

TideLines

News from SHOAL Centre

Beacon
Community
Services

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

February 2015

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

Bouquets

Special appreciation to Liz Savage who graciously offered to volunteer in our Dining Room for our first Christmas Dinner in the Tides At SHOAL Dining Room on December 25. It was a huge success with Liz seating guests as the Food Services Team served plates of delicious turkey.

Thank you to Chef Karen who baked over 1000 shortbread cookies in December at SHOAL. Her tireless energy is a great inspiration (and her shortbreads a delightful memory!).

A sincere thank you to those who nominated volunteers from all parts of the Peninsula as part of the Hearts of the Community Awards.

Gratitude goes to our volunteer Bridge Instructors Helen Mansfield and Sue Bentley who continue to offer lessons at SHOAL throughout the year. These are some of the Activities Centre's most popular classes.

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Coming Events

Hearts of the Community Awards

Date: Thursday, February 19 **Time:** 11:00am **Cost:** Free ticket required for entry. We hope you will join Beacon Community Services and the Peninsula News Review for this wonderful annual event honouring volunteers who contribute so much to the Saanich Peninsula Community. The event features live entertainment by Stelly's Secondary School students, a complimentary lunch with the help of students from Parkland Secondary and special guests. Pick up your tickets today at SHOAL Activity Centre reception, the Peninsula News Review office, one of our local Thirft Shops or the Beacon Community Services office at 9860 Third St.

How Healthy is Your Heart?

February is worldwide Heart Health month, spotlighting the importance of nutrition, exercise and healthy lifestyle to maintain good heart health and a longer, happier life. Here at SHOAL we have a strong emphasis on health and wellness, with drop-in fitness programs every weekday, registered programs including Yoga, Movement and Energy, Fall Prevention, Minds in Motion, and fun activities such as Table Tennis and Pickleball. Our Be Well Blood Pressure Clinic also operates every Monday, 1-2pm. Pick-up a schedule for specific details.

SHOAL Approaches Its 10th Anniversary!

On March 10, SHOAL will be celebrating its 10th Anniversary. We plan to celebrate this event with a Buffet Lunch that will include special guests, door prizes and entertainment. Please watch our March issue for details. Tickets, \$10, will be available Monday, February 16, by phone (VISA/MasterCard accepted) or in person at our reception desk.

2015 Year of the Sheep

Chinese New Year's Day will be celebrated February 19. This is the **Year of the Sheep (Goat)**, a symbol of Peace, Harmony, Tranquility and Healing. The Sheep energy promotes faith and belief that good will prevail and overcome the forces that refuse to comply to a peaceful way of life. Check out our Chinese Dinner in the Dining Room on page 5.



Happy Family Day!

We hope all families will take some time to enjoy
this BC statutory holiday.



From the Director's Desk

Glenys Cavers, Director of Thrift Shops and SHOAL Centre
Beacon Community Services

Phone: 250-656-5537 ext. 102

E-mail: gcavers@beaconcs.ca

February is a short but action-packed month at the SHOAL Activity Centre. Our drop-in programs continue each week so why not try a new activity this month, such as Table Tennis, Chair Fit or Portrait Painters? Each activity has a volunteer leader who will be more than happy to provide new participants with an orientation and any information needed to get a successful start.

Our annual Hearts of the Community Volunteer Awards is on Thursday, February 19. As I write this, the nominating committee will be considering the nominations submitted for this year's awards. Thank you to all of those who nominated a volunteer in our community who has made a difference in your life. This is a great event that celebrates not only the "heart" of our local Peninsula community, but the heart of Beacon Community Services too – our dedicated volunteers.

On Friday, February 20, we are hosting our annual Youth Job Fair. If you know a young person between the ages of 13 and 18, please tell them to drop by the SHOAL Centre to meet with prospective employers, community groups and educational institutions. It is a great event to learn about lots of employment, volunteer and educational opportunities in one visit. The first 100 registered students will receive a door prize. See page 6 of this *Tidelines* issue for more information.

Notices

BC Family Day Hours

The Activity Centre, Volunteer Services and YEP, as well as the Tuck Shop will be closed Monday, February 9. The Tides at SHOAL Dining Room will be open for regular Lunch and Dinner hours.

Welcome Carolyn Cutt, Nurse Manager/Operator

Beacon Community Services is pleased to have Carolyn Cutt fill the position of Nurse Manager/Operator. Carolyn is a former employee of BCS's Housing (Licensed Dementia Care) Department and is now based at SHOAL.

