

TideLines

News from SHOAL Centre



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

June 2015

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

Bouquets

Thank you to Robert Mills for his donation of wood from a totem pole that once stood in Stanley Park. Our Carving Group is grateful.

Thank you to Bev Hope for her donation of 15 decoratively knit scarves to our Craft Department to sell as fundraising items to support the Centre.

Thank you to the White Cane Club of Victoria who invited members of SHOAL's White Cane Club to join them at their annual lunch and visit at Butchart Gardens in May.

Fond farewells and thank yous to Marjorie Johnston, a volunteer for 10 1/2 years, and Lindy Deas, a volunteer for 9 years. Both held the position of Volunteer Receptionist at SHOAL.

We wish all the fathers and grandfathers in our community a Happy Father's Day!

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Mark Your Calendars

Holistic Nutrition Series – Part 4

Good Fats/Bad Fats: How They Promote or Deteriorate Health

Date: Wednesday, June 3 **Time:** 1:30 - 3pm

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

This is the fourth in a 9-part series presented by Angela Cuscianna, RHN, on holistic nutrition. Seating limited to 15 so register early. Please call to register.

BC Transit Community Training Seminar and Demonstration

Date: Tuesday, June 9 **Time:** 1:30 - 3pm **Cost:** Free

Have questions about using BC Transit as a senior or someone with mobility challenges? The Community Training Program helps those with special needs, permanent or temporary disabilities who want to learn how to safely use public transit services. Please call to register.

Dogs, Dixie and Dads – Father's Day Hot Dogs at the Tuck

Date: Friday, June 19 **Time:** 12 - 1pm **Cost:** \$3

Treat your dad, grandfather, brother or uncle – or just yourself – to a delicious hot dog with fried onions followed by an old-fashioned Dixie cup of ice cream.

Beacon Community Services AGM and Luncheon

Date: Wednesday, June 24 **Time:** 12:00pm **Cost:** Free

All Beacon Community Services members are invited to join us at the AGM. New Board Members will be elected, and a complimentary light lunch will be served. If you are a SHOAL Activity Centre member, you are also a BCS member and are eligible to attend this event. To RSVP call 250-656-5537 or email rsvp@beaconcs.ca before 4pm on Thursday, June 18.

Access Awareness Day at SHOAL Centre

Date: Saturday, June 6 **Time:** 10am - 2pm

Cost: Free

Celebrated annually on the first Saturday in June, Access Awareness Day is a comprehensive campaign to raise awareness about disability, accessibility and inclusion. See page 7 for more information about what will be offered at the Activity Centre, including our noon BBQ.





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

We are hoping that everyone participating in our programs takes the time to fill out our SHOAL Customer Satisfaction and Evaluation Survey. We are always looking for ways to improve SHOAL Centre and your feedback is welcomed. This year, we are asking for are ideas and feedback about our planned expansion into evening programming. Traditionally, SHOAL Centre has had limited evening programs and we want to hear from our members what type of programs they would like to see added to our schedule between 4:30 and 9:30pm.

SHOAL Centre has joined the green revolution with the addition of organics collection in our kitchen, Tuck Shop, Reception area, and Card Room. Please take a look at the posters in these designated areas to see what items we can divert from the landfill and turn into compost. Thank you for your participation in our new initiative.

Notices

July 1 Holiday Hours at the Centre

SHOAL Activity Centre, Volunteer Services, Youth Employment Program and the Tuck Shop will be closed Wednesday, July 1 in celebration of the Canada Day holiday. The *Tides* at SHOAL Dining Room remains open to the public, featuring our first summer patio BBQ lunch.

Sidney Summer Market

Beacon Community Services will again be at the Sidney Summer Market on Thursday nights. Different BCS programs will be highlighted at the booth throughout the summer. Drop by to say hello!

Welcome to our Summer Student!

We are pleased to announce the hiring of Huyen Kien, a co-op student from the University of Victoria's Health Information Science program. Huyen will take on the role of Summer Outreach worker. She started on May 19 and will finish her role at the end of August.

