

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

February 2016

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

Thank You...

... to all those involved in planning and presenting the Hearts of the Community Awards; and to those who nominated honourees from the community – this event could not take place without you!

... to Glenda Wilkinson who is assisting Don Wilson, our volunteer Woodworking Shop Supervisor; and to those woodworking members who helped in January to get the shop ship-shape for 2016.

... to Vivien Davies, for her many years of volunteering as Table Tennis Activity Leader. Vivien has relocated to Victoria and will be missed by her fellow players and SHOAL staff.

... to those donating jigsaw puzzles for use in our lobby – we are averaging as many as three completed each week, so please keep those donations coming!

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Mark Your Calendars

Hearts of the Community Volunteer Awards

Date: Tuesday, February 23 **Time:** 11am **Cost:** Free **Location:** Mary Winspear Centre
Beacon Community Services and the Peninsula News Review are pleased to host this annual event honouring volunteers who contribute so much to the Saanich Peninsula community. The event features special presentations, live entertainment by Stelly's Secondary School performers, and a complimentary lunch that's catered by SHOAL Food Services, with the help of Parkland Secondary students. Pick up your free tickets today at SHOAL Activity Centre reception, the Peninsula News Review office (103-9830 Second Street), one of our local Thrift Shops, or the Beacon Community Services office at 9860 Third Street.

Fraud and Scam Prevention Seminar

Date: Thursday, February 18 **Time:** 1:30 - 2:30pm
Cost: Member - Free; Non-members - \$3.25

Join Corporal Erin Fraser, Operations Support, Sidney North Saanich RCMP, for this important and informative seminar on identifying and preventing frauds and scams, particularly those targeting seniors. There will be lots of time for questions and answers. Call to register.

BC Family Day

February 8 is a statutory holiday designated for families to enjoy a long weekend during a month that often ends the winter on the west coast. In Sidney, all things LEGO will be the theme, and many local businesses will be involved from Mary Winspear Centre to Shaw Ocean Discovery Centre. Encourage your family to join the fun and participate in these community-inspired events.

2016 Year of the Monkey

The Chinese New Year of the Fire Monkey will start on February 8, 2016 – the second New Moon after the Solstice. The influence of this Red Monkey will bring a lovely, optimistic and progressive year, but also one of unexpected turns, both up and down. Join us for a Chinese New Year dinner, February 8 in the *Tides* at SHOAL Dining Room to help celebrate this annual occasion. Please call to reserve a table if you want to come with a group.

Gung Hay Fat Choy!



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

February is a heart month at SHOAL. You can keep your heart healthy by joining us for fitness classes, yoga, Tai Chi or table tennis. Take in a nutritious meal at the *Tides* at SHOAL Dining Room. We also take this opportunity to recognize the heart of our community – our volunteers at Beacon Community Services and many other organizations who give of their time and talents to help people and improve lives, through the Hearts of the Community Volunteer Awards. Spending quality time with friends is also known to be good for your heart – why not meet at SHOAL for a coffee and scone at our Tuck Shop or arrange a lunch or dinner date at the *Tides* at SHOAL Dining Room?

Please drop by SHOAL Centre and keep your heart healthy in February!

Notices

BC Family Day Holiday Hours

The Activity Centre, Volunteer Services, the Youth Employment Program and the Tuck Shop will be closed Monday, February 8. The *Tides* at SHOAL Dining Room will be open regular hours for lunch and dinner. A special Chinese dinner will be served to celebrate the Chinese New Year.

February is Heart Month

Each February, the Heart and Stroke Foundation launches a national campaign to raise awareness for the prevention of heart disease and stroke. Beacon Community Services encourages everyone to give thought to their heart health this month. Stay fit, eat well, connect with family and friends, volunteer, donate money or goods to causes near and dear to your heart – it will all help maintain a healthy, generous, open and joyful heart.

HeadWay Health Fair 2016

Come visit Beacon Community Services' booth, Saturday, February 27, 10am - 4pm, at Mary Winspear Centre. This Fair is a showcase of helpful fitness, health and wellness information, guest speakers and demonstrations by organizations and businesses dedicated to healthy living. Proceeds support the HeadWay Victoria Epilepsy & Parkinson's Centre. Admission is \$7, and children 12 and under are free.