Knitting Request

The SHOAL Craft group ladies are looking for some Knitting Looms, either round or long (for example, the Knifty Knitters or the Loops & Threads Knitting Looms). If you have a set or an individual knitting loom sitting unused on the shelf, would you consider donating it to the centre? Or lending it to us? We would be happy to share what we learn about knitting toques, slippers, scarves or even socks on these looms in exchange.

Holistic Nutrition Series

A nine part series that offers education and open discussions about Holistic Nutrition will begin at SHOAL in March, presented by Angela Cuscianna, RHN. The seminars will run from March to November and include topics ranging from imbalances to the effects of fats, sugars and grains on the brain and body. See page 3, under March Preview, for details about Part 1.

Mini Spring/Easter Craft Fair

Date: Monday, March 30

Time: 10am - 2pm

Cost: Free

Mark your calendar for our annual wee fair to celebrate Easter and the season of Spring. Held in the Lobby, it will feature many delights for sale as a way of raising funds for our Craft/Knitting/Weaving departments. Stop by for some shopping.



News from the Activity Office

Anna Hudson, Activities and Rental Coordinator

Phone: 250-656-5537 ext. 117
E-mail: ahudson@beaconcs.ca

The Next Step – More Bridge

Date: Thursdays, February 19 – March 26

Time: 9am – 12 noon **Cost:** \$45 (6 sessions)

For those who want to enhance and build on basic skills acquired previously.

Speakers Series – Advance Care Planning

Date: Friday, February 20 **Time:** 10am – 12noon

Cost: Members Free; Non-Members \$3.25

Please join Dawn Dompierre of Island Health for this informative seminar about Advance Care Planning. What does the legislation say? What does giving consent to Health Care mean? What are Representative Agreements, Advance Directives and Temporary Decision Makers? This series is presented in conjunction with St. Paul's United Church in Sidney. Please call SHOAL to register.

Fall Prevention Course – OSTEOFIT for Men and Women

Date: Tuesdays and Thursdays, February 24 – April 2 (12 sessions)

Time: 10 – 11am **Cost:** \$95

This is a specialized education and exercise program, developed as a fall-prevention program for those who are at risk of falling or diagnosed with osteoporosis. This program provides safe and gentle strength, balance and coordination exercises by a qualified OSTEOFIT Instructor. Forms to be completed can be picked up when you register.

Family Caregivers' Network Society

Are you providing care and support for an adult family members or friend who is elderly, in poor health or disabled? This person might be your parent, spouse, sibling, other relative or friend. Come and meet with other family caregivers and share your concerns, vent, receive support, ask questions and get information from other family caregivers in similar situation.

The group meets every third Tuesday of each month from 10am to noon in the second floor Lounge at SHOAL. Attendance is on a drop-in basis and the group is facilitated by a trained volunteer. See page 4 for date of the next meeting. Contact the Family Caregivers' Network at 250-384-0408, or visit www.familycaregiversnetwork.org for more information.

March Preview

Holistic Nutrition Seminars – Part 1: Acid/Alkaline Balance

Date: Wednesday, March 4

Time: 1:30 – 3pm

Cost: Members Free; Non-Members \$3.25

This is the first in a nine part series presented by Angela Cusciana, RHN, on holistic nutrition. The seminar will address why the acid/alkaline balance in your body is so important to your health. Seating limited to 15. People can attend any or all of the nine seminars, to be held on the first Wednesday of each month. Please call to register.

Morning Yoga on a Mat

Date: Thursdays, March 5 – April 30 (No class April 23) (8 sessions)

Time: 9 – 10am

Cost: \$90 or \$12 Drop-in

Now a regular feature - get your day started with an energizing yet gentle yoga class for strengthening body, mind and spirit. Instructor Kathleen Fournier.

Yoga in a Chair

Date: Fridays, March 6 – May 8 (No classes April 3, 10) (8 sessions)

Time: 12:30 – 1:30pm

Cost: \$90 or \$12 Drop-in

Spring is in the air and with it an urge to embrace new growth. If you have not tried this class before, it helps to improve breathing, strengthen your inner core and give you an over-all sense of vitality and aliveness.

Evening Yoga on a Mat

Date: Mondays, March 9 – May 11 (No class April 6, 20) (8 sessions)

Time: 5 – 6pm

Cost: \$90 or \$12 Drop-in

Back once more, this end of the day yoga class will provide relaxation and energy while improving balance, flexibility and over-all well-being. Instructor Kathleen Fournier.

Minds in Motion

Date: Thursdays, March 12 – April 30 (8 sessions)

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, spouse or caregiver is invited to attend the session. Light refreshments served.

