

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

March 2016

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

Thank You...

... to all of our Craft/Knitting members for creating lovely centrepieces for the Hearts of the Community Awards event in February. Well done!

... to everyone involved in organizing the annual Hearts of the Community Awards – your contribution makes a world of difference.

... to our tax volunteers who launch into another season of preparing tax returns. See pages 2 and 4 for more information.

... to Kathleen Fournier, our yoga instructor, for offering a free Chair Yoga class this month as a part of Embrace Aging month.

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Mark Your Calendars

Embrace Aging Month

March is the month we celebrate Embrace Aging, an initiative started by the Eldercare Foundation over a decade ago. This year, we are partnering with the Foundation to bring two great presentations here at SHOAL (see below), and will be providing some of our own activities for free throughout the week of March 21 - 24 (see page 3). This is a jam-packed month – come by the Centre and participate!

Gary Holman, MLA: Issues Affecting BC Seniors

Date: Tuesday, March 22 **Time:** 1:30 - 3pm **Cost:** Free admission

Gary Holman, MLA for Saanich North and the Islands, will be hosting an information session on issues affecting BC seniors. This informative presentation will include the work of the BC Seniors Advocate in identifying programs not currently being fully accessed by seniors in the province, and other issues she has raised such as transportation and housing. Following the information session, there will be a Q&A period. All are welcome, and light refreshments will be available. Please call 250-656-5537 to register.

Dementia Education – The Strongest Communication Tool

Date: Tuesday, March 29 **Time:** 1:30 - 3pm **Cost:** Free admission

Gwendolyn de Geest, RN BSN MA, Living Dementia Consulting, provides the opportunity to understand how communication changes for persons with dementia as the trajectory of their illness progresses. Utilizing a tool called the Care Wheel, participants will develop care strategies to keep persons with dementia as independent as possible. This tool focuses on the person and not the disease. Please call 250-656-5537 to register.

Dog's for St. Paddy's Day

Date: Thursday, March 17 **Time:** 11:30 - 1pm **Cost:** \$3 each

Who can resist a juicy hot dog with fried onions? Come enjoy a fun-food lunch and wear green to celebrate St. Patrick's Day.

Mini Spring/Easter Craft Fair

Date: Friday, March 18 **Time:** 10am - 2pm **Cost:** Free admission

Always popular, our annual mini fair celebrates Easter and Spring with many hand-crafted delights for sale to raise funds for our Craft/Knitting/Weaving departments. Stop by the Lobby for some shopping. The Tuck Shop will also be selling Easter cookies made by Chef Karen.



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

March is an exciting month at SHOAL as we Embrace Aging in partnership with the Eldercare Foundation. I hope that you are able to attend some or all of our free events and drop ins this month at SHOAL. As an added bonus, all Beacon Community Services Thrift Shops are offering a 10% discount to seniors for the entire month of March. Beacon operates seven Thrift Shops throughout the CRD that are open 7 days a week. We are also busy in our dining room with 2 special dinners on St. Patrick's Day and Easter Sunday – please check out the details on the Chef's page.

If you have any questions, please come by our reception desk or call us at 250-656-5537 for more information about all of our SHOAL programs, events, and services.

Notices

Holiday Hours for Easter

With the Easter long weekend approaching, the Centre will be closed from Friday, March 25 to Monday, March 28 inclusive. The *Tides* at SHOAL Dining Room will be open all days for lunch and dinner. Check page 5 for our Easter Dinner menu.

Tax Season Assistance Expands

This year, the Community Volunteer Income Tax Program (CVITP) will be available at SHOAL Centre in Sidney through the Beacon Community Services Volunteer Services office, five days a week, beginning Tuesday, March 1 and finishing Friday, April 29, 2016. To qualify as a CVITP client, your income must be modest (single person, up to \$30,000; couple, up to \$40,000; one adult with one child, up to \$35,000; each additional dependent, \$2,500; and interest income less than \$1,000). Your tax situation must be simple. All tax clients are welcome, during the following hours:

Monday, Tuesday, Wednesday, Thursday, Friday
9am - 12pm and 1 - 4pm

Intakes are accepted on a first-come, first-serve basis each day. For further information, please call Deb Greenaway, Direct Services Volunteer Coordinator, at 250-656-5537, ext. 106.

