

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

March 2015

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

Bouquets

All of our hearts extend a huge hug of appreciation for those who helped make the Hearts of the Community Awards event in February another delightful success.

A special expression of gratitude to the members of our Crafts Activity Department for once again creating the table centre pieces for the Hearts of the Community Awards lunch.

Thank you for the generosity of Frank Watson who recently donated a very valuable piece of machinery to our Woodworking Shop. It will be put to good use and greatly appreciated by our Woodworking Shop members.

We say congratulations and a very big thank you to the Sidney By the Sea Rotary Club for their continued patronage as they celebrate their 20th anniversary this year.

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Coming Events

Embrace Aging Month

March 2015 is the 10th anniversary of Embrace Aging Month, initiated by the Greater Victoria Eldercare Foundation. We look forward to many more years of celebrating active aging in our area. Look on our calendar for events and activities to help you embrace aging gracefully.

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 Cuscianna, RHN, on holistic nutrition. This 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, held on the first Wednesday of each month. Please call to register.

SHOAL Centre's 10th Birthday Celebration!

Date: Tuesday, March 10

Time: 11:30am - 1:30pm

Cost: \$10

How appropriate that we celebrate 10 years of SHOAL Centre in the Sidney community during a month dedicated to embracing aging. Here at the Centre where aging is a fun and vibrant experience, we invite you to join us for a lunch buffet (see menu Page 5), entertainment, special guests and lots of birthday cake. Purchase tickets by phone or come down to the Centre in person. Don't miss this special occasion in honour of our 10th birthday!



Dogs for St. Paddy's Day!

Date: Tuesday, March 17

Time: 11:30am - 1pm

Cost: \$2.75

Wear green and come have a hot dog as we celebrate St. Patrick's Day at the Tuck Shop. These are a great treat, especially with fried onions and all the trimmings.

Annual Mini Spring/Easter Craft Fair

Date: Monday, March 30

Time: 10am - 2pm

Cost: Free admission

Held in our main lobby this year, this wee fair will have all kinds of spring and Easter delights as a way of raising funds for our Craft/Knitting/Weaving departments. Stop by for some shopping and lend support to some of the great activities we have at the Centre.



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

March is an exciting month at SHOAL Centre as it contains the 10th Anniversary of the opening of the SHOAL Centre. We are planning a fun event to celebrate our Anniversary on Tuesday, March 10. Please plan to join us for a buffet lunch, cake and great entertainment for only \$10 per person. Details of the event are in this issue of TideLines, and is posted around the Centre and at our reception desk. We hope to see you there!

Our dining room is continuing to create delicious homemade lunches and dinners for all to enjoy at affordable prices. Where else can you find a sandwich with soup or salad, tea or coffee, and dessert for only \$9.50 including tax (with no gratuity)! We also offer a smaller portion lunch for only \$6.75. Our dinners are \$14.50 for a large portion or \$9.50 for a small portion. Please plan to join us for lunch or dinner any day of the week 365 days a year.

SHOAL has entered the social media age with the creation of our Facebook Page. Please check us out and "friend" us to learn about upcoming events, programs, workshops and notices. Find us at SHOAL Activity Centre Facebook Page.

Notices

Table Tennis Competition

SHOAL Activity Centre is pleased to announce its very first Table Tennis Competition, to be held Monday, March 2 with SHOAL versus the Monterey Centre from Oak Bay. This is the first launch of a competition at the Activity Centre since we began our Competitive Play Drop-in Last Fall. We wish our SHOAL players good luck and great skill – we will always be willing to go to bat for you!

Tax Season Underway

The Community Volunteer Income Tax Program (CVITP) will be available at SHOAL Centre in Sidney, through the Beacon Community Services Volunteer Services Office, from Tuesday, March 3 to Thursday, April 30, 2015. To qualify as a CVITP client, your income must be modest (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). Your tax situation must be simple. All tax clients are welcome, during the following hours:

Tuesdays	9am - noon and 1-4pm
Wednesdays	9am - noon and 1-4pm
Thursdays	9am - noon and 1-4pm

Please note: There are NO booked appointments. Intakes are accepted on a first-come, first-serve basis each day. For further information, please call Deb Greenaway, Direct Volunteer Services Coordinator at 250-656-5537, ext. 106.

Disability Tax Credit Seminar

Date: Wednesday, March 11 **Time:** 1:30 - 3:30pm **Cost:** Members - Free; Non-members - \$3.25

Teresa Young, Disability Tax Credit Specialist, 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.

