

TideLines

News from SHOAL Centre



10030 Resthaven Drive, Sidney, BC V8L 3G4
Monday – Friday: 8:30am – 9:30pm; Saturday: 8:30am - 4pm
Phone: 250-656-5537 Web: www.beaconcs.ca

April 2016

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

Thank You...

... to all those who helped make our Easter/Spring mini craft fair another success. The Crafts and Knitting members, headed up by Chris Moore and Tish Williams, do outstanding creative work for the Centre, and their contributions are deeply appreciated.

... to everyone who has donated materials recently to Crafts and Knitting – many of you are anonymous so we haven't been able to thank you personally, but we want you to know we appreciate your thoughtfulness. We will make good use of all the items you have sent our way.

...to those who continue to donate jigsaw puzzles for our Lobby puzzle table. We are always on the lookout for puzzles that are 500 pieces – just drop off at reception if you have a donation.

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Mark Your Calendars

National Volunteer Week – Open House

As part of National Volunteer Week, April 10 - 16, Beacon Community Services wishes to honour all our volunteers who give of their time and talents to improve the lives of others. While the term "thank you" is two small words, the meaning is large and exceedingly heartfelt when it comes to expressing appreciation for the hundreds of volunteers who work tirelessly on behalf our organization. As part of celebrating volunteerism, Beacon will host an Open House, Tuesday, April 12, 4 to 7pm, to inform the community about the many volunteer opportunities available through our organization. Please drop by, enjoy free light refreshments, and help us celebrate National Volunteer Week.

Chamber Music Moment

Date: Tuesday, April 12 **Time:** 1:30 - 2:15pm **Cost:** Free admission
Join Laura Backstrom, chamber music musician, for this informative musical presentation to learn a bit about this beautiful style of music. This is a free event that SHOAL is offering to the community during April. Please call 250-656-5537 to let us know that you will attend. Laura is part of Eine Kleine Summer Music, presenting chamber music concerts in the casual rural setting of the Saanich Peninsula, June 4 through July 3.

CanAssist

Date: Monday, April 18 **Time:** 1:30 - 2:30pm
Cost: Members - Free; Non-Members - By donation to SHOAL
Have you heard about the University of Victoria's CanAssist program? The service is dedicated to helping people with disabilities improve their quality of life, with a focus on promoting independence and inclusion. As part of Access Awareness in Sidney, SHOAL is pleased to offer this presentation to the public, and those who may benefit from learning about this resource.

Vital Signs of Your Community

Date: Tuesday, April 26 **Time:** 1:30 - 2:30pm
Cost: Members - Free; Non-Members - \$3.25
Come learn about Victoria's Vital Signs report and our community. This annual report is a community check-up that evaluates the Capital Region as a place to live, learn, work and grow. It measures the health of our city and assigns grades in a number of areas that are critical to Victoria's vitality. Victoria Foundation CEO Sandra Richardson will discuss the findings in the 10th annual report, and will answer your questions. Please call to register.



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 a very special month at SHOAL Centre as we celebrate National Volunteer Week with our Volunteer Appreciation luncheon on April 15. Beacon Community Services was founded by volunteers 42 years ago and has grown into one of the largest not-for-profit organizations in BC with over 1,200 staff, 500 volunteers and nearly 10,000 clients. I would like to thank all of our Beacon volunteers who help people and improve lives throughout the CRD every day.

SHOAL Centre has many volunteers who donate their time and talents to make it a friendly active place for the community. Volunteer positions at SHOAL include activity leaders, reception, Tuck Shop, drive desk, income tax, office work, special events, Youth Employment Program, assisted living, friendly visiting and much more. Please join me in an extra special thank you to all of our volunteers this month who contribute to making SHOAL Centre a wonderful, welcoming, and active part of our community.

Notices

We Are Now on Screen!

SHOAL has installed a large TV monitor in the lobby, near the public elevator, to help our patrons see what's being offered at the Centre each month. While enjoying a coffee at the Tuck Shop, look up and discover what's happening – we are a busy, busy place!

Table Tennis Tournament

On April 6, SHOAL Centre's Competitive Table Tennis will host its annual Spring Competition with the Monterey Club. This is a friendly, fun competition culminating in a 'King' and 'Queen' of the Tournament being crowned. Watch for winners in the May newsletter.