Legal Clinic

Free legal advice is now available on the first Thursday of every month, 1 - 4pm at SHOAL. Book your free 30-minute appointment in advance by calling 250-656-5537. The service is provided by Gordon W. Benn, Senior Partner of Perlman, Lindholm, Barristers and Solicitors.

Winner of the Winter Moose Raffle

Wendy Swinton was the winner of the Wood Moose Raffle and she named the wood figure "Chris Moose". The moose was a donation from the late Ross McIlvenna, who crafted it in our woodworking shop.

Mini Spring/Easter Craft Fair

An annual event for many years now, the mini fair heralds the arrival of both spring and Easter, and offers lots of hand-crafted delights from our talented Crafts/Knitting/Weaving departments. Mark the date – Friday, March 18, 10am - 2pm in the SHOAL lobby.

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

Tai Chi Qi Gong

Date: Tuesdays, February 23 - March 29

Time: 10 - 11am **Cost:** \$68 (6 weeks) (\$12 drop-in)

Instructor: Brenda Davie. This class will help improve balance, strength and flexibility as the moves are practiced on a regular basis. Beginners and ongoing participants are welcome.

Fall Prevention for Men and Women

Date: Tuesdays and Thursdays, February 23 - March 31 (12 sessions)

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

Instructor: Corinne Dibert. This is a specialized education and exercise program for those who are at risk of falling or being diagnosed with osteoporosis. The class provides safe and gentle exercises by a qualified OSTEOPFIT Instructor. Forms that need to be completed can be picked up when you register.

The Next Step – More Bridge

Date: Thursdays, February 25 - March 31

Time: 1 - 4pm **Cost:** \$45 (8 weeks)

Instructor: Sue Bentley. For those who want to enhance and build on basic skills acquired previously.

Pilates

Date: Mondays, February 29 - April 11 (no class March 28)

Time: 6 - 7 pm **Cost:** \$90 (6 weeks)

Instructor: Chad Savin. A specialized training program to help participants improve coordination, agility, endurance, alignment and all aspects of physical fitness.

Note: Chad also teaches a fitness class at SHOAL, Mondays and Wednesdays, 8 - 9am, for those people with a good level of fitness who want to up their game. Regular fitness class drop-in prices apply.

Writing Workshops: Writing Tips from Start to Finish

Date: Monday, February 29 and March 7

Time: 6:30 - 9:30pm **Cost:** \$95 (both workshops included)

Instructor: William Gray. These two workshops will take participants through a series of questions and exercises to determine everything from writing style to overcoming barriers. Beginners as well as committed writers can benefit.

Acrylic Painting Workshop

Date: Saturday, February 27

Time: 9:30am - 3:30pm **Cost:** \$69 (bring \$12 for materials)

Instructor: Dawn Joy Ritchie. This class offers a fun experience for beginning and experienced artists. Give yourself permission to freely use your imagination and creativity, with no rules to follow as you work with acrylic and canvas. Discover how your creative core springs from within – this class is ideal for those feeling intimidated by painting or think they can only draw a stick men.

Drop-Ins to Note

Yoga with Kathleen Fournier

Date: Thursdays **Time:** 9 - 10am **Cost:** \$12/class

SHOAL Song Circle

Date: Fridays **Time:** 2 - 3:30pm **Cost:** \$6/class

Movie Nights

Date: Friday, February 12 and 26

Time: 7pm **Cost:** Members - Free; Non-members - \$2

Please tell us your movie preference and we'll show if it's available.

Health and Wellness Seminars

Life Without Driving

Date: Monday, February 29 **Time:** 1:30 - 2:30pm

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

Presented by: COSTCO, the Council of Senior Citizens Organizations of BC. The difficult decision to no longer drive has a profound impact on many seniors. This seminar explores the warning signs associated with the need to consider other ways of getting around, including encouraging advanced planning and outlining alternatives to driving. Call to register.

Final Arrangements – Planning Ahead

Date: Wednesday, February 24 **Time:** 10:30 - 11:30am

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

Presented by: Memorial Gardens. Cremation – you might think it's the last decision you have to make. Actually, it's only the first – there are over 80 decisions that you'll need to make about final arrangements. Choosing between cremation or tradition burial is a personal decision. Get the facts to make informed decision now or in the future. Call to register.

