



THE GAZETTE

Goward House
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MARCH 2018

Editor: Mary Homer

PRESIDENT'S MESSAGE

Light up your life

Our new LED bulbs in the Tea Room are doing just that. Your Board is considering other lighting improvements, stay tuned or should we say *'keep your eyes open'*.

Welcome back to all our members, almost four hundred strong already. A few of you will face the dreaded \$10 late penalty and, of course, we welcome new members. Our programs are in full swing. Bridge and Tai Chi continue to be very well attended. Our newest activity, Chinese Mah Jong, is particularly popular. Scrabble has recently started and Chess is sure to follow. And, indubitably, Mary Homer is on the hunt for volunteers who provide hours and hours of skill, and knowledge, and energy. So please join in and *light up your life* with participation.

To keep Goward House lights burning your Board and staff continue to be diligent with our finances. Every month we examine and review GH financial statements; two Board members sign every cheque and we can justify every expense. Our income is derived from your membership fees, special events like the Strawberry Tea, donations, bequeaths, and grants. A grant is on our minds currently as our application to the Municipality of Saanich has just been delivered to them. This grant request is for operating funds and we are asking for the same amount we received last year. So if you know (or perhaps are related to) Mayor Attwell and/or Councillors Brownoff, Brice, Harper, Haynes, Murdock, Plant, Sanders, or Wergeland, please encourage them to support our modest request.

But above all come to Goward House, meet your friends, enjoy the activities, and let your light shine on us all.

Gail Branton and Gayle Millbank

ANNUAL GENERAL MEETING:

Thursday – March 15

1:30 pm

Lower Hall

Tea / coffee and refreshments will be served following the AGM.

We hope to see you there!

**your VOTE
is your VOICE**

Your vote *does* matter!

Your attendance is important!

Without a quorum we cannot go forward!

ALL AFTERNOON ACTIVITIES CANCELLED

MARCH 15

due to the AGM

(including all Bridge players . . . because we'd love to see you at the AGM)

GOWARD HOUSE CLOSURES

Monday – March 19

(due to water shut off)

Friday – March 30

(in recognition of Good Friday)

and

Monday – April 2

(in recognition of Easter Monday)

MARCH ART SHOW
February 24 – March 28th **FREE**
Mon – Fri (9:00 am to 4:00 pm) **ALL ARE WELCOME!**

MOSAIC

An eclectic show of artwork by six diverse artists
from the

Cedar Hill Open Art Studio

The following six artists use a variety of media to create
their art:

*Gail Davidson
Mike Lathrop
Barb Macleod
Maureen Ness
Niramon Prudatton
Pat Robinson*

All are welcome to drop in & view their art

iPAD Club **NEW MEMBERS WELCOME!**
Monday – March 19
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.

BEGINNERS' LINE DANCING

Every Tuesday **NEW MEMBERS WELCOME!**
12:15 – 1:00 pm

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
Every Tuesday
1:15 pm – 4:00 pm **NON-MEMBERS WELCOME!**

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
Schragen



THRIFTY FOODS - SMILE CARD FUNDRAISER

We received \$225 from Thrifty Foods representing funds
raised in January 2018 from the *Smile* card fundraising
program. Thank you to all who use their Smile cards!

BOOK CLUB **NEW MEMBERS WELCOME!**
Tuesday – March 20
1:30 pm – 3:30 pm (GH Theatre)

This group meets on the 3rd Tuesday of each month and
welcome additional members to join them for fun and
chatter. It is never too late to join this group! If you want to
join them on March 20, they will be discussing “Glass
Houses” by Louise Penny.

WEDNESDAY CRAFT GROUP
Every Wednesday **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.

SUN ROOM SOCIAL BRIDGE GROUP
Every Thursday **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
Every Friday **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!

MONEY MATTERS COFFEE CLUB
Thursday – March 22, 2018 **FREE**
2:00 pm to 3:30 pm **NON-MEMBERS ARE WELCOME**
TOPIC: Estate Planning – Trust Considerations

Guest Speaker: Brenda Milbrath, Barrister and Solicitor,
MacMinn & Company will address:

- What is a trust?
- Common types of trusts
- How trusts can be used in Estate Planning – brief
overview
- Update on changes to Trusts

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!

**COME AND MEET COUNCILLOR VICKI SANDERS and
see the time capsule that will be opened in 2067. You
are invited to fill out a “post card” for future
generations to read!**

Mon – March 5
11:00 am



BRIDGE LUNCHEON FUNDRAISER

Saturday, March 24 **NON-MEMBERS ARE WELCOME!**

Cost: \$20 per person

Doors Open: 11:00 am Lunch: 12:00 noon

Gather a foursome of your friends to make up a table and join us for a lovely Goward House lunch and an afternoon of bridge.

Admission price includes:

- Bridge Games
- Lunch (including coffee/tea/sweets)
- A prize to be won at each table

All playing levels are welcome!

We have 20 tables and they go quickly.

Phone: 250 477 4401

to reserve your table today!

Your table of four play together for the afternoon!

SENIOR DRIVING with Steve Wallace

Monday - May 7

1:30 pm (Lower Hall)

**IMPORTANT
NEW INFO!**

Come and learn about the new *Enhanced Road Assessment* ("ERA") for Seniors and other proactive steps you can take to retain your licence:

Beware, Prepare, and Don't Despair

with

Steve Wallace

Steve Wallace knows how driving safely can contribute to a long driving career. If you are concerned about a future driving exam, this presentation may be of benefit to you. Space is limited – Register early to avoid disappointment

Registration: Tel: 250 477 4401

Cost: \$5 (to cover the cost of refreshments)

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.

