

# 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



**September 2014**

Find the Tidelines newsletter on our website at [www.beaconcs.ca](http://www.beaconcs.ca)

### BOUQUETS

A very big thank you to our Summer Student, Carmen Craig, who returns to her studies at the University of Victoria. Carmen was a valuable addition to our team during the summer, especially with various staff holiday shortages. Carmen will be greatly missed, and we wish her all the best as she heads into a bright future.

We extend our appreciation to all those who dropped by the Beacon Community Services booth at the Thursday night Sidney Market. This was the second year that Beacon has been represented at the Market, and we hope this will be an annual feature.

Thank you to both the Independent and Assisted Living Residents at SHOAL for planting and keeping the patio boxes on the Dining Room patio looking so cheerful. It has been an added pleasure for patrons who attended the summer BBQ lunches.

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### Coming Events

#### Acupuncture and Reiki – How do they work, and what diseases can they treat?

**Date:** Monday, September 15      **Time:** 1:30 pm

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

Join Andrea Kehler, Registered Acupuncturist, Reiki Master, and Certified Fitness Instructor for an hour of information and education about these interesting forms of holistic medicine. Andrea will explore the many health benefits of both forms of treatment. Find out how these therapies work and if they are right for you! Demonstration to follow. Please call to register.

#### Active Aging Week Special - Prostate Health

**Date:** Wednesday, September 24      **Time:** 10:30am – noon

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

As men age, they often develop prostate problems. Join Bob Chambers, RN Resource Nurse from The Prostate Centre in Victoria, for this informative presentation followed by a question and answer period.

#### Annual Active Aging Open House

**Date:** Saturday, September 27      **Time:** 10am – 2pm      **Cost:** Free

Each year we host this Saturday event to finish Active Aging Week. Once again, we hope you will join us at the Activity Centre for demonstrations, information booths, refreshments, and tours of the Activity Centre. Door prizes are available in all of the Activity departments, and our Bridge Instructor will be on hand to answer questions about drop-ins and courses. Our Computer Lab Volunteers will be in the Lab as well, so drop by and say hello. **First time members may purchase their first membership for half price on this day only. That's just \$23 for an entire year!** See more on page 7.

#### White Cane Club

SHOAL Activity Centre, in conjunction with the Access Awareness Committee, will be holding an information session on Thursday, October 2, 1:30pm at SHOAL, for those interested in reviving a White Cane Club on the Peninsula. The intent of the club is to provide education and support to anyone with visual impairments such as macular degeneration, legal blindness, low vision, and other related conditions. The meeting will help to decide if there is enough interest to start the Club, which would meet at SHOAL on a monthly basis. Please call to register if you plan to attend this meeting.



## From the Director's Desk

**Glenys Cavers, Director of Thrift Shops and SHOAL Centre**

Phone: 250-656-5537 ext. 102

E-mail: gcavers@beaconcs.ca

As you know, I have been the Acting Director of the SHOAL Centre in addition to Director of Thrift Shops since October 2013, with the mandate of facilitating a time of transition at SHOAL, due to the retirements of Judy Wiggins and Kathy Mason. In the past nine months we have redefined the job descriptions of the staff at SHOAL, including the creation of the Direct Volunteer Services position (Deb Greenaway), and the hiring of a new Volunteer Coordinator (Sara Lawton), for all of Beacon Community Services Volunteers. We are now able to support over 930 Beacon clients, 700 Activity Centre members, 160 Youth Employment students, and 560 Beacon Volunteers more effectively.

I will be continuing in my role as Director of Thrift Shops and SHOAL Centre. To this end, we will be hiring an additional staff member to support the members and volunteers at the SHOAL Activity Centre. My office will be at the SHOAL Centre; however, I will continue to oversee the Thrift Shops as well. I will be dropping in to each Thrift Shop regularly and will continue to be in constant communication with all Thrift Shop Managers.

As has always been the case, my door will be open to all SHOAL members, residents, and BCS volunteers. Please feel free to call me or email me at any time.

I would like to thank all staff and volunteers at the Thrift Shops and SHOAL Centre for their support and dedication during this time of transition. I feel very privileged to be working alongside such amazing people.

## Notices

### Labour Day Holiday Hours

The last holiday before Thanksgiving! Please note that the Activity Centre, Volunteer Services, Youth Employment Program and Tuck Shop will be closed Saturday, August 31 to Monday, September 1, inclusive. Regular hours will resume Tuesday, September 2.

### BCS Employment Job Fair

The summer comes to a close with the Third Annual Employment Services Job Fair on Tuesday, August 26, from 10am – 2pm in Auditorium A of the Activity Centre. Fifteen employers and organizations are expected to attend. Drop by or tell a friend!

