

THE GAZETTE

GOWARD HOUSE

May 2022 Editor: *Marlene Abney*

Administrator: Heidi Hodgins
Assistant Administrators: Marlene Abney & Suzanne Ball
Custodian/Janitor: Lyle Rumpel

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President's Message

Another month has passed. The days are getting warmer and the House is getting busier. We are welcoming new events and activities and some new employees at Goward House. As you know, after a number of years of dedicated service, **Suzanne Ball** will be leaving Goward House at the end of April. Suzanne has successfully managed so many of the events and activities at Goward House over the last three years. We will miss her always warm welcome and exceptional organizational and technical skills. Suzanne will be moving on to new adventures and experiences. We wish her every success!

The Board hopes you will join us in welcoming **Tamsin Dunn** to the Goward House staff. Tamsin has been working with Suzanne over the last couple of weeks to become familiar with Suzanne's responsibilities. She will assume her new role beginning in May.

You have probably been noticing some changes in the Goward House garden. **Jason Erb** of Oliphant Gardens has accepted the 2022 contract for maintenance of the Goward House gardens. Jason is a certified horticulturalist who has nearly twenty years experience in the Queenswood area. We welcome Jason to our Goward House community.

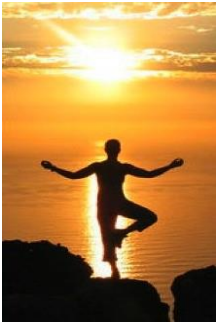
Jason started with Goward House in January this year. With the help of loads of leaf mulch from Saanich, Jason has been remediating the garden soil around the House and back garden. One of Jason's local clients is taking down their existing house and building a new house on their property, necessitating dozens of mature plants to be removed. Jason's clients kindly donated any plants we thought might work at Goward House, and the garden committee selected 60 - 70 plants that Jason has transplanted to our garden. Many plants had to be cut back in order to survive the transfer, but we look forward to their new growth over the coming year. The Board extends sincere appreciation to Jason's clients for their generosity.

Don't forget, a membership drive will be held during the month of May. Goward House members who recruit a new member will receive 8 blue tickets or 4 yellow fitness tickets to be shared with the new member. If you are enjoying Goward House, we hope you will also encourage your friends to join. There is something for everyone at Goward House.

Remember our **AGM** will be held on **Thursday, May 19, at 2:00 p.m.** The staff and Board are preparing materials to review the year and describe plans for the future. Mark your calendar and join us on May 19th.

HAPPY SPRING!!

Allan



YOGA

The term "yoga" comes from a Sanskrit word meaning "union." Yoga combines physical exercises, mental meditation, and breathing techniques to strengthen the muscles and relieve stress. (No Yoga May 13 & 20)

Yoga class is available in House or via ZOOM Fridays from 9:30 - 10:30.



DROP IN ART

Come and join our Drop-in Art group Wednesday mornings. Bring your brushes and paint and create your masterpiece in whichever medium you prefer.

Drop in anytime from 8:00 - 11:30 am. and enjoy the company of like-minded artists.



iPHONE & iPAD CLUB

Looking for some tips on expanding your use and understanding of these devices? Please join club leader Leah Freedman every **FIRST Monday** of the month from 10:00 - 11:30 am.

Please let us know you will be attending by calling the front desk @ 250 477-4401.



LINE DANCING

Line Dancing has returned! Every Tuesday morning from 9:30 - 10:30 am, Betty Doherty will instruct you through sequences of moves to popular tunes.

Wear comfortable clothes and shoes to this fun class.



EASY AEROBICS

NEW DAY & TIME

This action-packed class covers it all! An easy aerobic and free moving work out for those wanting to move forward, backwards and side - to - side. Exercises include the use of light weights and gentle stretching. A complete work out that will have you feeling great! Come on out and give it a try. **Classes will now run Monday 10:15 - 11:00.**



ADVANCED SPANISH CONVERSATION

Habla Español? Many of our Goward House members are multilingual. Those who enjoy speaking Spanish meet Friday mornings for some light conversation and social engagement. Conversing in Spanish, you will enjoy a wide variety of topics and practice your language skills at the same time. We would like to recognize **Anton de Bakker** as the new leader of the group which meets Fridays from 10:30 – noon.



