

TideLines

News from SHOAL Centre

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



January 2014

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

BOUQUETS

A big thank you to the Red Hatters for the wonderful job they did at decorating our lobby tree in December. We had lots of compliments. And many people wanted to know how those tiny little red hats were made. They were shaped from heated Styrofoam. Now that's ingenuity!

Thank you to our Crafts and Knitting department Volunteers who continue to create many seasonal gifts for sale from our lobby display cabinet. They are worth their weight in gold!

We also want to thank Chef Karen and our Food Services team for their hard work in producing so many great turkey meals for catered events – over 500 dinners were served. That's a lot of turkey. See the Chef's page for tips on what to do with all the cooked left-over turkey you may have put in your freezer.

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Coming Events

Indoor Gardens

Date: Monday, January 27 **Time:** 1:30 – 3pm

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

Do you wonder what you can do to make your indoor plants look better, what plants should go where or just can't find a plant you like? We can help! Glenda Wilkinson is a Master Gardener who loves plants and is interested in sharing a little of what she has learned with you. There will be a Power Point presentation full of information, an opportunity to see plants on display and a chance to "talk plants" with other indoor gardeners or new enthusiasts. One lucky person will win the draw and go home with an indoor plant. Call SHOAL to register.

Hearts of the Community Volunteer Awards

Nominate an Outstanding Volunteer by January 30th

Do you know a group or individual whose volunteer work has benefitted Peninsula residents? Nominate them for a Hearts of the Community Volunteer Award! Beacon Community Services and the Peninsula News Review are once again sponsoring these awards to honour volunteers who contribute so much to the Saanich Peninsula Community. Fill out the enclosed nomination form and return it to the SHOAL Activity Centre no later than Thursday, January 30. Plan to attend the heartwarming awards event on February 25, featuring live entertainment, special guests and a complimentary luncheon. Watch for more information (including where to pick up your free tickets) in the TideLines and the Peninsula News Review.

Raising the Roof Toques!

Winter is here...and you know your head is cold. Why not support Out of the Rain and purchase a Raising the Roof toque! You will be doing your part to put an end to youth homelessness and supporting Beacon Community Services' program, Out of the Rain Night Youth Shelter. And if you don't need a toque, no problem...there are lots of youth that do – purchase one and it will be given to someone who needs it. Toques are only \$10 and 80% of the funds raised goes direct to Out of the Rain. Toques are available at the Pandora and Quadra Beacon Thrift Shops.

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



From the Manager's Desk

Glenys Cavers, Acting Director of SHOAL Activity Centre

Phone: 250-656-5537 ext. 102

E-mail: gcavers@beaconcs.ca

January is always a time of resolutions and I welcome everyone to include the SHOAL Activity Centre in your New Year's resolutions. If you resolve to start or continue an exercise program, we have a variety of drop-in fitness classes or table tennis available each week for all abilities. If you resolve to work on your creative side, please check out any of our arts and crafts drop in groups including woodworking, carving, ceramics, clay works, weaving, lapidary, faceting, silversmithing, painting, crafts, knitting and sewing. If your resolution is to add some fun and social time to your week while keeping your brain sharp, please check out our bridge, cribbage or mah jong drop-in sessions. Your \$46 membership provides you with free or reduced rate access to all SHOAL drop in activities. We look forward to helping you keep your 2014 resolutions and would like to wish everyone a happy and healthy New Year!

Notices

New Year's Day Hours

The SHOAL Activity Centre Reception Office, Volunteer Services, and Tuck Shop will be closed on Wednesday, January 1. The Activity Centre will be closed at 7pm.

New 2014 SHOAL Centre Membership Cards

As you renew your membership in 2014, we will be exchanging your bright pink membership card for a new bright blue one for 2014. We appreciate you renewing your membership promptly when it expires. While we work at making renewal phone calls, we might miss you, so please take a look at your renewal date. SHOAL allows one month past your expiry date before removing your membership from the data base.

Parking Information

Many people who visit the Centre are hesitant to park in the numbered spots in the outdoor covered parking lot on the far side of the building, off Mills Road. Patrons visiting the Centre can park in any of those numbers spots. We also offer underground parking for visitors, and street parking is also free.

Donations to the Activity Centre

We always appreciate donations of current used books for our Library, puzzles for both Assisted Living and the Activity centre, as well as donations of crafts and knitting supplies. Just drop-off at our Reception desk.

