New Horizons
The Spirit of James Bay

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Weekly Bulletin 2026 N0. 43

PROGRAMS

MAHJONG

Join us for Mahjong—a friendly, unguided games for players who know how to play. Bring your strategy, test your skills, and enjoy lively, casual competition in a welcoming community. Mahjong: a social, fun, and slightly competitive game where everyone leaves smiling.

MONDAYS 10:00 AM

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

TAI CHI with Kevin McGinn

Our Tai Chi group is returning to the Centre after spring and summer sessions in Beacon Hill Park. They practice Cheng Man-Ch'ing Tai Chi short form, suitable for all levels. This modified Yang-style sequence enhances wellness through low-impact weight-shifting that strengthens legs, ankles, and core, reducing fall risk. Regular practice also boosts prefrontal cortex activity, enhancing memory, clarity, and cognitive flexibility.

MONDAYS 11:00 AM
FRIDAYS 11:00 AM

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

CURRENT EVENTS

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

Limited to the first 24 participants. No entry after 10:10 AM

WEDNESDAYS 10:00 – 11:30 AM

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

BALANCE AND FALL PREVENTION with Carolyn Thomas

Carolyn will lead a five-week class using chair and standing exercises to enhance balance and reduce fall risk. Research shows balance can improve at any age. We'll focus on movements to boost balance, strength, flexibility, and bone health, promoting ease in mind and body. Modifications and rest options are always available.

All Bodies Welcomed

All equipment provided.

WEDNESDAYS 1:30 PM
October 28 – December 2 ***(No class November 11)***

Members: $60. / 5 classes • Drop-in $10.
Non-members: $80. / 5 classes • Drop-in $15.

SATURDAY, October 31st

10:00 AM - 4:00 PM

SUNDAY, NOVEMBER 1St

CENTRE CLOSED

MONDAY, November 2nd

10:00 Walking Group
10:00 Mahjong
10:30 Postural Fitness & Stretching
11:00 Tai Chi
11:00 Cobs Bread available
12:30 Duplicate Bridge
1:00 Wisdom Circle
1:00 Canasta!
1:00 Qi Gong

TUESDAY, November 3rd

10:00 A.S.E.L.
10:00 Back Gammon
10:00 Labyrinth Walk
11:45 Hot Lunch
1:00 Farm Hub Eggs available
1:00 Handicrafts Group
1:30 Photography for Everyone
2:00 Different Book Club

WEDNESDAY, November 4th

9:30 DanceSoQi
10:00 Current Events
10:00 Canada Scooters
10:30 50+ Strength & Stretch
11:00 More Than Meals
1:00 Euchre
1:30 Writers Group
1:30 Acrylic Painting
1:30 Balance & Fall Prevention

THURSDAY, November 5th

10:00 A.S.E.L.
10:00 Ukulele Social Hour
11:00 Beginner Mahjong
11:30 Ukulele Social Hour
1:00 Food Share Available
1:00 Saints & Swingers
1:00 Line Dancing - Intermediate
2:00 Line Dancing - Beginner

FRIDAY, November 6th

9:00 T.O.P.S. ®
9:30 50+ Strength & Stretch
10:00 Friday Forum
Story Pole
10:45 Fit & Flex
11:00 Tai Chi
11:00 Private Group
12:30 Duplicate Bridge
1:00 Technology Appointments
1:00 Canasta!
1:00 Colouring with Friends
2:00 Beginner Dancing

Activities, Announcements & Programs

UPCOMING EVENTS

Get an early start on your holiday shopping, our Handicraft Group has been busy preparing new projects. Of course, their popular tea towels, dish cloths and pot scrubbers will also be available.

Free admission. Wheelchair accessible.
Credit and Debit cards accepted.

Friday, October 30th 10:00 AM – 4:00 PM
Saturday, October 31st 10:00 AM – 2:00 PM

FRIENDSHIP TEA

Our Friendship Tea is a delightful gathering organized by our Board of Directors for our Members. It provides a wonderful opportunity to enjoy engaging conversations, share stories, and share laughter with longtime friends, as well as warmly welcoming new ones. Light refreshments will be served following our fun activity of the human slot machine.

TUESDAY, November 10th at 2:00 PM
Tickets $3.00

Join us for an enjoyable afternoon as we celebrate the beauty of Autumn with live music, delicious refreshments, and excellent company. We look forward to seeing you there!

Wednesday, November 18th at 2:00 PM
Tickets $5.00

MEMBER Announcements

Elvira Sudar , Norma Rafferty & Sheila Martindale

We have always admired your courage and ability to handle anything life throws your way. We know you will all get through this, too. You are all missed!

VOLUNTEER Announcements

We are seeking volunteers for the following roles:

- **Receptionists:** This role involves providing coverage when current volunteers are unavailable due to absence or illness. Training is ideally scheduled for either Wednesday afternoon or Thursday morning.

If you are interested or would like more information, please contact Sherri.

FUNDRAISING

Our monthly **BOTTLE DRIVE** continues to be a huge success. October's total was

$1000.00

Thank you to **Norma Rafferty, Loraine Campbell & Ed Dixon** for continuing to spearhead this fundraiser.

Please keep those refundable items coming!

Get your copy, today!

The latest edition of The Spirit (#57) is now available across from the Reception Desk.

Articles include:

- **Waves**
- **Indigo**
- **I Lost My Best Friend to Grandmothering**
- **John Pinder-Moss, Keen Botanist**
- **A little bell summoned the owner**

Please consider leaving a donation to offset printing costs.

STAFF ANNOUNCEMENTS

Memberships for 2027 will be available beginning December 1st. This year, the Board and Staff have made the difficult decision to increase the membership fee to $55.00. If you wish to retain your current membership number, please contact Sherri. Your current number can be held until January 1st; after this date, numbers will be assigned on a first-come, first-served basis. Members participating in the City of Victoria L.I.F.E. program are encouraged to see Sherri to discuss reapplication.