GOWARD HOUSE STRAWBERRY TEA

Please join us for our annual Strawberry Tea Thursday June 16th from 12:30 – 2:30 followed by the Goward House Singers choir concert. \$15.00 includes; strawberry short cake with berries and whipped cream, a beverage and the choir concert.

Pre-pay and reserve by visiting the front desk. Please note that seating on the deck is first come first served, by reserving your table at time of payment (two sittings available, 12:30 and 1:30 pm).

Choir singers pay \$10.00

Choir concert only, suggested donation of \$5.00

Goward House Painters

Our very own Goward House Painters will be showing their artwork from April 29th to May 25th.

Enjoy an eclectic collection of artwork in water colour and oils.

Viewing of art is available Mon - Fri from 9:30 am - 3:30 pm.

Donations of goods...

A little reminder for our members that Goward House has very limited storage space, which means all donations must be approved by staff first. Please do not drop and walk. 😊

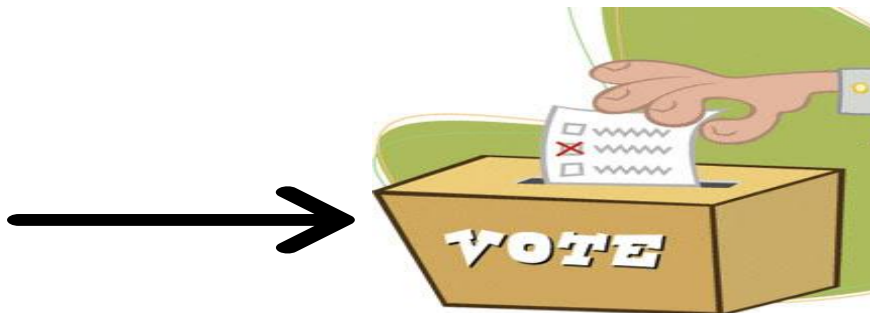
Please call or email to arrange a viewing of your donation. Thank you!

GOWARD HOUSE ANNUAL GENERAL MEETING

Thursday May 19th 2022 at 2:00 pm

Please mark your calendar for our AGM and let us know that you will be attending. We need your input and your votes. The meeting will be held outdoors (weather permitting).

[Give us a call, or email administration@gowardhouse.com](mailto:administration@gowardhouse.com)



Goward House will be closed Monday May 23 for the Victoria Day long weekend.
Have a safe and happy long weekend.



From Haney to Hollywood

with Janis Dunning

from the long-running Canadian children's TV series *Let's Go!*

Goward House member **Janis Dunning** will share personal anecdotes about her beginnings as a B.C. farm girl and her exciting life on the stages of Hollywood, Vancouver and London. She'll also share stories of her 18 years in children's television programming and her work to create a legacy for future Canadian stars of stage and screen.



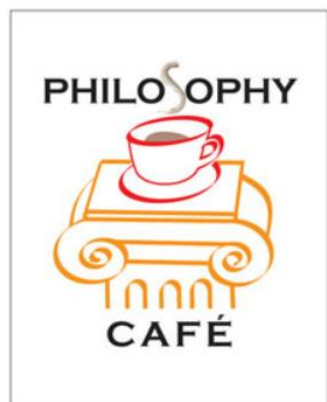
Janis began her career studying ballet at the Banff School of Fine Arts and Royal Winnipeg Ballet, and acting in New York. She went on to perform and direct in London's West End and in theatres across Canada and was the creator and leading performer of two nationally broadcast children's TV shows.

