

# TideLines

News from SHOAL Centre

Beacon  
Community  
Services

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

April 2014

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

## BOUQUETS

Many thanks to the Members and Volunteer Activity Leaders of our Crafts/Knitting/Weaving and Ceramics departments at SHOAL for all their efforts in preparing for our annual mini spring fair. It could not happen without you!

Thank you to Jay Mandy for a generous contribution of Craft Supplies. These donations help to inspire new ideas and are invaluable in keeping our cupboards stocked.

**Happy Easter from  
the Staff, Members,  
Residents and  
Volunteers of the  
SHOAL Centre!**

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## Coming Events

### National Volunteer Week

This year, National Volunteer Week is April 6 – 12. We take this opportunity to thank all of the Volunteers who give so much of their time and energy here at SHOAL – our many Volunteer Activity Leaders, those who keep our Tuck Shop running, the Volunteers who operate both the Reception Desk and the Medical Drive Desk, and all the men and women who help with special events here at the Centre. Our heartfelt gratitude to all of you from all of the SHOAL Centre Staff.

### Mini Spring/Easter Craft Fair

**Date:** Wednesday, April 9

**Time:** 11am – 3pm

**Cost:** Free admission

Held in our main lobby this year, this wee fair will have all kinds of spring and Easter delights as a way of raising funds for our Craft/Knitting/Weaving departments. Stop by for some shopping and lend support to some of the great activities we have at the Centre.

### Harvesting Hope IV – A Night at the Races

**Date:** Saturday, April 12

**Time:** 5:30pm

**Cost:** \$50

SHOAL is delighted to host this year's Harvesting Hope benefit, sponsored by the Rotary Club of Royal Oak Centennial, featuring a back-to-the 20's theme of gangsters and flappers. This is a Rotary benefit helping to raise funds that will improve the lives of people in our Community. Buffet Dinner, Cash Bar, Horse Races, Silent Auction and Live Music. Ed Bain of 100.3 The Q and CHECK TV will MC the event. For tickets call 250 -920-5820 or email royaloakrotary@gmail.com.



*Thank you to CIBC Retiree Advisory Committee and Eileen McConville for selecting Beacon Community Association as a recipient for The CIBC Retiree Volunteer Program Donation of \$500. We will be putting the donation to good use by purchasing new exercise equipment for our ever-growing exercise classes. Thank you CIBC and Eileen!*



## From the Manager's Desk

**Glenys Cavers, Acting Director of SHOAL Activity Centre**

Phone: 250-656-5537 ext. 102

E-mail: [gcavers@beaconcs.ca](mailto:gcavers@beaconcs.ca)

Spring is in the air at The SHOAL Activity Centre with our programs in full swing. Spring is also tax time and our Tax Volunteers are hard at work completing tax returns for low income individuals. Many returns are completed within a few days of drop off - it's such a great service!

Our Kitchen staff are looking forward to BBQ season as we plan to make use of our great patio space and offer BBQ meals for residents and the public too. Please watch for signage regarding the BBQ meals. We are also happy to reserve tables for parties of four or more in the dining room for lunch or dinner. Simply call or drop by to book your reservation.

On April 11 we will be hosting our Annual Volunteer Appreciation luncheon. This is a wonderful event that celebrates the 500+ Beacon volunteers who contribute to our community each and every day. This is the first event that we will be emailing invitations for, so thank you to everyone who has volunteered their email addresses. I look forward to seeing you on the 11th.

Renovations for our SHOAL volunteer administration area are completed, with the addition of a locking gate and new cash register. Thank you to all SHOAL volunteers for their patience and feedback during this transition.

## Notices

### Easter Holiday Weekend Hours

The Activity Centre, Volunteer Services, Youth Employment Program and Tuck Shop will be closed from Good Friday, April 18 to Monday, April 21, inclusive. Regular hours will resume Tuesday, April 22. The Tides at SHOAL Dining Room will remain open for both Lunch and Dinner service, as usual, during the Easter weekend.

### Income Tax Preparation

The Community Volunteer Income Tax Program (CVITP) will be available at SHOAL Centre in Sidney, through the Beacon Community Services Volunteer Services Office, from Tuesday, March 4 to Thursday, May 1, 2014. To qualify as a CVITP client, your income must be low (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 \$1000). Your tax situation must be simple. All tax clients are welcome, during the following hours:

<b>Tuesday</b>	<b>9am - noon and 1-4pm</b>
<b>Wednesdays</b>	<b>9am - noon and 1-4pm</b>
<b>Thursdays</b>	<b>9am - noon and 1-4pm</b>

Please note: there are NO booked appointments. Intakes are accepted on a first-come, first-serve basis each day. For further information, please call Deb Greenaway, Direct Volunteer Services Coordinator at 250 656-5537, ext. 106.

