

HORNBY ISLAND NEW HORIZONS SOCIETY: SPONSORED PROGRAMS

October to December 2023

Fall programs will run for 9-10 weeks and some include a paid instructor. The Program Fee of \$1 per member participant per class/events is in place to help with expenses. **Sign up at the Meet & Greet on September 21st or by email at hornbynewhorizons@gmail.com on September 22nd.** Safe practices as such as hand sanitizing and physical distancing are recommended, masks are optional, and 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. 1 - Dec. 10	Juanita Selby & Sue Horner
Mon		Swimming	Courtenay	TBA	Sherry Lukinuk
Mon	10:30 – 11:30	Tai Chi Ch'uan	New Horizons	Oct 16 – Dec 11	Sue Horner
Mon	2:00 – 3:00	Dance with Iggy	New Horizons	Oct. 9 – Nov 27	Ignatius Ochieng
Tue	9:00 – 10:00	Resilience Yoga *	New Horizons	Oct 10 – Dec 12	Eila Buziak (IPO)
Tue	10:30 – 11:30 am	Gentle Yoga *	New Horizons	Oct 10 – Dec 12	Eila Buziak (IPO)
Tue	12:00 – 1:00 pm	Chair Yoga	New Horizons	All Year	Ambika
Tue	1:30 – 4:30 pm	Bridge	New Horizons	All Year as of Oct 10	Alison Stevenson
Wed	Once /month	Bowling	Courtenay	First Wed/month starting October	Jim Crawford
Wed	11:00 – 12:00 pm	Holistic Strength	NH/Zoom	Oct 11 – Dec 13	Rachel Goodman
Wed	1:00 – 2:00 pm	Integrated Pilates	NH/Zoom	Oct 11 – Dec 13	Rachel Goodman
Wed	3:00 – 4:30 pm	Knitting	Fabricators	Oct 11 – Dec 13	Sheila Letson (INW)
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 12 – Dec 14	Rachel Goodman
Thu	12:00 – 1:30 pm	Literary Lunch	New Horizons	Oct 12 – Dec 14	Bonnie Dickie Alison Stevenson
Thu	2:30 – 4:00 pm	Creative Writing*	Zoom	Oct 12 – Dec 14	Cornelia Hoogland
Thu	5:30 – 7:00 pm	Games Night	New Horizons	Oct. 12 - Dec. 14	Jim Crawford
Fri	10:00 am	Hiking	Outdoors	Oct 13 – Dec 15	Ilze Raudzins Joanne Wyvill
Sat/Sun	am - pm	Theatre	Off island	Oct – Jun (TBA)	Needs organizer!

**Limited capacity. IPO=in person only. INW=if numbers warrant*