



HORNBY ISLAND	
Newsletter	October 2024

Thank you to everyone who turned up to our **Meet & Greet on September 26st**. It was great to see so many familiar faces and to welcome 9 new members!

MEMBERSHIP RENEWALS: If you haven't already paid your membership fee of \$30 for the 2024-2025 season which runs from October 1st, 2024 to September 30th, 2025. Memberships can be paid:

a) e-transfer to hornbynewhorizons@gmail.com, b) by cheque dropped in the box outside the kitchen door at the Centre, or in the New Horizons Free Post Box at the Co-op: c) Pay your membership with the cashier at Literary Lunch. **You must have an up-to-date membership to participate in classes.**

PROGRAMS: We are happy to offer 17 programs this fall. It's great to know that so many people are participating in being physically and socially fit. Research shows that such activities promote good physical and mental health, and are directly related to prolonging healthy cognitive function.

For those who forgot or couldn't make the Meet & Greet, there are still a few spots left in most programs. For those who have signed up, check your dates and times on the Program Schedule. Most classes, (except year-round), begin the week of October 6th.

Just a reminder for participants to sign in for each class. We need to keep track of numbers in order to report to grant providers. Those who did not need to pre-pay for classes, remember to buy tickets/put \$1.00 in the box by the attendance binder when you attend.

Volunteers: Thank you to those who signed up to volunteer (bringing soup/dessert, washing dishes, etc.)! The rest of you are not off the hook yet: we need more volunteers!

Literary Lunches: Thank you for the topics/speakers signed up. We will be in touch with you soon to set up dates. We still need more topics/speakers. Please send us your suggestions!

Oct. 17th First Literary Lunch at 12:00 New Horizons Centre. \$10 for soup, sandwich, tea/coffee and dessert! Learn something new and meet with old and new friends. Every Thursday until Dec. 14th. We depend on volunteers to help out: making soup/dessert, and helping with clean up. Volunteers make our organization successful!
Contact Diana King at 335-3025.

THE BOARD OF NEW HORIZONS