

TideLines

News from SHOAL Centre

10030 Resthaven Drive, Sidney, BC V8L 3G4
Monday – Friday: 8:30am – 4:30pm; Saturday 8:30am – 4pm
Phone: 250-656-5537 Web: www.beaconcs.ca



December 2014

Find the Tidelines newsletter on our website at www.beaconcs.ca

Bouquets

We thank the Saanich Fruit Growers Association for its gracious donation of **\$100,000!** See pg. 2 for details.

Farewell to Carol Meyer, Manager of Assisted Living at SHOAL, who retires December 5. We will miss you! Carol's position will be filled by Carolyn Cutt.

A big thank you to all of the speakers who presented Health and Wellness seminars throughout 2014. Presenters volunteer their time and expertise to offer beneficial information to our members and the public. Well done.

Appreciation goes to the creative Red Hatters for decorating our front lobby tree again this year.

Thank you to Shoppers Drug Mart who gave our flu clinics at SHOAL in November, helping to keep flu bugs away and germs at bay.

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Door Prize Winners at the 8th Annual Christmas Craft Fair:

One Night's Stay at Sidney Pier Hotel and Spa – Ted Chapman

Thrifty Foods \$50 Gift Card – Kathleen Chiasson

Save On Food \$25 Gift Certificates – Hazel Harvey, Belinda Thomas

What a great Fair! SHOAL wishes to thank the above Sidney businesses for their generous donations to this fundraising event and the public, for supporting us through their attendance at this seasonal event. For photos of the event, see pg. 4.

Volunteer Services Fundraisers

One of our volunteer drivers is donating two beautiful glass inlaid garden pavers that he made. Raffle tickets will be on sale until December 18, with the draw taking place at the Christmas Evening at the SHOAL on December 18. Stop by the reception desk to take a look at this beautiful craftsmanship and to purchase your tickets. \$1 per ticket or \$3 for 5 tickets. All contributions will go towards our medical drive program. Thank you for your support!

North Saanich Middle School Concert

Date: Tuesday, December 9

Time: 1:30pm

Cost: By Donation

Always a joyous event, the students of North Saanich Middle School performs their annual December concert, with chorus and band. Everyone welcome. Proceeds go to SHOAL Activity Centre Programs.

A Christmas Evening At The SHOAL

Date: Thursday, December 18

Time: Doors open 5:30pm

Cost: \$25

Join us in celebrating this special time of the year. Enjoy a turkey dinner, all the trimmings, and an evening of entertaining music. Tickets are \$25 and on sale now while quantities last. Wine available by the glass during the evening. Purchase tickets early by phone; VISA and MasterCard accepted.

*Merry Christmas and Happy New Year from
the Staff, Volunteers, Members and Residents of
SHOAL Centre!*



From the Director's Desk

Glenys Cavers, Director of Thrift Shops and SHOAL Centre

Phone: 250-656-5537 ext. 102

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December is a turkey filled month at SHOAL! Our Food Services Team will be hard at work preparing not only turkey dinners with all of the trimmings, but many sweet treats too! Due to overwhelming sales of Chef Karen's homemade shortbread at our Craft Fair, we have decided to sell her delicious cookies in packages of six at the Tuck Shop this month for only \$4 – great for entertaining or gift giving.

I would like to thank Anna Hudson for organizing another successful Craft Fair at SHOAL. Thank you as well to all of the volunteers and staff who worked at the Fair, individuals who donated items, and those who created all of the items that were sold. Together we raised well over \$2,500 for SHOAL Activity Centre - THANK YOU EVERYONE! If you missed our Craft Fair, the SHOAL Craft groups will keep the display cases in the lobby restocked for your shopping convenience. Our SHOAL reception volunteers will be happy to sell you gifts for everyone on your list.

Beacon Community Services received an early Christmas present from the Saanich Fruit Growers Association of \$100,000 to support programming at SHOAL. The funds will be used to enhance services and activities for SHOAL members, clients and volunteers. We thank the Fruit Growers for their generous gift that will help thousands of community members' live healthier lives.

I would like to wish all SHOAL Centre members, volunteers, residents and visitors a wonderful Holiday Season and a Happy and Healthy 2015!

Notices

Christmas Hours

The Activity Centre, Volunteer Services, YEP and Tuck Shop will be closed on Thursday, December 25, Friday, December 26 and Thursday, January 1. The Tides at SHOAL Dining Room will have new Christmas hours this year, closing early at 5pm on Christmas Eve, but opening for Christmas Day Dinner, with two sittings, one at 4:30pm and one at 5:30pm. If you wish to make reservations, please call the reception desk before December 24. Regular hours will also be in effect on New Year's Day.

