



THE GAZETTE

Goward House
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APRIL
2018

Editor: Mary Homer

PRESIDENT'S MESSAGE

D.A.R.E. To be 100. This is the title of a book that has suggestions for successful aging:

- D. Diet
- A. Attitude
- R. Renewal
- E . Exercise

Goward House cannot guarantee you will live to be 100 but we can offer all the ingredients to help you get there. A TED Talk I saw pointed out that the best predictors of living well to an old age (with a little luck) were *social interaction and social networking* with both close friends and acquaintances. Goward House can certainly be a venue for these actions. We hope that you all feel welcome at our lovely facility and find things to keep you socially and physically active.

Gail Branton and Gayle Millbank

THE NEWLY ELECTED GOWARD HOUSE SOCIETY BOARD OF DIRECTORS 2018 – 2019

Co-President	Gail Branton
Co-President	Gayle Millbank
Vice-President	Barry Mah Ming
Secretary	Gail Flitton
Treasurer	Lana Kenderdine
Director	Ray Coutts
Director	Lois Akam
Director	Lee Frank
Director	Andre Berthiaume



Gail Flitton, Lois Akam, Gayle Millbank, Ray Coutts, Gail Branton, Lee Frank and Lana Kenderdine Missing: Barry Mah Ming and Andre Berthiaume

GOWARD HOUSE CLOSURE
Friday – March 30 (Good Friday)
Monday – April 2 (Easter Monday)

APRIL ART SHOW**April 3 – May 30****FREE****Mon – Fri (9:00 am to 4:00 pm) ALL ARE WELCOME!****Art Show and Sale****by****Goward House Artists**

Come and viewing a varied collection of art works by our Goward House artists. This group using a mix of media and a variety of painting styles and topics.

Featured Artists:

Charlene Brown

Charles Dool

Joe Girard

Lana Kenderdine

Anne Millar

Paul Redchurch

Vickie Stewart

Judy Brown

Peg Francis

Mickey Girard

Mary Kenderdine

Carol Nuernberger

Pat Routh

Judy Zwart

All are welcome to drop in & meet the artists at their:**Artists' Reception****Sunday - April 8, 2018****1:30 pm - 3:30 pm****iPAD CLUB****NEW MEMBERS WELCOME!****Monday – April 16****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****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**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 contact:**Jim McFarland – tel: 250 477 8988****BOOK CLUB****NEW MEMBERS WELCOME!****Tuesday – April 17****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 April 17 they will discuss books that have been written by Ian McKeon.

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!

SCRABBLE**NEW MEMBERS WELCOME!****Every Thursday****1:00 pm – 3:30 pm****(Sequoia Room)**

This fun loving group meets every Thursday to play together and challenge each other with word play. They welcome others that are like-minded to drop in.

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!

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 in the administration offices know. They will ensure our Sunshine Lady sends out a card on behalf of GH and its members.

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!

THRIFTY FOODS - SMILE CARD FUNDRAISER

We received \$245.06 from Thrifty Foods representing funds raised in February 2018 from the *Smile* card fundraising program. Thank you to all who use their Smile cards!

SEEKING ALL AUTHORS! Are there any self-published authors out there? We are planning to host a seminar in the fall to introduce Goward House authors to our membership and have them discuss the methods that they used to self-publish. If you are a self-published author and would like to participate contact our Administrator, Elaine Leonard, at 250 477 4401 for more details. We look forward to hearing from you!

NATIONAL VOLUNTEER WEEK

April 15 to 21

It is important for our many members to know that Goward House could **not** function as the vibrant adult activity centre that it is, without the energy generously and tirelessly donated by our team of (more than 80) volunteers. Whenever you are at Goward House enjoying an activity or simply taking in the pleasure of its ambience, please take a look around you. You are sure to see the results of numerous individuals having industriously given of their time to countless tasks.

We have volunteers meeting and greeting at the front desk, while others work tirelessly in the tea room. We have volunteers that come regularly to keep our lending-library (located on 2 floors) in good order. Some volunteers can be found gardening enthusiastically in the flowerbeds as well as caring for our splendid woodlands. Let's not forget the ladies that keep the house looking so nicely manicured and dressed for each season. Oh, and let us remember the volunteers that do the many unglamorous yet important jobs of repairing items as needed. As well, we have countless numbers of volunteers leading weekly activity groups as well as volunteers working on committees. And let's not forget our website . . . it does not create itself month after month. Yes, it's a volunteer that does all that!

