

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

July/August 2016

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

Thank You...

... to Stephen Heywood, editor of the Peninsula News Review, for all of the coverage for Access Awareness Day – he generously helped us get the word out about the Scooter Rodeo and the Accessibility Fair, raising awareness about accessibility in our community.

... to Anne Watt and Luke Van Es (Accessibility Challenge), Lori Campbell (BBQ), and Jill Basnyat (refreshments), who volunteered their time at SHOAL on June 4 during Access Awareness Day. Great job!

...to members of the Victoria Blind Choir who entertained the White Cane Club at their June meeting. We'll have you back, for sure.

... to Liz Taylor for all her musical talents in offering Saturday Sing-a-Longs (see page 3 for July dates). Music makes us smile.

What's Inside

Mark Your Calendars	Pg. 1
Notices	Pg. 2
Activity Office News	Pg. 3
SHOAL Wellness Programs	Pg. 4
Chef's Corner/Food Services	Pg. 5
Volunteer Services News	Pg. 6
Youth Employment Program News	Pg. 6
Spotlight On...	Pg.7
Drop-in Schedule	Pg.8

Mark Your Calendars

Ice Cream Days All July!

Date: Every Friday in July **Time:** 12:30 - 2pm **Cost:** \$2

Do you enjoy ice cream cones? Our Tuck Shop will offer vanilla cones every Friday afternoon. Take a break and cool down with this delicious treat!

Technology and Aging in Place

Date: Monday, July 18 **Time:** 1:30 - 3pm **Cost:** Free

Another valuable presentation from COSCO Seniors' Health and Wellness Institute, this workshop will describe how technology can help you manage the demands of daily living, connect with family and friends, and access assistance when needed. Please call to register.

Turning the Page: Art Journaling for Women

Date: Thursdays, July 21 - September 22 (10 sessions)

Time: 1:30 - 4pm **Cost:** Free

A Women's Empowerment Group celebrating women and aging, for women 50+. Explore your personal experience through the wonder of the creative process. Refreshments provided. Please contact Anna Hudson at SHOAL to begin the intake process, or call Laurie at 250-592-2927, ext. 223, for more information.

Louise Rose and Good News Music

Date: Monday, August 8 **Time:** 1:30 - 2:30pm **Cost:** \$2

Louise Rose and a group from the Good News Choir return for another summer sing-a-long. Louise offers this concert as part of community outreach, and is always a crowd-pleaser.

Sundae in August

Date: Friday, August 26 **Time:** 12 - 1:30pm **Cost:** \$2.50

An annual end-of-summer tradition at the Tuck Shop, enjoy an ice cream sundae with toppings, cherry garnish and whipped cream. A delicious way to celebrate summer's closure!

Wishing you all a very Happy Canada Day and a wonderful BC Day from all of us at SHOAL Centre!

Enjoy the summer!



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

Summer will be busy at SHOAL Centre as we complete some renovations. The auditorium, lobby, and dining room sound systems are getting a much needed upgrade thanks to a grant from the New Horizons Program for Seniors. The dining room will have a new floor installed, thanks to the Town of Sidney. We will also upgrade the Dining Room with new light fixtures this summer. Your patience is appreciated during the renovations.

Please join me in welcoming Anne Raham, our Weekend Janitor, and Aanii Ahmed, our summer student, to SHOAL Centre. They are both great additions to our team at SHOAL!

Notices

Statutory Holiday Hours at the Centre

SHOAL Activity Centre will be closed on Friday, July 1 to observe Canada Day; and Monday, August 1 for BC Day. Please note that the doors to the Centre will open at 11 am and close at 7pm on these days. The *Tides* at SHOAL Dining Room remains open for lunch and dinner, with a special Canada Day lunch BBQ.

Legal Clinic

Free legal advice is now available on the first Thursday of every month, 1 - 4pm, here 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.

More Wins in the Readers' Choice Awards – Thank You!

Beacon Community Services is honoured to receive Annual Readers' Choice Awards, given out in May by Black Press. A heartfelt thank you to all those who voted for us!

- Best Seniors' Friendly Establishment – SHOAL Centre
- Best Thrift/Consignment Store – Beacon Community Services
- Best Seniors' Services Award – SHOAL Centre
- Best Seniors' Living/Care Facility – SHOAL Independent Living

Flowers for the Patio

Our Dining Room outdoor patio is looking beautiful thanks to the efforts of both the Assisted Living and Independent Living residents at the Centre. Funds raised at the spring Swap n' Shop went to purchasing the flowers. Far right, Rowena Hendriks, SHOAL Independent Living manager, helped coordinate the residents to undertake the gardening project.



