

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



October 2014

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



Welcoming Bob Boulter, Beacon's New CEO

Beacon's Board of Directors recently announced the appointment of Bob Boulter as new Chief Executive Officer for BCS. He served as CEO on an acting basis since former CEO Isobel Mackenzie was appointed BC's first Senior's Advocate. A Chartered Accountant, Bob held several senior finance positions before joining Beacon as Vice President of Finance in January 2010. As the new CEO, Bob says he wants to "make sure we dedicate our resources to helping people where and when they need, as effectively and compassionately as possible."

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Coming Events

Medical Technology Apps for Seniors

Date: Thursday, October 16 **Time:** 10:30am – 12noon

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

Join Jennifer Cairns from eGurus to explore the world of medical apps to help you monitor your health and well-being. Jennifer will show you how you can simplify your health management and even keep your circle of care all communicating together. Learn how brain fitness can keep your brain active and healthy, slowing the onset of Alzheimer's and Dementia. Jennifer is a regular guest on Alan Perry's "TechTalk" on CFAx 1070. Please call to register.

Blood Donor Clinics

Date: Wednesday, October 15 and Thursday, October 16 **Time:** 1:30 – 6:30pm

Canadian Blood Services is holding Blood Donor Clinics here in Auditorium A. Drop-In to donate. For more information call: 1-888-2-DONATE (1-888-236-6283) It's In You To Give.

Beware, Prepare, and Don't Despair with Steve Wallace

Date: Monday, October 20 **Time:** 1:30 – 2:30pm **Cost:** Free

This informative and entertaining workshop, offered by Steve Wallace, owner of Wallace Driving School, will present proactive steps you can take to retain your driver's licence. Many seniors will be faced with having to prove they can continue to drive safely. Learn what you can do to help keep you behind the wheel. Please call to register.

Halloween Hot Dog Day!

Date: Friday, October 31 **Time:** Noon – 1pm **Cost:** \$2.75

An annual tradition at SHOAL. Wear a costume and receive a treat. Buy a hot dog with all the trimmings - including fried onions!

An October Evening At The SHOAL -

It's a Halloween Party with the Craig Henderson Trio

Date: Thursday, October 30 **Time:** Doors open 5:30pm **Cost:** \$25

A night of fun, food, and music featuring vocals, keyboard and bass by the Craig Henderson Trio. Costumes are optional but there is a prize for best costume. As usual, wine will be available for sale by the glass. Purchase tickets, \$25, in person or by phone. VISA/MasterCard accepted.



From the Director's Desk

Glenys Cavers, Director of Thrift Shops and SHOAL Centre

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Welcome to Fall at the SHOAL Centre. A special welcome to our new members who signed up at our Open House. Please take a look inside this issue for all of the activities available with your membership. Thank you to all of the Activity Leaders and participants who volunteered at our Open House sharing their knowledge and talents. I would also like to welcome our new Administrative Assistant, Stephanie Rodrigues. She will be supporting all SHOAL activities, volunteers, members, and residents. Welcome Stephanie.

Our Tides at SHOAL Dining Room menu is now published at the beginning of each week and will be posted on our Notice Board in the front lobby. A new food services board will also be posted outside the Tuck Shop. This will help members and the general public to plan when they would like to join us for a meal. Chef Karen and her Food Services Team continue to serve great home cooked meals 7 days a week. Join us for our Halloween Evening at SHOAL on Thursday, October 30. Chef Karen has created a delicious menu and Anna has planned some fun entertainment for the event. Tickets are now on sale at the reception desk.

October is safety drill month at SHOAL. We will be conducting a fire drill during the first week of October and will be participating in the Great BC Shake Out on October 16 at 10:16 am. If you happen to be here during either of these drills, please follow staff's instructions as we ensure that everyone is safe. It is important that we practice our protocols regularly so that if we have a fire, earthquake, or emergency situation, we keep all of our members, residents, volunteers, and staff safe. Thank you for your assistance and participation in our drills.

Notices

Holiday Hours

The Activity Centre, Volunteer Services, Youth Employment Program and Tuck Shop will be closed for Thanksgiving, Monday, October 13. The Centre doors will be locked at 7pm.

