

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

April 2015

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

Bouquets

A special thank you to volunteers Doreen Dupuis, Joanne Olson and Angela Cuscianna, who helped set tables, deliver food, and clear plates at our 10th Birthday bash. Their help was invaluable. We also appreciate those who purchased tickets for our milestone celebration.

Generous thanks is extended to the Peninsula News Review for their coverage of SHOAL Centre in the March 13 edition, as part of our 10th Birthday Celebration. We have always appreciated the amount of support offered to the Centre by our local newspaper.

Once again, we thank the members of the Crafts/Knitting/Weaving departments for another successful mini Spring/Easter Fair. Their beautifully hand-crafted items are both delightful and practical.

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Coming Events

National Volunteer Week

The week of April 12 to 18 honours all those who give of their time and talents to voluntarily help others. SHOAL Centre and Beacon Community Services extends a huge thank you to the hundreds of volunteers who work tirelessly on behalf of our organization to improve the lives of people around them. Here at SHOAL, we pay special tribute to the volunteers who participate in the Medical Drive Program, the Tuck Shop, the Reception Desk, and all the programs that would not operate without the help of Volunteer Activity Leaders. Our hats off to you!

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 nutrition. This topic will focus on the effect that grains, such as wheat, have on brain 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 250-656-5537 to register.

Eagle Heights Africa Fundraising Dinner

SHOAL is pleased to host a fundraising event by Eagle Heights Africa (EHA) on Saturday, April 18, 6pm to 10pm. This Sidney-based charity – which matches local benefactors with Kenyan students to help them obtain an education – is offering an inspired evening of food, entertainment and African Market. Tickets are \$45.00 and available at Tanner's Books or by calling Bill at 250-889-4103. Buffet Dinner, Bar (cash only).

*Happy Easter from the
staff, volunteers,
members and residents
of the SHOAL 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

April is the month each year that we celebrate our Beacon Community Services volunteers with our annual Volunteer Appreciation Luncheon. Currently, we have over 550 Beacon volunteers giving their time and talents to help people throughout the CRD. Beacon Community Services was founded over 40 years ago by volunteers wanting to make a difference in people's lives on the Saanich Peninsula. Volunteers continue to be the heart of Beacon Community Services today by contributing over 60,000 hours a year!

The SHOAL Centre benefits from our active volunteer crew who welcome and assist people at reception, sell coffee at the Tuck Shop, file income tax, perform data entry, answer phones, help out at special events, lead activities, visit shut ins, arrange medical drives, issue disability parking passes, stuff envelopes and much more. Every day volunteers help to make the SHOAL Centre a vibrant and welcoming place. Please join me in thanking all of our wonderful BCS volunteers in April as we celebrate National Volunteer Week April 12-18!

Notices

Holiday Hours at the Centre

With the Easter long weekend approaching, the Centre will be closed from Friday, April 3 to Monday, April 6 inclusive. Regular hours will resume on Tuesday, April 7 at 8:30am.

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, Wednesdays and Thursdays from 9am to noon; 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.

SHOAL's Table Tennis Tournament a Success

SHOAL Centre's first Table Tennis Tournament took place Monday, March 2, with a great crowd and happy winners. The Queen of the Tournament was Barbara Watson from the SHOAL Activity Centre and King of the Tournament was Ken Osborne from the Monterey Club. Everyone had at least one win, and all had a lot of fun. We hope this will be the beginning of many tournaments at SHOAL. Thank you to the members who attend the Competitive Play Drop-in on Monday and Friday afternoons, 12 – 3pm, and for organizing this entertaining event.





News from the Activity Office

Anna Hudson, Activities and Rental Coordinator

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

We wish Andrea Kehler, Fitness Instructor, a fond farewell as she relocates to Saskatchewan and welcome Chad Savin who now fills that position.

Fall Prevention for Men and Women - OSTEOFIT

Date: Tuesdays and Thursdays, April 9 - May 19 (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 of BC 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.

Advanced Care Planning

Date: Wednesday, April 22
Time: 10am - 12pm
Cost: Members - Free; Non-members - \$3.25

Join an Advance Care Planner from Island Health (formerly VIHA) 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? Please call to register.

Family Caregivers Network Society

The Family Caregivers Network Society (FCNS) is looking for a new volunteer to take over facilitating our Sidney Family Caregiver Support Group which runs the 3rd Tuesday of each month from 10am - noon at the SHOAL Centre. Family caregiving experience or knowledge of family caregiver issues and concerns is required and previous support group experience is an asset. Additional information is available on the FCNS website at www.fcns-caregiving.org.