Peninsula Singers Present - "Here We Come A-Carolling"

This show will be held at the Mary Winspear Centre on Friday, December 5 (7:30pm), Saturday, December 6 (7:30pm) and Sunday, December 7th (Matinee at 2pm). Call 250-656-0275 for tickets or go to: www.marywinspear.ca

Christmas Comes Early to SHOAL

On October 31, Beacon Community Services gratefully received a \$100,000 donation from the Saanich Fruit Growers Association (SFGA) to support SHOAL Centre operations. With the recent sale of SFGA land in Saanichton, President Harold McCarthy is keen to give back, saying "...the Association played a role in the lives of those in the Saanich Peninsula. Supporting good community work honours that tradition."

"This is a really gratifying recognition of the work our volunteers and staff do on behalf of the community," said Bob Boulter, Beacon's CEO. "But, even more gratifying, it will directly support our efforts to help people and improve lives through Beacon's programs."



Beacon Community Services' Board Chair Keith Rolfe (L), CEO Bob Boulter (M), and SFGA President Harold McCarthy (R).



News from the Activity Office

Anna Hudson, Activities and Rental Coordinator

Phone: 250-656-5537 ext. 117
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Advance Care Planning Workshop

Date: Monday, December 1 **Time:** 1:30 – 3:30pm

Cost: Free for Members ; \$3.25 Non-Members

Once again, Island Health (formerly VIHA) presents this informative seminar about Advance Care Planning. What does giving consent to Health Care mean? What does the legislation say? What are Representative Agreements, Advance Directives and Temporary Decision Makers? Call to register.

Stay Healthy and Have Fun All Season!

With the exception of statutory days, our many drop-in fitness classes will be operating to help keep you fit and healthy during the winter. If you want a challenging workout, try Balanced Strength; for a mild to moderate workout, try Stretch and Strength; and if you have balance problems, give Chair Fit a chance. There's also Table Tennis and Pickleball to improve cardio while you have a really good time. See back page for the days and times for these classes.

December at the Tuck Shop

This month Food Services will be offering Chef Karen's delectable home-made shortbread cookies (\$.75 each or \$4 for a bag of six) and seasonal mince tarts. Please call us in advance if you want to order more.

January 2015 Preview

Morning Yoga on a Mat

Date: Thursdays, January 8 – February 26 (8 sessions)

Time: 9-10am **Cost:** \$90

Get your day started with an energizing yet gentle yoga class for strengthening body, mind and spirit. Instructor Kathleen Fournier.

Evening Yoga on a Mat

Date: Mondays, January 5 - February 23 (8 sessions)

Time: 5-6pm **Cost:** \$90

This yoga class will help to end your day with both relaxation and energy. Instructor Kathleen Fournier.

Yoga in a Chair

Date: Fridays, January 9 – February 27 (8 sessions)

Time: 12:30 – 1:30pm **Cost:** \$90

This helpful form of fitness assists in improving breathing, posture and strengthening your inner core. Sign-up early since this is a really popular class!

Minds in Motion

Date: Thursdays, January 8 – February 26 **Time:** 1:30 - 3pm

Cost: \$50.40 (includes 2 people)

Alzheimer's Society of BC operates this program at SHOAL for anyone who is experiencing memory loss or has been diagnosed with Alzheimer's. A family friend, partner or caregiver is invited to attend the session. Light refreshments served.

Fall Prevention Course - OSTEOFIT for Men and Women

Date: Tuesdays and Thursdays, January 13 – February 19 (12 sessions)

Time: 10-11am **Cost:** \$95

Instructor Corinne Dibert teaches this Fall Prevention class, consisting of strength, balance and stretching exercises that are safe for both men and women with osteoporosis or are at risk of falling. Class size limited to 10 participants. Please pick up and complete registration forms before classes start.

Introduction to Movement using Energy Flow and Meditation

Date: Wednesdays, January 14 – February 18 (6 sessions)

Time: 1 - 1:45pm **Cost:** \$65

A unique class that will assist participants in working with energy in order to release stress and unhealthy patterns, promoting healing on all levels: body, mind and spirit. Blending elements of Qigong, meditation and other forms of movement, Instructor Andrea Kehler provides both guidance and education in attaining a greater sense of well-being.

Movement Using Energy Flow and Meditation – Level 1

Date: Tuesdays, January 13 – February 17 (6 sessions)

Time: 3 - 3:45pm **Cost:** \$65

For those who want to continue learning after having taken the Introduction to Movement course.

