



James Bay New Horizons is a non-profit society operating a senior activity centre in the James Bay neighbourhood of the city of Victoria, B.C.

We are governed by and for our members. Our membership comes from all over the Greater Victoria area and we welcome snowbirds who make Victoria their winter home.



James Bay New Horizons Society

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

Phone: 250.386.3035

www.jamesbaynewhorizons.ca

Email: executivejb.nh@shawbiz.ca

Please feel free to visit us
Monday to Friday 9 a.m. - 4 p.m.

James Bay New Horizons Activity Centre is dedicated to keeping our community engaged!

Consider joining a rich and vibrant social community and explore the endless possibilities of maintaining an active and healthy lifestyle.

Annual Membership Rates

January 1 st – December 31 st	\$50.
August 1 st – December 31 st	\$25.
Lifetime Membership	\$300.
Visitors to Gr. Victoria	\$10. / month



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James Bay New Horizons

The purpose of the Society is to provide opportunities for individuals to lead more meaningful, active, healthy and complete lives, and to provide facilities that will assist in achieving & maintaining the desired objectives, as follows:

- operating a centre in the James Bay area.
 - organizing activities in the fields of recreation, area beautification, area history, nutrition (food selection and preparation), travel, arts & crafts, social and community relations, culture & education as well as, advocacy for the needs of members.
- raising the necessary funds to accomplish the purposes of the Society.



Senior Reassurance

Our Senior Reassurance program is a courtesy community service providing a familiar voice to residents of the Greater Victoria area who live alone. Clients on our Reassurance program receive a phone call from a volunteer Monday through Saturday mornings at a specific time to ensure that they are safe and well. Both short term and long term options are available.

For further details or a short intake interview, please contact Sherri at 250.386.3035

We are very grateful for the support that we receive from

United Way ~ Southern Vancouver Island

Thanks to their support and financial contribution we are able to offer several programs:



More Than Meals

We can ensure that seniors throughout the Greater Victoria area are receiving healthy meals delivered to their homes.

The co-ordination is done at our Centre with both our staff and volunteers to ensure clients from our community network including Esquimalt Neighbourhood House, James Bay Volunteer Services, Oak Bay Volunteers, Saanich Volunteers and Better at Home, West Shore Pacific Centre are able to benefit from this service.

More Than Meal clients pay for meals based on a sliding fee scale relative to their single or household income.

Clients receive 3 meals weekly.

We are incredibly grateful to our dedicated volunteers who assist with the packing and delivery of the meals weekly.

**For further details or to apply,
please contact Sherri at
250.386.3035**

We are also able to provide Senior Food Security Programs:

Cobs Bread End of Day Giving

Cobs bakes all of their products fresh every day and then they give fresh every night. Every Sunday evening, Oak Bay Bakery donates the unsold goods to our Centre. Since 2003, Cobs Bread has kept over \$300 million worth of products out of the landfill and instead helped those in need across our nation. Our bread is put out on Monday mornings for members to pick up a free loaf.

South Island Farm Hub

South Island Farm Hub has partnered with over 35 local farms and 30 local food producers to bring healthy and delicious food from the Island's best. Through generous funding, we are able to offer our Members local free range eggs at a discounted price.

Food Share Network Produce

The Capital Region Food Share Network is a network of community organizations who are working together to reduce food insecurity in the CRD.

The mission of the Food Share Network is to enhance food security in the Capital Region through collaboration and cooperation among an innovative umbrella of organizations including food banks, community centres, donors and other participating organizations.

We are fortunate to have a group of dedicated volunteers who clean, sort and bag the weekly assortment of produce, dairy and on the rare occasion meats and fish.

Sunday Supper

Through funding from United Way ~ Southern Vancouver Island, we are able to provide a healthy, nutritional meal for seniors that may be elderly, lonely or socially isolated. This program allows seniors the opportunity to socialize and enjoy the friendship and companionship of others, while renewing old acquaintances or make new friends. Food is prepared by Beckley Farm Lodge. The menu is predetermined and includes juice, a main course, dessert and tea or coffee. Attendance is by invitation.

