



THE GAZETTE

Goward House
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MAY
2018

Editor: Mary Homer

A MESSAGE FROM THE PRESIDENT

GHS's Mission is to provide a vibrant activity centre combining fellowship with programs that promote the wellbeing of seniors aged fifty and over.

We must be doing something right: we now have 450 members and many of the new members have pitched right in to volunteer. So thank you one and all.

The new GHS board members have now experienced their first Board meeting. We spent two hours reviewing Policy and Procedures, thank you Barry Mah Ming for all your hard work. As well, our new Constitution and Bylaws are in place, thank you Alison Campbell for overseeing this. Members wishing to read these documents can view them on request.

Things to come. We're still spending the President's appeal money: look for new cushions in the Sequoia room and toss cushions on the new love seats. Watch for a food safe course coming up this summer. And, hopefully via a New Horizon's grant next year we can install automatic doors on our bathrooms so our folks in walkers can safely manage. And, of course, progress is being made on upgrading/redesigning our entrance with Gwennie's bequest.

Our Woodland is very important to us. Our neighbouring daycare is developing a nature appreciation module and will be seen in our woodland. So this raises the question of guidelines for how groups, educational or otherwise, can use our woodland. We will be working on policies in this area.

We encourage you to enjoy yourself and to help raise revenue. Please bring your friends for lunch or coffee in the Tearoom. If there's a large group, of say ten people, Elaine might give you a room to yourselves, programs permitting. And, if you rent for special events, like family parties, as a member you would receive a 15% discount. But above all come for fellowship, and mental and physical stimulation.

Gayle Millbank and Gail Branton

GOWARD HOUSE WILL BE CLOSED MONDAY, MAY 21 (VICTORIA DAY)



ALL ARE WELCOME TO ATTEND!

INAUGURAL BBQ LUNCH for 2018

Wednesday – May 23

11:30 am – 1:00 pm

Salmon Burgers	\$6
Beef Burgers	\$5
Hot Dogs	\$4
Caesar Salad	\$2
Feature Dessert	\$3



MAY ART SHOW **FREE**
April 3 – May 30 **ALL ARE WELCOME!**
Mon – Fri [9:00 am to 4:00 pm]

**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 | Judy Brown |
| Charles Dool | Peg Francis |
| Joe Girard | Mickey Girard |
| Lana Kenderdine | Mary Kenderdine |
| Anne Millar | Carol Nuernberger |
| Paul Redchurch | Pat Routh |
| Vickie Stewart | Judy Zwart |

Artist's Reception took place in April

BEWARE, PREPARE, AND DON'T DESPAIR with Steve Wallace
Monday – May 7 **NEW DATE June 11**
1:30 pm (FULL) **ALL ARE WELCOME!**

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)

MONEY MATTERS COFFEE CLUB **FREE**
Thursday, May 24 **ALL ARE WELCOME!**
2:00 pm – 3:30 pm (GH Theatre)
Topic: Are We in the 8th Inning for Equities?

Pam Katunar, Financial Advisor, of Raymond James Ltd. is hosting:
 A Macro Outlook Presentation
 by Susanne Alexander,
 Vice-President & Client Portfolio Mgr, of Cougar Global.

Cougar Global is focused on generating steady compound growth by avoiding losses associated with bear markets. The firm is a pioneer in global tactical asset allocation, and has been dynamically managing global multi-asset portfolios using a macro-oriented approach since 1993.

Seating is limited

Phone: 250 477 4401 to register your attendance

DOWNSIZING CONSIDERATIONS **FREE**
Thursday – June 14 **ALL ARE WELCOME!**
1:30 pm – 3:30 pm

BACK BY POPULAR DEMAND !

Come and join us for an information session. Learn the following from our guest speakers:

Pam Katunar – Certified Retirement Specialist

"Where can I afford to live?" Pam provides you with a sample investment plan.

Cheri Crause – Realtor

"When should I sell my house?" Cheri provides value tips and is a contributor to Senior Living's book: *To Move or Not to Move*

Jill Phipps – Certified Relocation and Transition Specialist

"What to do with my stuff?" Jill provides you with helpful tips.

This information session will be made available to the general public and space is limited.

REGISTRATION: Tel: 250 477 4401

STRAWBERRY TEA & CONCERT
Thursday – June 21 **ALL ARE WELCOME!**
1:00 pm Concert and 2:00 pm Strawberry Tea

Join us for this fabulous annual tradition of enjoying a concert provided by the Goward House Singers followed by a delicious tea with strawberry shortcake



Members & guests: \$15
GH Singers: \$10
 Reservations taken at our front desk: 250 477 4401
Spots fill quickly

**THIS MONTH WE SHINE A LIGHT ON:
 Linnea Fouracre and Rosemary Ward**



In October 2015 Linnea and Rosemary began volunteering together in the kitchen on Monday mornings. It was friendship at first sight. Over the years these ladies have developed a supportive friendship and continue to enjoy volunteering together . . . and we enjoy seeing their smiling faces when we drop in for a spot of tea or lunch.

