WALKING GROUP

A group that enjoys outdoor walks around Greater Victoria, exploring nature's sights and sounds. Walks vary weekly in distance and terrain, which may be hilly. Wear suitable clothing and footwear; we walk at a comfortable pace.

MONDAYS 10:00 AM

Members Free. Members Only

POSTURAL FITNESS & STRETCHING

with Marie-Pierre Schliewinsky

Perfect for those with stiffness, chronic aches, and pains. Enhances joint mobility and muscle flexibility through dynamic and static stretches, reducing tightness. Includes guided imagery meditation. Basic equipment provided.

MONDAYS 10:30 – 11:30 AM

Members Drop-in $3. Non-members Drop-in $5.

DUPLICATE BRIDGE

Duplicate bridge is the most popular form of contract bridge in clubs and tournaments. It involves playing identical deals at each table, with scoring based on relative performance. This ensures skill matters more than luck, as players compete with others playing the same cards. While we take the game seriously, having fun is always the goal.

MONDAYS 12:30 – 3:30 PM

FRIDAYS 12:30 – 3:30 PM

Members Drop-in $5. Non-members Drop-in $10.

WISDOM CIRCLE

A wisdom circle is a safe, open space for participants to share ideas, questions, and life experiences. It fosters authentic, caring, and insightful discussions, based on the belief that everyone has valuable wisdom to contribute.

MONDAYS 1:00 – 2:30 PM

Members Drop-in $3. Non-members Drop-in $5.

CANASTA: HAND & FOOT

Join us for a fun, strategic game of canasta—perfect for all skill levels. Play involves melds, wild cards, and clever planning to outsmart opponents.

MONDAY 1:00 – 3:00 PM

FRIDAY 1:00 – 3:00 PM

Members Drop-in $3. Non-members Drop-in $5.

QIGONG with Elaine Matthes

Qi Gong is a holistic Chinese practice of gentle movement, breath, and meditation that enhances strength, flexibility, digestion, and reduces stress. It promotes overall well-being through movement and intention.

MONDAYS 1:00 PM

Starting October 19th

Members Drop-in $5. Non-members Drop-in $10.

ACTIVE SENIORS ENJOYING LIFE – A.S.E.L. - CHAIR EXERCISE

An instructor, Velma Roberts, shows how to activate muscles for full-body stabilization and strength. Cardiovascular exercises are included to boost endurance. Some portions are standing, but participants should modify based on their comfort level. Basic equipment provided.

TUESDAYS 10:00 – 11:00 AM

THURSDAYS 10:00 – 11:00 AM

Members Drop-in $3. Members Only

BACK GAMMON CLUB

Back gammon is one of the oldest board games ever invented. As you grow old, it becomes increasingly important to challenge your brain , Back gammon is the perfect solution because it helps you practice your memory, reasoning, and logic.

TUESDAYS 10:00 – 11:30 AM

Members Drop-in $3. Non-members Drop-in $5.

HANDICRAFT GROUP

Join us for coffee or tea, treats, and laughter while we create items to fund our programs. Everyone is welcome, no craft experience needed—our friendly group will help you make something. It's a great way to meet new people, share stories, and have fun. If you have a few hours, come join us. New ideas are always welcome.

TUESDAYS 1:00 – 3:00 PM

PHOTOGRAPHY FOR EVERYONE

Capture joy, calm, and meaning through shared, noncompetitive photography. Your photos reflect your perspective, guided by weekly. Share favorites, select a new theme, then join a group walk or go solo. Perfect for those who enjoy capturing and sharing images; no workshops needed-just basic camera skills and email.

TUESDAYS 1:30 - 3:30 PM

Members Drop-in Free Non-members Drop-in $5.

A DIFFERENT BOOK CLUB

Every Tuesday, book lovers share their favorites —any author, topic, or format. Everyone is welcome to join for tea and recommendations or to share a book they're enjoying.

TUESDAYS 2:00 – 4:00 PM

Members Drop-in $3. Non-members Drop-in $5.