In addition to her performing career, Janis founded the Musical Theatre program for the Royal Winnipeg Ballet, the Young Company Program for the Charlottetown Festival, and the Canadian College of Performing Arts here in Victoria. In 2021, she was appointed to the Order of Canada for her contribution to the arts and young artists in Canada.

Call 250-477-4401 to reserve your seat, for this May 5th, 2:00 pm presentation.

Members: Free Non-members: \$5.00

Vaccine passports required. Masks are optional, based on personal comfort and preference.



New
Series

COMING UP NEXT MONTH!

THURSDAY, JUNE 2, 2022

2:00 p.m. – 3:00 p.m.

Goward House – Maple Room

Last year's Goward House Membership Survey indicated strong interest in a Philosophy Discussion Group.

If you're interested in great thinkers and change makers, big ideas and "isms", this is your opportunity to listen, learn, explore and be stimulated!

Join us on Thursday, June 2 for the first of what we hope will be many stimulating presentations and discussions in the year to come.

Featured presenter and discussion facilitator:



Jan Hofmeyr, who helped launch our World Affairs Discussion Group with his excellent talk on China has kindly agreed to a return engagement. Jan was a Senior Lecturer in Eastern religions and the philosophy, psychology, and sociology of religion, at the University of Cape Town. The focus for this Philosophy Café session will be on Buddhism.

The June 2nd session will also be an opportunity for those present to share areas of interest and ideas for future discussions in the Fall. You don't have to be a philosophy geek - all curious minds are welcome!

Call 250-477-4401 to reserve your seat. Members: Free Non-members: \$5.00

Vaccine passport required. Masks are optional, based on personal comfort and preference.

GOWARD HOUSE

BRING A FRIEND, SIGN A FRIEND, MEMBERSHIP DRIVE

For the month of May, Goward House is holding a membership drive. Goward House members who sign up a new member will receive 8 blue tickets or 4 yellow fitness tickets to share with the new member. We would love to expand our membership; this is how you can help.

Encourage your friends to come visit the House and enjoy any of our activities FREE for the first try.

We are convinced that, with your help, we can continue to bring more vibrant seniors into our membership to enjoy all that Goward House has to offer.

Membership drive runs for the entire month of May!



Goward House Repair Clinic

In need of a “tear repair?” A button sewn on? Loose ends fixed? Our very own Goward House Crafters (who are also sewers, knitters and stitchers) are offering a simple clothing repair clinic exclusively to our members.

Visit our Crafters on the first Wednesday of each month, from 2 -3 pm, and bring your simple repair jobs. Our crafters will select a pick up date and recommend a suggested donation to Goward House.

(Please note: the Crafters have the right to refuse large or challenging requests. NO zippers please!)

The next repair clinic will be Wednesday May 4, 2 -3 pm.



The next Book Club meeting will be Thursday May 19th from 1:00 - 2:30.

The title for May is **Petra** by **Shaena Lambert**.
Books are available at the Public Library.

Dying with Dignity



Our next information meeting is called **Moving Forward 2: Family Reports** and will take place **Thursday June 9th 2:00 – 3:30**. If interested, please register at the Front Desk.

Goward House would like to extend a very warm welcome to new members

Carolyn Brandly, Elaine Carson, Lorna Jamison, Diane Liang & Susan McConnell

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Strength & Balance 9:00 – 10:00	Line Dancing 9:30 – 10:30	Drop In Art 8:00 – 11:30	Tai Chi 9:30 – 10:30 & 10:45 – 11:45	Yoga 9:30 – 10:30 (no Yoga May 13 & 20)
Easy Aerobics 10:15 – 11:00 (new day/time)	French Conversation (Advanced) 1:00 – 3:00	Chinese Brush Painters 9:30 – 1:00	Strength & Balance 12:00 – 1:00	Spanish Conversation (Advanced) 10:30 – noon
Quillers 10:00 – 12:00	Portrait Painters 1:15 – 4:00	Duplicate Bridge 12:15 – 4:00	Book Club 1:00 – 2:30 (3rd Thursday)	Choir 1:15 – 3:15
iPad & iPhone Club 10:00 – 11:30 (1 st Monday)		Crafters 1:00 – 3:30	Social Bridge 12:30 – 4:00	
Tai Chi noon – 1:00 & 1:15 – 2:15				
Meditation 2:30 – 4:00				