### SHOAL Activity Centre Open Saturdays

SHOAL Activity Centre is once again open Saturdays from 8:30am to 4:00pm. Dining Room is open to the public seven days a week for lunch, 12 to 1:30pm, and dinner 4:30pm to 6pm. Tuck Shop open Monday - Friday, 9am to 3pm. Everyone welcome.



## News from the Activity Office

**Anna Hudson, Activities and Rental Coordinator**

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

### Scooter Safety Seminar and Demonstration

**Date:** Tuesday, April 8 **Time:** 1:30pm

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

There are safety guidelines that every scooter owner should know, especially when travelling on city sidewalks and crosswalks. This is a chance to ask questions and discover ways to operate your scooter more safely. Don't have one but thinking of getting one? Then this seminar will be of help! Please call to register.

### Advanced Care Planning

**Date:** Thursday, April 10 **Time:** 1:30pm

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

Join an Advance 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? Call to register.

### OSTEOFIT

**Date:** Tuesdays and Thursdays, April 15 – May 22 (12 sessions)

**Time:** 10 – 11am **Cost:** \$95

This is a specialized education and exercise program, developed by BC Women's Hospital, as a fall-prevention program for those who are regularly active but osteoporosis or are at risk of falling. Provides safe and gentle strength, balance and coordination exercises by a qualified OSTEOFIT Instructor. Maximum of 10 participants per class. Forms to be completed can be picked up when you register.

### Stop Your Bladder From Running Your Life!

**Date:** Monday, April 28 **Time:** 1:30pm

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

Join Registered Physiotherapist and Pelvic Floor Specialist Jodi Ganton for a one hour workshop on bladder health. Learn how pelvic floor function and lifestyle habits impact bladder health. Jodi will introduce you to exercises and good bladder habits to help take back control of your bladder! Please call to register.

### More Table Tennis...

Table Tennis has become so popular at SHOAL that we are expanding! The Activity Centre now offers Table Tennis Drop-In every Tuesday 11:30am – 1:30pm, in addition to our regular Monday/Wednesday/Friday Drop-Ins, 9:30am - 12 noon. If you have not tried this entertaining form of fitness, come give it a go. First time visit is free. Regular Drop-In fees apply: \$1.75 for Members; \$3.25 for Non-Members.

### Cribbage Anyone?

**Date:** Mondays. **Time:** 1-4pm

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

This is a game that will keep your brain sharp, and easy to learn if you haven't played before. One of the many drop-in activities that provides wellness, enjoyment, and lots of social interaction. Try your first time for free.

### Computer Lab Drop-In

**Date:** Fridays. **Time:** 1-3pm.

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

We have two very computer savvy volunteers who can help with questions and challenges, from email to working with documents or browsing the web. This is not an instructional class, but an informal setting to provide seniors with some computer assistance.

### May Preview

#### Practice Playing Bridge Drop-In

**Date:** Thursdays beginning May 1 **Time:** 1-4pm

**Cost:** SHOAL Membership plus \$1.75 per time

Bridge players, new and experienced - help is at hand. Join our new friendly drop-in to help with building your skills. No partner required. Instructor on hand to answer your questions about bidding and play.

#### Scam Prevention Workshop

Watch for details in the May *Tidelines* issue for this important seminar about scam prevention and safety.

#### Mothers Day Special

Plan to pick up a May *Tidelines* issue to see what's happening to celebrate Mother's Day, May 11 at the SHOAL Activity Centre.

#### Happy 50th Anniversary to the Sidney Lions Club

The SHOAL will host the Club's Anniversary Dinner at SHOAL, May 31. Congratulations on 50 years of giving to the community.



*Happy Retirement to Hildred MacDonald (centre), Tuck Shop Volunteer for many years, who has now moved to Calgary to be closer to family.*



*Congratulations to the 10 participants in the most recent Active Listening course.*

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## 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 4th Monday of each month in Auditorium B. Next Meeting is April 28, at 1:30pm. For information please call Kelly Ablog-Morant 1-800-665-5864 at BC Lung Association.

**Family Caregivers' Support Network** meets on the 3rd. Tuesday of each month, 10am – noon in the SHOAL Activity Centre Lounge. The next Support Group takes place Tuesday, April 15.

**Take The Pressure Down** Blood Pressure Clinics are offered at the Sidney/North Saanich Library. Please check [takeethepressuredown.ca](http://takeethepressuredown.ca) for times and dates on the Peninsula.



## Chef's Corner

**Chef, Karen Taylor**

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

Thank goodness we are over the snow, not well liked unless you are a child...