Embracing Aging at SHOAL

As part of this annual recognition, SHOAL is offering members and visitors to the Centre a week to enjoy the following programs **for Free**:

- Chair Yoga class – Monday, March 21, 10 - 11am
 - Billiards – Monday, March 21, 8:30am - 8:30pm
 - Crafts/Knitting – Tuesday, March 22, 1 - 3pm
 - Table Tennis – Wednesday, March 23, 9am - 12pm
 - Carving – Thursday, March 24, 8:30am - 12pm
- (Note: We will be closed on Good Friday, March 25)*

Take advantage of these great experiences – if it's your first visit, we're sure you will want to come back!

Beacon Community Services Thrift Shops will also be celebrating Embrace Aging by offering a 10% off Seniors Discount to all seniors 65 and older for the entire month of March at the following stores:

Sidney: 9775 Third St. • 9781 Third St. • 9760 Fourth St.

Brentwood Bay: 7105 West Saanich Rd. • 7060 West Saanich Rd.

Victoria: 715 Pandora Ave. • 2676 Quadra St.

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@beacons.ca

Call to Register for these Courses

Yoga in a Chair

Date: Fridays, March 4 - May 13

(No classes March 25, April 15, 29) (8 sessions)

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

(Take in a Free Chair Yoga class on Monday, March 21, 10 - 11am as part of Embrace Aging.)

Evening Yoga on a Mat

Date: Mondays, March 7 - May 9

(No classes March 28, May 2) (8 sessions)

Time: 6 - 7pm **Cost:** \$90 or \$12 Drop-in

Instructor: Kathleen Fournier

Morning Yoga on a Mat

Date: Thursdays, March 17 - May 12 (No classes May 5) (8 sessions)

Time: 9 - 10am **Cost:** \$90 or \$12 Drop-in

Instructor: Kathleen Fournier

Arts & Alzheimer's

Date: Every Wednesday

Time: 1:30 - 3:30pm **Cost:** Suggested \$10 donation per class

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

Introduction to Buddhist Meditation

Date: Mondays, March 7 - April 25 (No class March 28) (7 sessions)

Time: 6:30 - 7:45pm **Cost:** \$60 or \$10.50 Drop-in

Discover the power of meditation to gradually reduce stress, overcome worries and anxiety, increase positivity and improve relationships. This class is suitable for people with all levels of experience with meditation.

Minds in Motion

Date: Thursdays, March 10 - April 28 (8 sessions)

Time: 1:30 - 3pm **Cost:** \$50.50 (includes 2 people)

Alzheimer's 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 are served.

Don't forget our Mini Spring/Easter Craft Fair, Friday, March 18, 10am - 2pm, held in the Lobby. It will feature many delights for sale as a way of raising funds for our Craft/Knitting/Weaving departments. Come down for some shopping.

As part of Embrace Aging at SHOAL, we are offering a host of activities that we hope will help you to embrace both the gifts and challenges of aging. See our front page for special presentations, held in conjunction with the Eldercare Foundation, and see page 2 for select free activities from March 18 - 24.

Bootcamp Fitness.... The demand for our high energy, bootcamp-style early morning drop-in class Mondays and Wednesdays, 8 - 9am, has resulted in a third day now available. You can now benefit from Chad's class every Friday morning, 8 - 9am; Members \$4.25, Non-Members \$5.25. Regular drop-in fitness classes continue all three days (M/W/F), 9 - 10am and 10:15 - 11:15am. No classes on Friday, March 25 or Monday, March 28.

Drop-Ins to Note

Tai Chi Qi Gong

Date: Tuesdays **Time:** 10 - 11am **Cost:** \$12/class

(Next registered session is April 5 - May 10, \$68 for 6 classes)

SHOAL Song Circle

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

Movie Night

Date: Friday, March 4 and 18

Time: 7pm **Cost:** Members - Free; Non-members - \$2
Popcorn and pop available for \$1 each, Auditorium A.

Karaoke

Date: Thursday, March 17

Time: 7 - 8pm **Cost:** Members - Free; Non-members - \$2

Health and Wellness Seminars

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

Holistic Nutritionist Angela Cuscianna is back to present a new series of topics. During March, we will take a look at how bad food combinations promote digestive upsets. Call to register.