Tuesday Hot Lunch

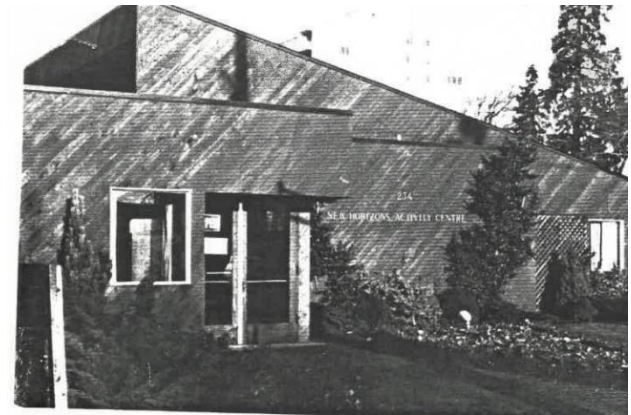
The cooks at Beckley Farm Lodge prepare a delicious three course hot lunch. A different menu is offered each week. To see the upcoming menu, please visit the Front Desk. Participants must register with our Receptionists no later than Monday at noon. The lunch is \$6.00

Monthly Soup

We are very excited to have made a partnership with Victoria Harbourside Rotary to provide a hardy container of soup to our members monthly. Members of the Rotary will be making the soup and delivering it to seniors in the community once a month. We thank Harbourside Rotary for their thoughtfulness in providing this service to the seniors.

Please speak to staff if you would like your name added to the distribution list.

**For more information, please call Kim
at 250.386.3035**



Then

James Bay, 1973. Times were changing. Industry was moving out of the area. Apartment blocks were moving in. Family homes were being knocked down. There was a sense of 'loss of the neighbourhood' in Victoria's oldest residential community.

At the same time in Ottawa, monies were being made available, for eligible groups, through the New Horizons for Seniors Program.

On January 5, 1973, a dozen senior residents met at James Bay United Church. Their purpose was to explore the possibility of developing a New Horizons Program in the area. The United Church was mainly responsible for the formation of James Bay New Horizons. Marian Wood, wife of Reverend Ken Wood, served as coordinator of JBNH until 1987.

- On February 23^d, the first 'Friday Forum' was held in the Church basement, launching a program which continues today.
- By March 31st the founding group, under the name James Bay Betterment, had an application submitted to the Department of Health and Welfare for a \$40,000 New Horizons Grant. Ambitious objectives were listed, including 'Neighbourhood Beautification' and 'A history of James Bay'.
- Their application was successful. The first instalment was received by the group on July 24th. By August 18th a drop-in centre had opened in the Cathedral School basement, at 520 Niagara Street. Ninety people attended the first day.
- This small room was used for seven months. Friday Forum continued to be held at James Bay United Church.
- A new drop-in centre was established at 521 Superior in March 1974. The first floor of the old house would be shared with the Royal Canadian Legion, Br. #127.
- 'James Bay New Horizons Society' was registered in Ottawa September 18, 1974.
- January 1, 1976 saw the opening of operations at the Cathedral School. The entire building was rented. All activities, including Friday Forum, were now in one location.
- On December 14, 1976 the 234 Menzies location opened, with main hall, office and kitchen space.

November 4, 1977 marked the completion of the first addition including rooms 1, 2, 3, 4 & 5. Programs were expanded.

In November 1982 work commenced on the centre's north extension. Membership was 1069.

In 1992 the City of Victoria purchased the building from the society. An operating agreement was established with the City, the society being the tenant.

In 1995 Kim Dixon became Executive Director of the New Horizons Centre. Under her able leadership society has seen the development of many valuable programs. She has organized a contingent of member/volunteers to present the many offerings. Her work continues today.

Activities were many and varied in the early days, from bus tours to language classes to bowling. Gardening competitions amongst residential gardeners led to James Bay beautification. *Camas Chronicles*, a history of James Bay, was assembled and published by 1978. Membership grew as did the Centre's popularity.



Now

James Bay New Horizons offers extensive services, programs and activities for seniors in James Bay today, as it has for 50 years. The pollinator garden developed in front of the Centre is growing around the building into Irving Park. The bee hives it supports reside along the building's park side wall. A new bus is parked on Menzies. Inside the games, activities and seniors services carry on, with the strong support of volunteers, as they have done since the beginning. When COVID struck, we were fortunate to keep the Centre open to enable to seniors in the community to come and socialize (at a safe distance) and partake in some programs and activities. We worked hard to meet all the standards as set by VIHA and Work Safe BC. We saw the need to offer support to seniors in ways that we were not used to as other community agencies both profit and non profit were not able to provide the help that many needed including;

- The Senior Meal program at the local community school centre ended.
- Programs including Sendial that is a means for many of our seniors to get their grocery shopping done on a weekly or bi-weekly schedule ended.
- HandiDart at first suspended their services and when it re-started, they were limited on the number of clients they could accommodate.
- Day programs for seniors ended and is sometimes the only respite care that spouses can rely on in order to get some rest and quiet from a partner that may have physical or mental health (Alzheimer's, dementia) disorders.
- Many of the restaurants were forced to close and this limited seniors that ability to get out for meals.

