

HORNBY ISLAND NEW HORIZONS SOCIETY

SPONSORED PROGRAMS

October to December 2022

PROGRAMS *New Horizons offers several different types of programs and events. Fall programs will run for 9-10 weeks and some include a paid instructor. Our current programs are a mix of in-person and Zoom, with some classes accommodating both at the same time! The Program Fee of \$1 per member participant per class/events is in place to help with expenses. **Registration as of 2PM at the Meet & Greet on September 22nd. Email registration not accepted prior to 2PM on Sept 22nd (hornbynewhorizons@gmail.com).** New Horizons recommends safe practices as such as hand sanitizing and physical distancing, but masks are optional, and the vaccine passport is no longer required.*

DAY	TIME	PROGRAM	LOCATION	START/END DATE	CONTACTS
Sun	8:30AM	Meditation	New Horizons	All Year	Edward Kooij
Sun	1:30-3:30 pm	Life Drawing Group	New Horizons	Oct 23 – Dec 18	Juanita Selby & Sue Horner
Mon		Swimming	Courtenay	Oct17, Nov14, Dec12	Sherry Lukinuk
Mon	10:00 - 11:00 pm	Somatics	NH & google meets	Oct 17 – Dec 12	Phyllis Victory
Mon	2:00-3:00 pm	Posture Lab	New Horizons	Oct 17 – Dec 12	Nancy Adams
Mon	6:30 – 8:30 pm	Games Night	New Horizons	Oct 17, Nov 7, 21 Dec 5	Open Participation
Tue	9:00 – 10:00	Resilience Yoga *	NH & Zoom	Oct 11 – Dec 13	Eila Buziak
Tue	10:30 – 11:30 am	Gentle Yoga *	NH & Zoom	Oct 11 – Dec 13	Eila Buziak
Tue	12:00 – 1:00 pm	Chair Yoga	New Horizons	All Year as of Sep 27	Ambika
Tue	1:30 – 4:30 pm	Bridge	New Horizons	All Year as of Oct 11	Alison Stevenson
Wed		Bowling	Courtenay	First Wed month starting October	Jim Crawford
Wed	11:00 – 12:00 pm	Holistic Strength	Zoom Oct/Nov NH&Zoom in Dec	Oct 12 – Mar 31	Rachel Goodman
Wed	1:00 – 2:00 pm	Integrated Pilates	Zoom Oct/Nov NH&Zoom in Dec	Oct 12 – Dec 14	Rachel Goodman
Wed	3:00 – 4:30 pm	Knitting	Fabricators	Oct 12 – Dec 14	Sheila Letson
Wed	3:00 pm	Book Club	New Horizons	last Wed of the month Sep-May	Oakley Rankin
Thu	10:00 – 11:00 am	Chair Yoga	Zoom	Oct 13 – Dec 15	Rachel Goodman
Thu	12:00 – 1:30 pm	Literary Lunch	New Horizons	Oct 13 – Dec 8	Bonnie Dickie Alison Stevenson
Thu	2:30 – 4:00 pm	Creative Writing *	Zoom	Oct 20 – Dec 15	Cornelia Hoogland
Fri	10AM	Hiking	Outdoors	Oct 14 – Dec 16	Joanne Wyvill Ilze Raudzins

**Limited capacity between 12 to 15 participants*

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