Farewell Stephanie Rodrigues

SHOAL staff say farewell to our Administrative Assistant "Steffy", who has taken a position at BC Ferries. Her sunny disposition and cheerful, caring attitude will be missed. Good luck Stephanie and all the best in your new job.

Beacon Community Services Awarded United Way Spirit Award

At a special awards ceremony in April, Beacon Community Services was presented with a United Way 2014 Community Partner Spirit Award.

The award recognizes Beacon staff for their generous support to meet their \$16,000 fundraising target during the past fall's United Way workplace campaign, as well as Beacon's successful delivery of community programs that help people and improve lives throughout the year.

We're grateful for the recognition, and for the United Way's support in helping us with many Beacon Community Services programs, including the Thrift Shop Retail Training Program, Out of the Rain Youth Shelter, and the Youth Employment Program Job Fair.



Beacon CEO Bob Boulter with the Spirit Award.



News from the Activity Office

Anna Hudson, Activities and Rental Coordinator

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

Speaker Series: Laughter Yoga for Health and Fun

Date: Friday, June 19

Time: 10am - 12pm

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

Laughter yoga specialist Matti Antilla will speak about and demonstrate the health benefits of practicing Laughter Yoga. Laughter is known to help with healing both body and soul. This series is presented in conjunction with St. Paul's United Church in Sidney. Please call to register. This series continues in September.

National Campaign for Better Hearing

Date: Monday, June 22

Time: 1:30 - 3pm

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

HEARING Life Canada will be at SHOAL to speak about its national campaign for better hearing, targetting Canadians 60 years of age and older. The campaign encourages people to get a baseline hearing assessment and begin to annually monitor their hearing health. The seminar will include a demonstration of hearing tests and hearing aids.

Wednesday Computer Club Drop-In

Date: Wednesdays

Time: 10:30am - 12pm

Cost: Members - \$1.75; Non-members - \$3.25

Our new Computer Club Drop-In for tablets and laptops will continue this summer.

Pretty in Pink Royal Princess Tea

Date: July Preview Event – Friday, July 10

Time: 2pm **Cost:** \$10

How could we not celebrate the birth of Princess Charlotte? Come enjoy an old-fashioned summer afternoon tea with dainty treats, live entertainment, door prizes and lots of pink! Wear a fancy hat, a pink frock or just enjoy this princess-themed event. Tickets on sale June 1.

Call for Euchre Players

We have had a few requests to start a Euchre Drop-In. If you are interested, please give Anna a call at 250-656-5537. If we have at least 4 players, we can start this new activity.

July/August Preview

Minds in Motion

Date: Thursdays, July 2 - August 20 (8 sessions)

Time: 1:30 - 3pm

Cost: \$50.40 (includes 2 people)

The Alzheimer Society of BC operates this program at SHOAL for anyone who is experiencing memory loss or has been diagnosed with Alzheimer's or other dementias. A family friend, spouse or caregiver is invited to attend the session. Light refreshments will be served. Register by phone or in person.

Summer Ukulele Lessons

Date: Wednesdays, July 8 - August 12 (6 sessions)

Time: 10 - 11am

Cost: \$95

If you have ever wanted to learn this fun instrument, then this class is for you. The Peninsula Academy of Music provides the instructor for this ukulele course at SHOAL. Come play with us! Please call to register.

Licensing Issues Driving Workshop

Date: Thursday, July 9

Time: 1:30pm

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

This workshop will cover topics such as driving and aging; chronic diseases and driving; driver fitness; screening targeted at senior drivers; senior drivers and the assessment process, and; determining driver fitness and advocacy initiatives. Please call to register.

Yoga in a Chair

Date: Fridays, July 10 - August 28 (8 sessions)

Time: 12:30 - 1:30pm

Cost: \$90; Drop-in - \$12

This class helps to improve breathing, strengthens your inner core, and gives you an overall sense of vitality and well-being. Please call to register, or just do a drop-in for only \$12 per class.

