



# THE GAZETTE

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**FEB**  
**2020**

Editor: Marlene Abney

## PRESIDENTS MESSAGE

*There's something about Mary!* We had a wonderful wine & cheese retirement party. Mary is our longest serving employee and her last day of employment is January 29. However, as an honorary lifetime member we look forward to seeing Mary participate in many Goward House activities.

Marlene Abney will be Mary's replacement so please welcome her with open arms. You can learn more about Marlene on page 4 of this Gazette.

On December 23, I volunteered in the kitchen for a couple of hours. You missed the opportunity of seeing me wear my Christmas "onesie", but if you want to see it, I wear it every day when walking my dog.

The Board has passed our 2020 budget, and approved a new desk for our reception area as well as the upgrading of our sound system to help increase our rentals. Highlights from the last Board Meeting include:

- Protocols for Emergencies (which will be posted to our Notice Boards when complete)
- Bathroom renovations should begin soon
- New phone system is working well
- Garden design is in progress
- New Fitness Instructor (for Tuesday morning Strength & Balance) is being sought
- Volunteers needed for the Front Desk & Kitchen
- President's Appeal collected \$13,435 (a big thank you for all who helped).

Looks like 2020 is getting off to a good start!

Barry Mah Ming  
President

## ANNUAL GENERAL MEETING

Thursday – March 19

1:30 pm

Lower Hall

**Your vote does matter!      Your attendance is important!      Without a quorum we cannot go forward!**

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

We hope to see you there!

**ALL PROGRAMS FOR THAT AFTERNOON ARE CANCELLED**

## GOWARD HOUSE CLOSURE

Monday, February 17

(in recognition of Family Day)

**ALL PROGRAMS FOR THAT DAY ARE CANCELLED**

**ANNUAL MEMBERSHIP RENEWALS ARE NOW OVER DUE ON FEBRUARY 1, 2020**

**Please visit one of our wonderful front desk volunteers to renew your membership!**

**The annual membership cost is 60.00 (late fee 10.00)**

**Remember: *If you don't pay, you can't play!***

**FEBRUARY ART SHOW** **FREE**

January 24 – March 25 – no reception

Monday – Friday **ALL ARE WELCOME!**

Viewing Hours: 9:30 am to 3:30 pm

Art Show and Sale

Featured Artists

**Anne Bowen Teresa Knight Gayle Millbank**

Please join us for award winning works by these three talented artists. Enjoy water colours, textured work, animal and wild life paintings, as well as acrylics and illustrations. All three artists are excited to display their eclectic art at Goward House. Don't miss this opportunity to enjoy their passion. For more information on our featured artists, please go to our Goward House website!

**WALKIE TALKIE WALKING GROUP**

Monday Walks in January

10:00 am (Rain or shine)

Cost: \$2 donation

**NEW TIME**

The Walkie Talkies invite you to join them for (easy to moderate) walks on Monday mornings that last between 60 to 90 minutes.

Meet at GH in the Main Lounge prior to 10:30 am.

- ❖ Feb. 3: Arbutus/path to Seaview and back.  
(Leader: Wendy) One steep bit up Arbutus 1.5 hours.
- ❖ Feb. 10: Cadboro Bay/Gyro Beach (Leader: Nancy) 1hr
- ❖ Feb. 17: NO WALK. Goward House Closed
- ❖ Feb. 24: Cedar Hill Golf Course (Leader: Margo) Meet at golf course clubhouse. Parking off Derby 1.5 hrs.

**MEDITATION FOR BEGINNERS**

Mondays

3:20 pm to 4:20 pm (Sequoia Room)

Cost: Blue Activity Ticket

**NEW TIME****NEW MEMBERS WELCOME!**

Join Eric Elbers, a meditation practitioner for over 40 years, and learn to meditate and experience the benefits of meditation. In an intimate group setting you will use guided meditation, breath and visualize to turn your attention within to experience peace, relaxation and increased awareness. REGISTRATION: Not required. This is a "drop in" class.

**iPAD Club****NEW MEMBERS WELCOME!**

Monday – February 24 (instead of Feb. 17)

10:00 am – 11:30 am

This group meets on the 3<sup>rd</sup> 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.

**THRIFTY FOODS SMILE CARD FUNDRAISER**

We received 374.31 in January representing funds raised in December from the Smile card fundraising program. Thank you to all who use their Smile cards to benefit Goward House.

**Reminder****2019 TAX RECEIPTS NOW AVAILABLE**

This is a friendly reminder to those members who graciously donated to the President's Appeal. Please be sure to pick up your tax receipt at the front desk on your next visit to Goward House. Thank you for your generous donations.

**BOOK CLUB****NEW MEMBERS WELCOME!**

Tuesday February 18

1:00 pm (Sun Room)

For this February session, the group will be back to meeting on their usual 3<sup>rd</sup> Tuesday of the month.

The book for discussion at the February meeting will be *A Gentleman in Moscow* by Amor Towles. New members are always welcome!

**LINE DANCING****NEW MEMBERS WELCOME!**

Tuesdays

11:00 am – 12:30 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 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. 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 session.