Please note that monthly payment for Tai Chi (\$50.00) is to be paid in advance at the front desk. You must select the classes you wish to attend at that time. Your name will be immediately placed on the class lists. Participants are limited to one Tai Chi class per day (Monday & Thursday) to ensure we include as many members as possible. You may place your name on a waitlist for an additional class if you wish. If you are unable to attend a class you are registered for, let us know at the time of registration or please call us to cancel your spot and allow another member to attend.

We will continue to keep members updated on all activities taking place at the House as we maintain safety protocol & guidelines from BC Office of the PHO, BC CDC, BCRPA, Island Health, Saanich and WorkSafe BC. We appreciate your continued patience and support!

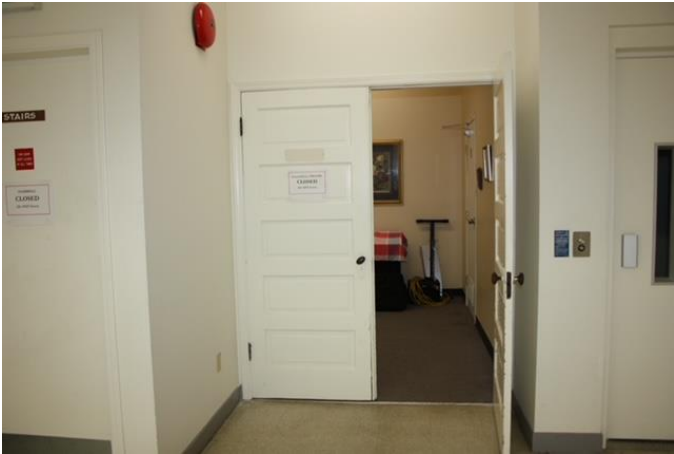
GOWARD HOUSE SOCIETY Board of Directors: Committees 2021-22

COMMITTEE	DIRECTORS
BUDGET	<i>André Berthiaume, Allan Davies</i>
EMERGENCY PREPAREDNESS	<i>Allan Davies, André Berthiaume</i>
ENVIRONS	<i>Mary Collins, Gail Flitton</i>
FACILITY	<i>André Berthiaume, Allan Davies</i>
FRONT DESK & MEMBERSHIP	<i>Gail Branton, Lee Frank</i>
GROUNDS, GARDEN & PARKING	<i>Allan Davies, Gail Branton</i>
KITCHEN	<i>Lee Frank, Barry Mah Ming</i>
PERSONNEL	<i>Allan Davies, Gail Branton</i>
POLICY & PROCEDURES	<i>Gayle Millbank, Barry Mah Ming</i>
PROGRAM	<i>Mary Collins, Judy Baldwin, Gail Flitton</i>
PUBLICITY	<i>Gayle Millbank, Barry Mah Ming</i>
SPECIAL EVENTS	<i>Gail Flitton, Lee Frank</i>
VOLUNTEERS	<i>Lee Frank, Judy Baldwin</i>
President: Allan Davies	Vice-President: Mary Collins
Secretary: Gail Flitton	Treasurer: André B.

We acknowledge with respect the Lekwungen peoples on whose traditional territory the neighbourhood of Cadboro Bay lies, and the Songhees, Esquimalt and WSÁNEĆ peoples whose historical relationships with the land continue to this day.

Scene Around the House

Barb Sawyer, Goward House member and volunteer, will be taking over as librarian for Goward House. We would like to thank her and both of her predecessors, Gail Flitton and Trish Brooke, for helping create our new library (the former "theatre" on the lower level). See our before and after photos below. New doors, new carpet and fresh paint!



Before



After



Before



After