

# 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](http://www.beaconcs.ca)

**January 2016**

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

### Thank You...

... to Red Hatter Amy Smart, who decorated our lobby Christmas tree with delightful miniature red hats – it's now a December tradition and everyone looks forward to seeing the finished tree!

... to Don Wilson, who has taken on the role of Volunteer Supervisor for our Woodworking Shop (and thank you Russ Hudson for all your help as Interim Supervisor during the past several months).

... to our amazing Fitness Instructors Chad Savin and Corinne Dibert, who show up rain or shine to ensure quality fitness and fun for the many participants who attend their classes.

... to Helen Mansfield and Sue Bentley, Bridge Instructors, for another successful year of Bridge classes. Helen is offering the next session of Absolute Beginner classes (see Activities Page).

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### Mark Your Calendars

#### **New! We Rage, We Weep – Art & Alzheimer's**

**Date:** Wednesdays, January 13 - June 29      **Time:** 1:30 - 3:30pm

**Cost:** \$10 donation per class (registration required)

SHOAL is pleased to host this art and music participation program, offered by the Alzheimer Foundation, for seniors 65+ with dementia living at home with their caregivers. The class size ranges from 10 to 30 people, including participants, caregivers, art and music guides, as well as volunteers and support staff. Art modalities include art, music, singing, movement, drama, theatre and performing arts. Call to register. Space is limited.

#### **New! Introduction to Buddhist Meditation**

**Date:** Monday, January 11 (free demonstration); January 18 - February 29 (no class Feb. 15)

**Time:** 6:30 - 7:45pm      **Cost:** \$54 (six week class); \$10.50 Drop-In

Discover the power of meditation to gradually reduce stress, overcome worries and anxiety, increase positivity and improve relationships. Each class will begin with a meditation followed by a practical, meaningful Buddhist teaching. There will be a brief break with tea and cookies, followed by a final meditation. This class is suitable for people with all levels of experience with meditation. We will sit in chairs or, if you prefer, you may bring your own meditation cushion.

### Hearts of the Community Volunteer Awards

#### *Nominate an Outstanding Volunteer by January 28*

Do you know a group or individual whose volunteer work has benefitted Peninsula residents? Nominate them for a Hearts of the Community Volunteer Award! Beacon Community Services and the Peninsula News Review are once again sponsoring these awards to honour volunteers who contribute so much to the Saanich Peninsula Community. Fill out the enclosed nomination form and return it to the SHOAL Activity Centre no later than Thursday, January 28. Plan to attend the heartwarming awards event on Tuesday, February 23, featuring live entertainment, special guests and a complimentary luncheon. Watch for more information (including where to pick up your free tickets) in TideLines and the Peninsula News Review.

***Happy New Year! From the Staff, Volunteers,  
Residents and Members of 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](mailto:gcavers@beaconcs.ca)

Happy New Year from the SHOAL Centre! We are looking forward to a great year of activities, special events, workshops, delicious meals, games, and much more. 2016 is shaping up to be the busiest and best year ever at SHOAL Centre.

Effective January 1, we will be making a few changes in our *Tides* at SHOAL Dining Room. Our cash meal prices will be increasing slightly to partially offset the increased cost of food. This is our first increase in over three years. Small Portion Lunches will be \$7.00 (up from \$6.75), Full Portion Lunches will be \$10.00 (up from \$9.50), Small Portion Dinners \$10.00 (up from \$9.50), and Large Portion Dinners will be \$15.00 (up from \$14.50). All meal prices will continue to include tax.

**Meal Card prices will not be changing** and those who purchase 15 meals in advance will continue to pay the old prices. Meal Cards must be purchased in advance at reception. The second change is that we will be accepting Debit, Visa and Mastercard in the Dining Room. This is an extra convenience for those customers who don't like to carry cash. Your server will bring the Interac machine right to your table for processing.

