

TideLines

News from SHOAL Centre

Beacon
Community
Services

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

May 2016

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

Thank You...

... to Yoga Instructor Kathleen Fournier for offering a free Chair Yoga class in March as part of Embrace Aging Month.

... to Michelle Duval-Lane who volunteered at the Wednesday morning iPad Computer Club. Michelle relocated to Ontario recently.

...to all those who attended our Celebrate Volunteering Open House on April 12. Volunteering is a great way to give back to your community.

***We wish all the mothers
and grandmothers
in our community a
Happy Mother's Day!***

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Mark Your Calendars

Swap n' Shop

Date: Tuesday, May 3 **Time:** 12:30 - 2:30pm **Cost:** By donation

It's time again for this annual event, held jointly by the Assisted Living and Independent Living residents at SHOAL Centre, to raise funds for the purchase of flowers that they plant for the outdoor Dining Room patio. It's a fun little "garage sale" offering used goods from clothing to small household items, books and time-to-get-rid-of-spring-cleaning stuff that's free or being sold at tables for \$1 or \$2. There are bargains galore!

Breakfast with the Bank

Date: Friday, May 6 **Time:** 7 - 8am **Cost:** Free admission

The Sidney Lions Food Bank hosts this free one-hour fundraising event as an opportunity for those in the community to learn more about the work they do. Come see their video; hear some stories from their clients; meet staff, volunteers and Board of Directors; and enjoy a continental breakfast! If you are interested in attending or being a Table Captain for a table of 10 guests you would like to invite, please contact the Sidney Food Bank executive director at 250-655-0679.

Brain Plasticity Four-Part Series

Date: Fridays, May 13, 20, 27, and June 3 **Time:** 10 - 11:30am

Cost: \$80, or \$20 per session

Join Marilynne Gray for these educational workshops covering the following topics: Falls (May 13), Strokes (May 20), Pain (May 27) and Stress (June 3). Find out how brain plasticity is involved in rebalancing, recovering, coping and managing the healing process – you may be surprised what you discover. Sign up for all 4 sessions, or choose which ones interest you. Payment at time of registration.

BC Transit Community Training Seminar and Demonstration

Date: Tuesday, May 31 **Time:** 2 - 3pm **Cost:** Free for everyone

As part of Access Awareness in Sidney, SHOAL invites BC Transit to help seniors and those with mobility challenges learn about travelling by bus in the area. The Community Training Program helps those with special needs, permanent or temporary disabilities, and those with walkers to learn how to safely use public transit services. Accessible transportation is part of Access Awareness in Sidney.



From the Director's Desk

Glenys Cavers, Director of Thrift Shops and SHOAL Centre

Beacon Community Services

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Please plan to save the date for Access Awareness Day on Saturday, June 4th from 11 am to 2pm (after the conclusion of the scooter rodeo and parade from 10-11am at Sidney All Care). Dementia is going to be featured at our event as we will have support for those living with dementia, as well as those caring for someone with dementia. We will have many excellent door prizes for this free event too. I hope to see you there.

Notices

Victoria Day Holiday Hours at the Centre

SHOAL Activity Centre, Volunteer Services, Youth Employment Program, and the Tuck Shop will be closed from Saturday, May 21 to Monday, May 23 inclusive. The front doors of the Centre will be open at 11am and close at 7pm during the long weekend. Regular hours will resume on Tuesday, May 24 at 8:30am. The *Tides* at SHOAL Dining Room is open during the weekend for usual lunch and dinner times.

Urgent Need for Blood Donations – It's In You to Give

Canadian Blood Services inventory of blood is in a very weakened state right now, which is a great concern as we head into the summer months. The summer has always proven to be the most challenging time to keep up with patient demand, due to vacations and breaks from routine. Please consider donating at the next clinic Monday, May 2, at Mary Winspear Centre, from 12 - 7pm, or visit the clinic at 3449 Saanich Road. Book now at www.blood.ca or call 1-888-236-6283.

Sidney Thursday Night Market

Once again Beacon Community Services will have a booth on certain nights at the market. On May 26, the Youth Employment Program will be featured at the Beacon booth, with Volunteer Coordinator Sara Lawton. Access Awareness Day (Saturday, June 4) will be featured at the What's On in Sidney booth. Stop by and check it out! The Market runs from May until the end of August. Watch the June TideLines for more information.



The SHOAL vs Monterey Spring 2016 Table Tennis Tournament was a lot of fun – good table tennis, and entertaining for spectators as well. Eight players from each club participated, and each player played six matches (best of three). The tournament finished around 4:30, when we went to crown the 'King and Queen' of the tournament, Joan Wells and Yugi Nakagawa of Monterey. SHOAL won the overall games by two, and the overall points by a mere 8 points! Talk about close games!