Spring is all around us flowers are in abundance, I especially love tulips and crocuses, such beautiful colours. Here is a recipe inspired by all the beautiful colours surrounding us.

### Spring Salad

- A couple of handfuls of romaine lettuce
- The same amount of fresh spinach torn into bite size pieces
- ½ cup cauliflower pieces
- ½ cup diced red onion or green onion
- ½ cup shredded red cabbage
- ½ cup English peas
- 1 orange, peeled and cut in chunks
- ½ cup strawberries
- 2 tablespoons walnuts or cashew nuts
- ¼ cup crumbled blue cheeses

Make a dressing from orange juice, white vinegar, olive oil, a little garlic and soy sauce mix up together. Mix all salad ingredient's together, pour on salad dressing, toss together and serve.

Let spring ring like a melody in your heart. This is a glorious time of year.

-Chef Karen

## Dining Room Meal Card Prices

	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.

## Easter Sunday Dinner Tides at SHOAL Dining Room

Open 4:30-6pm

Easter Glazed Ham

*served with pineapple and maraschino cherries*

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Roasted Seasoned Potatoes

§

Green Beans with Red Pepper

§

Dill Buttered Carrots

§

Easter Goodies

*Regular prices apply.*



Although SHOAL has been operating under Beacon Community Services for over 8 years, many people still don't realize just how big our facilities are, and how much we have to offer, when it comes to catering and rentals. We keep flyers for pick up at our Reception Desk outlining the many choices for food platters, from party trays and deluxe sandwich platters, to devilled eggs, and fruit kabobs! Want sweets? Order a lovely platter of mini-cupcakes in vanilla, chocolate or lemon with butter cream icing. All our trays and platters are competitively priced, and are easy to select when you plan your event at SHOAL. Our Activities and Rental Coordinator can answer any of your questions.

## 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!



## Volunteer & YEP News

**Sara Lawton, Volunteer Services & YEP Coordinator**

Phone: 250-656-5537 ext. 118  
E-mail: [slawton@beaconcs.ca](mailto:slawton@beaconcs.ca)



**Deb Greenaway, Direct Volunteer Services Coordinator**

Phone: 250-656-5537 ext. 106  
E-mail: [dgreenaway@beaconcs.ca](mailto:dgreenaway@beaconcs.ca)

## Youth Employment Program (YEP)

YEP is a community-sponsored program that provides opportunities for training, work and volunteer experiences that support future successful careers.

Through YEP, teens can gain employment preparation certifications at a subsidized cost. All volunteer opportunities completed go towards graduation requirements.

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.

If you are between the ages of 14 and 18 and attending School District #63, pick up an application package at your school's career office, or click the link below for an application form. There is no fee to enroll, but you will be encouraged to volunteer at community events

For more information, please contact:  
**Sara Lawton, Youth Employment Program Coordinator**  
**Phone: 250-656-5537**  
**E-mail: [slawton@beaconcs.ca](mailto:slawton@beaconcs.ca)**

## Youth Employment Training Opportunity

Spring blossoms are everywhere, and garden clean up and planting is underway.

Y.E.P. is offering an opportunity to learn more about gardening and horticulture and earn a Gardening Basics Certificate:

**When:** Sundays 1:00 pm – 4:00 pm May 18, 25 and June 1

**Where:** Greenglade Community centre 2151 Lannon Way

**Who:** Led by instructors from the Master Gardening Association

**Learn About:** All areas of basic gardening areas, including composting, planting containers, annuals, cutting in the garden, weed/plant identification, safe work practices, /techniques, effective & conservative watering, selecting and maintaining tools. If you are a Y.E.P. youth this is a great way to be trained and ready for upcoming gardening jobs.

To register contact Sara at [slawton@beaconcs.com](mailto:slawton@beaconcs.com)

## Welcome New Volunteers!

**Friendly Visits:** Samuel Connell, Judith Swift

**Jenece Place:** Eleanor Horgan, Grant Howell

**Medical Drivers:** Leonhard Braunizer (returning), Louise Javonovic, Edward Kraft, Madeleine Morris, Stu Onlickas, John Wrightson

**Assisted Living:** Svetlana and Marlene

**Thrift Shops - Brentwood:** Isabelle Poirier, Kari Thorsen, Selby Weatherhead, Stella Yu

**Thrift Shops - Sidney:** Ryan Olson, James Parks

## Sidney Single Seniors

**Elizabeth May, MP Saanich-Gulf Islands** will be speaking at the next general meeting on April 16th at SHOAL!

Join this dynamic group of 55+ and you will be able to take part in activities such as morning walks, coffee meetings, bowling, golf, meals out, ferry trips, picnics, and barbeques. You must be single to belong to this group, or be a caregiver of a loved one who is at home, in hospital, or in a care home. Membership is open to men and women.