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

Minds in Motion

Date: Thursdays, July 7 - August 25 (8 sessions)

Time: 1:30 - 3pm **Cost:** \$50.50 (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. A family friend, spouse or caregiver is invited to attend the session. Light refreshments served.

Yoga in a Chair

Date: Fridays, August 5, 12, 19, 26 (4 sessions)

Time: 12:30 - 1:30pm **Cost:** \$45, or \$12 Drop-in

Summer easy fitness which helps improve breathing, strengthen your inner core, and give you an overall sense of vitality and aliveness.

Fall Prevention for Men and Women

Date: Tuesdays and Thursdays, August 9 - September 15 (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

Computer Club

Date: Fridays in July (no club in August)

Time: 1 - 3pm **Cost:** Members - \$1.75; Non-members - \$3.25

We also hope to have the Wednesday morning drop-in start again in autumn. Watch for details in the September newsletter.

Saturday Sing-a-Long

Date: Saturdays, July 9, 30 (none in August)

Time: 2-3pm **Cost:** Members - Free; Non-members - \$2

Movie Nights

Date: Friday, July 8 and 22; August 5 and 19

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

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

Some of our drop-in activities take a break in the summer – check the schedule on the back page, and if you're not sure, please give us a call at 250-656-5537.

Health and Wellness Seminars

Travelling is Healthy Entertainment

Date: Tuesday, July 5 **Time:** 2 - 3pm

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

Join Mile Zero Tours for this fun and engaging presentation about guided group tours from Victoria to bucket list destinations across North America. Pique your curiosity with life-enriching travels that will keep your spirit youthful. Guided tours mean that everything is planned for you – including home pick up and return at your front door. It's never too late to see the world! Call to register if you plan to attend.

Summer Foot Care

Date: Friday, July 15 **Time:** 1:30 - 2:30pm

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

Foot care in the summer is always important, but as we age, it becomes even more significant to maintain healthy feet. Join mobile foot care nurse Glynis Miller, LPN, to learn proper care and techniques. Call to register.

Have you ever noticed the display of portraits on the wall across from the Tides at SHOAL Dining Room? These portraits are created by our **SHOAL Portrait Painters**. While the group is now off for the summer, they will return September 7 as a regular drop-in every Wednesday 1 - 4pm. Members - \$1.75; Non-members - \$3.25.

September Preview

Annual Active Aging SHOAL Open House

Date: Saturday, September 24

Time: 10am - 2pm **Cost:** Free

One of our most popular annual events at the Centre, our Open House features demonstrations, information booths, refreshments, and tours of the Centre. And don't forget to fill in a door prize form in our various Activity rooms! First time members may purchase their first year membership for half price, on this day only. That's just \$23 for an entire year!

Beacon Launches New Website!

Beacon Community Services has launched a new website, with the aim of making it easier for people in the community to find out where they can turn for help. The site is at www.beaconcs.ca.

Let us know what you think! Comments about the site can be sent to communications@beaconcs.ca.

Profile – Aanii Ahmed, SHOAL Summer Student



Aanii Ahmed is a second year Health Information Science Student from the University of Victoria. She is a BC native, born to parents from Oromia, Ethiopia. At home she likes to practice how to make many different types of traditional Ethiopian foods she learned from her mother. She also loves to connect and have fun with friends by going to the mall, volunteering together or just sitting and talking!

Aanii thoroughly enjoys reading a good book in her spare time. Fashion and beauty are another area of strong interest for her where she loves to be creative, original and spontaneous.

When Aanii was eleven years old, her mother took her and her three brothers to visit their native country in Ethiopia. Her stay over the summer of 2007 shifted her perspective on life as a young girl. She saw firsthand the very hard lives that people were living. She saw many people suffer from a lack of resources and education.

After learning about her roots and seeing where her family came from, she became humble and grateful for her opportunities in life. That life experience made her feel compelled to give back to people in need. She later got involved in volunteer work with the BC Muslim Association of Victoria and the Saanich Peninsula Hospital.

A few years later, Aanii was introduced to the Health Information Science program at UVic in the eleventh grade. She decided to pursue that degree because she wanted to help steer Canada's HealthCare in the right direction from a decision making level. It felt like the perfect career path to make an impactful difference in many people's lives.

By working at Beacon Community Services, Aanii would like to utilize her attitude of being helpful to others. She also looks forward to gaining experiences which she can reinvest into the healthcare system, using her creativity for a meaningful and lasting change.

Drop by the SHOAL front office to say "hi" to Aanii this summer!

SHOAL Wellness Programs

Nutrition Discussions with Angela Cusicanna, RHN will continue in the autumn, on the first Wednesday of the month, with the following topics:

- September 7 – Foods That Create Acidity
- October 5 – Fat Free Foods
- November 2 – Digestion, Absorption, and Elimination

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 not be until September 26. 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 meetings are on Tuesday, July 19 and August 16.