Coming in March

Nutrition Discussions with Angela Cuscianna Food Combining: Bad Food Combinations

Date: Wednesday, March 2 **Time:** 1:30 - 3pm

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

Volunteer Profile – Angela Cuscianna



Angela Cuscianna, RHN, is a volunteer who delivers the nutrition seminars that we host at SHOAL Centre each month. This is the story of how Angela found her way to us. She is a great wealth of nutrition information and her seminars are very popular. See page 3 for the next scheduled seminar.

“I came to Canada in 1973 from England where I had spent most of my life in a boarding school. I am one of four children, and have a half brother and sister. I attended Pitmans Secretarial College in England and then worked as a secretary before moving to Scotland for two years. I then emigrated to Canada where I married and had three sons.

I was a stay at home Mum for thirteen years, then returned to work as a secretary/receptionist for a lawyer in Mississauga, Ontario where I lived. I suffered a back injury only three months after returning to work and was unable to work for a year. I then returned to the workforce part time in retail in a store that sold sewing machines, fabric and related products, knitting supplies and provided sewing and knitting classes, both of which I taught for many years.

Over the next twenty years I became full time, then assistant manager, and finally manager at that store. I enjoyed working with people, most of whom were delightful, and the constant movement suited my injured back better than sitting for long periods.

Two years before retirement I became very interested in natural health and went back to school to become a Holistic Nutritionist, which is now my passion. Three years ago I moved to Sidney as I had always wanted to live by the sea and one of my sons was already living out here in Campbell River and loving it. My other two sons have since followed me and live in Shawnigan Lake and Victoria. My older brother has also just recently joined us out here.

I absolutely love living here and am enjoying following my passion by teaching people how to optimize their health with natural foods. I presently volunteer here at SHOAL Centre giving seminars on nutrition and will now be taking over the responsibility of the regular “Table Tennis for Fun” group that play Monday, Wednesday and Friday mornings, as well as Tuesday afternoon. I play table tennis regularly and it is great fun and good exercise. I also bowl on a league, like to walk in the summer, garden and grow my own vegetables.

Life is good and I enjoy the sociability of volunteering for the SHOAL Centre.”

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 will be on Monday, February 22 from 1:30 - 3pm. For information please call Kelly Ablog-Morant at the BC Lung Association at 1-800-665-5864.

Family Caregivers' Support Network meets on the third Tuesday of each month, 10am - 12pm in the SHOAL Activity Centre Lounge. The next Support Group meeting is on Tuesday, February 16.

White Cane Club meets at SHOAL for those with vision impairment, on the first Thursday of each month. The next meeting is Thursday, February 4, 1:30 - 3pm. The guest speaker will be Dr. Nikki Hewitt, an expert on tools for 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

This month we decided to feature Chef Karen's second-in-command, **Heather Graham**, who arrived at SHOAL in June of 2010 and has become a vital part of our Food Services Team.

Born and raised on Vancouver Island, Heather received her training as a cook at Camosun College. After graduating, she went to work first for a large hotel in Langford, and later as Head Cook for a brand new care facility in Esquimalt. "I grew into the job," says Heather, and established her career there for the next 20 years.

With so much experience under her belt, she and her husband launched out on their own, starting with a small coffee shop that bloomed into three businesses and 20 employees – a large restaurant, a coffee shop, and a full-time catering business offering food to care facilities, government office and private parties. After another 10 fulfilling but demanding years, it was time to downscale to make their lives easier.

Heather decided to return to an environment that was familiar and that she had always enjoyed and found her way to SHOAL (luckily for us!).

Here is one of her favourite recipes:

ROMAN HOLIDAY

- 1 lb. ground Beef
- 1 good sized onion (chopped)
- 1 ½ c. macaroni
- 1 14oz tin chopped tomatoes
- 1 small tin tomato sauce
- Pepper and salt to taste
- ½ c. grated Mozzarella cheese

Pre-heat oven to 350 degrees.

Cook ground beef until nicely browned in a skillet.