## Farewell to Kolby Koschack

*Our Drop-In Fitness Class participants wish Kolby a fond farewell at his last class. Kolby, a student at Camosun College Exercise and Wellness Diploma Program, taught classes at SHOAL over the summer. We wish him well in his return to school.*





## 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, September 4 – October 23 (8 sessions)

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

Prefer mornings to evenings? Get your day off to a focused start with an energizing yet gentle yoga class for strengthening body, mind and spirit. Instructor Kathleen Fournier.

### Evening Yoga on a Mat

**Date:** Mondays, September 8 – October 27 (8 sessions)

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

With the arrival of autumn, indoor fitness is more popular. This yoga class will help to end your day with both relaxation and energy. Instructor Kathleen Fournier.

### Yoga In A Chair

**Date:** Fridays, September 12 – October 31 (8 sessions)

**Time:** 12:30 – 1:30pm **Cost:** \$90

This is a very popular ongoing class with Certified Yoga Instructor Kathleen Fournier, aids in improved breathing, flexibility and strengthening.

### Fall Prevention Classes (OSTEOFIT)

**Date:** Tuesdays and Thursdays

September 9 – October 16 (12 sessions)

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

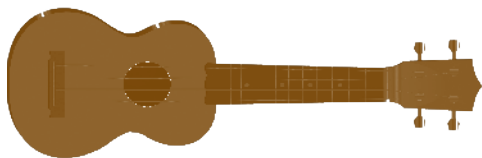
Instructor Corinne Dibert teaches this OSTEOFIT class, consisting of strength, balance and stretching exercises that are safe for both men and women with osteoporosis or who are at risk of falling.

### Ukulele for Beginners

**Date:** Fridays, September 19 – October 24 (6 sessions)

**Time:** 1pm **Cost:** \$95 (Ukulele rental included)

For adult beginners who would like to play ukulele with others, learn chords, strum patterns and songs. Learn to play as an accompaniment to sing popular songs together in a group setting, learn a variety of accompaniment techniques and chords. Focus is on learning songs with an introduction to music fundamentals.



### Introduction to Bridge for the Absolute Beginner

**Date:** Thursdays, September 25 - October 30 (6 weeks)

**Time:** 1- 4pm **Cost:** \$35

Facilitated by Bridge Instructor Helen Mansfield, this course will teach you the basics of the game.

Welcome back **Sidney Wednesday Night Acoustical Jam (SWNAJ) music group**, beginning September 10, every Wednesday from 7 to 9:45pm. Members of SHOAL Activity Centre are free to come listen and the general public are also invited by donation. If you wish to play music with the group, please contact Frank 250-656-7982.

### Pickleball Demo

Want to see how this game is played? Come and check out a demo and try your hand at the bat. Call for details about date and time.

### October Preview

#### Minds In Motion

**Date:** Thursdays, October 9 – November 27 (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.

#### The Next Step – More Serious Bridge

**Date:** Thursdays, October 31 – December 4 (TBC)

**Time:** 1-4pm **Cost:** \$45 (6 weeks)

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

#### Halloween Hot Dog Day!

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

An annual tradition here at SHOAL. Wear a costume and receive a treat. Buy a hot dog with all the trimmings. Yum...who can resist those fried onions!

### An October Evening At The SHOAL - It's a Halloween Party!

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

An evening of good food, musical entertainment and lots of fun. Costumes are optional but there will be a prize for the best costume. As usual, wine will be available by the glass. Purchase tickets in person or by phone. Tickets \$25 on sale September 15, while quantities last.

## Fitness Instructor Profile - Andrea Kehler

Andrea Kehler is a person who appreciates joy. Having spent the last 15 years working as an Occupational Therapist Assistant, and Certified Fitness Instructor, she gained a great deal of knowledge in leading exercise groups, personal training, and rehabilitation. She knows a lot about pain and healing. Staying in touch with joy, even when working through difficult times, is what Andrea encourages her clients and students to do. Most of the people she works with are over 60, and with the challenges that aging brings - to joints, muscles, and just about every part of the body - accessing joy can be just as much of a challenge.



But take one look at Andrea and you can see that joy radiating around her. As the new Fitness Instructor for the SHOAL drop-in classes (Balanced Strength and Stretch n' Strength), she brings a unique blend of skills that assist her to not only feel good in her own life, but also greatly assist those she teaches to find a similar sense of joyful well-being, regardless of their age or fitness level.

At 34, Andrea is also a certified Acupuncturist and offers people a natural alternative to healing what ails them. She decided to add this ancient healing art to her repertoire of skills when she realized that healing goes beyond working a cardio program or training muscles to get stronger. She holds a Reiki Master certification as well, using energy to help people heal (and access joy) at deeper levels.

