

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

May 2015

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

Bouquets

A huge thank you to all the tax volunteers who donated their time and expertise for the Community Volunteer Income Tax Program. They did a great job, with twice as many returns filed this year over 2014.

Appreciation goes out to Heather Bueckert who leaves the Tuesday afternoon Tuck Shop shift to volunteer at Sluggett House. She will be missed here at SHOAL, but we're thrilled she will be with Beacon in another position!

*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 5

Time: 12:30 - 2:30pm

Cost: By donation

This great little "garage sale" organized by the Assisted Living and Independent residents at SHOAL Centre raises funds to purchase flowers that are planted on the outdoor Dining Room patio.

Holistic Nutrition Series – Part 3 Organics – What Foods and Why

Date: Wednesday, May 6

Time: 1:30 - 3pm

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

Seating limited to 15. People can attend any or all of the nine seminars, held on the first Wednesday of each month. Please call 250-656-5537 to register.

Welcome Gardens!

Date: Tuesday, May 19

Time: 10am - 12pm

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

Please come and talk with Pam Devito of the Victoria Immigrant and Refugee Centre about an exciting new gardening project! Are you a senior (55+) wanting help with your garden and would enjoy sharing your garden space with a newcomer from another country? Welcome Gardens! is a safe and friendly project where seniors and newcomers to Canada can work together, share knowledge and learn more about each other. Welcome Gardens! provides resources to start your growing season and help you and your gardening partner accomplish your gardening goals. Please call 250-656-5537 to register.

Access Awareness Day – June 6, 2015

SHOAL Centre, 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.

The Jeanette 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. Nominations are now open for the Award. You can find nomination forms at the SHOAL Centre or the Town of Sidney. Nominations close on May 15.



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

May is another action packed month at SHOAL. We are planning a special Mother's Day menu in the dining room – see page 5 for more information. We now have our weekly menu posted on the SHOAL page of the Beacon Community Services website. Our BCS drop ins continue, along with a great variety of programs and workshops.

Please mark Saturday, June 6 on your calendar and join us for Access Awareness Day. Admission is free and there will be some great door prizes too! We will also be hosting a fabulous BBQ lunch at noon with Chef Karen. We hope to see you that day!

SHOAL will be once again distributing Customer Satisfaction Surveys this month to get your feedback about our activities and programs, our staff and reception. We would appreciate your response – please drop off at reception.

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 16 to Monday, May 18 inclusive. The front doors of the Centre will open at 11am and close at 7pm during the long weekend. Regular hours will resume on Tuesday, May 19 at 8:30am. The Tides at SHOAL Dining Room is open during the holiday weekend at usual lunch and dinner times.

Change of Date for Eagle Heights Africa Event

Please note the Eagle Heights Africa fundraising dinner has changed the date of their event to Saturday, May 2. The dinner will be held at SHOAL Centre. Tickets are \$45 – to purchase please call Bill German at 250-889-4103.

Access Pro-Bono – Wills Clinic Project

Date: Friday, May 29

Time: 10:30am - 12pm

Cost: Free for everyone

SHOAL is excited to offer this presentation by Catherine Schlenker, service coordinator for the Wills Clinic Project, now up and running out of the Justice Access Centre located at the City of Victoria Courthouse. The Wills Clinic offers free preparation of simple Wills, Representation Agreements, and Enduring Powers of Attorney instruments to income-eligible seniors (55+) and terminally ill individuals. Clients with under \$300,000 in assets are eligible for Wills Clinic services. Please call 250-656-5537 to register.



Lions Club president Jim Dunn (right) presented a cheque for \$500 to be put towards the cost of the White Cane Club's monthly meeting room rental fee at the Centre.



Thanks to Terry White (left) for applying to the CIBC Retiree Volunteer Program for a \$500 donation to BCS. Funds went towards upgrading the database for the BCS Volunteer Services program.



Thanks to Eileen McConville who also applied to the CIBC Retiree Volunteer Program for a \$500 donation. This donation helped purchase a new computer for Beacon Thrift on Fourth.



News from the Activity Office

Anna Hudson, Activities and Rental Coordinator

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

NEW - Additional Computer Club Drop-In for Laptops and Tablets

Date: Wednesdays

Time: 10:30 - 12pm

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

Due to the demand in our regular Friday afternoon computer club drop-in, we have expanded to offer a second drop-in on Wednesdays, focusing on laptops and tablets. Volunteers are on hand for helpful tips and basic problem-solving.