We quickly realized that something had to be done to meet the needs of frail and isolated seniors living on their own. Who knew that the Covid pandemic would last for three years? We worked with several other agencies and were very pleased to be able to apply and receive funding to initiate several programs.

(United Way, South Vancouver Island, United Way BC, and Victoria Foundation)

Many of these programs we are able to continue because of the funding we apply for and continue to receive.



Sunday Supper: James Bay New Horizons is pleased to have received funding from United Way as well as, a private donation for a program we call Sunday Supper. The intent of this program is to provide a healthy, nutritious meal for our Members and seniors in the community that are frail, elderly and isolated. This is also an opportunity for people to socialize and enjoy the friendship and companionship of others. Renew old acquaintances and make new friends.

Tuesday Lunch: Again, with a partnership we have with Beckley Farm Lodge, we are able to provide a hot lunch program to our members for a reasonable fee of \$6.00 for a 3 course meal and coffee and tea. The participants quite enjoy the socialization and hot meal.

More Than Meals: Sponsored by United Way and partner agencies, Beacon Services, Saanich Volunteers, Oak Bay Volunteers, Pacific Centre Family Services Association and others. Budget is \$600,000 per year. Interesting that we do not receive funding from the BC Government or VIHA (Island Health) for this program although we constantly get referrals from VIHA for this program. Due to the source of the funding, we are very limited to the number of clients we can help at any given time. (At present we provide 3 meals to 175 clients once a week) As you can imagine, this is also difficult as the cost of food continues to rise.

BC Farmers' Markets Coupons: Farmers' Market Coupons are available for B.C. seniors. We have been fortunate to be asked to distribute these coupons to our members. Each household enrolled receives at least \$27/week in coupons to spend on fresh food at their local farmers' market. This is a great help to our members, many of whom live on very limited incomes.

Food Share Network: The Capital Region Food Share Network is a network of community organizations who are working together to reduce food insecurity in the CRD. The mission of the Food Share Network is to enhance food security in the Capital Region through collaboration and cooperation among an innovative umbrella of organizations, including food banks, community centres, donors, and other participating organizations. We are fortunate to have a group of dedicated volunteers who clean, sort and bag the weekly assortment of produce, dairy and on the rare occasion meats or fish.

Farm Hub: We have joined the Farm Hub Co-op and once a week pick up fresh fruit and veggies from the distribution Centre. We then bring these items to the Centre to be distributed. We get a reduced rate on the produce that we are able to pass on to our members. We have received funding from Victoria Harbourside Rotary (\$2,500) so we can provide even bigger savings for our members. This is much appreciated as many seniors cannot afford to buy fresh fruit and veggies.

Protein Packs: Once a month we deliver a bag of groceries including butter, bacon, a dozen eggs, a package of cold meats, a pkg of real cheese slices, chicken cordon bleu, hamburger patties, etc. to 10-12 of our low-income seniors. This ensures that our low-income members are able to eat healthy and get some real nutrition.

Cobs Bread End Of Day Giving: Cobs bakes all of their products fresh every day and then they give fresh every night, so every bread finds a home. At the end of every Sunday, the Oak Bay bakery donates the unsold goods to our Centre. Our staff visit the bakery to pick up the unsold bread and baked goods which dedicated volunteers separate and bag to be distributed to our Members.

Monthly Soup: We are very excited to tell you of a partnership with Victoria Harbourside Rotary to provide a hardy container of soup to our members once a month. Members of the Rotary will be delivering it once a month.



Safe Seniors, Strong Communities: Grocery Shopping, Prescription Pick up and Drives: Funded by Ministry of Health and contracted with Beacon Services. We have a Memorandum of Understanding with Beacon Services to provide this program until the end of March 2024 at which time the funding will end.

Senior Reassurance Program: James Bay New Horizons' Senior Reassurance Program is a no charge community service providing a familiar voice to Victoria residents who live at home alone. There is no charge for this service which is offered through James Bay New Horizons. Seniors on the Reassurance list receive a phone call from a volunteer each weekday morning at a specific time, to ensure that the he or she is safe and well. Should a member not respond to the call, our volunteer will call each of the contacts until the person's well-being is confirmed. A confidential record is kept of the seniors' major health concerns and day to day well-being. Both Short-term and Long-term options are available. As the Senior Reassurance Program is generously funded entirely by donations, we are able to offer this service free of charge.