Volunteer Profile - Helen Mansfield

If you have ever taken Bridge classes at the SHOAL Activity Centre, you most likely had Helen Mansfield as your teacher. Helen has been offering Beginner Bridge classes, as well as classes for Novice learners, well before Beacon Community Services took over operation of the Centre many years ago. "When Roy Blackwood passed away, we needed a Bridge teacher and there didn't seem to be anyone else to take over," says Helen, referring to the days when the Centre was operated by Silver Threads.

And she is very knowledgeable about the game. Twenty-five years ago she began playing socially with a friend who became her Bridge partner and before they knew it, they were deep into Duplicate. Helen still has the same partner all these years later, playing once a week, as well as teaching and playing several times at SHOAL.

Profile continued on page 4...



News from the Activity Office

Anna Hudson, Activities and Rental Coordinator

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

Happy 2014! What a year of change we have seen at the Centre over the course of last year. Retirements, new staffing, and now some exciting new changes to our Reception area to help improve and streamline service delivery. Make sure you drop by in the coming months, whether to just say hello or sign-up for some of the many registered programs offered this winter.

An Introduction to Bridge for the Absolute Beginner

Date: Thursdays, January 16 – February 20 (6 sessions)

Time: 1-4pm **Cost:** \$35

Facilitated by Bridge Instructor Helen Mansfield, this course will teach you the basics of the game. Once you have acquired the beginning elements, SHOAL will be offering “More Bridge - Next Step” for 6 weeks beginning in March if you want to continue building skills and knowledge.

Advanced Care Planning

Date: Wednesday, January 22 **Time:** 10am-noon

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

Join an Advance Care Planner from 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.

Morning Yoga on a Mat

Date: Thursdays, January 9 – February 27 (8 sessions)

Time: 9-10am **Cost:** \$90

Now a regular feature - get your day started with an energizing yet gentle yoga class for strengthening body, mind and spirit. Instructor Kathleen Fournier.

Evening Yoga on a Mat

Date: Mondays, January 6 - February 24 (8 sessions)

Time: 5-6pm **Cost:** \$90

Back once more, this end of the day yoga class will provide relaxation and energy while improving balance, flexibility and over-all well-being. Instructor Kathleen Fournier.

Yoga in a Chair

Date: Fridays, January 10 – February 28 (8 sessions)

Time: 12:30 – 1:30pm **Cost:** \$90

Winter can be depressing with its short days and long dark nights – give yourself a boost with this beneficial form of fitness that helps improve breathing, strengthens your inner core, and gives you an overall sense of vitality and energy.

Minds In Motion

Date: Thursdays, January 9 – March 13 (no sessions January 23;

February 27) **Time:** 1:30-3pm **Cost:** \$50.40 (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 served.

OSTEOFIT for Beginners

Date: Tuesdays and Thursdays, January 21–February 27 (12 sessions)

Time: 9-10am **Cost:** \$95

If you have not been active for a while and have been diagnosed with osteoporosis or osteopenia, this beginner course is designed for you. Taught by a qualified OSTEOFIT Instructor. Maximum of 10 participants per class so register early! Forms to be completed can be picked up when you register.

OSTEOFIT

Date: Tuesdays and Thursdays, January 21–February 27 (12 sessions)

Time: 10:15-11:15am **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 have 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

Don’t forget

about the Sidney Wednesday Night Acoustical Jam music group that meets in Auditorium A every Wednesday night, 7 – 9:45pm. SHOAL Members can come listen for free, members of the public are asked to make a donation at the door. This group of musicians plays at all levels and entertains with sing-a-long songs familiar to many. If you wish to play with the group, please contact Frank Watson 250 656-7982.



Volunteer Profile cont.

But Bridge isn't the only career that Helen enjoys. Her even stronger interest is her dogs, miniature dachshunds, which she began breeding and showing while she lived in Ontario. When she retired to Vancouver Island in 1979, she brought property in Cordova Bay where she continued to not only raise dogs, but also enjoyed owning and riding horses, a part of her life that carried over from her days in Milton, Ontario.

Born and raised in the Toronto area, Helen says she just wasn't sure what she wanted to do when she graduated from high school, so she entered the Canadian Armed Forces and trained as an x-ray technician. When the war ended in 1945, she was discharged, and since her interest had been peaked in the hospital, working with patients seemed the next step. Helen entered a program at University of Toronto to become an occupational therapist, and spent the following ten years working at this career. However, having married when she finished university, Helen wanted to raise her family, and when she was unfortunately widowed early, made the decision to head to the West Coast.

The rest is history. We feel so fortunate that Helen eventually arrived in Sidney and continues to offer her many talents as a Bridge Instructor at the Activity Centre. Watch for more classes coming up!



Helen Mansfield jovially instructs her bridge students during a beginner session.

