



THE GAZETTE

Goward House
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MAY
2019

Editor: Mary Homer

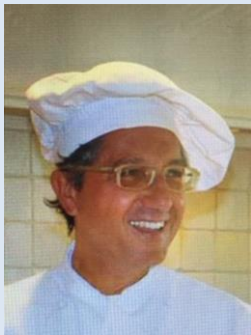
PRESIDENT'S MESSAGE

Spring has Sprung! Your new Board has started work. We will meet the second Monday of each month from April to next March, so if you have anything you wish to tell us contact Elaine until the end of June, then our new Administrator, Heidi Hodgins, who begins June 17, but will be coming in part-time from this month until then.

With our grant from the New Horizons Senior Program we will be installing the handicap access system for our bathroom doors. We have a new BBQ for our May 15th opening BBQ, please come! Our Grant Application to Saanich was approved.

May 7 is our Volunteer Appreciation gala so we hope to see as many of you indispensable people as can attend.

Barry Mah Ming
President



Have you seen this smiling face around the kitchen and wondered “who is this new volunteer?” Let us introduce you to one Goward House’s newest members, Gianfranco Mosca. Gianfranco attended a professional cooking school in Rome and, once settled in Victoria, set out on a true mission: convert the locals to Italian food as it is enjoyed around the family tables in Italy. The secret? The right ingredients and simple, but authentic, cooking techniques and traditions. We are fortunate to have him share his amazing talent in the Goward House kitchen. To date, we have been treated to panini made with fresh baked focaccia bread and homemade pesto and delicious lasagna made with Gianfranco’s homemade sauce. If you haven’t had an opportunity to enjoy these lunch time specials, not to worry as there is more to come . . . including opportunities to learn from “the Chef” in the Goward House kitchen.

GOWARD HOUSE CLOSURES

TUESDAY – MAY 7

closing at 12 noon

For Volunteer Appreciation Reception

MONDAY – MAY 20

Closed

In celebration of Victoria Day

IMPORTANT BUS ROUTE DETOUR

Bus Route #11 Detour effective April 29 to September 30
Route #11 will be using the Route #13 bus stop located at Hobbs Road and Arbutus Road.

MAY ART SHOW **ALL ARE WELCOME!**
April 26 – May 29 **FREE**
Mon – Fri (9:00 am to 4:00 pm)

GOWARD HOUSE ARTISTS

Come and view the works of 14 artists. This group uses a mix of media and a variety of painting styles and topics. All are welcome to drop in, meet the artists and view their artworks. Please note there will be no artists' reception.

WALKIE-TALKIES WALKING GROUP

Mondays in May
10:30 am (rain or shine)

Anyone interested in joining this group for their scheduled walks is asked to meet in the Main Lounge of Goward House by 10:30 am. (Meeting place for May 27th as noted below).

May 6: Queen Alexandra grounds and Haro Woods
Leader: TBA

May 13: Up Arbutus to Hollydene Park and back
Leader: Wendy

May 20: No Walk (Victoria Day)

May 27: Swan Lake (meet at the Swan Lake parking lot)
Leader: Nancy

GERMAN LANGUAGE LESSONS for BEGINNERS

Thursdays – May 2 to June 6
10:30 am – 12:00 pm **ALL ARE WELCOME!**

The emphasis in this course will be on conversational German. Topics include: Greetings and Introductions, Family, Around the City, Shopping -- in other words, daily life. People will start speaking right away, with the aim to learn German in a fun and supportive setting!

iPAD CLUB **NEW MEMBERS WELCOME!**

Monday – May 27
10:00 am – 11:30 am

This group meets on the 3rd Monday of each month in the Sequoia Room but due to the May 20 holiday closure they will meet on May 27. The group support one another as well as benefit from receiving guidance from their former instructor.

RECEIVE A FREE PORTRAIT

Every Tuesday (except May 7)
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. 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*

GERMAN CONVERSATION (Intermediate Level)

Wednesdays – May 1 and May 15
ALL ARE WELCOME!

This group of intermediate level German speakers meet informally on the first and third Wednesday of each month for the purpose of utilizing their German language skills. They welcome other German speakers to join them. For further details, please call Goward House at 250 477 4401.

FINANCIAL WORKSHOPS JUST FOR WOMEN
Saturday, May 4 **NON-MEMBERS ARE WELCOME!**
10am to 4pm (Main Floor) **FREE**

As a woman, do you feel confident and in control of your investments and finances? Do you know what your retirement plan looks like? Do you know what risks you are taking? Pam Katunar, Financial Advisor, has created timely courses exclusively for women to learn more about finance and investing. Pam is a frequent presenter on investing topics, and the most common comment from women after attending these classes is, "I wish I had done this years ago."

At some point in their lives, 90% of women will be solely responsible for their finances. Average age of widowhood in Canada is 56. Are you ready to deal with this? Come join us to start to prepare!

Bring a friend, pack a lunch, and come to learn more about how to handle this important aspect of life. Your future is counting on you!