Art work  
by  
Elfreda  
Schrager

**GERMAN CONVERSATION**

(Intermediate Level)

Wednesdays

9:30 am – 11:00 am

**NEW DATE and TIME****ALL ARE WELCOME!**

This group of intermediate level German speakers have decided to return to meeting on Wednesday mornings. They welcome other German speakers to join them from 9:30 – 11:00 am in the Tea Room for a Kaffeestunde on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month. For further details, please call Goward House at 250 477 4401

**PARLEZ VOUS FRANÇAIS ?****NOUVEAU****CONVERSATIONAL FRENCH (Intermediate Level)**

Date / Time: TBA

Interest has been expressed in starting up a Conversational French Group (intermediate level). If this is of interest to you, please sign up at our front desk.

Next meeting is February 6 1:00 p.m.

Group Limit: 12 members

Registration: Tel: 250 477 4401

**FOOT LOOSE AND STAIN FREE!**

Some of you may recall that we have recently installed new carpeting in our foyer area.

Accordingly we kindly ask that members and their guests be mindful to wipe their feet prior to entering Goward House. This will help to keep our foyer area in good condition longer.

Your cooperation is appreciated.

Thank you

### MONEY MATTERS COFFEE CLUB

Thursday – February 27, 2020

2:30 pm – 4:00 pm

#### TOPIC: Effective Charitable Giving

Come and learn from guest speaker Janine Davies, Executive Director Raymond James Canada Foundation (RJFC)

Topics covered;

- How to make the most of your charitable gift
- Effective charitable giving in Estate Planning
- Using a donor-advised fund --- what is a donor-advised fund?
- When to do charitable giving
- How to determine which charity to use

**HOSTED BY: Pam Katunar, Financial Advisor with Raymond James Ltd.**

**REGISTRATION:** Pre-register by tel: 250 477 4401  
**Seating Is Limited**

### 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 “social” (not Duplicate) bridge playing. They are a very friendly group and all levels of play are welcome! Drop in to see if this group is a good fit for you. First-timer? No problem, your first time is free!

### TAI CHI (Yang Style)

Mondays and Thursdays

**\$45 per month**

Come and join our Yang style Tai Chi classes and learn to use the three Rs of Tai Chi: Release, Root, and Rotate. Learn how the slow and repetitive movements gently increase the internal circulation (breath, body heat, blood, lymph, and peristalsis). The instructor is Master Gordon Muir who has studied in China with masters of excellent lineage. He has been studying and teaching Tai Chi for over thirty years.

#### Beginner Classes

Mondays 1:00 pm – 2:00 pm

Thursdays 9:00 am – 10:00 am

#### Ongoing Classes

Mondays 2:15 pm – 3:15 pm

Thursdays 10:15 am – 11:15 am

### FRIDAY SOCIAL BRIDGE

Fridays

**NEW MEMBERS WELCOME!**

12:30 pm – 3:45 pm

This group plays social bridge at 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!

#### A WARM WELCOME TO OUR NEW MEMBERS:

Heather Brown, Louise Lilliot, Chris Beck, Robert Maybank, Carolyn Pullman, Anna Brehmer, Patricia Clark and Naomi Soleil

Please introduce yourself and help make them feel at home.

### GUIDED SHORT STORY WRITING

Tuesdays 10:00 am to 12:00 pm

January 21 to March 10 (8 weeks)

Are you an aspiring writer? Do you want to write a short story? Join Gayle Millbank as she leads you step-by-step from beginning ideas to a final edited story. Join us and surprise your grandchildren with a bedtime story.

**Cost:** \$30 for members

\$40 for non-members

**Register:** Tel: 250 477 4401

### WHAT IS A VADAC STUDY?

In Canada, hospital re-admissions of patients with chronic disease may be preventable with improvements in home self-care, in-home monitoring, self-tracking, and engagement in self-management practices. Given this prevention perspective, the University of Victoria - Institute on Aging & Lifelong Health, has implemented an exciting two-year randomized controlled research study entitled the Victoria Assistive Devices and Coaching (VADAC) Study.

The goal of the study is to investigate the relative effectiveness of two treatments that may enhance the health and independence of seniors. One treatment group receives electronic devices (e.g., sleep pad, body scale, and a watch linked to an app on a tablet) installed in their homes and weekly calls from a self-management health coach, while the other group receives only weekly calls from a self-management health coach.

The VADAC Study is recruiting 225 volunteers to be study participants. Study participants need to be 65 years or older, experiencing one or more chronic health conditions, living in the Greater Victoria & Duncan areas, and have access to internet and Wi-Fi. After participants complete the Study Consent Form and baseline questionnaire, they are paired with a health coach and randomly assigned to a study group.

If you are interested to learn more, with the view of possibly volunteering to be a study participant, you are invited to attend a:

**FREE** Information Session

Friday – February 14 - 1:30 pm

**Register your attendance by tel: 250 477 4401**

### OUR NEWEST ADMIN STAFF MEMBER:

Meet Marlene Abney, the newest addition to our admin dept. She has lived in Victoria since 1990 with her husband, James Young, and has an adult daughter, Bayley. After 41 successful years in dance including owning two Performing Arts schools and teaching for the Saanich School District, she retired from teaching in May 2019. She works part-time at Westshore Parks and Recreation as a pro shop co-ordinator as well as at Goward House.