Chronic Pain Self-Management Program

The University of Victoria, Centre on Aging, will be offering this program at SHOAL, Tuesday evenings, 6 - 8:30pm, April 5 to May 10, in the second floor Computer Lab Board Room. Registration is required, and can be made through the University by calling 1-866-902-3767. The program is free and provides tools to better manage chronic pain conditions.

Coming in May – Annual Swap n' Shop

On Tuesday, May 3, 12:30 - 2:30pm, the residents of both Assisted Living and Independent Living at SHOAL join forces to offer their yearly garage-style sale to raise funds for the purchase of flowering plants for the boxes on our outdoor Dining Room patio. Lots of great bargains at a steal, so don't miss this one!

Private Suite Availability at Brentwood House

Brentwood House is a seventeen bed licensed dementia care facility operated by Beacon Community Services. Award-winning Brentwood House's 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, Deb Carney, for information about availability by email at dcarney@beaconcs.ca, or call 250-589-3354. Volunteers are always needed at our Dementia care facilities. If you are interested in volunteering, please contact Sara Lawton at slawton@beaconcs.ca or 250-656-5537.

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 scone or cookie on your birthday



News from the Activity Office

Anna Hudson, Activities and Rental Coordinator

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

Call to Register for these Courses

Arts & Alzheimer's

Date: Every Wednesday

Time: 1:30 - 3:30pm

Cost: Suggested \$10 donation per class

This art and music participation program is offered by the Alzheimer Foundation for seniors 65+ with dementia living at home with their caregivers, and engages participants with art, music, singing, movement, drama, theatre and performing arts. Call to register. Space is limited.

Tai Chi Qi Gong

Date: Tuesdays, April 5 - May 17 (no class May 3)

Time: 10 - 11am

Cost: \$68 (6 weeks)

Instructor Brenda Davie teaches movements that improve balance, increase strength and flexibility, and promote concentration. Beginners and ongoing participants are welcome.

Fall Prevention for Men and Women

Date: Tuesdays and Thursdays, April 5 - May 12 (12 sessions)

Time: 10 - 11am

Cost: \$95

Instructor Corinne Dibert heads up this 6 week special program for those at risk of falling.

Drop-Ins to Note

Buddhist Meditation

Date: Mondays

Time: 6:30 - 7:45pm

Cost: \$10.50/class

Evening Yoga

Date: Mondays

Time: 6-7pm

Cost: \$12/class

Tai Chi Qi Gong

Date: Tuesdays

Time: 10 - 11am

Cost: \$12/class

Morning Yoga

Date: Thursdays

Time: 9 - 10am

Cost: \$12/class

Karaoke

Date: Thursday, April 21

Time: 7 - 8pm

Cost: Members - Free; Non-members - \$2

SHOAL Song Circle

Date: Fridays (no class April 15)

Time: 2 - 3:30pm

Cost: \$6/class

Yoga in a Chair

Date: Fridays (no class April 15)

Time: 12:30 - 1:30pm

Cost: \$12/class

Movie Nights

Date: Friday, April 1 and Friday, April 15

Time: 7pm

Cost: Members - Free; Non-members - \$2

Popcorn and pop available for \$1 each, Auditorium A.

SHOAL Portrait Painters are always searching for models for their Wednesday afternoon drop-in painting sessions, 1- 4pm. You will receive the choice of one of the paintings/drawings of your portrait in appreciation for your willingness to sit as a model. Contact Angela Montanti at angela8montanti@yahoo.ca or Odette Laroche at info@odettelarochear.com.

Check out the back page for all our regular drop-ins, from Table Tennis to Bridge games.

Health and Wellness Seminars

Nutrition Discussions with Angela Cuscianna: Inflammation

Date: Wednesday, April 6

Time: 1:30 - 3pm

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

Foods that promote and aggravate inflammation. Call to register.

Hypnotherapy – Mind and Body Healing

Date: Thursday, April 14

Time: 10:30am - 12pm

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

Julia Anderson, Clinical Counselling Hypnotherapist, specializes in helping people use the power of their minds to change how they feel, think or act. Come find out more. Call to register.