May Preview

Swap 'n Shop

Date: Tuesday, May 5
Time: 12:30 - 2:30pm **Cost:** Free

Proceeds from this spring sale go to purchase flowers by SHOAL residents for the flower boxes on the outdoor Dining Room patio.

Holistic Nutrition Series – Part 3 Organics: Which Foods and Why

Date: Wednesday, May 6
Time: 1:30 - 3pm
Cost: Members - Free; Non-members - \$3.25

This is the third in a nine part series presented by Angela Cuscianna, RHN, on holistic health. This session will focus on organic food – a hot topic in the food and grocery industry. People can attend any or all of the nine seminars, to be held on the first Wednesday of each month. Please call to register.

Minds in Motion

Date: Thursdays, May 7 - June 25
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.

Yoga Classes

Morning Yoga on a Mat: Thursdays, May 7 - June 25, 9 - 10am
Yoga in a Chair: Fridays, May 15 - July 3, 12:30 - 1:30pm
Evening Yoga on a Mat: Mondays, May 25 - July 13, 5 - 6pm
All registered yoga classes now offer a drop-in option of \$12 per class. Please check in at the reception desk before attending the class if you are a drop-in.

Song Circle

Date: Fridays, May 8 - June 12 (6 sessions)
Time: 2 - 3:30pm **Cost:** \$60 or \$12 Drop-in
The Song Circle at the Activity Centre continues. All voices and musicians are welcome to the community song circle, mentored by Jewel Spooner of the "Getting Higher Choir". No musical experience is necessary as Jewel teaches by ear, focusing on songs of inspiration from around the globe. For more information, call Jewel at 250-656-1047.

Speaker Series: Bone Health

Date: Friday, May 15
Time: 10am - 12pm
Cost: Members - Free; Non-members - \$3.25

This series is presented in conjunction with St. Paul's United Church in Sidney. Please call to register.

Meet the Youth Employment Program (YEP) Job Coaches

What is a youth Job Coach? They are volunteers who visit clients that have requested to have a student do some work at their homes. The Job Coach will assess the job and the job site for safety and appropriateness of the work. They will also coach the client who is hiring the student(s) in order to ensure that the experience is a positive one for all. The Youth Employment Program offers services to the community, such as gardening, housework, computer tutoring and more. We are grateful to the youth Job Coaches – this program would not be possible without them.



David Lovett has been a volunteer at Beacon since 2003. He is a medical driver as well as a youth job coach.



Donna Williams recently became a volunteer job coach and medical driver.



Mike Parfitt has been a medical driver since 2013 and recently became a youth job coach.

The Youth Job Fair - February 20

The Youth Job Fair was held on February 20 with 23 business and organizations in attendance, and over 160 students participating. The room was buzzing with activity! It was truly exciting to see the youth dressed for success, ready to impress their potential new bosses and co-workers. They were so eager, many were waiting at the door long before the event began! The event was organized by the Youth Employment Program Job Fair Committee which was made up of seven students from Parklands and Stelly's High School. They worked hard planning this event and, thanks to them, it was a huge success.



Volunteer Services & YEP Coordinator Sara Lawton (right) with members of the organizing committee.



Youth helping each other fill out job applications at the Job Fair.

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. The next meeting is April 27. For information please call Kelly Ablog-Marrant 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 April 21.

Take The Pressure Down Blood Pressure Clinic is offered in the community at various locations. 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, April 2 from 1:30 - 3pm. We hope to have a presentation by the BC Guide Dog Services, with one of the dogs-in-training present for demonstration.



Chef's Corner

Chef, Karen Taylor

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

Easter is already upon us! Just about everyone celebrates this holiday in lots of different traditions, whether religious or secular. When I was growing up my sister and I always got a new frock (that's a dress, for you Canadians) and a new pair of shiny patent leather shoes. They looked pretty but were they ever slippery when it rained.

We also rolled hard boiled eggs down Tunstall Hill in England and it was a race to see whose egg reached the bottom of the hill before it was scrambled. There was always a wooden cross erected on the top of the hill, and a service was held on Easter Sunday.

Traditionally, a ham is usually served for mid-day dinner on Easter Sunday after the chocolate Easter egg hunt. My kids are grown up but they are fiercely competitive when the egg hunt is on.

I am giving you all an easy Easter ham to help make your Easter celebration a delicious one.

Easter Ham

- 12-16 lb fully cooked whole ham, bone-in
- 1 20 oz. can of crushed pineapple
- ½ cup apple jelly
- 2 tbsps. lemon juice
- 1 tbsp. cornstarch
- ½ tsp ground cinnamon
- ½ tsp ground cloves

Put all ingredients, except the ham, in a saucepan. Stir until cornstarch dissolves. Bring mixture to a boil. Reduce heat and simmer for about 1 minute.