Please make her feel welcome!



**Marlene Abney**

**WE HAVE A DESPERATE NEED FOR VOLUNTEERS!**

Our kitchen is in desperate need of volunteers right now, especially on Tuesdays. Volunteering need not interfere with one's ability to travel (or other periodic commitments that may arise from time to time) as we have "spares" to cover your shift at such times.

**VOLUNTEERING at the GH FRONT DESK  
3 hours per week or 6 hours per month – you decide!**

- Duties:
- Answer phones / take messages
  - Accept deliveries
  - Handle cash
  - Process memberships
  - Be of assistance to the admin staff

**VOLUNTEERING in the GH KITCHEN  
3 hours per week or 6 hours per month – you decide!**

- Duties of Food Preparers:
- Heat soup / make sandwiches
  - Make tea / coffee
  - Set out sweets
  - Handle cash / sales of food items
  - Do dishes / fill, run, empty sterilizer

- Duties of those not preparing foods:
- Handle cash / sales of food items
  - Make tea / coffee
  - Fill / run / empty sterilizer
  - Do dishes / fill, run, empty sterilizer

Anyone wishing to volunteer is asked to contact the administration office at GH by tel: 250 477 4401 or e-mail at: [administration@gowardhouse.com](mailto:administration@gowardhouse.com)

**FITNESS CLASSES OFFERED:**

Come and try out a class . . . see if it is a good fit for you!  
Your "first-time, try it" class is free!

**MONDAYS**  
Strength & Balance with Manda Ghag  
11:30 am – 12:30 pm  
Cost: Yellow Fitness Token

**TUESDAYS**  
Line Dancing (Beginners)  
11:00 pm – 12:30 pm  
Cost: Blue Activity Ticket

**THURSDAYS**  
Strength & Balance with Manda Ghag  
11:30 am – 12:30 pm  
Cost: Yellow Fitness Token

**FRIDAYS** (no classes Feb. 28, March 6, & 13 & 20)  
Gentle Yoga with Andrea Baudic  
9:30 am – 10:30 am  
Cost: Yellow Fitness Token

**FEBRUARY 2020**

<b>MONDAYS</b>	
9:00-12:30	Billiards
9:30-12:30	Chinese Mah Jong Lessons (Sun Room)
10:00-11:30	iPad Club ( <b>Feb 24</b> due to Family Day)
10:00	Walking Club (off-site)
10:30-12:00	Paper Quilling (Main Floor)
11:30-12:30	Strength & Balance
1:00-4:00	Western Mah Jong (Sun Room)
1:00-2:00	Beginner Yang-Style Tai Chi
1:30-4:00	Chinese Mah Jong (Sun Room)
2:15-3:15	Yang Style Tai Chi
3:20-4:20	Beginners Meditation (Sequoia Room)
<b>TUESDAYS</b>	
9:00-11:00	Spanish-Level 2 ( <b>Feb 18 to Apr 28</b> )
10:00-11:30	Italian Conversation (Intermediate)
11:00-12:30	Line Dancing
12:30-3:30	Billiards
1:00-3:00	French-Advanced
1:00-2:30	Book Club – 3 <sup>rd</sup> Tues ( <b>Feb 18</b> )
1:15-4:00	Portrait Painters
<b>WEDNESDAYS</b>	
8:30-11:45	Drop-in Art (Lower Level)
9:00-3:30	Billiards
9:30 -11:00	German Conv. (Intermed) <i>new day/time</i>
9:30-11:45	Chinese Mah Jong (Sun Room)
11:45-12:15	Duplicate Bridge set up of play area
12:15-4:00	Duplicate Bridge (Lower Level)
1:00-3:30	Craft Group
12:30-4:00	Chinese Brush Painters
<b>THURSDAYS</b>	
9:00-10:00	Beginner 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
2:30-4:00	Money Matters Coffee Club ( <b>Feb 27</b> )
<b>FRIDAYS</b>	
9:00-3:30	Billiards
9:00-10:45	Spanish-Level 1 ( <b>Feb 21 to May 1</b> )
9:30-10:30	Gentle Yoga (no classes Feb. 28 – Mar.20)
10:00-11:30	Spanish-Conv (Interm)
10:45-12:15	Spanish-Conv (Advanced)
12:30-3:45	Social Bridge
1:00-3:00	GH Singers (performing off-site)

**SEEKING A SPECIAL VOLUNTEER**

Are you a handy person?

We are currently seeking a volunteer who is handy with a paint brush. No ladders involved. The white lines (and bumper curbs) in our parking lot need to be repainted from time to time (usually once a year is sufficient).

This individual can work on this project at their own pace. Paint, brushes, etc. will be provided by Goward House. Alternatively, if someone has a grandchild who has the summer off and is bored . . . just a thought!

Anyone willing to help us out is asked to contact Heidi in the admin office at 250 477 4401.