Information and referrals: Through a grant from United Way Lower Mainland we are able to provide navigation and peer support for people needing help navigating "the system" or filling in forms. We have just been informed this funding will end in 2025! Our stats show that over 800 people used this service last year!! Not sure who is going to help them in the future?

On top of these programs our primary mandate is to provide programs and activities for seniors, These programs and activities providing socialization and education. Our program Guide is 27 pages, suffice it to say we offer programs from Art to Zumba! With a membership close to 900 members we have to be able to provide a variety of program, activities and support services. We have members that tell us we are like family to them and family members tell us they appreciate knowing that their loved ones have somewhere and someone who cares when they are not able to be as close as they'd like.

Although we are pleased to offer these programs and services, we are a non-profit organization with the only guaranteed funding of \$78,000 City of Victoria grant to help with staff wages. We have 3 staff members doing the work of 5 and many of the programs we offer could be provided by the Ministry of Health or Seniors. We have been very fortunate in receiving grants but every year we apply and then hope that we get the funding. What happens when we don't?

Unfortunately, many of our members and seniors in the community are reliant on the food security that we provide. I am very concerned what will happen when /if we our grants are not renewed.

Concerns:

Seniors Affordable Housing is a real concern in this area. We currently have 5 members that are unhoused or couch surfing. As rental rates increase and the pensions do not keep up, there will be more people giving their notice.

Isabel Mackenzie has given a report which states the need for affordable housing. Cost of Living continues to be a real concern, seniors will not tell people how they are really living.

For example. 20 years ago we did a feasibility study to have housing added to our Centre. However, as we are a City of Victoria building other projects took precedence such as the new Johnson St Bridge, the new Fire Hall, the new Crystal Pool facility, etc. We are again looking at the possibility however, the need for affordable housing for seniors is immediate and we have to go through the bureaucracy to have things happen. My fear is that we will have homeless seniors soon and then what will happen?

Members living just above the threshold are not entitled to bus passes, etc. and yet by paying for these extras they are brought down to below the threshold.

Thank you for your time and attention, if you would like further information, please do not hesitate to contact me.

Respectfully submitted,

Kim Dixon, Executive Director

James Bay New Horizons.

Phone: 250 940 6238 (direct line) or email: executivejb.nh@shawbiz.ca

JANUARY 2024



JAMES BAY NEW HORIZONS SOCIETY
 234 Menzies Street, Victoria, B.C. V8V 2G7
 Phone 250.386.3035
www.jamesbaynewhorizons.ca

2024
Membership
\$50.00



January 1st ~ December 31st
Celebrating 50 years of Active Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p>  <p>Centre Closed</p>	<p>2</p>  <p>9:00 Sitting Silence 10:00 Back Gammon</p> <p>9 AM – 1 PM</p>	<p>3</p>  <p>10:00 <i>Canada Scooters</i> 10:00 Current Events 10:30 <i>More than Meals</i></p> <p>9 AM – 1 PM</p>	<p>4</p> <p>10:00 Movie & Popcorn “The Miracle Club”</p>  <p>9 AM – 1 PM</p>	<p>5</p> <p>9:00 T.O.P.S. ® 10:00 Friday Forum The Bronte Sisters 12:30 Duplicate Bridge 1:00 Colouring with Friends</p>	<p>6</p> 
<p>7</p> 	<p>8</p> <p>10:00 Walking Group 10:30 Tai Chi 11:00 Cobs Bread available 12:30 Duplicate Bridge 2:00 Friendship Tea</p> 	<p>9</p> <p>9:00 Sitting Silence 10:00 A.S.E.L. 10:00 Back Gammon 11:45 Hot Lunch 1:00 Handicrafts Group 1:30 Photography for Everyone 2:00 Book Club</p>	<p>10</p> <p>9:30 DanceSoQi 10:00 <i>JBNH Board Meeting</i> 10:00 Current Events 10:30 <i>More than Meals</i> 10:30 50+ Strength & Stretch 1:00 Song Circle 1:30 Writers Group 2:30 Acoustic Play Along</p>	<p>11</p>  <p>9:00 Blood Pressure 10:00 A.S.E.L. 10:00 Ukulele Social Hour 11:30 Ukulele Social Hour 1:00 Produce Available 1:00 Saints & Swingers 1:00 Line Dancing Inter. 2:00 Line Dancing Beg.</p>	<p>12</p> <p>9:00 T.O.P.S. ® 10:00 Friday Forum Lumley's Nile #3 10:30 Tai Chi 12:30 Duplicate Bridge 1:00 Colouring with Friends</p> <p><i>Kiss a Ginger Day</i> </p>	<p>13</p> 