SHOAL Wellness Programs

Be Well Clinic checks blood pressure and glucose every Monday in one of our Auditoriums, 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 January 27 at 1:30pm. For information please call Kelly Ablog-Morrant 1-800-665-5864.

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, January 21.

Take The Pressure Down Blood Pressure Clinics continue. Next date is Friday, January 10, 10am – 1pm at the Sidney/North Saanich Library.



Chef's Corner

Chef, Karen Taylor

Phone: 250-656-5537 ext. 107

E-mail: chef@beacons.ca

Well Christmas has once again come and gone! Now the question is what to do with that left over turkey you threw into the freezer?

Here are a few ideas:

- Turkey pot pie
- Turkey soup
- Turkey lasagna
- Turkey casserole
- Turkey curry...and the list goes on...

Here is a great recipe for Biscuit Crust Turkey pie:

- 3-4 cups of turkey or chicken broth
- 3 large potatoes, quartered
- 3 carrots, sliced
- 2 stalks celery, sliced.
- 4 cups cooked turkey in bite size pieces
- 1 sweet onion, chopped
- 1 tablespoon olive oil
- 3/4 stick unsalted butter
- 1/3 cup of flour
- 1/4 teaspoon thyme
- 1/4 teaspoon sage
- 1/8 teaspoon nutmeg
- 1/4 cup minced fresh parsley or dried
- 5 cloves fresh garlic, chopped.

Biscuit Dough for the crust:

- 1 1/3 cup flour
- 1 1/2 teaspoon baking soda
- 1/3 cup buttermilk
- 1/2 teaspoon salt
- 5 tablespoons butter, sliced thin
- 1/3 cup of cheddar cheese, grated
- 1 egg

In a saucepan melt butter, then add olive oil and chopped onion. Fry on high heat for 2-3 minutes. Add herbs, vegetables and garlic and fry 2 more minutes then remove from heat. Stir in flour and blend together. Return to heat and slowly add broth, mixing with whisk until smooth. Simmer on low heat until veg are tender. Cut butter into flour mixture until walnut-sized chunks remain. Add cheese. Beat the egg with the buttermilk and stir in the dough. Form the dough into a ball. Place in the fridge in a plastic bag for 15 mins to rest. Roll dough out onto floured counter 1/2 inch thick. Cut out rounds of dough with a biscuit cutter. Put cooled turkey mixture in deep dish casserole. Place rounds of biscuit dough until turkey mixture is covered. Brush top with milk. Bake @ 425F for approx 20-25 mins or until golden brown.

New Members Announcement!

We are making a change – with the retirement of Michael Preece, our long-time piano entertainer at our monthly Members' Birthday Party, we have decided to change the format for both honouring the birthdays of our Members, but also for the New Members Meet 'n Greet. On your actual birthday, bring your current Membership card to SHOAL, and receive a free muffin from our Tuck Shop.

And if you are a New Member, you will receive a gift card for a free coffee and muffin at the Tuck Shop at the time you join the SHOAL Activity Centre.

Thank You Michael for all your years of wonderful piano music each month!



Heat Up at the Tuck Shop

On a chilly January day, why not stop by our Tuck Shop, open Monday – Friday, 9am – 3pm, and enjoy a warm beverage, like hot chocolate, apple cider, herbal tea or just a plain old-fashioned cup of coffee? Fresh baked goods are available daily, as well as snacks, juices and pop. Enjoy a visit with friends in our lobby patio area as you savour a winter treat. Hope we see you there!

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 unused on a card.



Volunteer & YEP News

Deb Greenaway, YEP & Acting Volunteer Services Coordinator

Phone: 250-656-5537 ext. 118

E-mail: dgreenaway@beaconcs.ca

Here we are - 2014. Happy New Year! I do get excited about the new beginnings and the fresh start feel of a new year. It's a great time to change things up a little and you will notice that we have reorganized our physical space at SHOAL Reception to better accommodate you. A HUGE thank you to all our SHOAL Office volunteers who have helped and supported with the changes that are happening around the office. Your support and encouragement are greatly appreciated. It was so great to meet lots of you, in person, at the Christmas luncheon. Do pop in to SHOAL and say 'Hello' if we haven't met in person yet.

Thinking of becoming a Volunteer?

Do you have some time to spare? Once a week? On the odd occasion? Volunteer Services are looking for volunteer drivers and also an odd job/handyman? If you can spare an hour or two to support Peninsula residents, please drop into SHOAL Centre or give us a call. We'd be happy to hear from you!