Welcome New Staff Member!

SHOAL is pleased to announce the arrival of Stephanie Rodrigues in the Position of Administrative Assistant at the Centre. Stephanie will be helping to support our present staff as well as SHOAL Volunteers.

White Cane Club Planning Meeting

Date: Thursday, October 2 **Time:** 1:30pm **Cost:** Free

Do you experience low vision, macular degeneration or blindness? We invite you to attend a planning session to determine if there is enough interest in starting a monthly group that would provide education and support to those with visual impairments. Please call the Activity Centre if you wish to attend.

Sidney SHOAL Portrait Painters Exhibition

Our own drop-in portrait painters will have their work on display, October 4 – 18 at Alexander's Coffee House on Beacon Avenue in Sidney. This is a very talented group of artists, ranging from beginners to professionals, who attend the drop-in here every Wednesday, 1-4pm. Why not stop by Alexander's and take a look. You might just be inspired.

Fire Prevention Week – October 5 – 11; ShakeOut BC – Earthquake Drill – October 16, 2014

"Working Smoke Alarms Save Lives: Test Yours Every Month"

Each year, the Fire Prevention Week theme is announced by the National Fire Protection Association. This year during October 5 – 11, fire departments throughout Canada and the United States will work to raise public awareness about the dangers of fire and how to prevent it, especially through the use of smoke alarms. Here at SHOAL, fire drills will take place in cooperation with the Sidney Fire Department.



News from the Activity Office

Anna Hudson, Activities and Rental Coordinator

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***NEW Cardio & Mat

Date: Every Tuesday **Time:** 1:30 - 2:30pm

Cost: \$4.25 Members; \$5.25 Non-Members.

This class offers an energetic, mild to moderate cardio workout to music that will make you want to move. You will learn easy steps that will help burn calories, build muscles and strengthen your heart. The class will finish with some mat/floor work to help you strengthen and stretch. Come out and give it a try.

Advance Care Planning Workshop

Date: Wednesday, October 8 **Time:** 10am – 12noon

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

Now a regular feature at SHOAL, Island Health (formerly VIHA) presents 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? Call to register.

Minds In Motion

Date: Thursdays, October 9 – December 4 (No class October 30)

Time: 1:30-3pm **Cost:** \$50.40 (includes 2 people for 8 sessions)

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.

Fall Prevention Course - OSTEOFIT

Date: Tuesdays & Thursdays, October 21 - November 27 (12 sessions)

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

Instructor Corinne Dibert teaches this fall prevention OSTEOFIT class consisting of strength, balance and stretching exercises that are safe for both men and women who have osteoporosis or are at risk of falling.

***NEW Introduction to Movement using Energy Flow and Meditation

Date: Tuesday, October 21 - December 2 (6 sessions)

Time: 3-4pm **Cost:** \$65

A unique class that will assist participants to understand and experience how natural energy flows through the body. Blending elements of Qigong and other forms of movement, Instructor Andrea Kehler provides both guidance and education in attaining a greater sense of well-being.

Call for Christmas Treasures...

This year we plan to have a table selling "Christmas Treasures" as part of our fund-raising efforts at the Craft Fair. If you have something you consider a treasure you would like to donate, please drop-off at SHOAL during regular business hours. Whatever is not sold will be donated to the Thrift Shop.

November Preview

The Next Step – More Bridge

Date: Thursdays, November 6 – December 11

Time: 9am - 12 noon

Cost: \$45 (6 sessions)

For those who want to enhance and build on basic skills acquired previously. Prerequisite: Beginners course or some bridge experience.

Understanding Dementia and Communication Strategies

Date: Thursday, November 6

Time: 10:30am – 12:30pm

Cost: By Donation

This presentation by the Alzheimer Society of BC will give participants information about dementia and the impact it has on the individual, caregivers and families. It will explore how dementia affects the brain and behaviors as the disease progresses. Caregivers will learn what to expect throughout the journey with dementia. Please call to register.