Community Volunteer Income Tax Team

Meet your 2016 Tax Team! We welcome back Al, Cathie, Chris, Edwina, Ivan, Keith, Lloyd, John, Marian, Mervyn, Sally, Terry and Wendy. New to the team this year are Denise and Linda. Welcome! Each year our Volunteer Income Tax program grows, and last year our volunteers completed over 700 income tax returns – that's an increase of over 34%. Thank you to our volunteers that provide this much valued free service. Please see page 2 for details of our tax clinics that start on March 1.



Al



Cathie



Chris



Denise



Edwina



Ivan



Keith



Linda



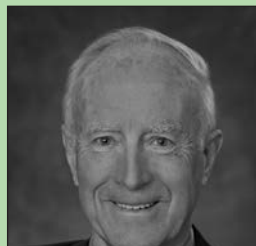
Lloyd



John



Marian



Mervyn



Sally



Terry



Wendy

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. Please note the change in March – the meeting will be on March 21 in lieu of Easter Monday. For information please call Kelly Ablog-Marrant at the BC Lung Association at 1-800-665-5864.

Family Caregivers' Support Network meets on the third Tuesday of each month, 10am - 12pm in the SHOAL Activity Centre Lounge. The next Support Group meeting is on Tuesday, March 15.

White Cane Club meets at SHOAL for those with vision impairment, on the first Thursday of each month. The next meeting is Thursday, March 3, 1:30 - 3pm. The guest speaker will be Albert A. Ruel, GTT Coordinator, Canadian Council of the Blind, Get Together with Technology program. Suggested donation of \$2 towards refreshments.



Chef's Corner

Chef, Karen Taylor

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

Happy spring everyone! Well it seems we certainly did not have a winter to speak of except the rain (at least we don't have to shovel it). Because of the drought last summer – especially in California and our own dry conditions – fresh fruit and vegetables have been quite pricey. So, keeping that in mind, I have come up with a very basic dessert, and you have the option of pairing it with cottage cheese and a fruit scone.

Spring Fruit Salad with Pudding

- 1 large can of peaches
- 1 pint of strawberries
- 1 large can of apricots
- 1 large can of pineapple pieces
- 3 oz vanilla pudding

(You can use frozen fruit if you like, or fresh fruit)

Make vanilla pudding according to directions on the package. Drain all canned fruit thoroughly. Cut strawberries in half. Pour drained fruit into vanilla pudding and mix together. Chill in the fridge until ready to eat. Enjoy!

Easter is this month and in the Dining Room we are having Easter dinner of roast turkey – see the menu box on this page for details.

Hope everyone enjoyed our themed dinners to date this year – Chinese New Year and Valentine's Day. They were both a great success! Now it's time to celebrate St. Patrick's Day. Join us for:

St. Patrick's Day Dinner Thursday, March 17 • 4:30 - 6pm

- Irish Stew
- Pasta Primavera
- Cheese Biscuits
- Spring Green Salad
- Chocolate Mint Cake

Reservations are recommended (call 250-656-5537). I hope to see you then!

- 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!

Easter Sunday Dinner

March 27

Tides at SHOAL Dining Room

- Roast Turkey (with gravy and cranberry sauce)
- Creamy Mashed Potatoes
- Herbed Vegetable Medley
- Black Forest Cupcakes

*Reservations Accepted for Sitings at
4:30pm and 5:30pm
Call 250-656-5537*

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

Dining Room Prices for Meals & Meal Cards

	Single Meal	Cards for 15 Meals	Two Cards for 30 Meals
Full Lunch	\$10.00	\$135	\$255
Small Portion Lunch	\$7.00	\$101.25	\$202.50
Full Dinner	\$15.00	\$202.50	\$375
Small Portion Dinner	\$10.00	\$142.50	\$285

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

Dogs for St. Paddy's

'Relish' the flavour of a delicious hot dog, along with fried onions and the rest of the trimmings. Only \$3 each at the Tuck Shop, Thursday, March 17, 11:30am - 1pm.

Easter/Spring Cookies

Chef's Karen home-baked Easter frosted cookies go on sale at the Tuck Shop Friday, March 18 until Thursday, March 24. These have become a tradition at SHOAL and we always sell out. \$1 each or 5 for \$4.



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

We would like to thank the businesses, educational institutions, and organizations that participated in our Youth Job Fair on February 19!