We look forward to seeing you all year at **Sidney's Healthy Options for Active Living Centre!**

## Notices

### New Year's Day Hours

The SHOAL Activity Centre, Volunteer Services, the Youth Employment Program and the Tuck Shop will be closed Friday, January 1. However, the *Tides* at SHOAL Dining Room will be open regular hours for lunch and dinner.

### January is Alzheimer Awareness Month

Did you know that 747,000 Canadians are currently living with dementia? The Alzheimer Society of BC offers many programs and forms of support for those with dementia and those who care for them. Locally, the Minds in Motion program runs every 8 weeks here at the Centre, and this month SHOAL will begin hosting the Alzheimer's Foundation program, "We Rage, We Weep" – see details on the front page. For more information about dementia, you can access the Society's website at [www.alzheimer.ca/bc](http://www.alzheimer.ca/bc), or call the Alzheimer Society Resource Centre at 250-382-2052.

### Legal Clinic

A new legal clinic will take place on the first Thursday of every month – the first one is on Thursday, January 7 from 1 - 4pm. Gordon W. Benn, Senior Partner of Perlman Lindholm, Barristers and Solicitors, will offer free legal advice and assistance to our community. Book your free 30-minute appointment in advance by calling 250-656-5537.

### Diabetes Self-Management Program

The University of Victoria Centre on Aging will be offering this program at SHOAL on Tuesday evenings, 6 - 8:30pm, January 19 to February 13, in the second floor Computer Lab Room. Registration is required, and made through the University of Victoria by calling 1-866-902-3767. This free program provides tools to better manage diabetes.

### 2016 SHOAL Centre Membership Cards

SHOAL Centre is continually growing – we now have 1,000 members from Sidney and the Peninsula who enjoy the many programs offered at the Centre. Please remember to promptly renew your Activity Centre Membership during 2016 when it expires – we will be exchanging your yellow card for a purple one. Renewing on time helps to keep our database current. Thank you!

**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**

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E-mail: ahudson@beaconcs.ca

### Registered Courses

#### Chair Yoga

**Date:** Fridays, January 8 - February 26

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

Instructor: Kathleen Fournier. A very popular program that helps with relaxation, breathing and core strengthening.

#### Fall Prevention for Men and Women

**Date:** Tuesdays and Thursdays, January 12 - February 18

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

Instructor: Corinne Dibert. This 6 week program is of significant help for those at risk of falling.

#### Tai Chi Qi Gong

**Date:** Tuesdays, January 12 - February 16

**Time:** 10 - 11am **Cost:** \$68

Instructor: Brenda Davie. A mind and body integration developed by practicing these gentle movements.

#### Minds in Motion

**Date:** Thursdays, January 14 - March 3

**Time:** 1:30 - 3pm **Cost:** \$50.50 (for two people)

Alzheimer Society of BC holds this program at SHOAL for those experiencing memory loss.

#### Absolute Beginners Bridge

**Date:** Thursdays, January 14 - February 18

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

Instructor: Helen Mansfield. For those with no bridge experience, this course teaches the basics. Next Step Bridge will begin Thursday, February 25, 9am - 12pm (\$45).

#### Morning Yoga on a Mat

**Date:** Thursdays, January 14 - March 3

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

Instructor: Kathleen Fournier. Are you a morning person? Wake up with stretching, breathing and the wonderful energy of yoga.

#### Pilates

**Date:** Mondays, January 18 - February 22 (Family Day class included)

**Time:** 6 - 7 pm **Cost:** \$90

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

#### Writing Workshops: Writing Tips from Start to Finish

**Date:** Monday, January 25 and February 15

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

Facilitated by author William Gray, former UBC professor, these two workshops will take participants through a series of questions and exercises to determine everything from writing style to overcoming barriers. Call to register.

#### Collage Workshop with Dawn Ritchie

**Date:** Wednesday, January 27

**Time:** 6:30 - 9pm **Cost:** \$35 (bring \$10 for materials)

With coloured paper, create a collage using the artwork of famous French artist Matisse as inspiration. With intuition guiding you, allow your scissors to do all the drawing. Let your imagination free you from rules and judgement. Call to register.