8th Annual SHOAL Christmas Craft Fair & Bake Sale

Date: Saturday, November 8

Time: 10am-2pm

Cost: \$2 Admission

It's time for Craft Fairs! Door prizes, jewellery draws, demonstrations, delicious home-made baking and plenty of lovely hand-crafted items to choose from for Christmas gift giving. When you want a break, stop by the coffee station for a hot chocolate or coffee and two shortbread cookies for the great price of just \$2. Since we will be doing our Bake Sale, if you have Christmas Cookie tins you would like to donate. Please bring them by before November 8.

New Staff Profile - Stephanie Rodrigues

Stephanie Rodrigues is an ideal fit for the staff at SHOAL Centre. Already an employee of Beacon Community Services, Steffy (as she is fondly known to friends, family and co-workers) has worked for the organization for many years. She started as a casual employee with Family and Counselling Services; worked in our Home Support division, and most recently was working full-time with Employment Services - now Steffy is coming to SHOAL as our new Administrative Assistant.



She is passionate about working with people. Knowing that she, too, will be a senior at some point in the future, she accepted the position to give and receive knowledge and skills related to the field of active aging. Being a mom to three active children - a 13-year-old daughter and two 11-year-old twin boys - she knows how quickly these years will roll by into retirement and the challenges of aging. So it's no surprise that this vibrant and youthful woman wants to be connected with a job that serves the hub of her community - and in Sidney, with its active aging population, that's the SHOAL Centre! As a former Volunteer with Sidney Elementary School, she is fully aware of the dedication and service Volunteers bring to their community. At SHOAL, Steffy is able to bring her strong supportive and communications skills to the volunteers who operate our Reception Desk. With years of administrative experience, a love for interacting with people and an excellent grounding in the services and programs available locally, Steffy is definitely in the right place at the right time.

"I am a passionate advocate of building community," says Steffy, a resident of Sidney for the past 18 years. "We shop locally; my children go to school here and my husband works locally, too."

Her own experience as a landed immigrant coming to Canada in 1996 taught her much about Beacon Community Services' mission to help people and improve lives. The first thing Steffy did was knock on the doors of BCS who helped her write a resume, enrolled her in a job search workshop, and cheered her on when she immediately got a job with the Town of Sidney. A few months later, she left that part-time position to work full-time for BC Ferries. When she took seven years off from the workforce to be a stay-at-home mom, she re-entered through the Job Options BC program at Beacon. "BCS has come to my rescue twice!" notes Steffy with a smile. "I will always be grateful to the organization...I just needed someone to believe in me."

That kind of experience makes Stephanie a valuable resource not only in her knowledge of Beacon Community Services programs, but also in knowing the positive impact that can happen when you are given support. She is a glowing example of what believing in community, family, and the power of connection can create. Welcome aboard Steffy!

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 October 27. For information please call Kelly Ablog-Morant 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 October 21.

Take The Pressure Down Blood Pressure Clinic is offered October 1 and 15 at St. Andrews Church, 11am – 1pm. Please check takeethepressuredown.ca for other locations on the Peninsula.



Chef's Corner

Chef, Karen Taylor

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

Many of you celebrate Thanksgiving in Canada with turkey and all of the trimmings, finished with pumpkin pie. In England we do not celebrate this holiday but we do celebrate Harvest Festival. Harvest is from the old English word "hoerfest" meaning autumn - the season for reaping and gathering grain and products that had been grown.

Harvest Festival is an annual event that has been celebrated since pagan times. It is traditionally held on the Sunday nearest to the Harvest moon. This is a full moon that occurs closest to the Autumn Equinox (around September 23rd).

Most years, the harvest moon appears in September but in some years it occurs in October. The celebration of Harvest Festival usually includes singing hymns, praying, and decorating churches with baskets of local fruit and foods that have grown throughout the summer and early Fall.

In Britain the food that was donated, including canned goods, was given to the needy or less fortunate people in the community or to raise money for the church. Harvest Supper was then celebrated. This tradition carries on today in some churches, but the focus has moved to awareness and concern for people in developing countries around the world where not enough food is grown. Organizations work with churches to help people all over the world.

I always took a canned good to school when I was growing up. It was collected with all the donations and given out to families in need. Today, schools still carry on this yearly event.

So Happy Harvest Festival to every one of you.