RSVP: Tel: 250-405-2455 or 250-405-2430 or
E-mail: pam.katunar@raymondjames.ca

VOLUNTEER APPRECIATION RECEPTION

Tuesday – May 7
1:00 pm to 3:00 pm (Lower Hall doors open 12:45 pm)
All GH regular Volunteers should have received a personal invitation to attend this reception. If you have not responded as yet, we ask that you provide us with your RSVP response as soon as possible. We look forward to seeing you there!

BBQ LUNCH
Wednesday – May 15
11:15 to 1:00 pm

Join us for our inaugural 2019 BBQ lunch:

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



You may want to note our other upcoming BBQ lunch dates as well:

Wed - June 12
Tues - July 16
Tues - Aug 13

And, of course, the dinner BBQ at our annual event:

MUSIC ON THE LAWN:
Tues - July 2

BEGINNERS LINE DANCING NEW MEMBERS WELCOME!

Every Tuesday (no classes on May 7 and May 28)

11:30 – 1:00 pm

Come and learn to touch, tap, hook, scuff and stomp your way to fitness for the final 2 classes of the season.

May 21: Last class
Sept 17: Classes restart**TUESDAY CRAFT GROUP NEW MEMBERS WELCOME!**

Every Tuesday (except May 7)

1:30 pm – 3:30 pm (Sun Room)

This intimate and dedicated group of crafters and knitters welcomes new members to join them for fun and laughter. They are currently creating projects for our annual Craft Fair.

BOOK CLUB NEW MEMBERS WELCOME!

Tuesday – May 21

1:30 pm – 3:30 pm (Main Lounge)

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 May 21 when they will be discussing *The Hidden Life of Trees* by Peter Wohlleben.**MONEY MATTERS NON-MEMBERS ARE WELCOME!**

Thursday - May 23

2:00 pm to 3:30 pm

FREE

Guest Speaker: Coby Bucci – VP Sales, NEI Investments

Topic: Responsible Investing: The Who, What & Why Now

- What is responsible investing?
- What does ESG stand for?
- Learn why this area of the investment landscape is an irreversible trend you can't ignore, how you can make money while making a difference and how you can empower yourself to change companies for the better.

Presented by: Pam Katunar – Investment Advisor with Raymond James.

Seating is limited**Register your attendance:** Tel: 250 477 4401**SUN ROOM SOCIAL BRIDGE GROUP**

Every Thursday

12:30 pm – 4:00 pm

NEW MEMBERS WELCOME!

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!

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 Goward House and its members.

**FRIDAY SOCIAL BRIDGE**

Every Friday

12:30 pm – 3:45 pm

NEW MEMBERS WELCOME!

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!

DOWNSIZING CONSIDERATIONS

Monday – May 27

9:00 am – 11:00 am (Lower Hall)

FREE**ALL ARE WELCOME!**

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

**A WARM
WELCOME to
OUR NEWEST MEMBERS . .**

**Jim Stevenson, Elinor Bazar
Eileen Campbell, Gudrun Gordon and Walter Gordon**

**Please help to make them feel welcomed
and at home.**

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!

Goward House invites you to their annual:

CONCERT & STRAWBERRY TEA

Thursday, June 20

1:00 pm Concert

2:00 pm Strawberry Tea

Cost: \$15

2495 Arbutus Road

Tel: 250 477 4401 to reserve your spot!



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. All are welcome!

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! Available to non-members also.



PAINT-NITE

Thursday, July 11

6:45 pm to 9:00 pm (Lower Hall Doors Open: 6:30 pm)

Grab a friend or come on your own. Join us for a fun evening of painting, laughter, and snacks. Unleash your creative spirit. No limits, no expectations – the nite is what you make it! All in attendance will receive instructions on how to re-create the image below. Everyone goes home with their own personal masterpiece!

Cost: \$47.25 (\$45 + \$2.25 taxes)

This is a fundraiser for Goward House. We receive \$15 from each paid registration.



FOR
GOWARD
HOUSE
MEMBERS
and their
INVITED
GUESTS
ONLY!

TO REGISTER:

- seek help from the administration office; or
- register on-line yourself by doing the following:

Go to: www.paintnite.com

Click on: Events (located on the top bar)

Filter Your Results: (select *red wellies*)

Scroll down the page to find and select: July 11th

Fundraiser (with the above painting indicated)

Select: Buy (located on right-hand side in bright pink) to purchase your ticket(s) on line.

ARE YOU LOOKING FOR A REFRESHING BEVERAGE TO ENJOY AS THE WEATHER WARMS UP? TRY THIS CLASSIC:

THE CUBAN MOJITO

Ingredients

- 1 oz lime juice (roughly 1/2 large lime, juiced)
- 1 tsp sugar
- 5 mint leaves (preferably spearmint)
- 2 oz white rum
- crushed ice

Instructions

Combine the lime juice, sugar, and mint leaves in a glass. Muddle with a muddler or the back of a wooden spoon, until the sugar is dissolved. Add the rum and mix. Pour the mixture over ice. Enjoy!



