

## ACTIVITIES AT GOWARD HOUSE

Want to participate in one or two (or all) current activities at Goward House? It's easy!! Call 250-477-4401 or stop in to speak with our amazing front desk volunteers who will be happy to help you find information on our current activities and get you signed up.

A quick reminder that pre-registration is required for all activities, preferably by phone or at the front desk. Drop-ins are strictly discouraged due to mandatory room capacities and contact tracing, as regulated by our Provincial Government. We will continue to keep members updated on all activities taking place at the House as we maintain protocol/directives from BC Office of the PHO, BC CDC, BCRPA, Island Health, Saanich and WorkSafe BC. We appreciate your continued patience and support!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STRENGTH & BALANCE 9:00 - 10:00	LINE DANCING 9:30 - 11:00	"DROP IN" ART 8:30 - 11:00	TAI CHI 9:00 - 10:00 & 10:15 - 11:15	YOGA 9:30 - 10:30
IPAD CLUB (3rd week) 10:00 - 11:30	ADV. FRENCH CONV. 11:30 - 1:30	CHINESE BRUSH PAINTERS 11:30 - 2:00	GERMAN CONV. (1st & 3rd weeks) 9:30 - 11:00	ADV. SPANISH CONV. 11:00 - 12:30
WALKIE TALKIES 10:00 - NOON	BOOK CLUB (3rd week) 1:00 - 2:30	CRAFTERS 1:00 - 3:30	STRENGTH & BALANCE 12:00 - 1:00	
STRENGTH & BALANCE 10:30 - 11:30	PORTRAIT PAINTERS 2:00 - 4:30			
QUILLERS 10:30 - NOON				
TAI CHI 12:00 - 1:00 & 1:15 - 2:15				
MEDITATION 2:30 - 4:00				

Billiards are available Monday through Friday 9:30 - 11:30 or 12:30 - 2:30 (Maximum of 2 players per booking)