The following services are exclusively available to Members

- Cobs Bread: end of day giving
- More Than Meals
- Food Share Network produce available
- Tuesday Hot Lunch
- South Island Farm Hub Local Free-range Eggs

DANCESOQI with Isabel Santos

Join dance movement class, combining dance steps, clinical somatics benefits, and Qigong to gently unify mind and body. Equipment provided.

WEDNESDAYS 9:30 – 10:30 AM

Members Drop-in $6. or $30. / 6 classes

Non-members Drop-in $10. or $60. / 6 classes

CURRENT EVENTS

Join our group for lively, current-event discussions on social issues, government, personal behaviors, politics, science, health, and the arts.

WEDNESDAYS 10:00 – 11:30 AM

Members Drop-in $3. Non-members Drop-in $5.

50+ STRENGTH & STRETCH with Isabel Santos

Learn to safely build muscle and boost flexibility using basic strength training equipment. Feel, look, and perform better. Basic equipment supplied.

WEDNESDAYS 10:30 – 11:30 AM

FRIDAYS 9:30 – 10:30 AM

Members Drop-in $6. or $30. / 6 classes

Non-members Drop-in $10. or $60. / 6 classes

EUCHRE

Playing euchre improves cognitive function, builds social connections, and enhances strategic problem-solving skills.

WEDNESDAYS 1:00 – 3:00 PM

Members Drop-in $3. Non-members Drop-in $5.

BALANCE AND FALL PREVENTION with Carolyn Thomas

Carolyn will lead a six-week Balance and Fall Prevention Yoga class focused on chair and standing movements to reduce fall risk. Balance can improve at any age. We'll use research-based yoga to enhance balance, strength, bone density, and flexibility. Modifications and rest options are always available. No prior yoga experience is needed. Carolyn is studying for her Yoga Therapy Certification.

WEDNESDAYS 1:00 – 2:15 PM

FALL Session I: September 16 - October 21

No class on September 30

Members:$60. / 5 classes Members Drop-in: $15.

Non-members: $80. / 5 classes Non-members Drop-in: $20.

WRITERS' GROUP

Share your work, get feedback, and find encouragement in a supportive environment. Led by experienced mentor Sheila Martindale, this is a safe space to develop your writing.

WEDNESDAYS 1:30–3:30 PM

Members Drop-in $3. Non-members Drop-in $5.

BACK HEALTH AND BALANCE with Carolyn Thomas
Carolyn will lead a 6-week Back Health and Balance yoga class for older adults, focusing on managing back pain and improving balance. The sessions feature gentle, research-backed exercises to boost strength, bone health, and spinal alignment. Participants will learn movement, breath, and body awareness techniques to support long-term spinal health, posture, and confidence. Modifications and rest options are available. No previous yoga experience required.
WEDNESDAYS 2:30 – 3:45 PM
FALL Session I: September 16 - October 21
No class on September 30
Members:$60. / 5 classes Members Drop-in: $15.
Non-members: $80. / 5 classes Non-members Drop-in: $20.

UKULELE SOCIAL HOUR with Molly Raher-Newman
Molly offers a 60-minute intermediate ukulele class for adults, focusing on advanced strumming, fingerstyle, new chords, barre forms, and popular songs like Beatles and Motown in a relaxed, encouraging environment.
THURSDAYS AT 10:00 – 11:00 AM
THURSDAYS AT 11:30 AM – 12:30 PM
Fall Session I: September 10 – October 15
Fall Session II: October 29 – December 3
Members $50. / 6 classes
Non-members $95. / 6 classes

BEGINNERS MAHJONG
Ready to rack up some fun? Alan Simpson will lead a Mahjong beginners' group. Mahjong is a four-player tile game requiring skill, strategy, and luck. The goal is to build a winning 14-tile hand. It boosts cognition, memory, focus, planning, decision-making, and social interaction.
THURSDAYS 10:30 AM – 12:00 PM
Members Drop-in $5. Non-members Drop-in $10.