White Cane Club meets at SHOAL for those with vision impairment, on the first Thursday of each month. The group breaks for the summer and will return September 8 (please note change in date from September 1).



Chef's Corner

Chef, Karen Taylor

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

It's always a fun and enjoyable time when SHOAL Food Services is able to cook outdoors – and that means BBQs. While we launched our first Lunch BBQ on June 4, Access Awareness Day, our real lunch BBQ's start at the beginning of July with Canada Day. With our bright new red umbrellas and wonderful red geraniums blooming in the patio boxes, it's an automatic invitation to enjoy eating outside.

Some good tips to remember when being out in the sun, either for a BBQ, a picnic or just going for a stroll or chat on a park bench, apply sunscreen at least a half hour before going outdoors, wear a hat, and if you burn easily, cover up with a long sleeved shirt. Our patio umbrellas do provide some shade, but we recommend that you come prepared when you enjoy the patio. Have fun outdoors but keep healthy, too!



Wednesday Lunch BBQ

Throughout July and August, the Tides at SHOAL Dining Room will offer BBQ burgers on our outdoor patio, Wednesdays from 12 - 1:30pm. Regular prices apply. Now a popular summer feature, if you love BBQ and haven't tried one of the juicy burgers, you are in for a treat.

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!

Summer Night Specials

Tides at SHOAL Dining Room

In keeping with our theme dinners, the Tides at SHOAL Dining Room is offering two special dinners in the coming months. Regular prices and dinner hours apply.

Please call 250-656-5537 if you would like to make reservations.

Saturday, July 9

Polynesian Night

Enjoy a menu of tropical foods and ambience.

Saturday, August 13

International Night

A tribute to the Rio Olympics, savour a choice of some well-known international foods.

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.

Summer at the Tuck Shop

Ice cream cones every Friday in July, 12:30 - 2pm (except July 1), and one special Friday, August 26, for ice cream sundaes from 12 - 2pm.



Volunteer & YEP News

Sara Lawton, Volunteer Services & YEP Coordinator

Phone: 250-656-5537 ext. 118
E-mail: slawton@beaconcs.ca

YEP News

YEP Program Grows

The number of students registered in the YEP program has grown steadily this year, and we now have 178 students registered. Students participate in training, volunteer opportunities, and do odd jobs in the community. YEP students completed 31 jobs for community members this April and May. Below are some photos of students volunteering at local events this past month.



Beacon Community Services will be at the Sidney Night Market again this summer. YEP was featured on May 26.



YEP students were at the Brentwood Festival on June 4, painting faces and helping out. This festival was the kickoff for the Peninsula Country Market, now open at Stelly's Fair Grounds every Saturday morning.

Welcome New Volunteers

Medical Drive and SHOAL Office: Christine Bladen



Deb Greenaway, Direct Volunteer Services Coordinator

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

"Coffee's On" will be Tuesday, July 5 and August 2.

Volunteer News

Can we help?

Applying for HandyDART? Taxi Savers? Need assistance with your SAFER (Shelter Aid for Elderly Renters) application? Still need to file taxes for this year? Past years? We can help!

We are pleased to offer assistance in your application for these services. We are able to take pictures ourselves for your Taxi-Saver application and email them straight down to the HandyDART office. This means you get your Taxi-Savers quickly and there is no need to have your own passport photos taken. We also have information regarding eligibility and copies of the application for the Disability Tax Credit.

Please call Deb Greenaway 250-656-5537, ext. 106, if you have any questions or need some help.



Thanks to a generous donation from RBC bank, our Drive Desk is now home to a brand new computer. This is another step in helping the volunteer medical drive program track rides, destinations, hours and mileage. It gives us a great picture of frequency of use by clients and helps us resolve queries.

Sidney Single Seniors 55+

There are no meetings in July or August. The next regular meeting will be September 21, at 2pm in Auditorium B, SHOAL Centre. Guest speaker TBD. Join us this summer for: Bus trip to Chemainus Theatre on Wednesday, July 27; annual summer picnic at Heritage Acres, Thursday, August 18; putting at The Ridge; Ferry trips to Gulf Islands in July. For more information call Gillian Else at 250-656-3971.

Spotlight On: Access Awareness Day – June 4, 2016



The Jeannette Hughes Accessibility Award, now an annual part of Access Awareness Day in Sidney, was presented this year to the Sidney White Cane Club by Jeannette's daughter, Maureen Winterger (centre), and Town of Sidney Acting Mayor Cam McLennan (left). Accepting the award was Club Member, Fran Ganton and Sally Hughes, Club Facilitor (right).