Immediate Vacancy "Private Suite" at Brentwood House

Seventeen bed Licensed Dementia Care, operated by Beacon Community Services, accredited by Accreditation Canada with Exemplary Status. Residents are respected for who they are and have been. They live in a reassuring and familiar home environment and have access to 24/7 secure care. Please contact the manager for information by email at dcarney@beaconcs.ca or call 250-589-3354.

Welcome Susan Postma

Beacon Community Services is pleased to announce that Susan Postma is the organization's new Communications Coordinator. Susan, whose office will be based at the SHOAL Centre, has worked in communications for the CRD, the Victoria Conservatory of Music, and Thrifty Foods, as well as other organizations. Please join us in welcoming her to the team at Beacon Community Services!



News from the Activity Office

Anna Hudson, Activities and Rental Coordinator

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

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

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 overall sense of vitality and aliveness.

Song Circle

Date: Fridays, March 6 - May 1 (no class April 3, 10) (7 sessions)

Time: 2 - 3:30pm **Cost:** \$70 or \$12 drop-in

After a successful first run, the Song Circle is ready to continue. All voices and musicians are welcome to the community song circle, mentored by Jewel Spooner of the "Getting Higher Choir". No experience of music necessary Jewel teaches by ear, focusing on songs of inspiration from around the globe. For more information, call Jewel at 250-656-1047. Song Circle takes place in Auditorium A.

Evening Yoga on a Mat

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

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

Back once more, this end of the day yoga class will provide relaxation and energy while improving balance, flexibility and overall 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)

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

Recycled Jewellery

Pins with Pizzazz and Classy Decor

Date: Saturday, March 14

Time: 10am - 12pm **Cost:** \$30 (includes supplies)

Using a myriad of earrings, chains and old pins, Wendy Franklin will help you create "new" jewellery pieces as well as photo frames, beautiful décor bottles and many other items. Expect to make at least two to four items during the workshop.

Speakers Series - Elder Abuse

Date: Friday, March 20

Time: 10am - 12pm

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.

April Preview

Holistic Nutrition Series – Part 2

The Connection Between Grains and Your Brain

Date: Wednesday, April 1

Time: 1:30 - 3pm

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

This is the second in a nine part series presented by Angela Cuscianna, RHN, on holistic health. This topic will focus on the effect grains such as wheat, have on brain health. People can attend any or all of the nine seminars, to be held on the first Wednesday of each month. Please call to register.

Fall Prevention for Men and Women - OSTEOFIT

Date: Tuesdays and Thursdays, April 7 - May 14 (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. The class 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.

Speaker Series - Understanding Dementia

Date: Friday, April 17

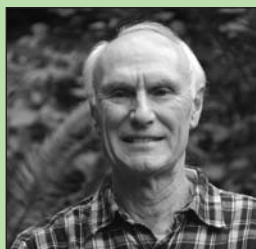
Time: 10am - 12pm

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

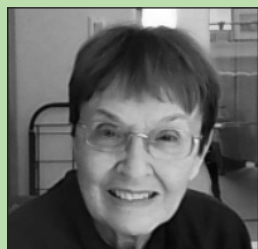
Please join the Alzheimer Society for this informative presentation that will help you understand the disease of dementia. This series is presented in conjunction with St. Paul's United Church in Sidney. Please call to register.

Community Volunteer Income Tax Team

Meet your 2015 Tax Team! We welcome back Al, Bonnie, Lloyd, Ivan, John, Keith, Marian, Mervyn, Norm, Sally, Terry and Wendy. New to the team this year are Cathie and Edwina. Welcome! Each year our Volunteer Income Tax program grows, and last year our volunteers completed 574 income tax returns. Thank you to our volunteers that provide this much valued free service. Please see page 2 for details of our tax clinics that start on March 3rd.



Al



Bonnie



Cathie



Chris



Edwina



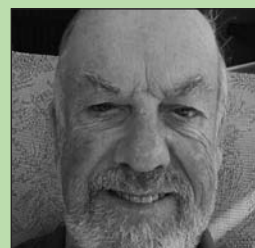
Ivan



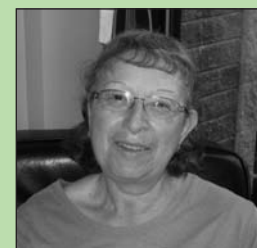
Keith



Lloyd



John



Marion



Mervyn



Norm



Sally



Terry



Wendy

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. The next meeting is March 23. For information please call Kelly Ablog-Morant at the BC Lung Association at 1-800-665-5864.