Health and Wellness Seminar Series

SHOAL Activity Centre is pleased to partner with St. Paul's United Church in Sidney, to present a series of Health and Wellness community seminars. Each seminar will be held on the third Friday of each month, offering information and education on topics including Housing, Advance Care Planning, Dementia, Elder Abuse and other pertinent subjects. First seminar will be Friday, January 16 at 10am in SHOAL Centre All Purpose Room. Cost is free for SHOAL Activity Members, and \$3.25 for non-Members. Watch for January's topic and speaker in next month's TideLines.

Christmas Craft Fair Memories

Our best Fair yet was held Saturday, November 8, with well over 200 people coming through our doors to buy gifts for the coming season. A huge thank you to all of the Activity Leaders and members of our Activity departments who worked for months hand-crafting and preparing items for this annual event. Departments included Crafts, Knitting, Weaving, Clay Works, Ceramics, Carving, Lapidary, Silversmithing, Faceting and Woodworking. A special thank you to the Sidney Single Seniors who once again went above and beyond to provide organization and baking for this much loved part of the Fair. And thank you to our own Chef Karen, who baked hundreds of cookies that sold at the Fair. Of course, a big hug of gratitude to the YEP students who also helped at the coffee station and the YEP booth.



We also want to thank all of the volunteers who helped out at Admissions, and at our special feature booths such as Books/Puzzles and the Treasure Table. A note of appreciation to Isabelle Yoxall who donated a heritage doll as a raffle prize at the Christmas Treasure Table. See front page for winners of our Admissions door prizes. A Merry Christmas season, and a heartfelt thank you to all who support our fundraising efforts for 2014 - we were able to raise over \$2500 at the Christmas Craft Fair alone!



SHOAL Wellness Programs

Be Well Clinic checks blood pressure and glucose every Monday in Auditorium A, 1 – 2pm. Admission by donation.

Better Breathers Program, for those with breathing difficulties, is held the 4th Monday of each month in Auditorium B. Please note there is no December meeting. Next Meeting is January 26, 2015. For information please call Kelly Ablog-Morrant 1-800-665-5864 at BC Lung Association.

Family Caregivers' Support Network meets on the 3rd. Tuesday of each month, 10am – noon in the SHOAL Activity Centre Lounge. The next Support Group takes place December 16.

Take The Pressure Down Blood Pressure Clinic is offered in the community at various locations. Please note there is no clinic in December, but the team will be starting up again in January. Dates, times and place will be on their website www.takethepressuredown.ca or you can call 250-885-5576.

White Cane Club meets at SHOAL for those with vision impairment, on the 1st Thursday of each month. Next meeting is December 4, 1:30 – 3pm, and will feature CNIB's Independent Living Specialist.



Chef's Corner

Chef, Karen Taylor

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

Doesn't it just seem like yesterday that we celebrated Christmas? It is upon us so quickly and I am already starting my baking for the season and freezing it. Inspired by that, I thought you might like a simple recipe for gingerbread.

Simple Gingerbread Recipe

¾ cup of brown sugar
 1 stick of room temperature butter
 1 egg
 ¼ cup of molasses
 2 ⅔ cups of flour
 2 tsp ginger
 1 tsp baking soda
 ½ tsp cinnamon
 ¼ tsp nutmeg
 ¼ tsp salt
 ¼ tsp all spice

Cream sugar and butter together in a large mixing bowl. Add the egg and molasses. Mix well. In a different bowl, blend all dry ingredients together.

Add dry ingredients to the creamed mixture. It is better to mix with your hands. Roll out on a well-floured surface to less than ¼ inch thick. Cut out shapes with a cookie cutter. I find metal cutters are better than plastic ones.

Bake on greased cookie sheet at 350F for 10-14 minutes. Remove from cookie sheet to a wire rack for cooling. Decorate as desired - you can use sprinkles and/or coloured icing. If you want to make it easy, you can buy pre-made icing in piping tubes. You can find these in any grocery store in the baking section. Give the cookies as gifts - it's much more personal, and who can't resist a gingerbread man?

Enjoy the season! Happy holidays from Chef Karen.

Christmas at the Tuck Shop

All this month, leading up to Christmas, we will be selling Chef's Karen special home-made shortbread cookies for \$4 a bag for six cookies. This is the best buy for shortbread in town. The Chef makes these melt-in-your mouth shortbreads from scratch – using her own butter recipe. Mincemeat tarts will also be available. A great treat for you and your family, or a great gift item. The Tuck Shop will be closed December 25, 26, and January 1.

