



THE GAZETTE

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MARCH

2020

Editor: Marlene Abney

Happy Belated Valentine's Day!

After a rainy and somewhat snowy January, groundhogs across Canada were not unanimous in seeing their shadow, so we can still hope for an early Spring. March 8, we celebrate International Woman's Day, and usher in Daylight Savings Time. Saint Patrick's Day is just around the corner and before we know it, Easter long weekend will be upon us. A reminder that we will be closed Good Friday through Easter Monday (April 10 – 13). Volunteers, please mark your calendars for our Volunteer Appreciation Tea, April 28.

Our board meeting was held on February 10, and some of the highlights of our discussions included: our exciting bathroom renovations which are underway, Emergency Preparedness resources, and the implementation of the Goward House Anti-Harassment Policy in conjunction with WorkSafeBC practices.

In order to best serve our members, we are seeking more volunteers at our Front Desk but especially for our Kitchen. Please consider helping your fellow members enjoy the wonderful ambiance and food we serve. Joining with a friend is a great option, as we love teamwork in the kitchen. We need your help!

We are also currently looking for a fitness instructor for Strength and Balance, and a facilitator for Intermediate French. As John Tibbles will be retiring from teaching Spanish after this session, we are also seeking a Spanish teacher for the Fall. Both John and Val are looking forward to some travels but Val is willing to assist a new teacher. Please let administration know if you'd like to be involved in facilitating any of these lessons.

Two of our past presidents and nominating committee members, Gail Branton and Gayle Millbank, are looking for new board members. Please let them know if you are interested in serving your fellow members as our annual AGM is fast approaching, Thursday March 15. A big thank you and applause goes to Margo Allen for volunteering to paint our parking space markers and bumper curbs, and Dean Sawyer for volunteering to look after our "dump runs."

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

ANNUAL MEMBERSHIP RENEWALS ARE NOW OVER DUE AS OF 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!"

Reminder

2019 TAX RECEIPTS NOW AVAILABLE

This is a friendly reminder that there are some tax receipts for the President's Appeal remaining at the front desk. Please be sure to pick up your tax receipt on your next visit to Goward House. Thank you!

FEBRUARY ART SHOW **FREE**
January 24 – March 25 – no reception
Monday – Friday
Viewing Hours: 9:30 am to 3:30 pm
ALL ARE WELCOME!
AN ECLECTIC SHOW OF ARTWORK FROM THREE ARTISTS

Featured Artists

ANNE BOWEN TERESA KNIGHT GAYLE MILLBANK

Please join us for award winning works by these three talented artists. Water colours, textured work, animal and wild life paintings, and 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 **NEW TIME**
Monday Walks in March
10:00 am (Rain or shine) **Cost: \$2 donation**

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

Unless indicated otherwise, please meet in the Main Lounge prior to 10:00 am.

- ❖ March 2: Ten Mile Point (parking along right side of Telegraph Bay Rd. between Arbutus and Stone's Throw Lane) Meet at the fire hydrant on Telegraph Bay Rd. (across from the street signpost both Seaview Rd. & Tudor Rd.
- ❖ March 9: Queen Alexandra Grounds and Haro Woods (Leader: Wendy) 1 hr.
- ❖ March 16: Queenswood (Leader: Diane) 1 hr.
- ❖ March 23: UVic Chip trail/ Finnerty Gardens (Leader: Myrna) 1.5 hrs.
- ❖ March 30: Lochside Trail near Blenkinsop Trestle (meet at parking lot off Lochside Dr. opposite Don Mann's Excavating Ltd. Take Mackenzie to Borden to Lochside (Leader: Audrey H.) 1 – 1.5 hrs.

MEDITATION INSTRUCTION – all levels
Mondays
3:20 pm to 4:20 pm (Sequoia Room) **NEW TIME**
Cost: Blue Activity Ticket **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 visualization 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 March 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 who drops in from time to time.

BOOK CLUB **NEW MEMBERS WELCOME!**
Monday – March 17
1:00 pm – 2:30 pm (Sun Room)
The book chosen for discussion for the March session is "State of Wonder" by Ann Patchett.

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. 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



GERMAN CONVERSATION (Intermediate Level)
Wednesdays **NEW DATE AND TIME**
9:30 am – 11:00 am

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 2nd and 4th Wednesday of each month. For further details, please call Goward House at 250 477 4401

GERMAN CONVERSATION BEGINNER
Expression of Interest requested

Interest has been expressed in starting up a Conversational German Group (beginner level). If this is of interest to you, please sign up at our front desk or please call Goward House at 250 477 4401 to let us know you are interested.

MONEY MATTERS COFFEE CLUB

Thursday March 26, 2020

2:30 – 4:30 pm

Topic: Estate Planning

Come and learn from guest speaker Susan Benesch with Earth's Option Cremation and Burial Services.

Topics covered;

Where do I start?

What choices do I have?

What are some of the costs?

What information do I need?

HOSTED BY: Pam Katunar, Financial Advisor w/
Raymond James Ltd.