Minds in Motion

Date: Thursdays, May 7 - June 25 (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.

Yoga Classes

Morning Yoga on a Mat: Thursdays, May 7 - June 25, 9 - 10am

Yoga in a Chair: Fridays, May 15 - July 3, 12:30 - 1:30pm

Evening Yoga on a Mat: Mondays, May 25 - July 13, 5 - 6pm

All registered yoga classes now offer a drop-in option of \$12 per class. Please check in at the reception desk before attending the class if you are a drop-in.

Song Circle

Date: Fridays, May 8 - June 12 (6 sessions)

Time: 2 - 3:30pm **Cost:** \$60 or \$12 Drop-in

The Song Circle at the Activity Centre continues. All voices and musicians are welcome to the community song circle, mentored by Jewel Spooner of the "Getting Higher Choir". No musical experience is necessary as Jewel teaches by ear, focusing on songs of inspiration from around the globe. For more information, call Jewel at 250-656-1047. To register, please call 250-656-5537.

Speaker Series: Bone Health As We Age

Date: Friday, May 15

Time: 10am - 12pm

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

This series is presented in conjunction with St. Paul's United Church in Sidney. Please call to register.

Fall Prevention for Men and Women - OSTEOFIT

Date: Tuesdays and Thursdays, May 21 - June 30 (12 sessions)

Time: 10 - 11am

Cost: \$95

This is a specialized education and exercise program, developed as a fall-prevention program for those who are at risk of falling or diagnosed with osteoporosis. The class provides safe and gentle strength, balance and coordination exercises by a qualified OSTEOFIT Instructor. Forms to be completed can be picked up when you register.

Introduction to Bridge for Absolute Beginners

Date: Thursdays, May 21 - June 25 (6 weeks)

Time: 1 - 4pm

Cost: \$35

Facilitated by Bridge instructor Helen Mansfield, this course will teach you the basics of the game. This course is for those with no previous bridge experience. September will be the earliest date for "The Next Step: More Serious Bridge" to continue building skills.

June Preview

Sidney Summer Market

Beacon Community Services will be back at the Summer Street Market for another season of information sharing by various BCS programs. Come down and say hello!

Access Awareness Day

Date: Saturday, June 6

Time: 10am - 2pm

Cost: Free

Information Fair, Mobility Parade, special speakers and presentations. BBQ lunch will be available, and the chance to win door prizes. The Jeanette Hughes Accessibility Award will also be presented as part of the events that day.

BC Transit Community Transit Orientation

Date: Tuesday, June 9

Time: 1:30 - 2:30pm

Cost: Free

As part of the Access Awareness campaign in Sidney, this free program is a teaching seminar and bus demonstration to assist seniors, mobility aid users, and anyone with a disability or special need on how to use the bus. HandyDart clients are welcome. Please call to register.

Speaker Series: Laughter Yoga for Health and Fun

Date: Friday, June 19

Time: 10am - 12pm

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

The last in our series until September, this presentation and demonstration will feature a Certified Laughter Yoga instructor. 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.

Introducing: Better at Home

Better at Home is a program that helps seniors with simple day-to-day tasks so that they can continue to live independently in their own homes and remain connected to their communities. Beacon Community Services is delighted to partner with Broadmead Care in providing additional services for Saanich Peninsula Seniors.

In addition to our current Volunteers Services (Medical Drives, Friendly Visits, Reassurance Phone Calls and Minor Home Repairs), we will be offering a Light Housekeeping Service and an In-Home Companion Service.

Fees for these additional services are determined on a sliding scale based on a senior's household income. Some seniors may qualify for 100% subsidy.

Call Deb Greenaway, Better at Home Coordinator, at 250-656-5537 for more information.



Light housekeeping may include:

- Bed making
- Vacuuming
- Floor cleaning
- Kitchen cleaning
- Washroom cleaning
- Watering indoor plants



In-home companion services may include:

- Conversation
- Reminiscing and looking at photos
- Reading books or the paper together
- Playing cards or board games
- Facilitating personal correspondence

Better at Home is funded by the Government of BC and managed by the United Way of the Lower Mainland.



Better at Home is funded by the Government of British Columbia.



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 May 25, 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 May 19.

Take The Pressure Down Blood Pressure Clinic is offered in the community at various locations. Dates, times and location are on their website www.takethepressuredown.ca or you can call 250-885-5576.

White Cane Club meets at SHOAL for those with vision impairment, on the first Thursday of each month. The next meeting is Thursday, May 7, 1:30 - 3pm. The presentation will be by the Pacific Institute for the Blind.