Remove meat and cook onion, stirring so not to burn, cook until soft. Cook 1 ½ cups macaroni in salted water – when cooked, drain. Then, in a greased baking dish, place layers of meat, onions, and macaroni. Mix together tomatoes and sauce and season with pepper and salt. Pour over casserole then sprinkle with cheese. Bake in oven until golden brown.

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!

Chinese New Year Dinner

Monday, February 8

Tides at SHOAL Dining Room

Sweet and Sour Pork
 Fried Rice and Chow Mein
 Ginger Beef
 Sorbet and Fortune Cookie

Regular Prices Apply. Reservations Available.

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.

While we have increased our Dining Room prices by a small amount, please note that the price of Meal Cards remains the same, allowing for savings if you purchase 15 or 30 meals at a time, on both Small and Full Portion cards. There is no expiry date on the Meal Cards, and you can use them to pay for meals for guests who accompany you at a meal. Cards can be purchased at our Reception Desk. The Dining Room now offers payment by Debit, and Visa/Mastercard.

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.

Valentine's Day Brunch • Sunday, February 14

The *Tides* at SHOAL Dining Room is pleased to offer a Valentine's Day Brunch, with some great meal choices and Valentine's sweets. This is a great way to treat someone you love – a spouse, a relative, or just a good friend. Regular prices apply.



Volunteer & YEP News

Sara Lawton, Volunteer Services & YEP Coordinator

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Deb Greenaway, Direct Volunteer Services Coordinator

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Youth Job Fair

Bringing Employers, Educators and Students Together

Friday, February 19 • 10am - 1pm
SHOAL Centre
10030 Resthaven Dr., Sidney

Who Will Be There?

Youth, 13 - 18 years old • Businesses, organizations and educational institutions

Call 250-656-5537 or
email slawton@beaconcs.ca for info!

“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, February 2**. Hope to see you there!

Volunteer News

55 Alive Drive Course, February 3, 8:30am - 4pm
Cost: \$40; Free for Volunteer Drivers

The 55 Alive Driver Refresher Course is designed to help people 55 years and over to maintain their independence and their driving privileges.

Senior Peer Counselling

We have Senior Peer Counsellors who provide emotional support and encouragement to seniors facing loss of a loved one, grief and/or change in lifestyle. Call Deb at 250-656-5537, ext. 106 for more information.

Volunteers Needed

Thrift Shops Sidney and Brentwood Bay

We are looking for volunteer Clothing Sorters (Mondays, 1 - 4pm), Cashiers and Customer Service (Tuesdays, 9am - 1pm or 1 - 4pm), and Inventory and Clean Up volunteers (Thursdays or Fridays, 9 am - 1pm).

Walk and Talk Volunteers

Conversation and fresh air are a perfect combination. Accompany a resident from our senior care facilities in Brentwood Bay for a walk on the grounds or in the community.

Medical Drivers

Become involved and help make a difference by providing this essential service.

Friendly Visitors

Enjoy board games, reading, and hobbies, or just having tea with a friend? Friendly Visitors are matched with a senior in our community or in our residential care home.

Sidney Single Seniors 55+

Annual membership is \$15. The next regular meeting will be Wednesday, February 17 at 2pm in Auditorium B at SHOAL Centre – guest speaker is Angela Cusciana, Registered Holistic Nutritionist. Our next luncheon will be on Wednesday, February 24 at 12pm at Mary’s Blue Moon Cafe, 9535 Canora Road in Sidney.

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

YEP News

Youth Job Fair, February 19, 10am - 1pm

Last year’s job fair was such a success that Beacon and the United Way are partnering once again!

Beacon’s Youth Employment Program provides youth ages 13-18, attending school in District #63, with work, volunteer and training opportunities, and the job fair accomplishes all of this. This event is the perfect opportunity for youth and employers, educational institutions and volunteer organizations to connect.

We know that last year’s event resulted in jobs for many students. We also heard from many employers that were very happy with the additions to their team.

So mark your calendars, we anticipate that this year’s event will be an even bigger success!

Thinking of attending or participating? Contact YEP Coordinator Sara Lawton at slawton@beaconcs.ca.