REGISTRATON: Pre- register by calling Goward House
@ 250 477 4401 (seating is limited)

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). In addition, by focusing solely on the movement of the form one is able to achieve a state of mental calm and clarity.

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

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!

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!

THRIFTY FOODS SMILE CARD FUNDRAISER
We received **253.36** in February representing funds raised in January from the Smile card fundraising program. Thank you to all who use their Smile cards to benefit Goward House.

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

A warm welcome to our new members
David Greer, Helen Gillespie, Sandra Simonson, Darlene Gibb, Rashna Charania and Alan MacNab
Please introduce yourselves and make them feel at home!

CALLING FOR VOLUNTEERS!

Please consider helping out at Goward House this year. We love our volunteers here at GH. We can't do it without your help. 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

SPECIAL VOLUNTEERS MEETINGS

This meeting is for current volunteers and those interested in volunteering. Please mark your calendars and plan on attending these important meetings.

KITCHEN - Saturday March 12 @ 11:00 am
FRONT DESK – Sunday March 22 @ noon

KITCHEN “WORK” PARTY
Sunday March 29
10:00 – 1:00

We are hoping to recruit several volunteers to help deep clean the kitchen and organize the pantry. With a few extra hands this should be an easy and social get together. Please phone or email suzanne@gowardhouse.com if you can help us out. Thank you!



MARCH 2020

FITNESS CLASSES OFFERED at GOWARD HOUSE (your first "try it" class is free)

MONDAYS

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

Cost: Yellow Fitness Token

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

TUESDAYS

Line Dancing (Beginners)
11:00 pm – 12:30 pm

Cost: Blue Activity Ticket

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!

THURSDAYS

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

Cost: Yellow Fitness Token

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

FRIDAYS (no classes March 6, 13, 20)

Gentle Yoga with Andrea Baudic
9:30 am – 10:30 am

Cost: Yellow Fitness Token

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

Exclusive Women's Event

"REIMAGINING RETIREMENT"

Saturday March 7, 2020

9:00am to 4:00pm (Lunch provided)

At Goward House - 2495 Arbutus Road

Hosted by: Pam Katunar, Financial Advisor, Raymond James
Please RSVP by email: pam.katunar@raymondjames.com

In today's world, we face a very different retirement landscape. Longevity is a factor. Health care costs are on the rise. Interest rates are low. Pension plans are not as abundant. A mix of work, education, leisure, fitness, lifestyle changes, travel and volunteering, all exist.

How do we cope with all these factors?

Join us for this amazing day as we discuss these issues.

- * Where/who am I at this stage of life?
- * How do I start to plan my retirement?
- * Will I outlive my money?
- * What are important documents I need to know about?
- * Travel tips for women
- * Health/Wellness

MONDAYS	
9:00-12:30	Billiards
10:00-11:30	iPad Club 3 rd . March 16
10:00 am	Walking Club (some off-site meet ups)
10:30-12:00	Paper Quilling (Main Floor)
11:30-12:30	Strength & Balance
1:00-4:00	Western Mah Jong (Sun Room)
1:00-4:00	Chinese Mah Jong (Sun Room)
1:00-2:00	Beginner Yang Style Tai Chi
1:30-3:30	Book Club (March 17)
2:15-3:15	Yang Style Tai Chi
3:20-4:20	Beginners Meditation (Sequoia Room)
TUESDAYS	
9:00-11:00	Spanish-Level 2 (ongoing to Apr 28)
10:00-12:00	Italian Conversation (Intermediate)
11:00-12:30	Line Dancing
12:30-3:30	Billiards
1:00-2:30	Book Club – 3 rd Tues. (March 17)
1:00-3:00	French-Advanced
1:15-4:00	Portrait Painters
WEDNESDAYS	
8:30-11:45	Drop-in Art (Lower Level)
9:00-3:30	Billiards
9:30 -11:00	German Conv. (March 11 & 25)
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
THURSDAYS	
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 March 26
FRIDAYS	
9:00-3:30	Billiards
9:00-10:45	Spanish-Level 1 (Feb 21 to May 1)
9:30-10:30	Gentle Yoga (no class March 6, 13, 20)
10:45-12:15	Spanish-Conv (Advanced)
12:30-3:45	Social Bridge
1:00-3:00	GH Singers (performing off-site)

Mixed Beginner Social Bridge Group Thursdays 1:00 – 3:00 pm Sequoia Room

This friendly group of bridge players are looking for anyone who would like to place their name on their list of "fourths". If there is sufficient interest, they would add a second table! This is not a "drop in" group. Thank you.

If you are interested, please contact Lynne @

lynnpeacey@shaw.ca

NEW VOLUNTEER APPRECIATION

Goward House would like to acknowledge our new volunteers **Brian Malley** and **Jeff Wilson**. Brian joins us on the front desk and Salt Spring Islander, Jeff Wilson in the kitchen. Jeff has been serving up his delicious, freshly baked fruit crisps this past month! We are very appreciative to have them both volunteering their time with us.

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