Chef's Corner

Chef, Karen Taylor

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

I really love this time of year! Everything is so pretty in the gardens and summer is around the corner. May is the month of Mother's Day, which is a time to appreciate everything our Mom, and all those who were or are presently being mother figures in our lives, and what they have done for us.

At SHOAL we would like to thank our Moms and Grandmoms with a special menu which everyone is invited to celebrate and enjoy.

The Tides at SHOAL will be offering both a special Mother's Day Brunch and a lovely Dinner to honour this special day. Reservations for both Brunch and or Dinner can be made by calling 250-656-5537. See the menu for Dinner in the box on this page.

Here is what we will have for Brunch: bacon, breakfast sausage, cheese omelet, home fries and toast and jam or waffles served with fresh strawberries and whipped cream, with your choice of bacon or sausage. Dessert will be fresh fruit tarts.

Take those wonderful women out for this great brunch or come to dinner later in the day. Or do both! A nice treat for your Mom might be to go for a walk along Dallas Road or through Beacon Hill Park in Victoria. You really don't need to buy expensive gifts, your time is much more precious.

The Food Services Team wishes all of those great women out there a joyous Mother's Day! We hope to see you celebrating here at SHOAL.

Happy May everyone!

- 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 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

Mother's Day Dinner

Sunday, May 10, 4:30 - 6pm

Baked Ham with Pineapple Sauce

OR

Roast Chicken and Stuffing

Both entrees will be served with

Scalloped Potatoes

Broccoli au Gratin

Corn Niblets with Diced Red Pepper

Spring Lemon Cake

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.

Father's Day Special

While May celebrates Mother's Day, June will bring Father's Day – time for the annual Father's Day tribute of Hot Dogs 'n Dixie out of the Tuck Shop on Friday, June 19, 11:30am to 1pm. A special Father's Day brunch and dinner will be served in the Dining Room on June 21. Watch the June TideLines for more details.



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

Does the look and feel of quality fabric bring a smile to your face? Are you a quilter? If so we have a volunteer position for you! Thrift Shop **Sidney** is looking for a volunteer to work Thursdays sorting and pricing fabric for sale.

Thrift Shop **Brentwood** is also looking for help working cash, sorting and pricing for Wednesday afternoons and Saturday mornings.

Please contact Sara for more information.

YEP Training and Courses

Gardening Course - May 24 - June 7 - Free

We will be partnering with the master gardeners again to offer a three week gardening basics course to students in school district 63. Registration is limited so please contact Sara and register now.

Thank You YEP Volunteers!

In celebration of national volunteer recognition week in April, we would like to recognize the **153 students** who give their time to countless community events, festivals and markets throughout the year.

The YEP students donate their energy and enthusiasm to help plan and set up events, serve food, provide children's activities, supervise games and much more. We could not do it without these dedicated students!

Welcome New Volunteers

Medical Drive: Helen Buck, Mary Rockwell, Wayne Wilson

Special Events: Joanne Olsen

Jenece Place: Nalin Dhillon, Natalie Miller

Employment Services: Donna Gman

SHOAL Activities - Computer Club: Helen Ramani Moore, Martine St-Onge

Thrift Shops: Joan Collins, Christine Osberg, Lia Reid

"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 5**. 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. Please contact Deb for more details.

Wanted: Volunteer Handyman

We are looking for a volunteer who is willing to do small handyman/home repair jobs for our community, as and when required. Please contact Deb or Sara for more information.

Volunteer Services News

Disability Parking Permit

Please note that the Victoria Disability Resource Centre has increased the fee for Disability Parking Permits effective April 1, 2015. Each Permit will now cost \$25.

Income Tax Program

We will continue to offer our Community Volunteer Income Tax Program (CVITP) throughout the year **by appointment only** on Mondays and Wednesdays from 1pm to 4pm. Please call 250-656-5537 to make an appointment.

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, May 20 at 2pm in Auditorium B, SHOAL Centre. Guest speaker will be Mark Blandford, Deputy Advocate from the Office of the Seniors Advocate of BC. The next meal out will be dinner at "Jazzaniah" on Wednesday, May 27 at 5pm.