Please be sure to take a moment to say "thank you" to our volunteers. A smile and a few kind words go a long way to letting them know their efforts are appreciated.

If it were not for our volunteers, we could not offer you the services you so enjoy at the current prices.



Elaine Leonard, Mary Homer and Anne Crozier Smith extend their sincere "thank you" to all GH volunteers for making their jobs so much easier and for making coming to work a delight! They look forward to hosting our volunteers at the Volunteer Appreciation Reception on June 4 (invitations issuing soon).

COUNCILLOR VICKI SANDERS and Katherine Whitworth dropped in on March 5 with the Municipality of Saanich Time Capsule to be opened in 2067. Members were invited to fill out a "post card" for future generations to read!



MONEY MATTERS NON-MEMBERS ARE WELCOME!
Thursday – April 26, 2018 FREE

2:00 pm to 3:30 pm

TOPIC: Estate Planning – Advanced Funeral Planning

Guest Speaker: Susan Benesch, Earth's Options will address the following concerns:

- Where do I start?
- What choices do I have?
- What are some of the costs?
- What information do I need?

Presented by: Pam Katurnar – Investment Advisor with Raymond James. Please pre-register with our front desk (tel: 250 477 4401)

BEWARE, PREPARE, AND DON'T DESPAIR with Steve Wallace

Monday – May 7

ALL ARE WELCOME!

1:30 pm

BACK BY POPULAR DEMAND !

Come and learn about:

- the **new** *Enhanced Road Assessment* ("ERA") for Seniors; and
- other proactive steps you can take to retain your licence

Steve Wallace knows how driving safely can contribute to a long driving career. If you are concerned about an upcoming driving exam, this presentation may be of benefit to you:

Space is limited

Register early to avoid disappointment

Tel: 250 477 4401

Cost: \$5 (includes refreshments)

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!



Have you been bitten by the travel bug? If so, we want to hear from you.

We are planning for a travel company to come to Goward House to provide a presentation on travel for seniors.

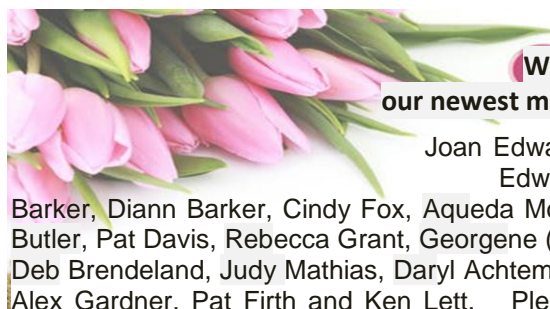
We would like to know the type of travel that appeals to you. European River cruises through wine country? Ocean cruise to warm climates? Land tours in Europe? South America?

Let us know the travel that appeals to you and we will try to tailor-make a presentation to answer *your* travel questions.

E-mail us at: info@gowardhouse.com

MONDAY	
9:00-10:00	Tai Chi Club [On-Going Group]
9:00-12:00	Billiards
10:00-11:30	iPad Club (Feb 16) (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	Chinese Mah Jong (Sun Room)
1:00-4:00	Modified Mah Jong (Sun Room)
TUESDAY	
9:00-11:00	Spanish (Level 2) (on hiatus until Sept)
9:30-10:30	Strength & Balance with Michelle
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
1:00-3:00	French pm-Advanced
1:30-3:30	Book Club (April 17)
1:15-4:00	Portrait Painters
WEDNESDAY	
9:00-Noon	Drop-in Art (Lower Level)
9:00-4:00	Billiards
9:30-12:00	Chinese Mah Jong
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)
1:00-4:00	Modified 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
FRIDAY	
9:00-10:30	Spanish (Level 1) (on hiatus until Sept)
9:30-10:30	Gentle Yoga (no class on Apr 27)
10:30-12:00	Spanish Conversation (Intermediate)
10:30-12:00	Spanish Conversation (Advanced)
12:00-4:00	Billiards
12:30-3:45	Social Bridge
1:00-3:00	GH Singers (performing off site 'til Sept)

**GENTLE YOGA
 cancelled
 APRIL 27 2018**



**A WARM
 WELCOME to
 our newest members . . .**

Joan Edwards, Leuan Edwards, Phil Barker, Diann Barker, Cindy Fox, Aqueda Moran, Vorna Butler, Pat Davis, Rebecca Grant, Georgene (Jo) Dzioba, Deb Brendeland, Judy Mathias, Daryl Achtem, Alice Stitt, Alex Gardner, Pat Firth and Ken Lett. Please help to make them feel welcomed and at home.