The White Cane Club will be celebrating its third year at SHOAL this September, and offers education, support and social networking to anyone who experiences vision impairment. A tribute to Helen Martin, a strong voice in the community for those with vision loss, was also part of the June event. Helen was instrumental in founding the White Cane Club in Sidney.



The Access Awareness in Sidney Committee hosted the day at SHOAL Centre, and kicked off the festivities with a Scooter Rodeo at 10am and a parade from Sidney All Care.



It was the best Access Awareness Day yet! There were approximately 150 people attending the event this year – an increase of 40% over last year. Even the Sidney Seagull had a great time!



The Accessibility Fair included over 25 organizations.



Participants took part in an Accessibility Challenge.

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
<p>Billiards - 8:30am - 9pm</p> <p>Woodworking Shop - 8:30am - 9pm</p> <p>Moderate Strength - 8 - 9am</p> <p>Balanced Strength - 9 - 10am</p> <p>Table Tennis - 9:30am - 12:30pm</p> <p>Stretch & Strength - 10:15 - 11:15am</p> <p>Competitive Play Table Tennis - 1 - 2 - 3pm</p> <p>Cribbage - 1 - 4pm</p> <p>Be Well Clinic - 1 - 2pm</p> <p>Mah Jong - 1 - 4pm</p> <p>Contract Bridge - 6 - 9:45pm</p> <p>- Singles Welcome</p>	<p>Billiards - 8:30am - 9pm</p> <p>Woodworking Shop - 8:30am - 9pm</p> <p>Faceting and Lapidary - 9am - 12pm</p> <p>Family Caregivers Support Group - 10am - 12pm</p> <p>- 3rd Tuesday</p> <p>Chair Fit - 11:30am - 12:30pm</p> <p>Table Tennis - 1 - 3pm</p> <p>Crafts/Knitting - 1 - 3pm</p> <p>Duplicate Bridge - 1 - 4pm</p> <p>Pacific Palettes - 1 - 4pm</p> <p>- By referral only</p> <p>Table Tennis - 6:30 - 9pm</p>	<p>Billiards - 8:30am - 9pm</p> <p>Woodworking Shop - 8:30am - 9pm</p> <p>Moderate Strength - 8 - 9am</p> <p>Balanced Strength - 9 - 10am</p> <p>Table Tennis - 9:30am - 12pm</p> <p>Stretch & Strength - 10:15 - 11:15am</p> <p>Competitive Play Table Tennis - 1 - 2 - 3pm</p> <p>- 1st and 2nd Wednesday</p> <p>Weaving - 1 - 3pm</p> <p>Contract Bridge - 1 - 4pm</p> <p>- Foursome Required</p> <p>Duplicate Bridge - 6:15 - 9:45pm</p> <p>- Partner Required</p> <p>SWNAJ - 7 - 9:45pm</p> <p>- July 27 - one night only</p>	<p>Billiards - 8:30am - 9pm</p> <p>Woodworking Shop - 8:30am - 9pm</p> <p>Carving - 8:30am - 12pm</p> <p>Silversmithing and Lapidary - 9am - 12pm</p> <p>Chair Fit - 11:30am - 12:30pm</p> <p>Practice Bridge - 1 - 4pm</p> <p>Table Tennis - 6:30 - 9pm</p>	<p>Billiards - 8:30am - 9pm</p> <p>Woodworking Shop - 8:30am - 9pm</p> <p>Moderate Strength - 8 - 9am</p> <p>Balanced Strength - 9 - 10am</p> <p>Table Tennis - 9:30am - 12pm</p> <p>Stretch & Strength - 10:15 - 11:15am</p> <p>Competitive Play Table Tennis - 1 - 2 - 3pm</p> <p>Chair Yoga (\$12/class) - 12:30 - 1:30pm (August only)</p> <p>Progressive Contract Bridge - 1 - 4pm</p> <p>- Singles Welcome</p> <p>Computer Club - 1 - 3pm (July only)</p> <p>Knitting/Crafts - 1 - 3pm</p> <p>Movie Night - 7 - 9pm (see page 3)</p> <p>Duplicate Bridge - 6:30 - 9:45pm</p> <p>- Partner Required</p>	<p>Sunday Duplicate Bridge - 1 - 4pm</p> <p>- Partner Required</p> <p style="text-align: center;">Theme Dinners!</p> <p style="text-align: center;">Saturday, July 10</p> <p style="text-align: center;">Polynesian Night</p> <p style="text-align: center;">Saturday, August 14</p> <p style="text-align: center;">International Night</p>
<p>Drop-In Fitness Classes all Summer Long!</p>					
<p>Enjoy Lots of Creative Activities!</p>					
<p>BBC Lunches 12 - 1:30pm Every Wednesday!</p>					
<p>Tuck Shop Open Monday - Friday All Summer For Great Snacks!</p>					