Join us at the next meeting on Wednesday April 16th at SHOAL Centre. For more information call 250-656-5537.

## Congratulations to the Hearts of the Community Award Winners



*Hearts Winners (L to R): Sage Broomfield, Melissa Rickson, Kristal Underwood, Darren Blinko, Shelagh Bell, and Graham Debling. Photo courtesy of Devon Mackenzie, Peninsula News Review.*

# Honouring Our Volunteers



Beacon Community Services Volunteers  
are cordially invited to attend:

2014 Volunteer Appreciation Luncheon held in their honour

on  
Friday, April 11th at 12 noon

in the  
SHOAL Activity Centre (Auditorium)  
10030 Resthaven Drive, Sidney

Please RSVP before Friday, April 4,  
by phone at 250-656-5537 or email [slawton@beaconcs.ca](mailto:slawton@beaconcs.ca).



Please help us salute the Beacon Community Services Volunteers who will be honoured during National Volunteer Week. The service and dedication that each and every one of you provides is staggering. The following Volunteers are the men and women who celebrate 'benchmark' years of volunteer service with our agency.

<u>33 Years</u>	<u>30 Years</u>	<u>27 Years</u>	<u>25 Years</u>	<u>20 Years</u>	
Donna Godwin	Joan Ethier	Marilyn Ball	Marilyn Ball	Margaret Frew	Jill Harrison
<u>15 Years</u>					
Shirley Bamford		Sonja Bornhold	Bryan Critchison	Veronica Mantha	
Corrinne Porter		Isabelle Yoxall	Theresa White		
<u>10 Years</u>					
Ehsan Badkoubei	Jennifer Ball	Marianne Bashford	Katie Booth	Hannah Bowen	Elizabeth Chambers
Gloria Clothier	Bill Dean	Eileen Dehen	Mike Griffin	Jill Hewison	Marjorie Johnston
Catherine Jones	Clifford Jones	Barbara Lyon	Doreen MacAlister	Maureen Mackian	Gloria Matkin
Eileen McMahon	Andrea Safavi	Maureen Smith	Christine Standon	Lila Thurston	Pam Turner
Barbara Webster					
<u>5 Years</u>					
Elizabeth Baxter	Bill Bruckel	Al Burgoyne	Andrew Campbell	Daniel Cawsey	Neil Christenson
Vivien Davies	Amber Dolan	Wayne Downs	Anne Eccles	Jean Everard	Myra Frame
Elizabeth Godbehere	Arden-Irving	Roy Spencer-Jackson	Jean Ann-Lewis	Elizabeth McCallum	Sharon Malcolm
Helen Mansfield	Doreen Martin	Frank Miller	Karen Pike	Deborah Rogers	Rose Rudolph
Amy Smart	Horst Weibe				

## Like Music?

Sidney Wednesday Night Acoustical Jam (SWNAJ) is a group of musicians, from professionals to brand new beginners, who meet at SHOAL Wednesdays, 7 pm. 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.

## SHOAL Activity Centre Weekly Drop-In Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
Balanced Strength - 9am Table Tennis - 9:30am Oil/Acrylic Painting - 9:00am Weaving - 10am Stretch & Strength - 10:15am	Faceting and Lapidary - 9am Chair Fit - 11:30am Family Caregivers Support Group - 3rd Tuesday at 10am Table tennis - 11:30am - 1:30pm	Balanced Strength - 9am Table Tennis - 9:30am Stretch & Strength - 10:15am 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) Partner Required
Cribbage - 1pm Be Well Clinic - 1pm Mah Jong - 1pm Better Breathers - 1:30pm <i>4th Monday</i>	Pacific Palettes - 1pm <i>(by referral only)</i> Duplicate Bridge - 1pm Crafts - 1pm	Weaving - 1pm Contract Bridge - 1pm <i>Foursome Required</i> SHOAL Portrait Painters - 1pm Sidney Single Seniors 3rd Wednesday at 2pm	"Games & Social" - 1st & 3rd Thursday at 1:30pm	Ceramics - 1pm Computer Club - 1pm Knitting - 1pm Progressive Contract Bridge - 1pm. <i>Singles Welcome</i>	
Contract Bridge - 6:30pm <i>Singles Welcome</i>		Duplicate Bridge - 6:30pm <i>Partner Required</i> SWNAJ Music Group - 7pm		Duplicate Bridge - 6:30pm <i>Partner Required</i>	

The Billiards Room and the Woodworking Shop are open from 8:30am-4:30pm, Monday-Friday. The Tuck Shop is open from 9am-3pm Monday-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

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