Advanced Care Planning

Date: Wednesday, July 22

Time: 10am - 12pm

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

Join an Advanced Care Planner from Island Health (formerly VIHA) for this informative seminar about Advance Care Planning. What does the legislation say? What does "giving consent to health care" mean? What are Representative Agreements, Advance Directives and Temporary Decision Makers? Learn about these topics and more at this informative workshop. Please call to register.

Introducing: Chad Savin, Certified Fitness Instructor



"We change the world not by what we say or do, but as a consequence of what we have become."

– Dr. David R. Hawkins, MD. PH. D

Spend a few minutes in conversation with Fitness Instructor Chad Savin and very quickly you recognize here is a man who understands that power is a lot more than the strength of a bicep or the ability to run a marathon.

A Certified Fitness Instructor for the past 25 years, Chad has travelled a road that has, more often than not, been shaped by personal health challenges as an athlete and competitor. From injuries that literally reduced him to crawling on his knees several years ago, Chad began to realize he had a choice in how he could improve and determine his own health and state of well-being.

From nutrition to faith, he has spent many years exploring fields of learning, discovering one of the most influential voices of knowledge in the writings of Dr. David Hawkins, author of the book, *Power vs. Force*. Like Hawkins, Chad believes that understanding the ethics of power and the energy of love are keys to living a fulfilling and healthy life. And while his career choices have taken him from jobs in Campbell River, where he was born, to New Mexico, Arizona, California and Vancouver, his keen interest in fitness and his quest for health has never wavered.

Now a husband and father of two sons and a daughter, Chad has returned with his wife to his Vancouver Island roots, and has found his ground in personal training for both individuals and groups. When asked what is most satisfying about working with groups, Chad reflects on the energy of connection that members of the group often make with each other.

Probably the best way to describe it is in David's Hawkins words: "Love is misunderstood to be an emotion; actually, it is a state of awareness, a way of being in the world, a way of seeing oneself and others."

"When people come out of class, I want them to feel better about themselves and the people around them," says Chad. It's a simple but very powerful philosophy. Now part of SHOAL Centre's fitness team, Chad instructs both the 9am Balanced Strength class and 10:15am Stretch n' Strength class on Mondays, Wednesdays and Fridays. He is already raising the bar of what it means to be healthy, especially as we age.

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 June 22, 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 takes place on June 16.

Take The Pressure Down Blood Pressure Clinic is offered at the Sidney/North Saanich Library, Friday, June 26 from 10am to 1pm, and at various locations. Dates, times and location will be posted to their website at www.takethepressuredown.ca or you can call 250-885-5576. This program is a partnership between Beacon CS and the Heart and Stroke Foundation

White Cane Club meets at SHOAL for those with vision impairment, on the first Thursday of each month. The next meeting is Thursday, June 4, 1:30 - 3pm. This will be a wrap-up party for the September to June season, and will feature singer Marcelina Stanton. Meetings will resume again in September.



Chef's Corner

Chef, Karen Taylor

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

With summer approaching, Chef Karen has been taking some holiday time with family visiting from England when we were preparing this issue of *TideLines*. Now back in the kitchen, she will be preparing some fun and exciting lunch, dinner and Tuck Shop specials over the summer months.

For June, it will be the Father's Day Dinner which we have featured on the right. Fathers get to be treated in as special a way as Moms were celebrated on Mother's Day, so we hope you will bring the men in your family out to enjoy this great dinner on Sunday, June 21. And leading up to that, we have our annual Dogs, Dixie and Dads special, on Friday, June 19, from the Tuck Shop. These hot dog days are always really popular, with fried onions and all the condiments served up to make this a really great, fun food.

On Friday, July 10, we are hosting a Pretty in Pink Royal Princess Tea, to commemorate the birth of Princess Charlotte, with entertainment by singers Rosie and Corinne, the entertainers who also performed at our Welcome Royal Baby Tea for Prince George. The menu will include a mini crown scone, mini princess cupcake, royal square, and a garnish of sweetheart strawberry dipped in chocolate. Truly a delectable treat for only \$10. Door prizes will include lunch for two in the *Tides* at SHOAL Dining Room, as well as a few other surprises. Wear something pink and don a hat for the occasion.