Exercising Control Over Arthritis

Date: Thursday, April 21

Time: 1:30 - 3pm

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

The Arthritis Society presents this workshop to teach the benefits of staying active and some options to keep you moving. Call to register.

4-Part Series on Brain Plasticity

Coming in May, Fridays at 10am, with Marilynne Gray presenting how the brain reacts to falls, strokes, pain, and stress.

Award Winning Volunteer Visitors

Beacon Community Services Volunteer Visitors were the recipient of a Hearts of the Community Award for Excellence in Volunteer Service in February. The program has been in place and served the community for over 25 years. The current group of visitors are representative of hundreds of volunteers and thousands of hours of friendly visits over the years. Visits can be at home having a cup of tea and chatting, helping a client with grocery shopping, rides out in the car or simply lending an ear. Thank you Volunteer Visitors for all you do to brighten someone's day! If you are interested in becoming a Volunteer Visitor, contact Sara Lawton at slawton@beaconcs.ca, or 250-656-5537.



Volunteer Visitors with their Hearts of the Community Award (clockwise from top left): Sandra, Judy, Shelby, Patricia, Sally, Louise, Mary-Anne

Here's what some of our clients say:

"Having a volunteer visitor means everything to me, just everything. We've become really good friends."

"She came along at just the right time. We go on little trips, we laugh and talk and sing a lot!"

"Oh my goodness, I feel like I have known my visitor for years. We talk about so much, they are such a good friend to me."

Some comments from our Volunteer Visitors:

"I have met some remarkable people in my time as a volunteer. I get far more than I give."

"The reason I love volunteering is because I learn so much from the folks I interact with. They bring me joy and I love all the stories of each individual person."

"We enjoy numerous walks along the seawall and picnic lunches. What a pleasure it is to give back. Volunteering is a very rewarding social duty."

"I think volunteering makes such a difference to people who need a bit of company, having someone who has time to sit and listen."



Client Judy, left, enjoys spending time with Volunteer Visitor Jackie

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 Monday, April 25, 1:30 - 3pm. 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 meeting is on Tuesday, April 19.

White Cane Club meets at SHOAL for those with vision impairment, on the first Thursday of each month. The next meeting is Thursday, April 7, 1:30 - 3pm. Guest speaker is Don Jones, Lions Club, talking about iPhones for people with low vision. Suggested donation of \$2 towards refreshments.



Chef's Corner

Chef, Karen Taylor

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

The *Tides* at SHOAL Dining Room has a new look! Last month we started phase one of refurbishing the Dining Room, replacing all the old tables and chairs with brand new ones. The look is more updated and open, and we have been receiving good feedback about the change. Sixty chairs and 15 tables arrived March 1, and that morning the transformation was complete. Funding for the project came from a large donation made to SHOAL last year from the Saanich Fruit Growers Association. Phase two will involve replacing the outdated light fixtures, hopefully later this year, and phase three will complete the project with replacement of the floor covering (also later this year).



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 cookie or scone 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!

St. George's Day – English Dinner

April 23 – 4:30 - 6pm

Tides at SHOAL Dining Room

Steak and Kidney Pie with English Chips

Or

Bangers and Mash with Mushy Peas

Apple Pie and Ice Cream

Reservations Accepted

Call 250-656-5537

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	\$10.00	\$135	\$255
Small Portion Lunch	\$7.00	\$101.25	\$202.50
Full Dinner	\$15.00	\$202.50	\$375
Small Portion Dinner	\$10.00	\$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.

Spring Fling Special at the Tuck Shop

SHOAL Food Services attempts to offer a once-a-month special at the Tuck Shop.

On Friday, April 29, cook Heather Graham will dish up some of her delicious home-made macaroons – moist and chewy treats you won't be able to resist, and they're only \$0.75 each!

Stop by before they sell out!



Volunteer & YEP News

Sara Lawton, Volunteer Services & YEP Coordinator

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Deb Greenaway, Direct Volunteer Services Coordinator

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E-mail: dgreenaway@beaconcs.ca

Volunteers News

National Volunteer Week (NVW) takes place April 10-16, 2016. Volunteers nourish our lives with their energy, skills and talents. Through volunteering people also become rooted in their communities, connecting to the people and places where they live. National Volunteer Week is a time to express gratitude for what volunteers and volunteering does for all of us.