Chef Karen

Tides at SHOAL Dining Room is open 7 days a week for Lunch (12 noon to 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.

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!

A Halloween Evening At The SHOAL

Thursday, October 30, 5:30pm

Menu

- Chicken Cordon Bleu
- §
- SHOAL Signature Primavera Pasta
- §
- Mashed Potatoes with Chives
- §
- Minted Buttered Peas
- §
- Caesar Salad
- §
- Warm Buns
- §
- Black Forest Cake
- §
- Tea/Coffee



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

Thanksgiving Dinner in the Dining Room

A turkey dinner with all the trimmings will be served in the Dining Room on Sunday, October 12, 4:30-6pm, to celebrate Thanksgiving. Regular Dining Room prices apply. If you wish to make a reservation, please call the Centre 250 656-5537.

Tuck Shop

Our Tuck shop, open 9am – 3pm Monday – Friday, offers great snacks, including daily baked scones, mini-muffins and cookies. There are fun theme specials, such as our Halloween Hot Dog Day, coming up October 31. It's a great place to meet up with friends over tea, coffee or hot chocolate. Come by and pay us a visit.



Volunteer & YEP News

Sara Lawton, Volunteer Services & YEP Coordinator

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Deb Greenaway, Direct Volunteer Services Coordinator

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It is with mixed emotions that we bid farewell to this year's graduating students (see names below). We wish you all the best! Thanks for all the time and talents you shared while participating in the Youth Employment Programs. Keep in touch!

Emily Ball	Antonio Battilana	Trevor Bolduc
Hailey Bowker	James Burke	Trevor Chown
Ivy Chen	Matthew Cooper	Cheyenne Duguay
Kim Douthwaite	Gillian Evangelista	Tyler Gibson
Shawn Gilbert	Colin Griffith	Owen Huang Fu
Aliya Hosie	Michael Jaroch	Robyn Johnston
Spencer Judson	Laphas Kwinsakulrat	Denis Lu
Cidnee Luu	Katrina May	Alyssa Mercer
Nicky Nonis	Samantha Orr	

Great JOB YEP!

YEP students filled 57 jobs and volunteered over 350 hours at events markets and festivals this year.



Thanks to all volunteers who helped out at the Beacon Sidney Market display this year. Because of you we had extraordinary interest in SHOAL

membership. You also helped us find new volunteers and volunteer drivers.

YEP is looking for youth interested in getting involved in planning the YEP Job Fair this Spring. As part of the planning committee you will work alongside Sara - YEP Coordinator - to connect with local employers, learn about event planning and find a summer job before summer starts! No experience necessary.



The first monthly meeting will be October 4th 1:00pm at SHOAL Centre. Interested? Call Sara at 250-656-5537 or email slawton@beaconcs.ca

The Tuck Shop is Looking for Volunteers!

If you enjoy good conversation with friends over a cup of warm coffee and a delicious scone, this role is for you. We are looking for volunteers to help in the Tuck shop on Wednesdays and Fridays. As a Tuck shop volunteer you will be welcoming community to the SHOAL Centre, selling coffee and treats and providing information about SHOAL programs and activities. To learn more contact Sara or Deb.



“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 October 7th.

First Aid Refresher Course for Volunteers

Volunteer Services are pleased to offer a 4 hour Basic First-Aid with CPR “A” course for all of our volunteers who come into contact with our clients, either in the activity centre or in one to one situations. The course will be held on Friday October 3rd 8:30am – 12:30pm in the card room at SHOAL Activity Centre. This course is free of charge for our volunteers. Sign up at SHOAL reception desk.

“55 Alive” – Mature Drivers Refresher Course for Volunteer Drivers, Friday November 21st

Date: Friday, November 21

Time: 8:30am – 3:30pm

The goal of ‘55 Alive’ is to refresh driving skills and build confidence allowing drivers to maintain their driving licence while driving safely. Overcoming the effects of aging on driving skills, applying basic rules of the road and preventing collisions are among the topics stressed in the course. The emphasis is on keeping you a safe driver. The instructor also makes a point of covering individual frustrations and concerns. **The course is free of charge to our volunteer drivers.** Sign up at SHOAL reception desk.