Family Caregivers' Support Network meets on the third Tuesday of each month, 10am - 12pm in the SHOAL Activity Centre Lounge. The next Support Group takes place on March 17.

Take The Pressure Down Blood Pressure Clinic is offered in the community at various locations in January. Dates, times and location are 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 first Thursday of each month. The next meeting is Thursday, March 5 from 1:30 - 3pm. We hope to have a presentation by the CNIB store. Purchases can be made with cheques or credit cards or cash, but no debits can be processed.



Chef's Corner

Chef, Karen Taylor

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

This month is about embracing aging through health and fitness, so in keeping with this theme I have a couple of healthy but easy recipes for all of you.

The first one is:

Healthy 5-In-One Casserole

- 1 10oz can of tomatoes
- 1 fresh young zucchini, thinly sliced
- 1 large onion sliced
- 2 stalks of celery, chopped
- 2 slices of cheese, mild, medium or old (your preference)
- Pinch of celery seed (optional)

Combine all five vegetables in layer form in a casserole dish. Over each layer sprinkle a little dried parsley, salt and pepper, and celery seed as desired. Top with cheese slices quartered.

Bake in oven at 350 degrees for 20 minutes, or put in the microwave for 15 minutes.

The next recipe I have for you is:

Whole Wheat Blueberry Muffins

Heat oven to 400 degrees.

Line muffin pan with paper liners.

- 1 large egg
- ½ c milk
- ¼ c veg oil
- 1 ½ c whole wheat flour
- ½ c honey
- 2 tsp baking powder
- ½ tsp salt
- 1 c blueberries

Beat egg, stir in milk and oil. Mix in remaining ingredients except the blueberries. Do not over mix the batter, it should be lumpy. Fold in the blueberries. Fill muffin cups 2/3 full.

Bake in oven for 20 minutes or until golden brown.

Have a great month – keep healthy and stay happy!

- Chef Karen

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!

10th Birthday Celebration Lunch SHOAL Centre - Auditorium A Tuesday, March 10, 11:30am

Lasagna (meat and vegetarian)

Warm Cheesy Biscuits with Butter

**Crisp Fresh Green Salad
with Raspberry Vinaigrette**

Birthday Cake

Coffee and Tea

Tickets \$10

Purchase by phone at 250-656-5537 or in person

VISA/Mastercard Accepted

Tides at SHOAL Dining Room is open seven days a week for Lunch (12 - 1:30pm) and Dinner (4:30 - 6pm). The public is welcome and reservations can be made by calling the main SHOAL number: 250-656-5537.

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.



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

YEP Training and Courses

Food Safe - April 24 - \$50

Food Safe Level 1 will be delivered as an eight hour face-to-face class at the SHOAL Centre. This course is designed for front line food service workers such as cooks, servers and deli workers. The course covers important food safety and worker safety information including foodborne illness, receiving and storing food, serving food, and cleaning and sanitizing. The cost for YEP students is \$50. Register early to guarantee a seat!

Gardening Course - May 24 - June 7 - Free

We will be partnering with the master gardeners again to offer a three week gardening basics course this spring. Registration is limited, so put your name on the list now.

We would like to thank the businesses, educational institutions, and organizations that participated in our Youth Job Fair on February 20!

BC Ferries, Sidney RCMP, Fairway Market, McDonalds Restaurant, Save-On-Foods, Sidney All Care, BC Construction Association, North Studio Ltd., Camosun College, Peninsula Co-op, Panorama Recreation, Q College, University of Victoria Co-op Program, Tanners Books, Volunteer Victoria, Coast Capital Insurance, Saanich Peninsula Visitors Services, Bank of Montreal, Vancouver Island Regional Library

A big thank you also goes out to Beacon Employment Services for teaching the resume writing and interview skills workshop in preparation for the job fair!

"Coffee's On" Drop-in coffee morning for our Volunteer Drivers and Schedulers is on the first Tuesday of every month. Drop by the Lounge anytime between 10am and noon. The next date is **Tuesday, March 3**. Hope to see you there!

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 below, and all times are 1 - 3pm. Please call Deb Greenaway at 250-656-5537, ext. 106 to learn more.