At Beacon Community Services, we are celebrating the efforts of all our organization's volunteers by hosting a Volunteer Recognition Lunch, Friday, April 15, 12pm at SHOAL Centre (see the invitation on the right).

Please RSVP by April 8 by emailing Sara Lawton at slawton@beaconcs.ca, or by phone at 250-656-5537.

YEP News

In celebration of National Volunteer Week, we would like to recognize the 157 students who have given their time to countless community events, festivals and markets throughout the year. The YEP students donate their energy and enthusiasm to help plan and set up events, serve food, provide children's activities, supervise games and much more. We could not do it without these dedicated students!

Need Help Around the House? Hire a YEP Student!

YEP provides clients with quick and affordable help around their homes or businesses, and assists seniors who are physically limited or financially compromised. On-call, paid work experience is available in a variety of fields, including yard maintenance, painting, carpentry, computers, household technology, clerical tasks, indoor cleaning, pet care, babysitting and more. Contact Sara Lawton by email at slawton@beaconcs.ca, or by phone at 250-656-5537, to learn more.

Welcome New Volunteers

Jenece Place: Shirley Reimer

SHOAL Tuck Shop: Carell Selfe

SHOAL Activities: Michael Warman

"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 5**. Hope to see you there!

Beacon Community Services
Beacon Community Services
Cordially Invites you to our
Beacon Volunteer Appreciation Luncheon
Friday, April 15, 2016
SHOAL Centre
12:00 pm
10030 Resthaven Drive, Sidney
Phone: 250-656-5537
For Beacon Volunteers Only
Due to space limitations, no guests please
Volunteers are the roots of strong communities

Sidney Single Seniors 55+

Are you 55 or older and single (or a caregiver of a partner who is housebound in long-term care)? Would you like to start socializing more? The Sidney Single Seniors 55+ might be the perfect fit for you.

There are numerous activities including regular coffee meetings, bowling, golfing/putting, meals at local restaurants, ferry trips, morning walks, picnics and bus trips up Island. Annual membership is \$15.

The next regular meeting will be Wednesday, April 20 at 2pm in Auditorium B at SHOAL Centre – guest speaker is Sheila Protz, who will share her experiences travelling around South America. Our next luncheon will be on Wednesday, April 27 at 12pm at the Surly Mermaid, 9891 Seaport Place in Sidney.

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

Spotlight On: Earth Day 2016

This year marks the 25th anniversary of Earth Day! Celebrated every year on April 22, Earth Day is the largest environmental event in the world. According to the Earth Day Canada's website, more than six million Canadians – including nearly every school-aged child – participate in an Earth Day activity in their communities.

Founded in 1990, the Earth Day Canada organization is a national environmental charity, offering free, year-round, award-winning programs to educate and inspire Canadians of all ages, backgrounds and sectors to reach local environmental solutions. Their mission is to foster and celebrate environmental respect, action and behavior change that lessens our impact on the earth.

In keeping with the Earth Day mandate, Beacon Community Services has been steadily increasing its environmental responsibility over many years, from recycling paper, plastic and metal at our various facilities throughout the CRD region, to using environmentally-friendly cleaning products and practices. Energy improvements at Beacon's Wakefield Manor and Marguerite Court not only helped the environment, but also lowered hydro costs which helped keep rents stable for low-income tenants. More recently, Beacon undertook the next phase and began a food waste management program.

Beacon Community Services contracted Waste Management Canada to assess our waste streams and develop the right recycling and disposal solution for its various locations. Here at SHOAL, food preparation and delivery is essential to not only the buildings' residents, but also to the operation of our public Dining Room and Catering service. With lunch and dinner service seven days a week, numerous catered functions, and a busy Tuck Shop operating Monday to Friday, there are lots of food scraps that formerly found their way into the trash. Now, through Waste Management, they are picked up and composted.