Welcome New Volunteers

SHOAL Activities: Glenda Wilkinson, Gyula Zsolt Lajer
Thrift Shop Sidney: Rita Goodie, Joy Sagara, Sandra Strickland

Spotlight On: *Dementia-friendly Beacon Community Services at SHOAL*

A diagnosis of Alzheimer's disease or dementia is no longer the dreaded news that it was many years ago. Thanks to organizations like the Alzheimer Society of British Columbia, a Ministry of Health program, and the We Rage We Weep Foundation, programs for education, support and involvement have changed the nature of how those diagnosed with dementia live with their condition, and how their loved ones learn to accept and adapt to the changes in their relationships.

A person with dementia is more than their diagnosis.

- Dementia can affect a person's cognition, behaviour, emotions and physical capabilities.
- Everyone has a role to play in recognizing people with dementia as a part of their community and supporting their independence, value and inclusion.

Dementia-friendly strategies are now beginning to pop up in many communities, including right here in Sidney. A dementia-friendly community helps people with dementia feel included and supported in the places they work, live and play. Dementia-friendly communities began in Japan as a way to support the increasing numbers of people living with dementia as a result of an aging population. From there, the initiative spread to the United Kingdom. The term "community" can mean a location like a neighbourhood or city, but can also include groups and organizations.

A dementia-friendly community focuses on stigma reduction and the inclusion of people with dementia.

- People are educated about dementia and know that a person with dementia may sometimes experience the world differently.
- In a dementia-friendly community, people living with dementia feel supported by their community members whether they are at post offices, retail outlets, using transportation or enjoying hobbies out in the community.

Here at SHOAL, 2016 will improve what we offer as part a dementia-friendly community. Some of the programs now running at the Centre include:

Minds In Motion – a memory loss program for those diagnosed with early stage Alzheimer or dementia, or suffering memory loss. The program runs every 8 weeks, on Thursdays, 1:30 - 3pm, with a fitness component led by a certified fitness instructor, followed by a time to socialize over refreshment, and engage in activities that help to stimulate the brain. The program has become extremely popular since coming to SHOAL in 2011, every 12 months of the year.



Arts & Alzheimer's – an arts and music program we are excited to begin offering, by the We Rage We Weep Foundation, for seniors 65+ with dementia living at home with their caregivers. The program runs Wednesdays, 1:30 – 3:30pm, until the end of June. Group size ranges from 10-30 people including participants, caregivers, art and music guides, as well as volunteers and support staff. The program provides respite, encourages socialization, and fights isolation and loneliness. Participants engage in art, music, singing, movement, drama, theatre, and performing arts, facilitated by Art Guide Joni Vonkeman, and Music Guide Steve Bolger.

Beacon Community Services also provides dementia-friendly housing at Brentwood House and Sluggett House, Piercy Respite Hotel. And our Community Health Workers provide a myriad of home support services, while Beacon's Volunteer Services provide free medical drives and more.

Call us at SHOAL 250 656-5537 if you wish to inquire about any of our programs or services. We are here helping people to improve lives, and look forward to serving you and your loved ones.

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	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	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	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	Billiards - 8:30am - 9pm Woodworking Shop - 8:30am - 9pm Balanced Strength - 9 - 10am Table Tennis - 9:30am - 12pm Ceramics - 10am - 3pm Stretch & Strength - 10:15 - 11:15am	Sunday Duplicate Bridge - 1 - 4pm <i>- Partner Required</i>
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>	Table Tennis - 1 - 3pm Crafts - 1 - 3pm Duplicate Bridge - 1 - 4pm Pacific Palettes - 1 - 4pm <i>- By referral only</i>	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>	Games and Social - 1 - 3pm <i>- 1st and 3rd Thursday</i> Practice Bridge - 1 - 4pm Clay Works - 1 - 4pm	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 - 1 - 3pm Song Circle (\$6/class) - 2 - 3:30pm	
Contract Bridge - 6 - 9:45pm <i>- Singles Welcome</i> Meditation - 6:30 - 7:45pm (\$10.50)	Euchre - 6:30 - 9pm Table Tennis - 6:30 - 9pm	Duplicate Bridge - 6:15 - 9:45pm <i>- Partner Required</i> SWNAJ Music Group - 7 - 9:45pm	Cribbage - 6:30 - 9pm Table Tennis - 6:30 - 9pm	Movie Night - 7 - 9pm (see page 3) Duplicate Bridge - 6:30 - 9:45pm <i>- Partner Required</i>	