ASSISTED DYING 101: THE BASICS [New & Improved]

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. They do not go into the history of court cases and decisions, and how they impact ordinary seniors, although they are able to do this if there is interest. Similarly, they can talk about assisted dying in other countries including Switzerland, The Netherlands, Belgium, and the USA.

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.

Assisted Dying 101: The Basics
presented by:



Dying With Dignity Canada
It's your life. It's your choice.

Thursday – June 27

1:30 pm

at

Goward House Society

2495 Arbutus Road

Phone: 250 477 4401 to register your attendance!

\$5 per person (includes tea /coffee)

Space Is Limited

This presentation is about 45 minutes long. There will be available an additional 15-30 minutes for questions and discussion. The presentation consists of slides but also two or more short videos which were taken locally of Noreen Campbell.

WE ARE DESPERATE FOR YOUR HELP!

Due to upcoming vacations and family members visiting, we are in desperate need for additional "spare" volunteers, as follows:

KITCHEN VOLUNTEERS:

Monday mornings:

Seeking one volunteer available to help on **alternating Monday mornings** Minimal training is required and provided on-site. Are you interested? If so, please contact: Administration@gowardhouse.com

Tuesday mornings:

Seeking one volunteer available to help on **alternating Tuesday mornings** Minimal training is required and provided on-site. Are you interested? If so, please contact: Administration@gowardhouse.com

Friday afternoons:

Needed immediately: Seeking two volunteers available to help on **alternating Friday afternoons** Minimal training is required and provided on-site. Are you interested? If so, please contact: Administration@gowardhouse.com

Friday mornings:

Needed Sept 6 to Jan 30: Seeking two volunteers available to help on **alternating Friday mornings** Minimal training is required and provided on-site. Are you interested? If so, please contact: Administration@gowardhouse.com

FRONT DESK VOLUNTEERS:

Thursday afternoons:

Seeking two volunteers available to help on **Thursday afternoons** when needed due to absence created by regular Volunteers because of medical appointments, vacations, etc. Are you one of those volunteers? If so, please contact: Administration@gowardhouse.com

Wednesday afternoons:

Seeking one volunteer available to help on **alternating Wednesday afternoons**. Are you one of those volunteers? If so, please contact: Administration@gowardhouse.com

Friday mornings:

Seeking one volunteer available to help on **alternating Friday mornings**. Are you one of those volunteers? If so, please contact: Administration@gowardhouse.com

Friday afternoons:

Seeking two volunteers available to help on **alternating Friday afternoons**. Are you one of those volunteers? If so, please contact: Administration@gowardhouse.com

MAY 2019

MONDAYS	
9:00-12:30	Billiards
10:00-11:30	iPad Club (May 27))
10:30-11:30	Walking Club (off-site)
10:30-12:00	Paper Quilling
11:30-12:30	Strength & Balance
1:00-2:00	Yang Style Tai Chi
12:30-3:30	Western Mah Jong
1:30-4:00	Chinese Mah Jong
2:15-3:15	Yang Style Tai Chi
TUESDAYS	
9:00-11:00	Spanish-Level 2 (Restarts Sept 10)
9:30-10:30	Strength & Balance with Michelle
10:00-11:30	Italian Conversation (Intermediate)
11:30-1:00	Line Dancing-Beginners (ends May 21)
1:00-3:00	French-Advanced (Sequoia Rm)
1:30-3:30	Book Club (3 rd Tuesday – May 21 st)
1:15-4:00	Portrait Painters
1:30-3:30	Craft Group
WEDNESDAYS	
9:00-12:00	Drop-in Art (Lower Level)
9:00-3:30	Billiards
9:30 – 12:00	Chinese Mah Jong (Sun Room)
10:00-11:30	German Conv. [Intermed] (May 1 & 15)
12:15-4:00	Duplicate Bridge (Lower Level)
1:00-4:00	Chinese Brush Painting (A&C Rm)
THURSDAYS	
9:00-10:00	Yang Style Tai Chi
9:00-12:00	Billiards
10:15-11:15	Yang Style Tai Chi
11:30-12:30	Strength & Balance
12:30-4:00	Social Bridge
12:45-1:45	Qi Gong
FRIDAYS	
9:00 - 3:30	Billiards
9:00 – 10:45	Spanish-Level1 (Restarts Sept 15)
9:30 – 10:30	Gentle Yoga
10:00–11:30	Spanish-Conv (Intermed)
10:45–12:15	Spanish-Conv (Adv)
12:30-3:45	Social Bridge
1:00-3:00	GH Singers

**NO
PROGRAMS
MAY 20TH

GH CLOSED**

PROGRAM CHANGES:

STRENGTH & BALANCE

Tuesday - May 7 – **cancelled**

LINE DANCING

Tuesday - May 7 – **cancelled**

FRENCH LANGUAGE (ADVANCED)

Tuesday - May 7 – **cancelled**

PORTRAIT PAINTERS

Tuesday - May 7 – **cancelled**

CRAFT GROUP

Tuesday - May 7 – **cancelled**

TEA ROOM

Tuesday - May 7 – **will close at 12:00 noon**