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

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.

Minds in Motion

Date: Thursdays, May 5 - June 30 (Note: 9 sessions)

Time: 1:30 - 3pm **Cost:** \$56.80 (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.

Fall Prevention for Men and Women

Date: Tuesdays and Thursdays, May 17 - June 23 (12 sessions)

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

Instructor Corinne Dibert heads up this 6 week special program for those at risk of falling.

Tai Chi Qi Gong

Date: Tuesdays, May 24 - June 28 (last session before September)

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

Instructor Brenda Davie teaches movements that improve balance, increase strength and flexibility, and promote concentration. Beginners and ongoing participants are welcome.

Introduction to Buddhist Meditation

Date: Mondays, May 2 - June 20 (No class May 23) (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 all levels of experience with meditation.

Yoga with Kathleen Fournier

Yoga in a Chair

Date: Fridays, May 20 - July 15 (No class July 1) (8 sessions)

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

Evening Yoga on a Mat

Date: Mondays, May 16 - July 11 (No class May 23) (8 sessions)

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

Morning Yoga

Date: Thursdays, May 19 - July 7 (8 sessions)

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

Drop-Ins to Note

Movie Nights

Date: Friday, May 6 and Friday, May 20

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

SHOAL Portrait Painters are always searching for models for their Wednesday afternoon drop-in painting sessions, 1- 4pm. You will receive the choice of one of the paintings/drawings of your portrait in appreciation for your willingness to sit as a model. Contact Angela Montanti at angela8montanti@yahoo.ca or Odette Laroche at info@odettelarocheart.com.

Health and Wellness Seminars

Nutrition Discussions with Angela Cuscianna: The Importance of Fiber

Date: Wednesday, May 4 **Time:** 1:30 - 3pm

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

Tips, Tricks and Tools to Manage Your Joints

Date: Thursday, May 12 **Time:** 1:30 - 3pm

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

You may have arthritis but it doesn't have you! While arthritis can make daily activities challenging and painful, this interactive workshop will provide information about the many tools, gadgets and techniques to help make daily living easier.

Writing for Your Health – Introduction

Date: Thursday, May 26 **Time:** 10:30 - 11:30am

Cost: Free introduction to workshops coming in June
Research shows that writing promotes healthy brain activity. Writing helps focus concentration and acquire new skills, important brain stimuli to maintain healthy aging. Using memories from your past as inspiration, you will be surprised at how you can recount, organize and record these "stories." Join writer Bill Gray for this free seminar.

Sidney's White Cane Club

As the community of Sidney gears up to celebrate Access Awareness Day, Saturday, June 4, 11am - 2pm here at SHOAL Centre, it feels appropriate to shine a light on the White Cane Club, an education and social group for anyone experiencing vision challenges. The Club, launched two years ago as an initiative by the Access Awareness in Sidney Committee, has thrived from its inception.

With close to 30 on its membership roster, the Club has been instrumental in assisting people to access resources that range from vision services to technology devices. Held at SHOAL on the first Thursday of each month (with the exception of July and August), Club meetings are facilitated by Sally Hughes, a qualified volunteer who took over leadership last year from Anna Hudson, Activity and Rental Coordinator at SHOAL.

"It was always our intention to have the Club operate more independently, once it was up and running. It was also appropriate to host it here, since SHOAL is a central community space and while it took more than a year to find the right volunteer to take over, the wait was worth it," says Anna. "We are so happy to have Sally on board – she is knowledgeable, very capable and caring – exactly the kind of facilitator we had been looking for."

People attending have a broad range of vision impairments, from the beginning of macular degeneration to legal blindness, so the educational component of each meeting has speakers to address a wide variety of topics. Whether it's a representative from the BC Guide Dog Association, the Sidney/North Saanich Library, Canadian Council of the Blind, a local optometrist or a blind entertainer, the meetings are a time for people to come together, hear helpful information and network or socialize with each other.

If you are interested in knowing more about the White Cane Club, please come to Access Awareness Day June 4. The White Cane Club will have a booth and Facilitator Sally will be there. Sight impairment is just one challenge that faces people living with any kind of disability in our community. Access Awareness Day is an opportunity to find out what organizations and businesses are doing to help make Sidney more inclusive and accessible for everyone.