Speakers Series – Elder Abuse

Date: Friday, February 20 **Time:** 10am – noon

Cost: Members Free; Non-Members \$3.25

Please join Laurie Yeo, specialist in the field of elder abuse issues in the Victoria area. Her presentation will give an overview of resources in the community and allow for discussion and questions. This series is presented in conjunction with St. Paul's United Church in Sidney. Please call to register.

Volunteer Profile – Jenny Jenner

You can't help but smile when you talk to Jenny Jenner. With a heartwarming English accent and a love of laughter, Jenny is exactly the kind of person that other people love to be around. No wonder she is so welcomed as a volunteer at the dementia housing facilities that are operated by Beacon Community Services on the Saanich Peninsula.

A former nurse who worked in her profession for 40 years, Jenny holds close to her heart the people who need care and companionship when faced with health challenges. With dementia being one of the biggest challenges facing so many people as they age, it was a natural choice for Jenny. She chose to volunteer at both Brentwood House, located on Stelly's X Road, and Sluggett House, situated on Marchant Road - both of which are in Brentwood Bay.

Volunteering is a big part of Jenny's life, and she is committed to living out the concept of paying it forward. She has been a volunteer driver for Beacon Community Services' Medical Drive Program for 12 years, and was recently featured in a local newspaper. While she doesn't drive that often anymore, she has been showing up for a regular shift on Monday afternoons at Sluggett house, ready to help the residents wherever she can.

Sometimes it's encouraging the residents to sing and enjoy music sessions; sometimes it's helping to play word games which help stimulate brain and memory functions for residents; other times it's playing a game of bean-bag toss or any other fun activity. Jenny is kept on her toes with playing cribbage ("which I seldom win," she says) with one of the high-functioning residents. "If you can make someone smile, you've done your job!" It may even be as simple as visiting and spending one-to-one time with a resident.

One of Jenny's past volunteer tasks with Brentwood House involved taking two ladies out for walks in Centennial Park on Friday mornings, but now that she, herself, has some health issues she confines her visits to Sluggett House where she has volunteered for the past two years.

When asked why she is so committed to volunteering, Jenny is strong in her belief that it is important to pay it forward. "When you go through life, and people give you a hand, you have to give back." And Jenny has been giving back for a long time now! "You have nothing to lose and lot to gain [when it comes to volunteering]. You don't need to have a great body of knowledge or even special training to work with people who have dementia," says this engaging senior. Just being present, willing to help with some activities or even sharing a smile can make a difference.

Jenny notes that men are needed as volunteers at both facilities since there are male residents who would enjoy interacting with other men. She urges men and women, young and old, to volunteer at either Brentwood or Sluggett Houses - home-like, secure settings that reinforce independence for those living with dementia. The unique model of care used at these facilities earned them an Excellence in BC Health Care - Award of Merit for Top Innovation.

To learn more about volunteering please contact Sara Lawton, Volunteer Services Coordinator for Beacon Community Services, 250-656-5537, ex 118 or email slawton@beaconcs.ca. You have nothing to lose and a lot to gain.

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. Next Meeting is February 23. For information please call Kelly Ablog-Morrant at 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 February 17.

Take The Pressure Down Blood Pressure Clinic is offered in the community at various locations. For dates, times and places, please check their website www.takethepressuredown.ca or 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 February 5, 1:30 – 3pm.



Chef's Corner

Chef, Karen Taylor

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

Happy Valentine's Day!

Instead of me giving you a home-made chocolate or cake recipe for Valentine's, I thought that I would offer you a simple salad recipe, which you can make for lunch or dinner. The best part is that it will take you no more than 5 minutes to make.

A Valentine's Salad

Use a regular plate, a large lettuce leaf, cottage cheese and nice red, ripe tomatoes.

Wash lettuce and place on the plate. Spread cottage cheese on the lettuce leaf in the shape of a heart. Cut tomatoes in half. Arrange around the edge of the salad. Voila - a Valentine's with a twist that is heart healthy (remember February is Heart Health Month), looks refreshing and attractive, and is fun to eat.

Make your meal extra special by serving chocolate-dipped strawberries for dessert. Follow the instructions below:

Melt Bakers chocolate in a metal bowl sitting on top of boiling water. When melted, dip strawberries half way and lay on wax paper to dry. It's best to use larger berries for this since they are easier to dip. Now let the chocolate set. I prefer to do this at room temperature, as putting dipped strawberries in the fridge can make them sweat.

Have a great February! Remember to come by the Tides at SHOAL Dining Room for lunch or dinner. We have nutritious and balanced menus to serve a variety of tastes at very reasonable prices. Why not take someone special out to dinner on February 14 - I'll be serving Red Velvet cake for dessert!

