



Winter Programs 2022 – Extended!

New Horizons sponsored Winter programs will continue on to the end of March, with some exceptions. Here is a recap:

PROGRAM	DATES
<i>Yoga w/ Eila (in person and zoom)</i>	Mondays 9:30AM March 14th, 21st and 28th
<i>Golden Lunch</i>	Monday, March 28th
<i>Gentle Yoga in person w/ Rachel</i>	Tuesdays 9:30AM March 15th, 22nd, and 29th
<i>Gentle Yoga in person w/ Ambika</i>	Tuesdays 9:30AM April 5th, 12, 19th and 26th
<i>Chair Yoga in person w/ Rachel/Ambika</i>	All Year on Tuesdays 12:00PM: Rachel in March then Ambika in April
Bowling w/Jim in Courtenay	Wednesday March 23rd
<i>Holistic Strength w/ Rachel (in person/zoom)</i>	Wednesdays 11AM March 16th, 23rd, and 30th
<i>Integrated Pilates w/ Rachel (in person/zoom)</i>	Wednesdays 1:00PM March 16th, 23rd and 30th,
<i>Literary Lunch</i>	Thursday, March 24th LAST ONE
<i>Chair Yoga w/ Rachel – zoom only</i>	Thursdays, 10AM – ZOOM ONLY March 17th, 24th, and 31st
<i>Memoir Writing w/ Cornelia*</i>	Thursdays 2:30PM March 17th, 24th, 31st and April 7th and 14th

*Please note that the MEMOIR WRITING class is FULL.

If you have already registered for these ongoing classes, you are good to go. If you have any concerns or questions about registration for any of these programs, please **email** [**hornbynewhorizons@gmail.com**](mailto:hornbynewhorizons@gmail.com).

On Friday, March 11/22, the BC Government announced new public health orders. Moving forward, you will no longer be required to mask while attending New Horizons programs. Masking is up to your personal discretion. **Proof of vaccination with ID is still required** until April 8/22 when a new announcement is expected.