Access Awareness Day

Keep this date in mind – Saturday, June 4, 11am - 2pm. Now a popular annual event hosted by SHOAL, Access Awareness Day includes a Scooter Rodeo, with local dignitaries participating, which starts at 10am at Sidney All Care and ends at SHOAL Centre. There's also a large information fair featuring local businesses and organizations, as well as special keynote speakers and the presentation of the Jeanette Hughes Award. Entry is free and there will be many door prizes from Sidney businesses. Over the lunch hour, SHOAL Food Services offers a great BBQ for only \$5. Come learn what is available for people with access challenges, from mobility to vision, mental health to dementia. Inclusiveness is the mission for Access Awareness in Sidney.

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 Monday, May 16, 1:30 - 3pm, in lieu of the statutory holiday on May 23. For information please call Kelly Ablog-Morant at the BC Lung Association at 1-800-665-5864.

Family Caregivers' Support Network meets on the third Tuesday of each month, 10am - 12pm in the SHOAL Activity Centre Lounge. The next Support Group meeting is on Tuesday, May 17.

White Cane Club meets at SHOAL for those with vision impairment, on the first Thursday of each month. May trip to Butchart Gardens is in lieu of the meeting. The next meeting is Thursday, June 2, 1:30 - 3pm with the Blind Choir of Victoria.



Chef's Corner

Chef, Karen Taylor

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

When this issue went to print, the weather felt like the middle of summer, and Chef Karen was planning to take some well-deserved May holidays. Our patio furniture for the Dining Room is outside and that bright sunshine always brings thoughts of BBQs and summer foods.

SHOAL Food Services team is getting ready for some great dinners in the *Tides* at SHOAL Dining Room over the coming months. First is **Mother's Day, Sunday, May 8** and we plan to have both a lovely brunch and a special Mother's Day Dinner. The menu is featured on this page. We recommend you make a reservation since these dinners are very popular. Just call our reception desk at the regular number, 250-656-5537 and let us know how many plan to attend. Sittings are usually 4:30pm or 5:30pm for special dinners.

And Mother's Day will be followed by our first **Victoria Day Dinner, Monday, May 23**, featuring a great pub-style menu by Chef Karen of "Pies, Peas and a Pint". We will serve non-alcoholic beer by the glass, so we don't have to charge extra. You might want to make a reservation for this dinner too, since we know it will be well attended.

June is around the corner, with **Father's Day, Sunday, June 19** and the Dining Room will feature a special menu to celebrate all the fathers, grandfathers, and father figures. Watch for details in the June newsletter. Traditionally, we always offer "Dads, Dogs and Dixie" in the Tuck Shop the Friday before Father's Day, (Friday, June 17 this year), dishing up juicy hot dogs with fried onions and all the fixings, plus a dixie cup of ice cream for dessert.

Looking forward into the summer, Chef Karen and the crew will cook up a **Canada Day, Friday, July 1** BBQ lunch on the patio, and then every Wednesday during July and August will be grilling hamburgers for lunch and serving ice cream for dessert. Watch for some other great ice cream specials at the Tuck Shop over the summer, as well as more theme dinners, such as a July Hawaiian Night with a Polynesian menu, and in August, an International Dinner to celebrate the Summer Olympics in Rio. Details for both these dinners will be in the July/August newsletter.

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!

Mother's Day Dinner – May 8

Tides at SHOAL Dining Room

Baked Ham with Pineapple Sauce

Or

Roast Chicken with Stuffing

Scalloped Potatoes

Broccoli au Gratin

Corn Niblets with Diced Red Pepper

Spring Lemon Cake

*Reservations Accepted for 4:30 or 5:30 sittings
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.

Pies, Peas and a Pint

Victoria Day, May 23 – Pub Night Dinner

An old-fashioned style pub night in the *Tides* at SHOAL Dining Room, with steak and kidney pie, green peas and a non-alcoholic beer. Regular dinner hour, 4:30 to 6pm. Regular prices apply. Reservations accepted.



Volunteer & YEP News

Sara Lawton, Volunteer Services & YEP Coordinator

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

YEP News

Congrats YEP Students!

The YEP Program helps students prepare for work by offering training, and April has been an exceptionally busy month. We would like to congratulate the students who completed the retail training course, the first level first aid and the Food Safe this month.

The retail training is a free certificate program that prepares youth for first-time work experiences in retail and many other work environments. Students work alongside a busy team of staff members and receive training in:

- Working a cash register and counting cash
- Customer service
- Creating displays
- Sorting inventory
- Assisting with pricing
- Opening and closing procedures

For more information about these training programs for youth, contact Sara Lawton by email at slawton@beaconcs.ca, or by phone at 250-656-5537.

Need Help Around the House? Hire a YEP Student!

