

May 2026

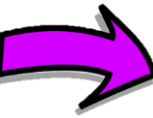


JAMES BAY NEW HORIZONS SOCIETY









234 Menzies Street, Victoria, B.C. V8V 2G7

Phone 250.386.3035

www.jamesbaynewhorizons.ca



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY








					<p>9:00 T.O.P.S. ® 9:30 50+ Strength & Stretch 10:45 Fit & Flex 11:00 Private Group 12:30 Duplicate Bridge 1:00 Technology Appt. 1:00 Canasta! 1:00 Colouring with Friends 2:00 Beg. Couple Dancing</p>	<p>10:00 Rotary Pack</p> 
	<p>10:00 Walking Group 10:30 Postural Fitness & Stretching 11:00 Cobs Bread available 12:30 Duplicate Bridge 1:00 Wisdom Circle 1:00 Canasta!</p> 	<p>10:00 A.S.E.L. 10:00 Back Gammon 10:00 Team Pivot 11:00 Cobs Bread 11:45 Hot Lunch 1:00 Farm Hub Eggs available 1:00 Handicrafts Group 1:30 Photography 2:00 Dif. Book Club</p>	<p>CANADA SCOOTERS 9:30 DanceSoQi 10:00 Current Events 10:00 Canada Scooters 10:30 50+ Strength & Stretch 11:00 More Than Meals 1:00 Balance & Fall Prevention 1:00 Euchre 1:30 Writers Group 1:30 Acrylic Painting 2:30 Back Health & Balance</p>	<p>10:00 A.S.E.L. 10:00 Ukulele Social Hour 11:30 Ukulele Social Hour 1:00 Food Share Available 1:00 Saints & Swingers 1:00 Line Dancing - Intermediate 2:00 Line Dancing - Beginner</p>	<p>9:00 T.O.P.S. ® 9:30 50+ Strength & Stretch 10:00 Friday Forum Leo Tolstoy 10:45 Fit & Flex 11:00 Private Group 12:30 Duplicate Bridge 1:00 Technology Appt. 1:00 Canasta! 1:00 Colouring with Friends 2:00 Beg. Couple Dancing</p>	
	<p>10:00 Walking Group 10:30 Postural Fitness & Stretching 11:00 Advanced Care Planning Presentation 11:00 Cobs Bread available 12:30 Duplicate Bridge 1:00 Wisdom Circle 1:00 Canasta!</p>	<p>10:00 A.S.E.L. 10:00 Back Gammon 10:00 Team Pivot 11:00 Cobs Bread 11:45 Hot Lunch 1:00 Farm Hub Eggs available 1:30 Photography 2:00 Friendship Tea</p> 	<p>9:30 DanceSoQi 10:00 Current Events 10:00 JBNH Board Meeting 10:30 50+ Strength & Stretch 11:00 More Than Meals 1:00 Balance & Fall Prevention 1:00 Euchre 1:30 Writers Group 2:30 Back Health & Balance</p>	<p> 9:00 Blood Pressure Clinic 10:00 A.S.E.L. 10:00 Ukulele Social Hour 11:30 Ukulele Social Hour 1:00 Food Share Available 1:00 Saints & Swingers 1:00 Line Dancing - Intermediate 2:00 Line Dancing - Beginner</p>	<p>9:00 T.O.P.S. ® 9:30 50+ Strength & Stretch 10:00 Friday Forum True Survivors 10:45 Fit & Flex 11:00 Private Group 12:30 Duplicate Bridge 1:00 Technology Appt. 1:00 Canasta! 1:00 Colouring with Friends 2:00 Beg. Couple Dancing</p>	

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executive@jbnewhorizons.ca programs@jbnewhorizons.ca

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>17</p> 	<p>18</p>  <p>Centre Closed</p>	<p>19</p> <p>10:00 A.S.E.L. 10:00 Back Gammon 10:00 Team Pivot 11:00 Cobs Bread 11:45 Hot Lunch 1:00 Farm Hub Eggs available 1:00 Handicrafts Group 1:30 Photography 2:00 Dif. Book Club</p>	<p>20</p> <p>9:30 DanceSoQi 10:00 Current Events 10:30 50+ Strength & Stretch 11:00 More Than Meals 1:00 Balance & Fall Prevention 1:30 Writers Group 2:00 Spring Fling Concert  2:30 Back Health & Balance</p>	<p>21</p> <p>10:00 A.S.E.L. 10:00 Get Growing Plant Distribution 10:00 Ukulele Social Hour 11:30 Ukulele Social Hour 1:00 Food Share Available 1:00 Line Dancing - Intermediate 2:00 Line Dancing - Beginner</p>	<p>22</p> <p>9:00 T.O.P.S. ® 9:30 50+ Strength & Stretch 10:00 Friday Forum The Netherlands 10:45 Fit & Flex 11:00 Private Group 12:30 Duplicate Bridge 1:00 Technology Appt. 1:00 Canasta! 1:00 Colouring with Friends 2:00 Beg. Couple Dancing</p>	<p>23</p> 
<p>24</p> 	<p>25</p> <p>10:00 Walking Group 10:30 Postural Fitness & Stretching 11:00 Cobs Bread available 12:30 Duplicate Bridge 1:00 Wisdom Circle 1:00 Canasta!</p>	<p>26</p> <p>10:00 A.S.E.L. 10:00 Back Gammon 10:00 Team Pivot 11:00 Cobs Bread 11:45 Hot Lunch 1:00 Farm Hub Eggs available 1:00 Handicrafts Group 1:30 Photography 2:00 Dif. Book Club</p>	<p>27</p> <p>9:30 DanceSoQi 10:00 Current Events 10:30 50+ Strength & Stretch 11:00 More Than Meals 1:00 Balance & Fall Prevention 1:00 Euchre 1:30 Writers Group 2:30 Back Health & Balance</p>	<p>28</p>  <p>9:00 Blood Pressure Clinic 10:00 A.S.E.L. 10:00 Ukulele Social Hour 11:30 Ukulele Social Hour 1:00 Food Share Available 1:00 Saints & Swingers 1:00 Line Dancing - Intermediate 2:00 Line Dancing - Beginner</p>	<p>29</p> <p>9:00 T.O.P.S. ® 9:30 50+ Strength & Stretch 10:00 Friday Forum Marie Curie 10:45 Fit & Flex 11:00 Private Group 12:30 Duplicate Bridge 1:00 Technology Appt. 1:00 Canasta! 1:00 Colouring with Friends 2:00 Beg. Couple Dancing 2:00 Planet Earth Poetry</p>	<p>30</p> 



Legend:

Bold: lettering indicates the first lesson of a course or workshop
Green: Products available to current James Bay New Horizons members only
 ®: Rental by group(s) independent of James Bay New Horizons Society
Red: Services offered on a first come, first served basis.
 Please book your Technology Appointment through our Front Desk

CALENDAR IS SUBJECT TO CHANGE WITHOUT NOTICE. WATCH FOR UPDATES! APRIL 20th, 2026

◆ Make Active Living Your Way of Life ◆