If your summer party (minimum of 15 required) want to do a patio BBQ lunch or dinner at SHOAL, please contact our Activities and Rentals office. For \$10 per person, you can get a burger done on the BBQ, a salad of your choice, tea/ coffee, and cookies for dessert. A kitchen labour charge may be applied. It's a great way to take the stress out of entertaining.



SHOAL Activity Centre Members' Birthdays

If you are a current SHOAL Activity Member, you can drop by on the day of your birthday to receive a gift certificate for a free hot beverage and a mini muffin at the Tuck Shop. Come during the week preceding a Saturday or Sunday if you have a weekend birthday. We would love to acknowledge your special day!

The Tides at SHOAL Dining Room

Father's Day Dinner

Sunday, June 21, 4:30 - 6pm

Roast Beef and Yorkshire Pudding

OR

BBQ Pork Ribs and Coleslaw

Both entrees will be served with

Mashed Potatoes

Peas and Carrots

Black Forest Cake

Regular Dining Room Prices Apply. Reservations Accepted.

Tides at SHOAL Dining Room is open seven days a week for lunch (12 - 1:30pm) and dinner (4:30 - 6pm). The public is welcome and reservations can be made by calling the main SHOAL number: 250-656-5537.

Dining Room Prices for Meals & Meal Cards

	Single Meal	Cards for 15 Meals	Two Cards for 30 Meals
Full Lunch	\$9.50	\$135	\$255
Small Portion Lunch	\$6.75	\$101.25	\$202.50
Full Dinner	\$14.50	\$202.50	\$375
Small Portion Dinner	\$9.50	\$142.50	\$285

All prices include tax, and gratuities are gratefully declined. Refund Policy: We regret that we are unable to issue refunds for meals remaining on unused cards.

Summer Lunch BBQs are Back

BBQs will be returning to SHOAL during the months of July and August, every Wednesday from 12 - 1:30pm. These were a big hit last year and we are looking forward to serving our patrons on our flower-filled outdoor Dining Room patio. The first BBQ will be on Wednesday, July 1 – a great way to celebrate Canada Day.



Volunteer & YEP News

Sara Lawton, Volunteer Services & YEP Coordinator

Phone: 250-656-5537 ext. 118

E-mail: slawton@beaconcs.ca



Deb Greenaway, Direct Volunteer Services Coordinator

Phone: 250-656-5537 ext. 106

E-mail: dgreenaway@beaconcs.ca

Volunteers Needed

Thrift Shops

Calling all bargain hunters and career shoppers! The Brentwood Thrift Shop is looking for help working cash, sorting and pricing. Various shifts are available. The Sidney Thrift Shop is also looking for a volunteer to price art one afternoon a week. Days are flexible.

SHOAL Centre Tuck Shop

Socialize over coffee and scones with members, residents and those who come to enjoy activities at the SHOAL Centre. We are looking for a volunteer to work Wednesday mornings from 9am to noon. Duties include preparing and serving coffee and treats to the public.

Please contact Sara for more information if you are able to help.

YEP News

Congratulations!

Paule, Emma, Jessica, Rachel, Chloe, Breanna, Rebecca, Justin and Graeme for having graduated the Food Safe Course on April 24.

Noah, Sabrina, Zaraya, Eva, Sylvia, Brynne, Selena, Kenton, Kye, Isabelle and Simon for having graduated the First Aid Course on May 9.

YEP Can Help

It is hard to believe another school year is almost over and that students will be out of school in a few short weeks! Summertime means a new group of students eager to gain experience and earn a few dollars. Jobs that YEP fills regularly include food prep and serving, garden help, yard work, computer tutoring and more. We also provide support at events, markets, and special projects for the community groups and organizations throughout the summer. Watch out for smiling students in yellow YEP T-shirts near you! Call Sara for more information.

