles and Merle and Everett Peterson, were recent winners of two red-flowing currant seedlings and two red alder seedlings, all of which have now been planted in the woodland near the new memorial bench. These additions to the Goward forest were courtesy of the Pulling Together Program of Saanich Parks and Recreation. In springtime, If you wish to visit these areas of new planting in the Goward woodland please contact Everett or Merle Peterson by e-mail: westeco@shaw.ca. We take this opportunity to thank all of our Woodlands volunteers for their dedicated time and effort.

SCRABBLE- 3 days a week!



ALL ARE WELCOME TO COME & PLAY!

Wed: 10:00 am

Thurs: 1:00 pm

Fri: 1:00 pm

CHESS ANYONE?

Come and learn to play Chess in an inviting and friendly environment. Beginning players would be involved in a clear, step-by-step process.

The method employed is one which began in the late 1920s. By the early 1960s an effective program had been honed through the trial and error of decades-long experience. Numerous Grand Masters were raised on this course. Chess is a fascinating game to play and is a lifetime intellectual learning experience. As a form of brain gym it is particularly beneficial to seniors.

REGISTER YOUR INTEREST: Tel: 250 477 4401



DECEMBER 2017

MONDAY	
9:00-10:00	Tai Chi Club [On-Going Group]
9:00-12:00	Billiards
10:00-11:30	iPad Club (Dec 18) (Sequoia Room)
10:15-11:15	Tai Chi Club [On-Going Group]
10:00-12:00	Paper Quilling (Sequoia or Sun Rooms)
11:30-12:30	Strength & Balance with Manda
12:30-2:30	Mah Jong (Sun Room) (not in Dec)
1:15-3:00	GH Singers (re-start Jan 8)
TUESDAY	
9:00-11:00	Spanish (Level 2) on hiatus Dec 11-Jan 8)
9:30-10:30	Strength & Balance with Michelle
10:30-12:00	French am–Intermediate
10:00-11:30	Italian Conversation (Intermediate)
12:00–3:30	Billiards
12:00-4:00	Bridge, one table (closed)
12:15-1:00	Line Dancing-Beginners (Dec 5 only)
1:00-3:00	French pm–Advanced
1:30-3:30	Book Club (not meeting in Dec)
1:15-4:00	Portrait Painters
WEDNESDAY	
9:00-Noon	Drop-in Art (Lower Level)
9:00-4:00	Billiards
12:15-4:00	Duplicate Bridge (Lower Level)
1:00-4:00	Chinese Brush Paint. (Arts&Craft Rm)
1:30-3:30	Craft + Knitting Group (Sequoia Room)
1:30-4:00	Mah Jong (Sun Room)
THURSDAY	
9:00-10:00	Tai Chi Club [On-Going Group]
9:00-12:00	Billiards
10:15-11:15	Tai Chi Club [On-Going Group]
11:30-12:30	Strength & Balance (no class Dec 14)
12:30-4:00	Social Bridge (cancelled Dec 14)
FRIDAY	
9:00 – 10:30	Spanish (Level 1) on hiatus Dec 11-Jan 8
9:30 – 10:30	Gentle Yoga (on hiatus Dec 16-Jan 4)
10:30–12:00	Spanish Con (Inter) hiatus Dec 11-Jan 11
10:30–12:00	Spanish Con (Adv) hiatus Dec 11-Jan 11
12:00-4:00	Billiards
12:30-3:45	Social Bridge (Interm) (not on Dec 22)

SPANISH CONVERSATION (Intermediate)

- On hiatus Dec 11 to Jan 11
- Will restart January 12

SPANISH CONVERSATION (Advanced)

- On hiatus Dec 11 to Jan 11
- Will restart January 12

ITALIAN CONVERSATION (Intermediate)

- On hiatus Dec 13 to Jan 8
- Will restart January 9

STRENGTH & BALANCE

- no class Dec 14 (Thurs)

JANUARY 2018

MONDAY	
9:00-10:00	Tai Chi Club [On-Going Group]
9:00-12:00	Billiards
10:00-11:30	iPad Club (Jan 15) (Sequoia Room)
10:15-11:15	Tai Chi Club [On-Going Group]
10:00-12:00	Paper Quilling (Sequoia or Sun Rooms)
11:30-12:30	Strength & Balance with Manda
12:30-2:30	Mah Jong (Sun Room)
1:15-3:00	GH Singers
TUESDAY	
9:00-11:00	Spanish (Level 2) on hiatus Dec 11-Jan 8)
9:30-10:30	Strength & Balance with Michelle
10:30-12:00	French am–Intermediate
10:00-11:30	Italian Conversation (Intermediate)
11:00–12:00	Beginners' Tai Chi (Jan 9 – Mar 16)
12:00–3:30	Billiards
12:00-4:00	Bridge, one table (closed)
12:15-1:00	Line Dancing-Beginners restarts Jan 9
1:00-3:00	French pm–Advanced
1:30-3:30	Book Club (Jan 16)
1:15-4:00	Portrait Painters
WEDNESDAY	
9:00-Noon	Drop-in Art (Lower Level)
9:00-4:00	Billiards
12:15-4:00	Duplicate Bridge (Lower Level)
1:00-4:00	Chinese Brush Paint. (Arts&Craft Rm)
1:30-3:30	Craft + Knitting Group (Sequoia Room)
1:30-4:00	Mah Jong (Sun Room)
THURSDAY	
9:00-10:00	Tai Chi Club [On-Going Group]
9:00-12:00	Billiards
10:15-11:15	Tai Chi Club [On-Going Group]
11:30-12:30	Strength & Balance
12:30-4:00	Social Bridge (All Levels)
FRIDAY	
9:00 – 10:30	Spanish (Level 1) on hiatus Dec 11-Jan 11
9:30 – 10:30	Gentle Yoga
10:30–12:00	Spanish Con.(Inter) hiatus Dec 11-Jan 11
10:30–12:00	Spanish Con (Adv) hiatus Dec 11-Jan 11
11:00-12:00	Beginners' Tai Chi (Jan 9 – Mar 16)
12:00-4:00	Billiards
12:30-3:45	Social Bridge

SOCIAL BRIDGE (Thursday)

- cancelled Dec 14 (Thurs)

GENTLE YOGA

- On hiatus Dec 16 to January 4
- Will restart Jan 5

LINE DANCING for BEGINNERS

- On hiatus Dec 6 to Jan 8
- Will restart Jan 9