#### Drop-Ins to Note

#### Yoga with Kathleen Fournier

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

These classes focus on flexibility and inner core strength for 50+ active agers. All levels welcome. Mats provided.

#### SHOAL Song Circle

**Date:** Fridays **Time:** 2 - 3:30pm **Cost:** \$6/class (*New Price!*)

Jewel Spooner facilitates this group with songs, including folk, inspiration and other favourites. Instruments welcome.

#### Movie Nights

**Date:** Friday, January 8 - *Meet the Fockers*

Friday, January 22 - *Lord of the Rings*

**Time:** 7pm **Cost:** Free for members; \$2 for non-members

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

#### Karaoke

**Date:** Thursday, January 21

**Time:** 7 - 8pm **Cost:** Free for members; \$2 for non-members

Liz Taylor will be here to lead another evening of Karaoke.

#### Health and Wellness Seminar

#### Your Brain and the Great Learn-Unlearn-Relearn Process – A Brain Power Workshop with Marilynne Gray

**Date:** Friday, January 22 **Time:** 10am - 12pm

**Cost:** Member \$5; Non-members \$10

This session explores the flood of brain-related material from the concept of plasticity, to controversial claims about brain games, to what research suggests about brain development as we age, as well as what "might work" when it comes to memory. We'll also unpack the amazing Learn-Unlearn-Relearn Process itself – both the superficial treatments of it and the more useful ones. Call to register.



## Thank You for the Generosity!



Patrick McAdams, a retired Royal Bank of Canada employee, presents a donation of \$500 to Beacon Community Services.



Eileen McConville donated \$500 to Beacon Community Services through the CIBC Employee Volunteer Program.



Our lobby was overflowing with holiday cheer! These 75 gift baskets were delivered in December to Beacon Community Services by Amica Helping Hands, a society started by Amica to help seniors in need. Staff from Amica at Beechwood Village shopped for the many items in each basket, and then both residents and staff assisted in assembling the hampers. Items for these hampers were purchased locally, and blankets from Amica were added to each basket. Beacon Community Services extends a huge thank you to Amica for such community-minded generosity.

## SHOAL Wellness Programs

**Be Well Clinic** checks blood pressure and glucose every Monday in Auditorium A, 1 - 2pm. Admission by donation. No clinic January 4. Regular Mondays begin January 11.

**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, January 25 from 1:30 - 3pm. For information please call Kelly Ablog-Morrant 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, January 19.

**White Cane Club** meets at SHOAL for those with vision impairment, on the first Thursday of each month. The next meeting is Thursday, January 7, 1:30 - 3pm. The guest speaker will be Elizabeth Lalonde from the Blind People in Charge program. Suggested donation of \$2 towards refreshments.



## Chef's Corner

**Chef, Karen Taylor**

Phone: 250-656-5537 ext. 107

E-mail: [chef@beaconcs.ca](mailto:chef@beaconcs.ca)

It's been a very busy December with lots (and lots!) of baking – I have made 1,500 shortbread as I write this mid-December, and 744 sweet mince tarts! Plenty of roast turkey has been cooked and served too.

January sometimes can be a bit of a come down from the busy Christmas season. It provides time to reflect on the past year and look forward to a new one. And of course we all usually make resolutions to either exercise more, or eat more healthy foods.

Another Chinese New Year is coming up in February. We are offering a special Chinese dinner, and the menu is in the box on this page. If you like Chinese food, then why not have dinner in our *Tides* at SHOAL Dining Room? Prices are reasonable, and it's close to home if you live in Sidney.

For all those who have leftover turkey from our regular New Year's celebrations, here is a little recipe to give you another take on comfort food for the winter season.

You can adjust the amounts according to how much you wish to make.

Throw into a pot:

- chicken stock or turkey
- onion chopped
- celery chopped
- carrot chopped
- chopped potatoes
- chopped parsley
- black pepper salt
- a pinch of sage

Bring to a boil and simmer until vegetables are cooked. Add cooked turkey that has been chopped into bite-sized pieces.