YEP provides clients with quick and affordable help around their homes or businesses, and assists seniors who are physically limited or financially compromised. On-call, paid work experience is available in a variety of fields, including yard maintenance, painting, carpentry, computers, household technology, clerical tasks, indoor cleaning, pet care, babysitting and more. Contact Sara Lawton by email at slawton@beaconcs.ca, or by phone at 250-656-5537, to learn more.

Welcome New Volunteers

Medical Drive: Melanie Posthuma, Craig Smith, Eileen Wood, Jill Yonge

Handyman: Craig Smith

SHOAL Activities: Maureen Russell, Barbara Watson

Sluggett House: Minah Lee

Sidney Thrift Shop: Bev Murphy

Victoria Thrift Shop: Sean Kelly, Sonia Rani

Volunteer Visitor: Eileen Wood



Deb Greenaway, Direct Volunteer Services Coordinator

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

“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, May 3**. Hope to see you there!



SHOAL Activities Coordinator Anna Hudson at Beacon’s first-ever Celebrate Volunteering Open House on April 12. The event was part of National Volunteer Week and was aimed at recruiting new volunteers for Beacon.

Volunteers Needed

Calling All Bargain Hunters!

The Brentwood and Sidney Thrift Shops are looking for help working cash, sorting and pricing. Various shifts are available.

Face Painter Workshop Facilitator

The YEP program is looking for an experienced make-up artist or face painter to teach a one-time workshop to students in preparation for summer festivals.

Sidney Single Seniors 55+

Are you 55 or older and single (or a caregiver of a partner who is housebound in long-term care)? The Sidney Single Seniors 55+ might be the perfect fit for you. Annual membership is \$15.

The next regular meeting will be Wednesday, May 18 at 2pm in Auditorium B at SHOAL Centre – guest speaker is Jean Galvin, who will give a talk on the various emergency support services available to us. Our next dinner out will be on Wednesday, May 25 at 5pm at the Sidney Harbour Chinese Restaurant on Beacon Avenue in Sidney.

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

Spotlight On: *Beacon's Volunteer Appreciation Luncheon*

On Friday, April 15 we gathered to celebrate and honour the 500+ amazing volunteers that support Beacon Community Services throughout our community. We held a wonderful Volunteer Appreciation Luncheon that also helped wrap up National Volunteer Week, April 10 - 16. The theme of this year's Luncheon was "Volunteers are the roots of strong communities." At the event, we also paid a special tribute to our long service volunteers:

5 Years of Service

Sabina Amos, Darrylyn Child, Barbara Clegg, Pat Eckland, Trevor Hallam, Joyce Harper, Geri Hinton, Russ Hudson, Louis Iannone, Jo-Anne Kahan, Yolande Krasevich, Leah Luckhurst, Eileen McConville, Russ Neilson, Stephanie Phillips, Hortense Potinho, Chuck Rowe, Dorothy Sly, Joyce Vezina, Sandy Wilson, Warren Woloschuk

10 Years of Service

Neville Atkinson, Sandy Bumpus, Allan Collier, Gerald Donaldson, Gillian Else, Lenore English, Gail Foreman, Margaret Hackett, Patricia Haugland, Carol Heard, Doris Lehnert-Mayer, Irene Moreshead, Dorothy Orr, Pamela Panter, Pally Pillay, Marianna Smart, Mary Anne Spencer-Jackson, Joyce Wautier

15 Years of Service

Jean Atkinson, Gail Byers, Etta Connor, Sally Fisher, Norah Franklin, Beverley Harknett, Pamela Harte, Doreen Hilgemann, Doreen Hunter, Shirley Jones, Marie Reid, Joe Rigby, Patricia McGregor, Wendy Stone, June Temple, Sally Turner, Barb Whittington

20 - 35 Years of Service

20 Years – Ann Rogers; 21 Years – Jewel Roberts; 22 Years – Gail Fidyk; 22 Years – Margaret Frew; 22 Years – Jill Harrison; 27 Years – Marilyn Ball; 35 Years – Donna Godwin



L - R: Beacon CEO Bob Boulter, MLA Gary Holman, volunteer Ann Rogers (20 years), volunteer Marilyn Ball (27 years), Beacon board chair Chuck Rowe.



Everyone enjoyed a delicious buffet lunch prepared by Chef Karen and the amazing kitchen staff.

Photo Credit: Barb Watson, Beacon volunteer photographer



Hands off the cake ladies! Volunteers Terry and Angela admire the beautiful cake that Chef Karen prepared for the event. Over 200 Beacon volunteers came to the Luncheon that day. The crowd listened to the song stylings of Tom Watson, previously from the Timebenders. We're looking forward to the next Volunteer Appreciation event in December!

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> 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 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 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>