Thank you, ladies, for your many hours of donated time and energy for the benefit of Goward House.

Job well done!

MUSIC ON THE LAWN

Tuesday, July 3

ALL ARE WELCOME!

5:00 – 7:00 pm BBQ

6:00 – 8:00 pm **FREE CONCERT**

Come and enjoy the musical styling of **ROCK OF AGES**, as they perform an entertaining set of popular hits from the 60's, 70's and 80's!



BBQ foods will be available for purchase for those that don't want to cook dinner at home.



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

Welcome New Members!

A warm welcome to our newest members:

Marianne Drew, Peter Maltby, Isobel McKenzie, Karen Heagle, Monique Genuist, Joan Lewall, Marlene Perez, Ann Merriman,

Please introduce yourself and help to make them feel at home.

SPIN US A YARN PLEASE!

Don't limit your spring cleaning to laundering curtains and cleaning windows. Many of us have let our yarn pile up for years and have lost track of what is in the stash.



Why not donate it to the Goward House Crafters? They can put it to good use in making items for the annual Craft Fair. Your donation can be dropped off at the front desk.

THRIFTY FOODS™



Smile Card Fundraising Program

In April we received \$263.85 from Thrifty Foods representing funds raised in March 2018 from the *Smile Card* fundraising program. Thank you to all who use their *Smile cards*! If you are not using a Smile Card but would like to do so, please obtain one from our front desk. There is no cost to you to join the Smile Card Fundraising Program.

BOOK CLUB

NEW MEMBERS WELCOME!

Tuesday – May 15

1:30 – 3:30pm (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 May 15th they will discuss the books

“My Name is Lucy Barton” by Elizabeth Strout

“Quiet” by Susan Cain

These books can be found in GH library or from Elaine at GH.

Two Public Meetings that may interest you

**Monday May 7, 2018 at 7 pm at the David Lam Centre:
Our Community in a Changing Climate**

Dr. Tom Pedersen will outline climate impacts and policy solutions for our region, Dr. Nancy Turner will address biodiversity in the time of climate change, and, and Dr. Jennie Moore will unveil our current footprint and expose what it takes to achieve one planet living.

**May 12, 2018 2pm – 6pm at St George's Anglican
Church Gym**

Cadboro Bay local area plan update – an open house to share ideas, learn about the project, help shape the future of Cadboro Bay.

**FITNESS CLASSES AVAILABLE
ON A REGULAR BASIS:
(your first "try it" class is free)**

**MONDAYS & THURSDAYS
Strength & Balance with Manda Ghag
11:30 am – 12:30 pm**

This class promotes full functional fitness, including balance, strength, flexibility, and core muscles . . . in a relaxed and fun environment. Good for all !

**TUESDAYS
Strength & Balance with Michelle Hoekstra
9:30 am – 10:30 am**

This program offers a variety of benefits including strength and flexibility. Fluidity of motion and a more relaxed and expressive body, using bands, hand weights and balls.



**TUESDAYS
Line Dancing (Beginners)
12:15 pm – 1:00 pm**

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

**FRIDAYS *No Class May 18th*
Gentle Yoga with Andrea Baudic
9:30 am – 10:30 am**

This class accommodates all levels of ability. You will leave the class feeling stretched, centered and re-energized. This yoga class is for everyone.

YOGA CLASSES

Last Class in May: May 25th
No class at all: May 18th
Classes will re-start: September 7th

Line Dancing Beginner Class

Classes go to the end of May. Last class (May 29th) . Will start again the third week in September (18th)

BE AN ANGEL!



PLEASE BE MINDFUL OF HOW YOU PARK YOUR CAR!

- DON'T TAKE UP TWO SPOTS
- PARK WITHIN THE LINES
- PULL UP TO THE CONCRETE BARRIER
- CONSIDER CARPOOLING WITH FRIENDS!

MAY 2018

MONDAY	
9:00-10:00	Tai Chi Club [On-Going Group]
9:00-12:00	Billiards
10:00-11:30	iPad Club (May 14) (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) on hiatus 'til 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 (May 15)
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)
1:30-4:00	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
FRIDAY	
9:00-10:30	Spanish (Level 1) on hiatus 'til Sept
9:30-10:30	Gentle Yoga (No Class May 18 th)
10:30-12:00	Spanish Con.(Inter)
10:30-12:00	Spanish Con (Adv)
12:00-4:00	Billiards
12:30-3:45	Social Bridge
1:00-3:00	GH Singers performing off site 'til Sept

iPAD CLUB

will meet one week earlier than normal because of the Victoria Day holiday.

Members are asked to meet at Goward House:

**MAY 14
10:00 – 11:30**