A Christmas Evening at the SHOAL

Thursday, December 18

Roast Turkey
with traditional stuffing and gravy
 §

Creamy Whipped Potatoes
with butter and fresh chives
 §

Dill Seasoned Carrots
 §

Steamed Brussel Sprouts
with mustard sauce
 §

Winter Green Salad
with vinaigrette
 §

Steamed Plum Pudding
 §

Christmas Punch

NEW Christmas Day Dinner

This year the *Tides* at SHOAL Dining Room will be offering a Turkey Dinner on Christmas Day, with two sittings to accommodate our many patrons. Reservations available (call 250-656-5537) for either 4:30pm or 5:30pm sitting. Wine available by the glass (\$4). The Dining Room will close early on Christmas Eve, at 5pm.

NEW New Years Eve Dinner

Enjoy a baked ham meal December 31 to ring in the new year. Regular meal times and prices apply. Call if you would like reservations

Meal Card Gifts

If you have a family member living in the area that you know would appreciate having lunches or dinners out, why not purchase one of our convenient Meal Cards as a Christmas Gift? You can purchase over the phone using VISA or MasterCard, or drop by the Centre in person. See the box below for prices.

Dining Room Prices for Meals & Meal Cards

	Single Meal	Cards for 15 Meals	Two Cards for 30 Meals
Full Lunch	\$9.50	\$135	\$255
Small Portion Lunch	\$6.75	\$101.25	\$202.50
Full Dinner	\$14.50	\$202.50	\$375
Small Portion Dinner	\$9.50	\$142.50	\$285



Volunteer & YEP News

Sara Lawton, Volunteer Services & YEP Coordinator

Phone: 250-656-5537 ext. 118
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Deb Greenaway, Direct Volunteer Services Coordinator

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E-mail: dgreenaway@beaconcs.ca

Retail Training

When: Four Sundays, from 9:15am- 4:00pm, starting December 14 and ending January 4

This certificate program prepares you for first time work experiences in retail and many other work environments. You will be treated as an employee and you will be working alongside a busy team of staff members who are depending on you just as they would depend on any employee.

Upon completion of this program, you will have had training in:

- ✓ Working a cash register and counting cash
- ✓ Customer service
- ✓ Creating displays
- ✓ Sorting inventory
- ✓ Assisting with pricing
- ✓ Opening and closing procedures

You will receive an evaluation from your 'job coach', who is there to train and assist you in your success, after you complete all four day-long sessions.

Congratulations!

To the following students for completing their FoodSafe - certificates have been mailed this week.

Taryn Bishop	Olivia Bruggen	Joanne Chen
Joseph Dobbs	Annika Franke	Kennedy Guryn
Ralfs Lejniaks	Erin Pomphrey	Erin Rainforth
Chloe Richards	Macy Richards	Jenna Roman
Stephanie Roman	Chelsea da Silva	Emma Van Wyk



A big thank you to our YEP volunteers for helping to raise \$19,000 for baby Piper!

As we come close to another amazing year here at Volunteer Services, I wish to extend my heartfelt thanks for all that you do to support Volunteer Services and, for that matter, our entire organization. I never cease to be amazed by how much our volunteers give of themselves, with such kindness and good humour. I am so proud to be a part of something that impacts our community and makes a significant difference to the lives of our 1100+ clients and 800+ members. Whether you have given one of the 600+ volunteer visitor hours; driven one (or many) of the 3000+ medical drives; been one of the wonderful smiling faces at the reception desk; the reassuring voice on the drive desk phone; made some of the endless 'cuppas' at the tuck shop; or supported our members with their activities...**THANK YOU!** For your gift of giving, we are all richer for it. ***"Maybe Christmas, he thought, doesn't come from a store. Maybe Christmas, perhaps, means a little bit more."* - Dr. Seuss**



Our popular Entertainment Books are on sale again at the SHOAL Centre. There are some great money saving coupons for local restaurants, theatre and recreational

activities. Still only \$30 per book and the YEP earns \$6 for every book sold.



"Coffee's On" Drop-in coffee morning for our Volunteer Drivers and Schedulers on the first Tuesday of every month. Drop by the Lounge, anytime between 10am and noon. Next date Tuesday, December 2nd.

Welcome New Volunteers

Edwina Bauer	Caroline Beck
William Beeston	Anne Caldwell
Chastine Mae Cendreda	Lucia Clark
Timothy Cora	Carole Grenier
Rebecca Hanson	Lynne Humphry-Baker
Emily James	Deighton King
Finn Look	Kaitlyn MacKay
Amanda McKee	Fran McLachan
Leslie O'Hagen	Aynsley Ovard
Rita Sanderson	Phyllis Schayes
Catherine Slood	Carole Steele
Heidi Strickland	Gerri Taschuk
Cora Timothy	Peter Van Zyl
Gere Vera	Michael Wegner



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15th Annual Christmas Day Peninsula Community Dinner

The Christmas Day Peninsula Community Dinner is a Sidney tradition that continues this year at Mary Winspear Centre. The dinner is for people of all ages who would otherwise be alone on Christmas - not only singles, but couples and any new comers to the Peninsula who don't have relatives or whose families are far away.