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

All prices include tax, and gratuities are gratefully declined. Refund Policy: We regret that we are unable to issue refunds for meals remaining on unused cards.

Happy Chinese New Year Dinner

Tides at SHOAL Dining Room

Thursday, February 19

4:30 – 6pm

Mini Egg Rolls
and
Sweet and Sour Pork

OR

Sweet and Sour Chicken Balls
and

Vegetable Fried Rice

§

Fortune Cookies

§

Tea or Coffee

Regular prices apply.

"Gung Hay Fat Choy!"

Reservations accepted - Call 250 656-5537.

Valentine's at the Tuck Shop

Stop by and enjoy a delicious Valentine cookie (or two) at the Tuck Shop during the week of February 9 – 13, or buy some to take home. Our Tuck Shop features lots of snacks and juices, as well as tea/coffee/hot chocolate and hot apple cider. Fresh baked cookies, scones and mini-muffins are available Monday to Friday, 9am to 3pm.

Dogs and St. Paddy

Tuesday, March 17, the Tuck Shop will celebrate St. Patrick's Day with hot dogs and all the trimmings, (lots of green relish), 12noon – 1pm. A great and fun snack for lunch at the bargain price of \$2.75 each.

Catered Events

Do you need to host a private party, anniversary, memorial or business function? Call our Rentals and Catering Coordinator, Anna Hudson 250 656-5537 ex. 117.

SHOAL Activity Centre Members' Birthdays

If you are a current SHOAL Activity Member, you can drop by on the day of your birthday to receive a gift certificate for a free hot beverage and a mini muffin, at the Tuck Shop. Come during the week preceding a Saturday or Sunday if you have a weekend birthday. We would love to acknowledge your special day!



Volunteer & YEP News

Sara Lawton, Volunteer Services & YEP Coordinator

Phone: 250-656-5537 ext. 118
E-mail: slawton@beaconcs.ca



Deb Greenaway, Direct Volunteer Services Coordinator

Phone: 250-656-5537 ext. 106
E-mail: dgreenaway@beaconcs.ca



Youth Job Fair

Bringing Employers, Educators & Students together

WHO WILL BE THERE?

- Youth, 13-18 years old
- Businesses, Organizations, and Educational Institutions

WHEN: Friday, February 20, 2015
10:00 AM to 2:00 PM

WHERE: SHOAL Activity Centre
10030 Resthaven Drive

HOSTED BY: Beacon Community Services

YEP CONTACT: yep@beaconcs.ca

Youth Employment Program Course Resume Writing and Interview Skills Workshop

Date: February 13 **Time:** 2 - 4pm **Location:** SHOAL Centre

In preparation for the Job Fair, we are partnering with Beacon's Employment Services to offer a Resume Writing and Interview Skills Workshop to help youth:

- Uncover your skills, abilities, and personal strengths
- Identify skills and abilities related to your job goal
- Create a stand-out resume that employers will notice

Register here: <https://eventbrite.ca/event/15190878326/>

Welcome New Volunteers

Medical Drives - David Hoy, Rowena Woodsend, Peter Blackwell

Thrift Shops - Nishina Esquega, Elena Fridland, Warren George, Madchina Hexybyts, Amir-Hassein Kasraee, Nicolas Marquez, Svitlana Potapova, Vera Roberts, Efren Vagay



"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, February 3rd.

HandyDart and Taxi Saver Applications

Volunteer services will keep information and applications for HandyDart and Taxi Savers. We are happy to help you complete your HandyDart application and, once completed, you may fax in your application form from our office.

Looking for Thrift Shop Volunteers

The New Year is a great time to re-focus your energies and what better way than to Volunteer? We are looking for more volunteers to help out at the Thrift Shops in Sidney and Brentwood Bay. Volunteers do everything from cashiering to pricing and window displays. To join this dynamic team contact Sara.

Active Listening Course

Volunteer Services will again offer a six part course (12 hours) to those interested in becoming a Volunteer Visitor. Jean Atkinson will facilitate this series. Dates are as follows and all times are 1-3pm

Week 1 - Wednesday March 11th; Monday March 16th

Week 2 - Wednesday March 18th; Monday March 23rd

Week 3 - Wednesday March 25th; Monday March 30th

For more information, please call Deb Greenaway.

Sidney Single Seniors 55+

Are you 55 or older and single (or a caregiver of a partner who is housebound or in long term care)? Do you wish to start meeting people and socializing more? The "Sidney Single Seniors 55+" might just be the perfect thing for you.