"I've always been interested in natural healing and self-healing," says Andrea, fascinated by what she has learned tapping into energy as a means of healing. "Life is too short to not live in joy." She is a strong proponent of using creative pursuits to live a joyful life, too. Even from a young age, Andrea discovered she had a creative and entrepreneurial spirit, so after making her way through Medicine Hat College and employment in Saskatoon, SK, she moved to Abbotsford, BC. Living in the west coast city enabled Andrea to stretch her creativity by completing a diploma in Graphic Design, while staying true to her roots and working in physiotherapy.

In her "heart of hearts," Andrea knew she wanted to keep expanding her healing and wellness abilities. She returned to Saskatchewan, working as a Community Health Care Assistant, and kept her creative juices flowing by designing wedding cakes (a successful business she did for three years).

She always set her sights on moving forward with her quest for learning. This explains her move to Victoria, a diploma in Acupuncture & Traditional Chinese Medicine, and a job with Island Health (formerly VIHA) as a Therapy Assistant for 3 years. Now she comes to SHOAL, linking all of that together. When Andrea is not teaching the fitness classes, she will be offering private acupuncture sessions on Saturdays at the Centre. She can be reached at 250-213-8472 or [andkeh@hotmail.com](mailto:andkeh@hotmail.com) if you wish to make a fee-based appointment.

## 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 fourth Monday of each month in Auditorium B. Next meeting is September 22. For more information please call Kelly Ablog-Morant 1-800-665-5864 at BC Lung Association.

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

**Take The Pressure Down** Blood Pressure Clinic will be offered at St. Andrews Church in September. Please check [takethepressuredown.ca](http://takethepressuredown.ca) for other locations on the Peninsula.



## Chef's Corner

**Chef, Karen Taylor**

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

Hello everyone! It's me again. I know you're all very busy with various activities - whether retired, working, or volunteering. So I came up with a couple of easy nutritious meals to prepare. The first is a beef dish done in a slow cooker for a simple end-of-day meal; the second is a one-pan chicken dinner.

### Beef Slow Cooker Dinner

- 1lb chuck or other cut of beef
- 1 onion sliced
- 1 or more cloves of garlic (optional)
- 2 carrots, sliced
- 2 celery stalks, diced
- 1 can stewed tomatoes
- 2 potatoes cut up (diced or chunks)
- 1 pkg. Lipton onion/mushroom soup mix
- 1 tbsp. All Seasoning (or seasoning of your choice)
- 1 tbsp. Worcestershire sauce
- 1 can mushrooms (optional)
- 2 tbsp. flour (for thicker gravy)

Add the onion, garlic carrots, celery to the crockpot. Place meat on top of vegetables. Add the Worcestershire sauce, spices, dry soup mix. Last, pour the stewed tomatoes over the top. Cook this on low heat for 7 hours, then add mushrooms and let it cook for an hour more.

When done, remove the meat and, if a thicker gravy is desired, set crockpot to high and stir in the flour (stir constantly) for a minute or so - dinner is ready!

### Easy Chicken Dinner

- 1 whole chicken, cut into pieces
- 1 bell pepper, cut in rings
- 1 onion, cut into rings
- 3 potatoes cut up like French fries
- Salt and pepper to taste
- 1 can of peas (or one cup frozen or fresh)
- 1 can tomatoes or 2 fresh tomatoes cut up
- Garlic if desired
- 3 tsp olive oil.

Put raw potatoes, raw onion and bell pepper on bottom of pan. Place the chicken pieces on top, then put the tomatoes and peas over the chicken. Cover with aluminum foil and cook about 1 hour. Remove foil and brown for about 15 minutes. Dinner is ready!

I like these easy meals as you only have one dish to wash and you can prepare them ahead of time. September is one of my favourite months - it's still beautiful outside and usually we get that lovely late summer. So take the time to enjoy your life, and enjoy the pleasures of eating!

Chef Karen

## 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.

### Mark Your Calendar!

Come October, we will be hosting a Halloween Evening At The SHOAL

**Thursday, October 30, 5:30pm**

A great buffet dinner with entertainment, and prizes for the best costume. This will be a fun event, so make sure to purchase your ticket (\$25) early. Tickets go on sale Monday, September 15. Buffet menu will appear in the October TideLines.



**See you there!**

Now that the BBQ season is over on our Dining Room patio, it's back indoors for lunches and dinners. The beginning of Fall seems to start with Labour Day weekend and a return to routine activities for young and old. With many registered programs starting again, lots of people will be coming to eat in the Tides at SHOAL Dining Room after fitness classes and morning drop-in activities. Lunch is served 12 - 1:30pm; dinner 4:30 - 6pm. If you have a group of more than 4, why not make a reservation to guarantee seating. Just call the main SHOAL number (250-656-5537) and let the Receptionist know you want a reservation.