Welcome New Volunteers

Medical Drivers- Sandra Jordan, Suzanne Lang, Roger Vanzyl

Parry Place Assisted Living - Emily James

SHOAL Activity Centre - Jeremy Daly, Elizabeth Pike,

SHOAL Assisted Living - Heather Chisholm, Darryl Watkins

Thrift Shops - Maureen Braun, Leona Handon, Christine Jang, Alix Preston, Kimberly Randall, Alex Robinson, Natasha Wall

Spotlight on Volunteering

Peninsula Crossroads Community Justice Program

Who are we?

- Peninsula Crossroads has been operating since 1999 and is a community-based initiative, run by volunteers trained in restorative justice principles and practice. Our group has an Executive that makes decisions about our budget, policies, our manual for volunteers, training, and funding.
- Our group is run as a separate entity but is fortunate to be under the umbrella of Beacon Community Services for the purpose and support of our Volunteers.
- We have approximately 20-25 volunteers and all receive a minimum of 3 days training as a Facilitator in order to facilitate restorative circles or conferences.



A restorative justice conference is usually between a victim, offender, their supporters, and community members.

What does Peninsula Crossroads do?

Peninsula Crossroads operates under the guidelines of the Ministry of Justice and receives referrals from the RCMP, Police and the Courts. If you have ever been involved in a crime or been involved in a conflict, in Sidney, Central, or North Saanich, either as a person who was harmed or who did the harm, then you may have the opportunity to participate in a Restorative Justice process. It is an alternative to using the court system and receiving a criminal record. We also partner with local School District 63 schools and offer restitution conferences and Girls' Circle.

What is Restorative Justice?

- Restorative Justice offers people the opportunity to come together to have a respectful, yet often difficult, conversation to make things right by healing any harm and bringing back balance to the situation.
- This process is offered through a *Circle* called a *Community Restorative Justice Conference*, which is a formal meeting facilitated by program volunteers. The conference is a confidential process between the facilitator and the participants, and each listens to the other in a safe setting.

- For a Restorative process to occur, the person who committed the harm must be willing to accept responsibility for his/her actions and behaviour, agree to participate in a face-to-face conference, and demonstrate that they are accountable for what occurred. The person must also be willing to participate in and comply with the terms of the agreement signed at the end of the conference.
- All persons who have been affected and involved in the incident or issue take part in the Circle. Everyone has a chance to speak their views and listen to each other in a safe setting.
- The goal of the Conference/Circle is to have participants reach an agreement, which provides restitution to the person harmed and restores relationships. In the Circle people share what happened, hear how people were affected and discuss how the harm will be repaired. All stakeholders in the process, including the Police if a crime is involved, and a member of the community, discuss and agree on how the harm caused by the offending behaviour will be repaired, and people will feel satisfied and safe to move forward.

Volunteer Services continued...

Volunteer Services Fundraisers.

One of our volunteer drivers is donating two of these beautiful Glass Inlaid Garden Pavers that he has made. Tickets will go on sale at the Volunteer Services table during our Open House on Sept 27, and will continue to be available at the Craft Fair in November. The draw will take place at the Christmas Evening at the SHOAL in December. Stop by our table or the reception desk to take a look at this beautiful craftsmanship and to purchase your tickets. \$1 a ticket or \$3 for 5 tickets. All contributions will go towards our medical drive program. Thank you for your support!



Need Help in the Garden?

YEP students can help with raking, weeding and general fall clean up.

Call Sara - 250-656-5537

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	Watch for Christmas Craft Fair & Bake Sale Saturday, November 8 10am - 2pm
Cribbage - 1pm Be Well Clinic - 1pm Mah Jong - 1pm Better Breathers - 1:30pm <i>4th Monday</i>	Crafts - 1pm Duplicate Bridge - 1pm Pacific Palettes - 1pm <i>(by referral only)</i> Table Tennis - 1pm Cardio & Mat - 1:30pm	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>Partner Required</i>
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>	Duplicate Bridge - 6:30pm <i>Partner Required</i>	Duplicate Bridge - 6:30pm <i>Partner Required</i>	

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 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

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