- **Week 1** - Wed., March 11; Mon., March 16
- **Week 2** - Wed., March 18; Mon., March 23
- **Week 3** - Wed., March 25; Mon., March 30

Volunteers Needed

Are you a Bargain Hunter?

If you find yourself going to every garage sale and retail outlet in town, we need you. We are looking for volunteers at the Thrift Shops in Sidney and Brentwood Bay. Volunteers do everything from cashier to pricing and window displays. To join this dynamic team please contact Sara Lawton at slawton@beaconcs.ca.

Help to make someone's day

Beacon is committed to quality of care for seniors in our residential care homes. We are looking for volunteers who can demonstrate compassion and empathy in their approach to working with seniors, and working together with staff and volunteers who participate in activities with residents.

Urgent need for Medical Drivers

Did you know that Beacon receives over 3,200 requests for medical drivers a year? If you have access to a car and you like to meet people, you can become involved in this essential service. This is a great opportunity for volunteers looking for a commitment with a flexible schedule. (Mileage is compensated)

Sidney Single Seniors 55+

If you are over 55 and want to start socializing more, the "Sidney Single Seniors 55+" group may be right for you. Annual membership is only \$15. The next regular meeting will be Wednesday March 18 at 2:00pm in Auditorium B, SHOAL Centre. The guest speaker will be a story teller from the "Story Tellers Guild of Victoria". The next meal out will be lunch at "Theo's Place" on Tuesday, March 24 at noon. For more information call Gillian Else at 250-656-3971.

Welcome New Volunteers

Medical Drive - Donna Williams, Bob Mortimer
Photographer - Robert Orchard
SHOAL Office - Sarah Van Gorp
Thrift Shops - Brooke Baillie, Susan Baim, Debra Black, Remy Campbell, Samuel Daniel, Guy Forest, Daphne Hill, Chelsea Kilgrain, Sara Lohmann, Tiffany Lowe, Xena Lowe, Kim Rackliff, Patrick Sheman

Spotlight on Volunteering

Hearts of the Community Volunteer Awards

The Oscars of the volunteer world – the 17th annual Hearts of the Community Volunteer Awards – was held on February 19 at the Mary Winspear Centre. Beacon Community Services and the Peninsula News Review, together with members of the Saanich Peninsula community came together to honour volunteers for their dedication and commitment to a variety of causes.

This year's nominees were: Gwen Bentley, Renn Madeline Bibeau, Canadian Federation of University Women (CFUW) Saanich Peninsula, Susy Chung-Smith, Crafty Crew, Kelly Dinh, Guiding Stars, Ravi Gunasinghe, Kennedy Guryn, Robert (Bob) Harman, Arshia Hassani, Donna Jack, Michael Ram, Saanich Peninsula Hospital Palliative Care Unit Volunteers, North Saanich Dog Obedience Club, and Isabelle Yoxall.

The Excellence in Volunteering Awards went to the North Saanich Dog Obedience Club, Isabelle Yoxall, Saanich Peninsula Hospital Palliative Care Unit Volunteers, Ravi Gunasinghe and Bob Harman. Michael Ram received the Outstanding Youth Volunteer Award, which also comes with a \$1,000 scholarship.

Congratulations to these incredible volunteers! Your contributions to our community are very much appreciated!



From left: Beacon Community Services Board Chair Keith Rolfe (MC and award presenter), Karen Rae (representing the North Saanich Dog Obedience Club), Bob Harman, Isabelle Yoxall, Ravi Gunasinghe, Greg Martell (representing the Saanich Peninsula Hospital Palliative Care volunteers), editor of the Peninsula News Review Steve Heywood (MC and award presenter), and Michael Ram.



Special thanks to the students of the Stelly's Secondary Vocal Jazz and Performing Arts programs, and their teacher Norbert Ziegler for entertaining the crowd at the ceremony.



Stephanie Rodrigues and Deb Greenaway from Beacon Community Services greeted guests with a smile as they arrived for the Hearts of the Community Awards.

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 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	
Contract Bridge - 6:00pm <i>Singles Welcome</i>		Duplicate Bridge - 6:30pm <i>Partner Required</i> SWNAJ Music Group - 7pm		Duplicate Bridge - 6:30pm <i>Partner Required</i>	

The Billiards Room and the Woodworking Shop are open from 8:30am - 4:30pm, Monday to Friday. The Tuck Shop is open from 9am - 3pm Monday to 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.