### 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**

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E-mail: slawton@beaconcs.ca



**Deb Greenaway, Direct Volunteer Services Coordinator**

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

### YEP was in the news this month!

Peninsula News featured YEP student Mikayla Milne for winning a CIBC Youth Vision Scholarship Award. She has been recognized for volunteering with the Victoria Sexual Assault Centre and Project Respect's Rhizome Youth Social Action Team: [www.yesmeansyes.com](http://www.yesmeansyes.com). Mikayla has been a YEP student since 2013. Way to go Mikayla!

The Thrifty's Community BBQ on June 30th raised \$3750 towards the Lion's Club Food Bank and YEP were part of the reason it was such a success. Photo below.



Did you know that the Sounds of Summer by Peninsula Celebrations couldn't happen without the YEP students, whom work to set up and tear down the band shell each Sunday?

Beacon Community Services wishes to thank all of the Youth Employment Program students who showed up in their bright yellow shirts to help at events over the summer.

*Here is a great shot of the volunteers who worked tirelessly to serve pancakes to hungry families before the Canada day Parade. Photo on the right.*



### Sidney Single Seniors - "A Message from the Colonel"

If you enjoy meeting people, learning about our history, and eating good food, you will want to attend the next special event held by the SSS. This lunch is catered by Jazzaniah Café and will be on August 22nd at Heritage Acres, 7321 Lochside Drive, Saanichton. The meal is free for members and parking is \$3. Col. David Spence and Mrs. Moody will be speaking about how they settled Port Moody many years ago. Come and learn about what Vancouver was like at the time.

Not a member yet? If you are single and 55+, or a caregiver of a loved one who is at home, in hospital, or in a care home. Join this dynamic group of people and you will be able to take part in activities such as morning walks, coffee meetings, bowling, golf, meals out, ferry trips, picnics, and barbeques. Membership is open to men and women.

Next regular monthly meeting will be Wednesday, September 17th, 2:00pm at SHOAL Centre. For more information call 250-656-5537.

### Volunteer Drivers Wanted

Volunteer Drivers needed. If you have an hour or two to spare why not give your neighbour a lift! If you would like more information about this amazing Volunteer Service, drop in to the Volunteer Services office for a chat. Ask for Sara Lawton, or call 250-656-5537.

### Coffee's On!

This is an opportunity for volunteer medical drivers and volunteers that work the drive desk to meet each other and share experiences so if you are a volunteer driver or drive desk coordinator come and enjoy coffee and refreshments with us at the SHOAL Centre on Tuesday, September 2nd.

# Spotlight on Active Aging Week

September 21 - 27, 2014

Initiated by the International Council on Aging, Active Aging Week is an annual health promotion event held each year during the last week of September. The weeklong observance celebrates adults ages 50 and older as fully participating members of society and promotes the benefits of leading an active, healthier lifestyle. It also highlights the ability of older adults to live well, regardless of age or health conditions.



**In 2014, Active Aging Week will promote an adventurous spirit with the theme "Let the adventure begin."**



**In the Spirit of Active Aging Week, let your adventure begin at our  
OPEN HOUSE, Saturday, September 27, 10am - 2pm.**

Experience a stimulating day of activities planned to showcase what we are all about. Come take a tour of the Activity Centre from the basement Woodworking Shop to the main floor Dining Room, and the second floor Card Room. Volunteer Activity leaders will be here to demonstrate many of the arts and crafts, created by members who range from beginners to talented artists.

The cost is free, there will be plenty of door prizes, and lots of fun things to see and do.



**Come Learn, Create and Play with us!**

## 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, beginning September 10. 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. Groups begin in September.

## 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 Table Tennis - 11:30am	Balanced Strength - 9am Table Tennis - 9:30am Stretch & Strength - 10:15am	Carving - 8:30am Silversmithing and Lapidary - 9am Chair Fit - 11:30am	Balanced Strength - 9am Table Tennis - 9:30am Ceramics - 10am Stretch & Strength - 10:15am	OPEN HOUSE Saturday, September 27 10am - 2pm
Cribbage - 1pm Be Well Clinic - 1pm Mah Jong - 1pm Better Breathers - 1:30 <i>4th Monday</i>	Crafts - 1pm Pacific Palettes - 1pm <i>(by referral only)</i> Duplicate Bridge - 1pm	Weaving - 1pm Contract Bridge - 1pm <i>Foursome Required</i>	Games & Social - 1:00pm <i>1st &amp; 3rd Thursdays</i> Practice Bridge - 1 - 4pm	Ceramics - 1pm Computer Club - 1pm Knitting - 1pm Progressive Contract Bridge - 1pm. <i>Singles Welcome</i>	Duplicate Bridge - 1pm <i>(Sundays)</i> <i>Partner Required</i>
Contract Bridge - 6:30pm <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-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.