JANUARY



JAMES BAY NEW HORIZONS SOCIETY

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

Phone 250.386.3035

executivejb.nh@shawbiz.ca programsjb.nh@shawbiz.ca

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>14</p> 	<p>15</p> <p>10:00 Walking Group 10:30 Tai Chi 11:00 Cobs Bread available 12:30 Duplicate Bridge 1:00 Wisdom Circle</p>	<p>16</p> <p>9:00 Sitting Silence 10:00 A.S.E.L. 10:00 Back Gammon 11:45 Hot Lunch 1:00 Handicrafts Group 1:30 Photography for Everyone 2:00 Book Club</p>	<p>17</p> <p>9:30 DanceSoQi 10:00 Current Events 10:30 More than Meals 10:30 50+ Strength & Stretch 1:00 Acrylic Painting 1:00 Euchre 1:30 Writers Group 3:00 Acrylic Beginners</p>	<p>18</p> <p>10:00 A.S.E.L. 10:00 Ukulele Social Hour 11:30 Ukulele Social Hour 1:00 Produce Available 1:00 Saints & Swingers 1:00 Line Dancing Inter. 2:00 Line Dancing Beg.</p>	<p>19</p> <p>9:00 T.O.P.S. ® 10:00 Friday Forum Celtic Adventure 10:30 Tai Chi 12:30 Duplicate Bridge 1:00 Colouring 2:00 Planet Earth Poetry Ariel Gordon</p> 	<p>20</p>	
<p>21</p> 	<p>22</p> <p>10:00 Walking Group 10:30 Tai Chi 11:00 Cobs Bread available 12:30 Duplicate Bridge 1:00 Wisdom Circle</p>	<p>23</p> <p>9:00 Sitting Silence 10:00 A.S.E.L. 10:00 Back Gammon 11:45 Hot Lunch 1:00 Handicrafts Group 1:30 Photography 2:00 Book Club <i>Happy 50th Anniversary Ed & Kim</i></p>	<p>24</p> <p>9:30 DanceSoQi 10:00 Current Events 10:30 More than Meals 10:30 50+ Strength 1:00 Song Circle 1:00 Acrylic Painting 1:00 Euchre 1:30 Writers Group 2:30 Acoustic Play Along 3:00 Acrylic Beginners</p>	<p>25</p>  <p>9:00 Blood Pressure 10:00 A.S.E.L. 10:00 Ukulele Social Hour 11:30 Ukulele Social Hour 1:00 Produce Available 1:00 Saints & Swingers 1:00 Line Dancing Inter. 2:00 Line Dancing Beg.</p>	<p>26</p> <p>9:00 T.O.P.S. ® 10:00 Friday Forum Qi Gong 10:30 Tai Chi 12:30 Duplicate Bridge 1:00 Colouring with Friends</p>	<p>27</p> 	
<p>28</p>  <p><i>National Kazoo Day</i></p>	<p>29</p> <p>10:00 Walking Group 10:30 Tai Chi 11:00 Cobs Bread available 12:30 Duplicate Bridge 1:00 Wisdom Circle</p>	<p>30</p> <p>9:00 Sitting Silence 10:00 A.S.E.L. 10:00 Back Gammon 11:45 Hot Lunch 1:00 Handicrafts Group 1:30 Photography for Everyone 2:00 Book Club</p>	<p>31</p> <p>9:30 DanceSoQi 10:00 Current Events 10:30 More than Meals 10:30 50+ Strength & Stretch 1:00 Acrylic Painting 1:00 Euchre 1:30 Writers Group 3:00 Acrylic Beginners</p>	<p>LEGEND: ®: Rental by group(s) independent of James Bay New Horizons Society Bold: lettering indicates the first lesson of a course or workshop <i>Italic:</i> Services offered by appointments. To book your appointment, please speak with our Volunteer Receptionists</p>			
<p>CALENDAR IS SUBJECT TO CHANGE WITHOUT NOTICE.</p> <p>WATCH FOR UPDATES! December 28th</p> <p>◆ Make Active Living Your Way of Life ◆</p>							