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

Spotlight On: Volunteer Appreciation Luncheon

On Friday, April 10 we gathered to celebrate and honour the 550 amazing volunteers that support Beacon Community Services throughout our community. We held a wonderful Volunteer Appreciation Luncheon that also helped kick off National Volunteer Week, April 12 - 18. The theme for the luncheon, and for National Volunteer Week is "the ripple effect". Volunteers are part of the ripple effect – a volunteer action is like a stone thrown on a lake. Like ripples, volunteer efforts reach out far and wide to improve communities. At the event, we also paid a special tribute to our long service volunteers:

5 Years of Service

Petra Allen, Susan Andrews, Donald Berry, Marianne Berry, Wendy Bidgood, Roberta Boyd, Helena Buchanan, Carole Butler, Catherine Cadger, Heather Corke, Michael Czornobay, Robert Fenn, Susan Geddes, Ivana Lampa, Brian Lawrence, Vivien Lawrence, Frank MacDonald, Toni MacDonald, George Mackie, Catherine McGinnity, William Orrick, Jacalyn Sollid-Braun, Sandy Thompson, Dieter Weichert and Sue Wilson.

10 Years of Service

Al Czap, Colin Hood, Ann Ilott, Colin Jackson, Janis Johnson, Gail Latta, Karin Macaulay, Daphne MacNaughton, Val Morry, Jane Oglesby, Frank Thompson, Joan Walsh, Audrey Woodget and Emily Young.

15 Years of Service

Lorraine Borstad, Olga Bridge, Sylvia Gamble, Susan Langlois, Sally Palmer, Sita Pillay, Isabelle Skolrood and Mervyn Lougher-Goodey.

20 - 35 Years of Service

20 Years – Jewel Roberts

26 Years – Marilyn Ball

31 Years – Joan Ethier

34 Years – Donna Godwin

*Special thanks to Thrifty Foods
Sidney for donating 40 flowering
plants for centre pieces at
the Luncheon!*

**THRIFTY
FOODS™**

Photo Credit: Bob Orchard, Beacon volunteer photographer



From left: Beacon Board Chair Keith Rolfe, 20-year volunteer Jewel Roberts, 26-year volunteer Marilyn Ball, Beacon CEO Bob Boulter

Like Music?

Sidney Wednesday Night Acoustical Jam (SWNAJ) is a group of musicians, from professionals to brand new beginners, who meet at SHOAL on Wednesdays at 7pm. If you come to listen, it's free for SHOAL Members; by donation for Non-Members. If you wish to play, call Frank Watson at 250-656-7982.

Interested in Painting?

SHOAL has some great drop-in art programs such as Sidney SHOAL Portrait Painters on Wednesday afternoon, as well as an Oil/Acrylic Painting group on Monday mornings. Regular drop-in fees apply: \$1.75 for Members; \$3.25 for Non-Members. Participants must bring their own supplies.

SHOAL Activity Centre Weekly Drop-In Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
Balanced Strength - 9am Oil/Acrylic Painting - 9am	Faceting and Lapidary - 9am Family Caregivers Support Group - 10am <i>3rd Tuesday</i> Chair Fit - 11:30am	Balanced Strength - 9am Table Tennis - 9:30am Stretch & Strength - 10:15am Computer Club - 10:30am Clay Works - 11am	Carving - 8:30am Silversmithing and Lapidary - 9am Chair Fit - 11:30am	Balanced Strength - 9am Table Tennis - 9:30am Ceramics - 10am Stretch & Strength - 10:15am	Duplicate Bridge - 1pm (Sundays) <i>Partner Required</i>
Table Tennis - 9:30am Weaving - 10am Stretch & Strength - 10:15am	Crafts - 1pm Duplicate Bridge - 1pm Pacific Palettes - 1pm <i>(by referral only)</i> Table Tennis - 1pm	Weaving - 1pm Contract Bridge - 1pm <i>Foursome Required</i> SHOAL Portrait Painters - 1pm Sidney Single Seniors - 2pm <i>(3rd Wednesday)</i>	Pickleball - 1:00pm Games & Social - 1:00pm Practice Bridge - 1 - 4pm White Cane Club - 1:30 - 3pm <i>(1st Thursday)</i>	Ceramics - 1pm Computer Club - 1pm Knitting - 1pm Progressive Contract Bridge - 1pm. <i>Singles Welcome</i> Competitive Play Table Tennis - 12 noon - 3pm	
Contract Bridge - 6pm <i>Singles Welcome</i>	Duplicate Bridge - 6:30pm <i>Partner Required</i> SWNAJ Music Group - 7pm	Duplicate Bridge - 6:30pm <i>Partner Required</i>	Duplicate Bridge - 6:30pm <i>Partner Required</i>	Duplicate Bridge - 6:30pm <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

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