Caterer Clara Knight will be joined again by Chef John MacKelson, along with more than 30 volunteers to ensure that the event runs smoothly. Dinner with all the trimmings will be served from 11am until 2pm. Extra seating will be provided for those wishing to stay and enjoy the music after dinner to free up the tables for others.

Entertainment will be provided by Sunshine Singers, Dan Rowbotham and the Flying Fish Group Without a Net, David and Mary Lowther and others. Santa will be there to add to the merriment and give out gifts.

Register in advance between November 24 and December 20 for the 11am or 12:30pm seatings by calling Wendy at 250-656-7678 during the day. Please give complete details and whether you need a ride.

Special thanks to the three major food contributors: Fairway Market, Save on Foods, and Thrifty Foods. Thanks to Breadstuffs Bakery in Brentwood as well for the desserts. The Peninsula Christmas Dinner Committee is responsible for the success of the event, co-ordinated by Wendy Warshawski (registration), Isabel Yoxall (volunteers), Bev Elder (delivery of food), Jim Dunn and other Lions Club members (providing rides).

Like Music?

Sidney Wednesday Night Acoustical Jam (SWNAJ) is a group of musicians, from professionals to brand new beginners, who meet at SHOAL on Wednesdays at 7pm. If you come to listen, it's free for SHOAL Members; by donation for non-Members. If you wish to play call Frank Watson at 250-656-7982.

Interested in Painting?

SHOAL has some great drop-in art programs such as Sidney SHOAL Portrait Painters on Wednesday afternoons, as well as an Oil/Acrylic Painting group on Monday mornings. Regular drop-in fees apply: \$1.75 for Members; \$3.25 for non-Members. Participants must bring their own supplies.

SHOAL Activity Centre Weekly Drop-In Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
Balanced Strength - 9am Oil/Acrylic Painting - 9am Table Tennis - 9:30am Weaving - 10am Stretch & Strength - 10:15am	Faceting and Lapidary - 9am Family Caregivers Support Group - 10am <i>3rd Tuesday</i> Chair Fit - 11:30am	Balanced Strength - 9am Table Tennis - 9:30am Stretch & Strength - 10:15am Clay Works - 11am	Carving - 8:30am Silversmithing and Lapidary - 9am Chair Fit - 11:30am	Balanced Strength - 9am Table Tennis - 9:30am Ceramics - 10am Stretch & Strength - 10:15am	
Cribbage - 1pm Be Well Clinic - 1pm Mah Jong - 1pm Better Breathers - 1pm <i>4th Monday (No December meeting)</i>	Crafts - 1pm Duplicate Bridge - 1pm Pacific Palettes - 1pm <i>(by referral only)</i> Table Tennis - 1pm	Weaving - 1pm Contract Bridge - 1pm <i>Foursome Required</i> SHOAL Portrait Painters - 1pm Sidney Single Seniors - 2pm <i>(3rd Wednesday)</i>	Pickleball - 1:00pm Games & Social - 1:00pm Practice Bridge - 1 - 4pm	Ceramics - 1pm Computer Club - 1pm Knitting - 1pm Progressive Contract Bridge - 1pm. <i>Singles Welcome</i>	Duplicate Bridge - 1pm <i>(Sundays) Partner Required</i>
Contract Bridge - 6:00pm <i>Singles Welcome</i>		Duplicate Bridge - 6:30pm <i>Partner Required</i> SWNAJ Music Group - 7pm	Christmas Evening At The SHOAL December 18, 5:30pm	Duplicate Bridge - 6:30pm <i>Partner Required</i>	

The Billiards Room and the Woodworking Shop are open from 8:30am-4:30pm, Monday-Friday; Saturdays 8:30am - 4pm. The Tuck Shop is open from 9am-3pm Monday-Friday. Come for lunch in the Tides at SHOAL Dining Room from 12noon-1:30pm or dinner from 4:30-6pm seven days per week.

SHOAL Activity Centre Annual Membership - \$46 per year (approx. 12¢ / day!)

- Reduced rates on drop-in programs and registered classes
- Includes a Beacon Community Services Membership
- Free seminars and workshops
- A 10% discount on facility rentals
- Use of free wireless internet
- A free coffee and mini-muffin on your birthday

Registered classes and special events are listed separately each month in the Tidelines newsletter.