

HORNBY ISLAND NEW HORIZONS SOCIETY

SPONSORED SPRING 2025 PROGRAMS

New Horizons offers several different types of programs and events. Spring 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.

DAY	TIME	PROGRAM	LOCATION	START/END DATE	CONTACTS
Sun	8:30 am	Meditation	New Horizons	Jan 5+ year round	Edward Kooij
Sun	1:30 - 4:00 pm	Life Drawing Group	New Horizons	Jan 5+	Sue Horner
Mon	11:00 am - 12:00 pm	Chair Qi Gong	New Horizons	Jan. 6 - Mar 10	Ed Hoepner
Tue	12:00 - 1:00 pm	Chair Yoga	New Horizons	Jan 7+ year round	Ambika Kelerchian
Tue	1:30 - 4:30 pm	Bridge	New Horizons	All Year Jan 7+	Alison Stevenson
Tue		Bowling	Courtenay	Jan 7, Feb 4, Mar 4, Apr 1, May 6	Jim Crawford
Wed	11:00 am - 12:00 pm	Holistic Strength	In-person/Zoom	Jan 8 + year round	Rachel Goodman
Wed	1:00 - 2:00 pm	Integrated Pilates	In-person/Zoom	Jan 8 - Mar 12	Rachel Goodman
Wed	3:00 pm	Book Club	New Horizons	Last Wed of month Jan 29 +	Oakley Rankin
Thur	3:00 - 4:00 pm	Gentle Yoga	New Horizons	Jan 9 - Mar 13	Eila Buziak
Thur	4:30 - 5:30 pm	Resilience Yoga	New Horizons	Jan 9 - Mar 13	Eila Buziak
Thu	12:00 - 1:30 pm	Literary Lunch	New Horizons	Jan 9 - Mar 13	Bonnie Dickie Alison Stevenson
Thu	6:00 - 9:00 pm	Games Night	New Horizons	Jan 9 - Mar 13	Daniel Pusztai
Fri	10:00 - 11:00am	Chair Yoga	Zoom	Jan 10 - Mar 14	Rachel Goodman
Fri	10:00 am	Hiking	Outdoors	Jan 10 - Mar 14	Joanne Wyvill
Fri	4:30 – 5:30 pm	African Dance	New Horizons	Jan 17 - Mar 21	Ignatius Ochieng
Sun	Matinees - leave am/ return pm	Theatre	Various theatres off island	Feb 9, Apr 20	Kate Patten
		Golfing	Outdoors	TBA Apr/May	Karen Ross

New participants *who have not yet registered* can do so online at hornbynewhorizons@gmail.com before Jan. 2nd. Please note that Tai Chi Ch'uan is no longer offered and that African Dance is now on Fridays and begins on Jan. 17th.