At SHOAL, we have several small bins that are emptied daily into the large bin in the kitchen, rinsed and ready for use each day. If you frequent our Tuck Shop, you will see one on the floor beside the regular waste basket, ready to hold disposed tea bags, muffin papers, napkins, and food crumbs. No plastic is to go into these bins and it is a challenge to have customers not put their used plastic creamers and stir sticks into these small bins.

So next time you are at SHOAL Centre and enjoying a snack at the Tuck, please use the wee bin with the green top and help keep food waste out of our landfill. Thank you for helping us in our efforts to be environmentally friendly year-round, and not just on Earth Day!

SHOAL Activity Centre Weekly Drop-In Schedule

Tuck Shop Open: 9am - 3pm; Evenings: 6 - 7pm; Board Games in the Lobby

Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
Billiards - 8:30am - 9pm Woodworking Shop - 8:30am - 9pm Moderate Strength - 8 - 9am Balanced Strength - 9 - 10am Oil/Acrylic Painting - 9am - 12pm Table Tennis - 9:30am - 12:30pm Stretch & Strength - 10:15 - 11:15am Weaving - 10am - 12pm Competitive Play Table Tennis - 12 - 3pm Cribbage - 1 - 4pm Be Well Clinic - 1 - 2pm Mah Jong - 1 - 4pm Better Breathers - 1:30 - 3pm <i>- 4th Monday</i> Evening Yoga (\$12/class) - 6 - 7pm Contract Bridge - 6 - 9:45pm <i>- Singles Welcome</i> Meditation - 6:30 - 7:45pm (\$10.50)	Billiards - 8:30am - 9pm Woodworking Shop - 8:30am - 9pm Faceting and Lapidary - 9am - 12pm Family Caregivers Support Group - 10am - 12pm <i>- 3rd Tuesday</i> Tai Chi (\$12/class) - 10 - 11am Chair Fit - 11:30am - 12:30pm Table Tennis - 1 - 3pm Crafts/Knitting - 1 - 3pm Duplicate Bridge - 1 - 4pm Pacific Palettes - 1 - 4pm <i>- By referral only</i> Table Tennis - 6:30 - 9pm	Billiards - 8:30am - 9pm Woodworking Shop - 8:30am - 9pm Moderate Strength - 8 - 9am Balanced Strength - 9 - 10am Table Tennis - 9:30am - 12pm Stretch & Strength - 10:15 - 11:15am Computer Club - 10:30am - 12pm Clay Works - 11am - 3pm Competitive Play Table Tennis - 12 - 3pm <i>- 1st and 2nd Wednesday</i> Weaving - 1 - 3pm Contract Bridge - 1 - 4pm <i>- Foursome Required</i> SHOAL Portrait Painters - 1 - 4pm Sidney Single Seniors - 2 - 4pm <i>- 3rd Wednesday</i> Duplicate Bridge - 6:15 - 9:45pm <i>- Partner Required</i> SWNAJ Music Group - 7 - 9:45pm	Billiards - 8:30am - 9pm Woodworking Shop - 8:30am - 9pm Carving - 8:30am - 12pm Morning Yoga (\$12/class) - 9 - 10am Silversmithing and Lapidary - 9am - 12pm Chair Fit - 11:30am - 12:30pm Games and Social - 1 - 3pm <i>- 1st and 3rd Thursday</i> Practice Bridge - 1 - 4pm Clay Works - 1 - 4pm Table Tennis - 6:30 - 9pm	Billiards - 8:30am - 9pm Woodworking Shop - 8:30am - 9pm Moderate Strength - 8 - 9am Balanced Strength - 9 - 10am Table Tennis - 9:30am - 12pm Ceramics - 10am - 3pm Stretch & Strength - 10:15 - 11:15am Competitive Play Table Tennis - 12 - 3pm Chair Yoga (\$12/class) - 12:30 - 1:30pm Progressive Contract Bridge - 1 - 4pm <i>- Singles Welcome</i> Computer Club - 1 - 3pm Knitting/Crafts - 1 - 3pm Song Circle (\$6/class) - 2 - 3:30pm Movie Night - 7 - 9pm (see page 3) Duplicate Bridge - 6:30 - 9:45pm <i>- Partner Required</i>	Sunday Duplicate Bridge - 1 - 4pm <i>- Partner Required</i>