SAINTS & SWINGERS JAZZ BAND ENSEMBLE
Treat yourself to a dose of lively, swinging music that will get your feet tapping and give your spirits a lift. Everyone is welcome. Bring along your instruments or best singing voice and join in belting out many familiar songs. Or just sit back and enjoy the entertainment.
THURSDAYS 1:00 – 3:00 PM
Members Only

LINE DANCING – INTERMEDIATE with Carol Mason
Join fun Line Dances with Carol, covering Country, Top 40, Hip Hop, Ballroom, Blues, Funk, Latin, Swing, and more. No partner needed—bring friends and enjoy great exercise and fun. For local Line Dancing, this is the place to be.
THURSDAYS 1:00 – 2:00 PM
Members Drop-in $5. Non-members Drop-in $10.

LINE DANCING – BEGINNERS with Carol Mason
Line Dancing lessons begin with an intro level, followed by beginner dances. Weekly reviews build confidence, and new dances are added if time allows. The class covers essential basic moves.
THURSDAYS 2:00 – 3:00 PM
Members Drop-in $5. Non-members Drop-in $10

FRIDAY FORUM
Join our weekly one-hour learning session with guest speakers covering diverse topics. Designed to inform, inspire, and transform perspectives. Elvira Sentes often presents content from YouTube videos. Topic schedule is in the monthly calendar.
FRIDAYS 10:00 – 11:00 AM
Members Free Non-members Free

FIT & FLEX with Marie-Pierre Schliewinsky
Warm-up, then a focused cardio session with functional, flexibility, and stabilization-based strength exercises, including progressive weight training.
FRIDAYS 11:00 AM – 12:00 PM
Members Drop-in $3. Non-members Drop-in $5.

CANASTA: HAND & FOOT
Join us for a fun game of canasta! A strategic card game that challenges your mind with melds, wild cards, and clever tactics. All skill levels welcome.
MONDAY 1:00 – 3:00 PM
FRIDAY 1:00 – 3:00 PM
Members Drop-in $3. Non-members Drop-in $5.

COLOURING WITH FRIENDS
Chat, Colour & Relax Enjoy a relaxing social class where you can colour mandalas in whatever shade you choose. Have fun in a class that allows you to see the benefits of colouring without worrying about drawing.
FRIDAYS 1:00 – 3:00 PM
Members Drop-in $3. Non-members Drop-in $5.

BEGINNERS DANCING with Gord Warrenchuk
Beginners Dancing helps you feel confident on the dance floor from the start. Gord will teach Swing, Cha-cha, and more. No experience or partner needed. Classes are relaxed, friendly, and supportive—perfect for beginners. Meet new people, stay active, and have fun.
FRIDAYS AT 2:00 – 3:00 PM
Members Drop-in $5. Non-members Drop-in $10.

James Bay New Horizons Society sincerely appreciates the City of Victoria for its continued support and valuable partnership.
CITY OF VICTORIA

New Horizons
The Spirit of James Bay

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James Bay New Horizons embodies the Spirit of James Bay. We offer accessible programs, services, and volunteer opportunities to strengthen our community. Our goal is to help members develop skills, interests, and social connections, enhancing their quality of life. Governed by and for our members, we welcome everyone from Greater Victoria and snowbirds who make Victoria their winter home.

James Bay New Horizons offers accessible programs, events, services, and volunteer opportunities. Membership costs $50 annually (Jan-Dec), reduced to $25 after August 1. Visitors can purchase a $10/month membership. Talk to a staff member about the City of Victoria's L.I.F.E. Program, offering low-income residents free recreation credits.

Membership at James Bay New Horizons grants you:
- Access to all programs, services, and events *Additional fees apply for programs and events*.
- Voting rights for the board of directors
- Opportunity to serve on the Board or Committees
- Free borrowing of books, CDs, and movies & puzzles
- Updates on senior-related initiatives, and services
- Access to community programs like Food Share, Farm Hub, and Nutrition Coupons
- Opportunities for meaningful volunteer work
- Support and referrals from staff
- The chance to make new friends

♦ **Make Active Living Your Way of Life** ♦