Sidney Single Seniors

Open to men and women. 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. Members may choose to take part in a variety of activities such as morning walks, coffee meetings, bowling, golf, meals out, ferry trips, picnics and barbeques. Next meeting is Wednesday, January 15, 2-4pm. For more information, please contact us at 250 656-5537.

Fundraising:

Entertainment Books. Thank you to all that purchased the 2014 Entertainment Books. Funds raised will go towards subsidizing YEP programs throughout the year. The YEP will continue to recycle empty bottles and cans for you throughout 2014, so please drop off your empties at SHOAL alternatively if you have a large load, we can pick them up. Thank you for your continued support.

Our YEP students continue to be busy supporting local events and activities and jobs. If your New Year's Resolution is to catch up with those jobs that you are always meaning to do, why not call for a YEP student for help.

Volunteer Drivers

Volunteer Services offers free medical drives to seniors who are not able to drive themselves to appointments. There are hundreds of clients who have registered with the program to receive drives. But the pool of drivers is very small. If you are interested in becoming a Volunteer Driver, we would greatly appreciate your contribution. Mileage is reimbursed. You will be required to fill out an application, meet with the Volunteer Services Coordinator, and have a criminal records check done (fee waived), before you are assigned clients. Just call or drop-by the Drive Desk. Your contribution is very much needed.



Volunteer Driver Geoff Couzens stops by the Drive Desk to pick up a driving assignment.

Tax Time Coming...

We can't avoid it. Tax time is looming, and our tax volunteers are gearing up for their 2014 training. Each year our tax volunteers receive up-to-date training for filing procedures. Tax returns will be received at the SHOAL office beginning the first Tuesday in March. You can bring in your tax papers on Tuesday, Wednesday or Thursday, 9am – noon; 1 – 4pm. A reminder – if you or anyone you know is filing a simple tax return and has a low income, you may qualify for free tax filing. Please call 250 656-5537 and ask to speak to a Staff member.



SPOTLIGHT ON VOLUNTEERING

“One value that was sewn into the stitching of our character at a very early age had to do with our responsibility to help others...we were expected to be of assistance to our neighbours...“Being neighborly”... was synonymous with being kind, friendly, and helpful to our neighbours and something that we were encouraged to do on a regular basis through firsthand experience. It was a bit like mandatory community service.” - BeNeca Ward (born 1976). Author of 3rd Generation Country, A Practical Guide To Raising Children With Great Values.

We are pleased to introduce a new feature in our monthly newsletter as a way of broadening the scope of information about the enormous contribution given by hundreds of Volunteers who donate their time and energy to Beacon Community Services programs. Presently, the organization has 500 volunteers scattered throughout the Peninsula and the Victoria region, contributing thousands of hours to making their community a better place. It only seems fitting to start with one of the earliest Volunteer projects launched by Beacon Community Services – the Thrift Shops.

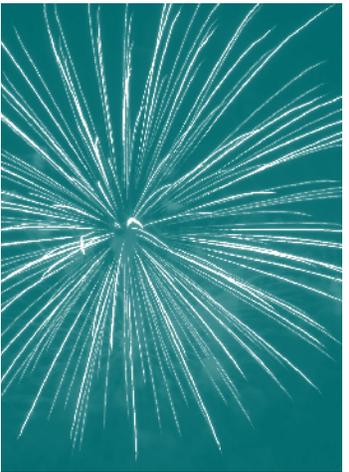
Did you know these interesting facts about our Thrift Shops?

- BCS started its first Thrift Shop in 1982.
- There are 7 Thrift Shops with 200 Volunteers who volunteer over 40,000 hours a year.
- The oldest Volunteer in our Thrift Shops is 94.
- Our youngest Thrift Shop volunteer is 14.
- The Thrift Shops sell over 60,000 items each month.
- Thrift Shops offer items such as household wares, clothing, shoes, accessories, furniture, books, CDs, VHS, DVDs, magazines, linen, tools, jewelry, and lots of treasures!!
- BCS has a fleet of two trucks.
- There is no experience needed to volunteer at the thrift shops – all training is provided.
- Thrift Store revenue supports many great community programs at Beacon Volunteer Services: Youth Employment Program, Peninsula Babies, Toddler & Tot Drop in Playgroups, 1-2-3 Activities, Mother Goose Rhymes that Bind, School District #61 Crossing Guard Program, Out of the Rain Youth Shelter, Brentwood and Sluggett Houses.

Did you know BCS Thrift Shops raised \$8905 for the Red Cross Philippines Relief project during November?



Many of our volunteers attended the annual Christmas Volunteer Lunch, December 6th, 2013.



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	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	
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>	Duplicate Bridge - 1pm <i>(Sundays) Partner Required</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 11:30am-1pm 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.