There are many activities including morning walks, coffee meetings, bowling, golf/putting, dining out, ferry trips, picnics and bus trips up-island. Annual membership is \$15.

The next regular meeting will be Wednesday, February 18 at 2:00pm. in Auditorium B, SHOAL Centre, followed by a finger-food party to celebrate Valentine's Day. The next meal out will be a luncheon at "Mary's Bleue Moon" on Thursday, February 12th at noon. For more information call Gillian Else at 250-656-3971.

Spotlight on Volunteering

Community Volunteer Income Tax Program (CVITP)

Did you know...

Beacon Community Services has been operating its Community Volunteer Income Tax Program for over three decades.

- In 2014, 573 Income Tax returns were completed, an increase of 10% from 2013.
- The program has 14 Income Tax Volunteers who prepare and file returns electronically.
- Income Tax Volunteers are required to register and be accepted by the Canadian Revenue Agency (CRA), then trained through a series of webinars at the beginning of February. There is no cost for this training.
- The tax clinics operate during March and April out of SHOAL Activity Centre, where the tax volunteers meet with clients to complete an intake form and ensure that all necessary papers are attached.

The program is designed to help low income recipients who qualify under the following: single person, up to \$30,000; couple, up to \$40,000; one adult with one child, up to \$35,000; each additional dependent, \$2,500; and interest income less than \$1,000 and your tax situation must be simple.

First Tax Clinics for 2015 start Tuesday, March 3. There are no appointments and people are served on a first come first serve basis. Clinics will run Tuesdays, Wednesdays and Thursdays from 9am – noon and 1pm – 4pm. The last clinic will be Thursday April 30. Although clinics finish in April, tax returns will be taken throughout the year but these will be by appointment only.

Beacon Community Services has the capacity to grow and expand this program to better serve the needs of the community. We hope that more community groups, churches and other organizations will learn about the program. If you wish to become a Community Tax Program Volunteer, please contact Deb Greenaway at SHOAL, 250-656-5537 ex 106.



Ivan Frydecky is one of SHOAL's many talented CVITP volunteers.

Income Tax Quick Facts:

- Three-quarters of all Canadian taxpayers file their paperwork electronically through the Canada Revenue
- In 2013, the Canada Revenue Agency (CRA) received more than 13.1 million tax returns, 86 per cent of which were filed electronically.
- Of those, almost 8.8 million returns were eligible for refunds; the CRA has issued almost \$14 billion in tax refunds.
- The average individual tax refund was \$1,585.
- Surveys show people use their returns to:
 - Pay household bills, credit card balances, mortgages and other debt (37 per cent)
 - Save the money or invest it in a Registered Retirement Savings Plan (RRSP), Registered Education Savings Plan (RESP) or Tax-Free Savings Account (TFSA) (20 per cent)
 - Spend it on travel, leisure or luxury goods (10 per cent)
 - Conduct home renovations (seven per cent)

Education Seminar on Disability Tax Credit

Date: Wednesday, March 11

Time: 1:30 – 3:30pm

Cost: Members free; Non-Members \$3.25

Teresa Young, Disability Tax Credit Specialist with Enabled Financial Solutions Ltd., assists in informing people who experience moderate, significant or chronic medical conditions, and/or their supporting families, regarding eligibility and what is involved in filing an application for a Disability Tax Credit. Please call to register.

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 afternoon, 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	Duplicate Bridge - 1pm (Sundays) <i>Partner Required</i>
Cribbage - 1pm Be Well Clinic - 1pm Mah Jong - 1pm Better Breathers - 1:30pm <i>4th Monday</i> Competitive Play Table Tennis - 12 noon - 3pm	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 <i>(1st and 3rd Thursday)</i> Practice Bridge - 1 - 4pm White Cane Club - 1:30 - 3pm <i>(1st Thursday)</i>	Ceramics - 1pm Computer Club - 1pm Knitting - 1pm Progressive Contract Bridge - 1pm. <i>Singles Welcome</i> Competitive Play Table Tennis - 12 noon - 3pm	Duplicate Bridge - 6:30pm <i>Partner Required</i>
Contract Bridge - 6:00pm <i>Singles Welcome</i>		Duplicate Bridge - 6:30pm <i>Partner Required</i> SWNAJ Music Group - 7pm			

The Billiards Room and the Woodworking Shop are open from 8:30am-4:30pm, Monday-Friday. The Tuck Shop is open from 9am-3pm Monday-Friday. Come for lunch in the Tides at SHOAL Dining Room from 12 noon-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

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