VOLUNTEER APPRECIATION RECEPTION

Monday – June 4

12:45 pm (Lower Hall)

We are excited! Another opportunity to show appreciation to our many dedicated volunteers. This place could not run without their energy and commitment . . . truly! National Volunteer Appreciation Week in Canada is April 15-21, 2018. Due to Mary Homer's absence in April/May, we will be celebrating with our volunteers on June 4 (noted above). Volunteers can look forward to receiving their invitations in April. We look forward to celebrating *you* in June!

READ ALL ABOUT IT !

If you are currently not receiving your monthly Gazette by e-mail but would like to, please contact:

administration@gowardhouse.com

to request an electronic

(and free)

subscription!



A WARM WELCOME to our newest members

Audrey Evans, Melba Moore, Barbara Martin, Janine Longy, Teresia Lee, Anthony Wong, Jackie Brien, Julia Day, Barbara Garlock, John Philips, Pamela Hall, Margaret Wyng, Valerie Green, Margo Allen, Murdith McLean, and Ann Heistad. Please help to make them feel welcomed and at home.

MESSAGE FROM DAVID EYLES

Past President

Six Rich Years

Six years ago I became a Goward House Board member. Normally our directors serve a maximum of 5 years so now, having completed a final year as past president, it is time for me to step away.

In all the different challenges the Board has met and, particularly, in working with a variety of members who brought their unique skills and perspective to support and contribute to Goward House my time on the Board has been rich in experience.

Would you like to enrich your life? Sorry, there is no financial reward but the experience of being on our Board offers much. Every board meeting is different and provides the chance to work with the team that supports our wonderful staff and the whole Goward House operation.

If you might be interested or like more information please let me know or contact Elaine, our administrator, at 250 477 4401. In any case, we hope to see you at the AGM on March 15 at 1:30 pm

REFERRAL FEE BENEFITS GOWARD HOUSE

If you are considering a move to Parkwood Place or The Kensington for yourself or a loved one, please mention that you heard about them through Goward House. This makes Goward House eligible for a referral fee of \$1,000. This is a lovely benefit for Goward House. Thank you!

SEEKING VOLUNTEER WRITERS

Each month Goward House has published in the *Focus on Seniors* supplement of the Times Colonist an article that focuses on an activity or special event taking place at Goward House. Mary Homer has attended to this task since December 2009. Recently Mary has collaborated with Goward House members that enjoy writing with a view to promoting Goward House and aiding the writer in getting their work published.

Volunteer writers could suggest topics or have a topic assigned to them. This is a great way to stretch your writing muscle.

If you enjoy writing and would like to volunteer to write an article for Goward House, please contact either Elaine Leonard or Mary Homer at 250 477 4401.



Spring forward by one hour on either:
 Saturday – March 10 before going to bed; or
 Sunday – March 11 upon rising from bed.

MARCH 2018

MONDAY	
9:00-10:00	Tai Chi Club [On-Going Group]
9:00-12:00	Billiards
10:00-11:30	iPad Club (Mar 19) (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)
TUESDAY	
9:00-11:00	Spanish (Level 2)
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
1:00-3:00	French pm–Advanced
1:30-3:30	Book Club (Mar 20)
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)
1:00-3:30	Scrabble (Sequoia Room)
FRIDAY	
9:00–10:30	Spanish (Level 1)
9:30–10:30	Gentle Yoga (no class Mar 23 rd)
10:30–12:00	Spanish Con.(Inter)
10:30–12:00	Spanish Con (Adv)
11:00-12:00	Beginners' Tai Chi (Jan 9 – Mar 16)
12:00-4:00	Billiards
12:30-3:45	Social Bridge
1:00-3:00	GH Singers

VOLUNTEERS NEEDED FOR THE FOLLOWING SPECIAL EVENTS Please offer your help!

BRIDGE LUNCHEON FUNDRAISER

Needed:

Saturday– March 24 (9:00 am – 10:00 am)

4 Volunteers to prepare sandwiches

VOLUNTEER APPRECIATION RECEPTION

Needed:

Monday – June 4

7 Volunteers to assist with:

- set up food tables and guest tables/chairs
- preparation of food platters, tea, coffee, etc.
- serve during the event
- clean up following the event

STRAWBERRY TEA & CONCERT

Needed: (day prior to event)

Wednesday – June 20 (9:30 am – 11:30 am)

5 Volunteers to hull strawberries

STRAWBERRY TEA & CONCERT

Needed: (day of event)

Thursday – June 21 (10:00 am – 12:30 pm)

5 Volunteers to assist with:

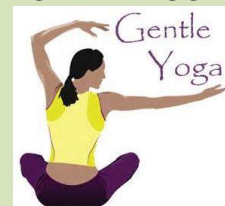
- Set up of catering room
- Set up of tables / chairs
- Setting the tables with cutlery, etc.

Thursday – June 21 (2:00 pm – 4:15 pm)

6 Volunteers to assist with:

- Serving tea / coffee
- Serving Strawberry dessert to tables
- Clear tables and help clean up afterwards

GENTLE YOGA



CANCELLED on MARCH 23 2018