Welcome New Volunteers

Medical Drive: Mary Cully, Bill Van Schagen

SHOAL Reception: Emma Johnstone, Karen Rodd

Thrift Shop Sidney: Judith Sargent, Henny Welter

Thrift Shop Quadra: Leslie Jennings, Vivienne White

Thrift Shop Pandora: Shauna Johnstone, Noel Lonsdale, Leslie Townsend

“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, June 2**. Hope to see you there!

Volunteers Needed

Help support the 39th BC Elders Gathering

Beacon Community Services is delighted to be supporting the 39th BC Elders Gathering hosted by the Tsawout First Nation Community. We have agreed to be part of the preparation and will be collating the welcome bags that will be presented to the visiting Elders. We are looking for 30 Beacon volunteers to stuff bags over a 3 to 4 hour period. They are also looking for help at the event on Saturday, July 4 from 9:30am to 1pm at Panorama Recreation Centre. Please contact Deb for more details.

Volunteer Services News

Better at Home Program

We’re giving seniors a hand, offering some new services, which are a great add-on to our volunteer services. If you are needing light housekeeping service or an in-home companion, please call Deb for more information.

In Memorium

It is with great sadness that we announce the passing of one of our volunteer drivers, Peter Rott. Peter was a volunteer with us for 13 years. Our condolences go to his wife and family – our thoughts are with you at this difficult time.

Sidney Single Seniors 55+

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

The next regular meeting will be Wednesday, June 17 at 2pm in Auditorium B, SHOAL Centre. There will be a finger food party immediately following the meeting, as this will be our last meeting until September. The next meal out will be a barbeque at the Glen Meadows Golf Club on Wednesday, June 24 at 5pm.

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

Spotlight On:

Access Awareness Day – June 6, 10am to 2pm

Beacon Community Services, together with the Town of Sidney, will be hosting Access Awareness Day on Saturday, June 6, from 10am to 2pm. This all-ages event raises awareness about disability, accessibility, and inclusion. Attendees can receive information about services offered in the community through table displays, speakers and presentations.

A Scooter Rodeo kicks off the festivities at 10am, followed by a Mobility Parade from Sidney All Care to SHOAL Centre, with Opening Ceremonies to follow at 11:30am. At 1pm, our Keynote Speakers will discuss how they overcame their challenges to ensure their disabilities allow them to live fulfilling and vibrant lives.

The Jeannette Hughes Award will also be given out that day to an individual, organization or business whose work has improved the lives of people living with a disability. Last year, SHOAL Centre was the recipient of the Award.

The agenda for the day is:

- **10am to 2pm:** Accessibility Information Fair at SHOAL
- **10am:** Scooter Rodeo at Sidney All Care
- **11am:** Mobility Parade from Sidney All Care to SHOAL
- **11:30am:** Opening Ceremonies
- **12pm:** BBQ Lunch at SHOAL
- **1pm:** Keynote Speakers and Jeannette Hughes Award Presentation
(door prizes will be drawn throughout the day)

Accessibility Information Fair at SHOAL Centre will feature:

- Motion Specialities
- Advanced Listening Systems
- Hearing Life Canada
- Island Deaf and Hard of Hearing Centre (IDHHC)
- The Alzheimers Society of BC
- Island Community Mental Health (formerly Capital Mental Health Association)
- Pacific Training Centre for the Blind
- Canadian National Institute for the Blind (CNIB)
- SHOAL Center – Disability Parking and Volunteer Services
- Beacon Community Services – Children, Youth & Family and FASD Programs
- BC Transit
- Panorama Recreation Centre
- Star Cinema
- Sidney All Care Residences
- Victoria Immigrant and Refugee Centre Society
- Inter-Cultural Association of Greater Victoria
- MS Society of Canada
- Town of Sidney
- Stefanie Barber - Success Ability Consulting
- Vancouver Island Regional Library - Sidney Branch



Beacon Community Services and the Town of Sidney Present

Access Awareness Day

Saturday, June 6 – 10am to 2pm
SHOAL Centre
10030 Resthaven Drive, Sidney

Free event for all ages that raises awareness about disability, accessibility and inclusion in our community.

