

HORNBY ISLAND NEW HORIZONS SOCIETY

WINTER PROGRAMS

January to March 2022 *edited jan 4, 2022*

PROGRAMS *New Horizons offers several different types of programs and events. Most programs run for 10 weeks and include a paid instructor. Our current programs are a mix in-person and Zoom, with some classes accommodating both at the same time! There is a Program Fee of \$1.00 for members per in-person class/events at New Horizons. This fee is in place to help with maintenance and utility expenses. Your Vaccine Passport/ID and a mask are required at every in-person class. **To register, email hornbynewhorizons@gmail.com or call Landys (5-2820) or Rachel (5-0055).***

DAY	TIME	PROGRAM	LOCATION	START/END DATE	REFERENCE
Sun	8:30 am	Meditation	New Horizons	All Year	Edward Kooij
Sun	1:30-3:30 pm	Life Drawing Group	New Horizons	Jan 23 – Mar 27	Juanita Selby Sue Horner
Sun		Theatre	Courtenay	February 27th	Lindsay Allen
Mon	9:30-10:30 am	Yoga with Eila *	NH and Zoom	Jan 24– Mar 28	Eila Buziak
Mon	12:00 – 1:00 pm	Golden Lunch	New Horizons	Every 2 weeks beginning Jan 24	Verna Kimmerley
Mon	2:00-3:00 pm	Posture Lab	New Horizons	Jan 24 – Mar 28	Nancy Adams
Tues		Bowling	Courtenay	First Tuesday of the month	Jim Crawford
Tues	9:30 – 11:00 am	Gentle Yoga *	New Horizons	Jan 25 – Mar 29	Rachel Goodman
Tue	12:00 – 1:00 pm	Chair Yoga *	New Horizons	All Year	Ambika Kelerchian
Tues	1:30-4:30 pm	Bridge	New Horizons	Weekly	Alison Stevenson
Wed	11:00 – 12:00 pm	Holistic Strength *	Zoom	Jan 5 – Mar 9	Rachel Goodman
Wed	1:00 – 2:00 pm	Integrated Pilates *	Zoom	Jan 5– Mar 9	Rachel Goodman
Wed	3:00 – 4:30 pm	Knitting	New Horizons	Jan 19– Mar 23 except last Wed of the month	Sheila Letson
Wed	3:00 pm	Book Club	New Horizons	last Wed of the month	Oakley Rankin
Thu	12-1:30 pm	Literary Lunch	New Horizons	Jan 20 - Mar 24	Judith Lawrence
Thu	10:00 – 11:00 am	Chair Yoga	Zoom	Jan 6 – Mar 10	Rachel Goodman
Thu	2:30 – 4:00 pm	Memoir Writing *	Zoom	Jan 13 – Mar 17	Cornelia Hoogland
Fri	10AM	Hiking	Outdoors	Jan 21 – Mar 25	Joanne Wyvill

**Capacity may be limited to between 10 – 15 depending on instructor*

We welcome input from our members at hornbynewhorizons@gmail.com. Thank you!