Serve with warm bread or hot biscuits with butter.

Yummy!

- 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 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.

**Effective January 1**, prices in the *Tides* at SHOAL Dining Room for both Small and Full Portion meals will increase a small amount, to keep up with the rising cost of food. However, Meal Card prices remain the same, and savings will be available now with the purchase of all Meal Cards. Please note, the Dining Room is now able to process Debit and Visa/Mastercard transactions for your convenience.

## Dining Room Prices for Meals & Meal Cards

	Single Meal	Cards for 15 Meals	Two Cards for 30 Meals
<b>Full Lunch</b>	\$10.00	\$135	\$255
<b>Small Portion Lunch</b>	\$7.00	\$101.25	\$202.50
<b>Full Dinner</b>	\$15.00	\$202.50	\$375
<b>Small Portion Dinner</b>	\$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.

## Cinnamon Buns in the Tuck Shop

**Date:** Friday, January 22    **Time:** 9am - 3pm (or while quantities last)  
**Cost:** Only \$1.25 each!

This is a yummy snack for a January day – and these buns sell like hotcakes, so come by the Tuck Shop early to have one!





## Volunteer & YEP News

**Sara Lawton, Volunteer Services & YEP Coordinator**

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**Deb Greenaway, Direct Volunteer Services Coordinator**

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## YEP News

### Christmas is a Wonderful Time for Volunteering

YEP students continue to contribute to the community by actively supporting many events such as Santa's Breakfast, Teenfest, Heritage Acres Christmas, the Christmas Craft Fair at SHOAL and the Annual Bridge Club Christmas Dinner.



**"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, January 5**. 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. Even if you haven't been involved in a collision in 40 years, it may be time to review your driving skills. With aging, changes occur in hearing, vision, flexibility and reaction time. You can learn to adjust your skills to compensate for those changes.

## Volunteers Needed

### Medical Drivers

Did you know that Beacon Community Services receives over 3,200 requests for Medical Drives every year? If you have access to a car and enjoy meeting new people, you can become involved and help make a difference by providing this essential service. This is a great opportunity for volunteers looking for a commitment with a flexible schedule.

### Volunteer Visitor

Join our team of dedicated Friendly Visitor volunteers. Seniors in our community are matched with a Friendly Visitor who donates one or two hours of their time per week for regular visits, which may include activities like playing board games, reading, going for walks, and participating in hobbies.

## Sidney Single Seniors 55+

Activities include regular coffee meetings, bowling, meals at local restaurants, picnics and bus trips up Island. Annual membership is only \$15.

The next regular meeting will be Wednesday, January 20 at 2pm in Auditorium B at SHOAL Centre – guest speaker to be announced. Our next luncheon will be on Thursday, January 28 at 12pm at Beacon Landing Restaurant.

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

## Welcome New Volunteers

**Children's Programs:** Kiran DHINGA Stenstrom

**Medical Drive:** Barbara Handley

**Income Tax:** Denise Currie

**Out of the Rain:** Hilary Marks

**SHOAL Assisted Living:** Jennifer MacVicar

**SHOAL Office:** Barbara Handley

## Spotlight On: *Volunteer Christmas Luncheon*

As an expression of Beacon Community Services gratitude for the time and talents volunteers bring to the programs and services, the SHOAL Centre hosted a wonderful Christmas Luncheon on December 4. Chef Karen and her incredible team offered a delicious hot turkey meal with all the trimmings to over 230 volunteers. This annual event is just one way we can show our appreciation for the contributions the 550+ volunteers make to the programs and services we offer every day – our volunteers are the foundation of all that we do at Beacon Community Services. It is the volunteers who are out there meeting community needs and creating change, one day at a time, one smile at a time, one phone call at a time. We are truly grateful for all that they do each and every day.



# SHOAL Activity Centre Weekly Drop-In Schedule

**Tuck Shop Open: 9am - 3pm; Evenings: 6 - 7pm**

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