- **10am - 2pm:** Accessibility Information Fair
- **10am:** Scooter Rodeo at Sidney All Care
- **11am:** Mobility Parade from Sidney All Care to SHOAL Centre
- **11:30am:** Opening Ceremonies
- **12pm:** BBQ lunch
- **1:00pm:** Keynote Speakers and Jeannette Hughes Award Presentation
- **1:30pm:** Draw for Door Prizes

Disability Parking Permits

Volunteer Services are pleased to continue this valuable service of providing parking permits on behalf of the Disability Resource Centre (DRC) in Victoria. Application forms can be printed from the DRC website at www.drcvictoria.com or picked up from the SHOAL Centre Reception Desk. Please ensure that your doctor has signed the form before submitting it. Once your form has been signed by your doctor, come in to SHOAL to obtain a permit. Each permit costs \$25.

June 2015 - SHOAL Activity Centre Weekly Drop-In Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
Balanced Strength - 9 - 10am Oil/Acrylic Painting - 9am - 12 noon Table Tennis - 9:30am - 12 noon Weaving - 10am - 12 noon Stretch & Strength - 10:15 - 11:15am	Faceting and Lapidary - 9am - 12 noon Family Caregivers Support Group - 10am - 12 noon - <i>3rd Tuesday</i> Chair Fit - 11:30am - 12:30pm	Balanced Strength - 9 - 10am Table Tennis - 9:30am - 12 noon Stretch & Strength - 10:15 - 11:15am Computer Club - 10:30am - 12 noon Clay Works - 11am - 3pm	Carving - 8:30am - 12 noon Silversmithing and Lapidary - 9am - 12 noon Chair Fit - 11:30am - 12:30pm	Balanced Strength - 9 - 10am Table Tennis - 9:30am - 12 noon Ceramics - 10am - 2pm Stretch & Strength - 10:15 - 11:15am	
Cribbage - 1 - 4pm Be Well Clinic - 1 - 2pm Mah Jong - 1 - 4pm Better Breathers - 1:30 - 3pm - <i>4th Monday</i> Competitive Play Table Tennis - 12 noon - 3pm	Crafts - 1 - 3pm Duplicate Bridge - 1 - 4pm Pacific Palettes - 1 - 4pm - <i>By referral only</i> Table Tennis - 1 - 3pm	Weaving - 1 - 4pm Contract Bridge - 1 - 4pm - <i>Foursome Required</i> SHOAL Portrait Painters - 1 - 4pm Sidney Single Seniors - 2 - 4pm - <i>3rd Wednesday</i>	Pickleball - 1 - 3pm Games & Social - 1 - 4pm Practice Bridge - 1 - 4pm White Cane Club - 1:30 - 3pm - <i>1st Thursday</i>	Computer Club - 1 - 3pm Knitting - 1 - 3pm Progressive Contract Bridge - 1 - 4pm - <i>Singles Welcome</i> Competitive Play Table Tennis - 12 noon - 3pm	Duplicate Bridge (Sundays) - 1 - 4pm - <i>Partner Required</i>
Contract Bridge - 6 - 9:45pm - <i>Singles Welcome</i>		Duplicate Bridge - 6:15 - 9:45pm - <i>Partner Required</i> SWNAJ Music Group - 7 - 9:45pm		Duplicate Bridge - 6:15 - 9:45pm - <i>Partner Required</i>	

The Billiards Room and the Woodworking Shop are open from 8:30am - 4:30pm, Monday to Friday. The Tuck Shop is open from 9am - 3pm Monday to Friday. Come for lunch in the *Tides* at SHOAL Dining Room from 12 noon - 1:30pm or dinner from 4:30-6pm seven days per week.

SHOAL Activity Centre Annual Membership - \$46 per year (approx. 12¢ / day!)

- Reduced rates on drop-in programs and registered classes
- Includes a Beacon Community Services Membership
- Free seminars and workshops
- A 10% discount on facility rentals
- Use of Free Wireless Internet
- A free coffee and mini-muffin on your birthday

Registered classes and special events are listed separately each month in the Tidelines newsletter.