Place ham in a Reynolds oven cooking bag. Pour sauce over ham in the bag. Bake for about 2 ½ to 3 ¼ hours at 325F, or to an internal temperature on a meat thermometer of 140F.

(Bag may darken as the ham cooks but this is normal – it is not burning)

Serve with your choice of potatoes and vegetables. Add some warmed up rolls, too!

- 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!

The Tides at SHOAL Dining Room

Easter Sunday Dinner

April 5, 4:30 - 6pm

Roast Turkey
(with gravy and cranberry sauce)

Creamy Mashed Potatoes

Glazed Dill Carrots

Minted Peas

Spring Lemon Cake



Reservations accepted: 250-656-5537
Regular prices apply.

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.

Easter goodies on the way...

Celebrate spring and Easter with some yummy treats from our Tuck Shop. Chef Karen has prepared delightful cookies for purchase individually or by the bag, for the week leading up to the long weekend – Monday, March 30 to Thursday, April 2.



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.

“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, April 7**. Hope to see you there!

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 single and want to start socializing more, the “Sidney Single Seniors 55+” group may be right for you. There are numerous activities, including bowling, meals at local restaurants, morning walks and bus trips. Annual membership is only \$15.

Please feel free to drop in at one of the meetings, or attend one of the monthly lunches or dinners to decide if you’d like to join.

The next regular meeting will be Wednesday, April 15 at 2pm in Auditorium B, SHOAL Centre. Guest speaker to be announced. The next meal out will be dinner at “Theo’s Place” on Thursday, April 23 at 5pm.

For more information call Gillian Else at 250-656-3971.

Mark Your Calendars!

Volunteer Appreciation Luncheon Friday, April 10 – 12 noon

**SHOAL Activity Centre
10030 Resthaven Drive, Sidney
RSVP by April 2**

**Email: slawton@beaconcs.ca
Phone: 250-656-5537**

(due to space limitations, no guests please)

Join us in celebrating our amazing volunteers and help us kick off National Volunteer Week, April 12 - 18. Volunteers are part of the ripple effect – a volunteer action is like a stone thrown on a lake.

Like ripples, volunteer efforts reach out far and wide to improve communities.

Undeniably, Volunteers Rock!



Spotlight On: *The SHOAL Centre Celebrates 10 Years*

SHOAL Centre celebrated its 10th Birthday on Tuesday, March 10 with a great lunch-time party. Close to 120 special guests, members, volunteers, and staff enjoyed a wonderful buffet lunch, with great door prizes, delicious birthday cake, and entertaining music by Bill Kent and Craig Henderson. Below are some of the photos captured by our volunteer photographer, Bob Orchard.

Since the Centre was taken over by Beacon Community Services in 2007, it has transformed into a vibrant hub in the Sidney community. Membership has risen from 200 to 900, and services from drop-in activities to rentals and catering have increased. Come join us for the next 10 years – learn, create, and play with Sidney Healthy Options for Active Living (SHOAL)!



From left: Beacon Community Services Board members Joan Axford, Sue Wilson and Bryan Waller, with Sidney Mayor Steve Price and Beacon CEO Bob Boulter, cut the birthday cake for everyone to enjoy.



Chef Karen served up a delicious buffet lunch of lasagna, cheesy biscuits, and fresh salad to a hungry crowd during the birthday party.



It was a full house as close to 120 people came out to celebrate!

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 3rd Tuesday 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) Partner Required
Cribbage - 1pm Be Well Clinic - 1pm Mah Jong - 1pm Better Breathers - 4th Monday Competitive Play Table Tennis - 12 noon - 3pm	Crafts - 1pm Duplicate Bridge - 1pm Pacific Palettes - 1pm (by referral only) Table Tennis - 1pm	Weaving - 1pm Contract Bridge - 1pm Foursome Required SHOAL Portrait Painters - 1pm Sidney Single Seniors - 2pm (3rd Wednesday)	Pickleball - 1:00pm Games & Social - 1:00pm Practice Bridge - 1 - 4pm White Cane Club - 1:30 - 3pm (1st Thursday)	Ceramics - 1pm Computer Club - 1pm Knitting - 1pm Progressive Contract Bridge - 1pm. Singles Welcome Competitive Play Table Tennis - 12 noon - 3pm	Duplicate Bridge - 6:30pm Partner Required
Contract Bridge - 6:00pm Singles Welcome	Duplicate Bridge - 6:30pm Partner Required SWNAJ Music Group - 7pm				

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.