

# **HORNBY ISLAND NEW HORIZONS SOCIETY**

## **SPONSORED FALL 2024 PROGRAMS REVISED**

New Horizons offers several different types of programs and events. Winter programs will run for 10 weeks and some include a paid instructor. As per our *Policy for Seasonal Programs with Paid Instructors*, [a commitment is required by prepaying the program fee of \\$10.00 upon registration](#). [Affected programs are in blue](#). For other programs, including all year programs, members register and pay the usual \$1.00 program fee when they attend.

(\* limited enrollment 12-15)

DAY	TIME	PROGRAM	LOCATION	START/END DATE	CONTACTS
Sun	8:30 am	Meditation	New Horizons	All Year	Edward Kooij
Sun	1:30 - 4:00 pm	Life Drawing Group	New Horizons	Oct. 13 - Dec. 8	Sue Horner
Mon	11:00 am - 12:00 pm	Chair Qi Gong	New Horizons	Oct. 7 – Dec 9	Ed Hoepfner
Tue	10:00 - 11:00 am	Tai Chi Ch'uan	New Horizons	Oct 8 - Dec 10	Sue Horner
Tue	12:00 - 1:00 pm	Chair Yoga	New Horizons	Oct 8 - Dec 10	Ambika Kelerchian
Tue	1:30 - 4:30 pm	Bridge	New Horizons	All Year	Alison Stevenson
Tue	6:00 - 7:00 pm	African Dance	New Horizons	Oct 8 - Dec 10	Ignatius Ochieng
Tue		Bowling	Courtenay	Oct 8, Nov 5, Dec 3	Jim Crawford
Wed	11:00 am - 12:00 pm	Holistic Strength	In-person/Zoom	Oct 9 - Dec 11	Rachel Goodman
Wed	1:00 - 2:00 pm	Integrated Pilates	In-person/Zoom	Oct 9 -Dec 11	Rachel Goodman
Wed	3:00 pm	Book Club	New Horizons	Last Wed of month Sept thru Dec	Oakley Rankin
Thur	3:00 - 4:00 pm	Gentle Yoga	New Horizons	Oct 10 - Dec 12	Eila Buziak
Thur	4:30 - 5:30 pm	Resilience Yoga	New Horizons	Oct 10 – Dec 12	Eila Buziak
Thu	12:00 - 1:30 pm	Literary Lunch	New Horizons	Oct 17 – Dec 12	Bonnie Dickie Alison Stevenson
Thu	6:00 - 9:00 pm	Games Night	New Horizons	Oct 10 – Dec 12	Daniel Pusztai
Fri	10:00 - 11:00am	Chair Yoga	Zoom	Oct 10 – Dec 12	Rachel Goodman
Fri	10:00 am	Hiking	Outdoors	Nov 8 – Dec 13	Joanne Wyvill
Sun	Matinees - leave am/ return pm	Theatre	Various theatres off island	Oct – Dec	Kate Patten
		Golfing	Outdoors	TBA Apr/May	Karen Ross

Email [hornbynewhorizons@gmail.com](mailto:hornbynewhorizons@gmail.com) for more details

Sept 29, 2024