BC Ferries, Fairway Markets, Save-On-Foods, Van Isle Marina, McDonalds Restaurant, Canadian Forces Recruiting Centre, Q College, North Studio Ltd., Recreation Integration, Camosun College, Peninsula Co-op, Panorama Recreation, Richard Mar Advanced School of Hairstyle and Esthetics, Business Works Youth Program, Tanners Books, Royal BC Museum, Beacon Community Services, BC Transit, Vancouver Island Regional Library, Peninsula News Review, STEP Skilled Trades Employment Program

A big thank you also goes out to our own Beacon Employment Services for teaching the resume writing and interview skills workshop in preparation for the job fair!

Welcome New Volunteers

Family Services: Sandra Clement, Vickie Marsh

Medical Drivers: Rosemary Bingham, Eric Falkenberg-Poetz, James Forster, Thomas Mochnaz

Income Tax: Linda Lightbody, Denise Currie

Jenece Place: Karena Crumpler, Emily Spaargp

SHOAL Reception: Ally MacIntosh

Thrift Shop Brentwood: Patricia Hodgetts

Thrift Shop Sidney: Trudie Carrier, Shirley Sasiadek, Patt Watt

Thrift Shop Victoria: Gerry Black

“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, March 1**. Hope to see you there!

Volunteers Needed

Are You a Bargain Hunter?

If you find yourself going to every garage sale and retail outlet in town, we need you. We are looking for volunteers at our Thrift Shops in Brentwood Bay. Volunteers do everything from cashier to pricing and tidying. To join this dynamic team contact Sara at slawton@beaconcs.ca.

Help to Make Someone’s Day

Beacon is committed to quality of care for seniors in our residential care homes. We are looking for volunteers who can demonstrate compassion and empathy in their approach to working with seniors – working together with staff, volunteers participate in activities with residents. If you’d like to get involved, contact Sara at slawton@beaconcs.ca.

Sidney Single Seniors 55+

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

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

To help you decide, please feel free to drop in to one of the meetings, or arrange to attend one of the monthly lunches or dinners out.

The next regular meeting will be Wednesday, March 16 at 2pm in Auditorium B at SHOAL Centre – guest speaker is from the Sidney Fire Department, discussing “Earthquake Preparedness”. Our next luncheon will be on Wednesday, March 9 at 12pm at Bistro Suisse on Beacon Avenue in Sidney.

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

Spotlight On: *Hearts of the Community Volunteer Awards*

The Oscars of the volunteer world – the 18th annual Hearts of the Community Volunteer Awards – was held on February 23 at the Mary Winspear Centre. Beacon Community Services and the Peninsula News Review, together with members of the Saanich Peninsula community, came together to honour volunteers for their dedication and commitment to a variety of causes.

This year's nominees were: Cathy Aitken, Taryn Bishop, Maya Goodsir, Kennedy Gury, Russ Hudson, Katrina Jones, Marilyn Maggiora, Kenny Podmore, Frank Watson, Beacon Community Services Thrift Shop Volunteers, Beacon Community Services Volunteer Visitors, Saanich Peninsula Hospital Guiding Stars, Sidney/North Saanich Library Homebound Delivery Volunteers, and ORCCA Dental Clinic Society.

The Excellence in Volunteering Awards went to Marilyn Maggiora, Frank Watson, Beacon Community Services Volunteer Visitors, ORCCA Dental Clinic Society, Kenny Podmore, who received a Lifetime Service Award, and Outstanding Youth Volunteer Katrina Jones, who also won a \$1,000 Scholarship from Beacon Community Services.

Congratulations to these incredible volunteers! Your contributions to our community are very much appreciated!



Photos by Bob Orchard

Congratulations to all of the recipients of this year's Hearts of the Community Volunteer Awards!
Pictured left to right:
Kenny Podmore, Heather Burkett (representing the ORCCA Dental Clinic Society), Marilyn Maggiora, Frank Watson, Katrina Jones, and Judy Swift (representing the Volunteer Visitors of Beacon Community Services).

The crowd of over 250 people was treated to wonderful performances by the Stelly's Secondary Vocal Jazz Class, led by instructor Norbert Ziegler. These future stars were a joy to listen to by all in attendance. Thank you for volunteering at the event and making it special for everyone!



SHOAL Activity Centre Weekly Drop-In Schedule

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

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