

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



July/August 2014

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

BOUQUETS

The SHOAL Centre Ceramic Department wishes to thank Edna Lapierre for her generous donation of ceramic articles, glazes and china painting supplies. Edna was a valued member of the Ceramic and China Painting Departments for many years, volunteering her time producing many articles for sale at SHOAL. She was always ready with a smile and encouragement for others. Thank you Edna.

A big thank you goes out to Doreen Dupuis, who volunteers in the Tuck Shop Friday afternoons. While she will be with us for most of the summer, Doreen has relocated to Oak Bay and will be leaving her Tuck Shop job come September. Thanks Doreen for the many hours you gave to SHOAL.

A note of appreciation goes out to Carole McKay who donated a number of art books and supplies. They will be used in a variety of ways in programs offered by the Activity Centre.

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Coming Events

Good News Summer Sing-a-long

Date: Monday, July 14 **Time:** 2-3pm **Cost:** \$2

Once again, Louise Rose and a group from the Good News Choir come to SHOAL for another summer sing-a-long. This group performed at SHOAL last summer to rave reviews.

Aging in Place – What You Need to Know

Date: Thursday, July 17 **Time:** 1:30pm **Cost:** Free for Members; \$3.25 Non-Members

Join registered homemaker nurse, Brittany Hawkes, RN, BScN, to learn about issues, such as what does it mean to Age In Place, what are the benefits of doing so, and how to decide where “My Place” is going to be? How can you ensure the best possibility for Aging In Place successfully? Please call to register.

Ice Cream Daze all July!

Date: Every Friday in July **Time:** 1 - 2:30pm **Cost:** \$2

What is summer without a deliciously cool ice cream cone? This year, our Tuck Shop will offer cones every Friday afternoon. Enjoy this tasty treat on our outdoor Dining Room patio or try out our comfortable wicker seating in the lobby.

A Sundae in August

Date: Friday, August 22 **Time:** 2-3pm **Cost:** \$2.50

We can't pass by August without our annual sundae extravaganza at the SHOAL Tuck Shop. Choose your toppings of strawberry, chocolate, whipped cream and garnishes. A great way to end off the summer as we move towards September.

Beacon Community Services at the Sidney Summer Market

This is our second year at the Sumer Street Market Thursday evenings on Beacon Avenue. Every week will feature a different BCS program. Why not stop by and say hello – we would appreciate your support.

REMINDER

Just because it's summer, it doesn't mean we stop our Fitness Classes – every week day we offer drop-in activities, from moderate workouts to really fun games of table tennis. Check out the back page of this issue for specific days and times of individual activities.



From the Manager's Desk

Glenys Cavers, Acting Director of SHOAL Activity Centre

Phone: 250-656-5537 ext. 102

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Notices

Summer TideLines

Similar to past summers, this is a combined July/August issue of TideLines. Please keep it handy over the next two months to see what's happening at SHOAL and with Beacon Community Services. The next issue will be out during the last week of August.

Statutory Holiday Hours

The Reception office for Volunteer Services, Youth employment Program, Activities and Rentals, and the Tuck Shop will be closed Tuesday, July 1 to observe Canada Day, Monday, August 4 for BC Day and Monday, September 1 for Labour Day. Please note that the Centre will close at 7pm on these days.

Visitor Memberships

Please note that the cost of a Visitor Membership (formerly Guest Membership) for the SHOAL Activity Centre is now \$10 per month to a maximum of four months. To qualify for a Visitor membership, you must show proof of address for residence outside of the region. The purpose of a Visitor Membership is to allow visitors to attend programs at SHOAL at membership drop-in rates. Regular Membership remains at \$46 for the year.

Annual Reader's Choice Awards – Thank you!

Beacon Community Services had another great night at the Annual Reader's Choice Awards on the Peninsula in May. Glenys Cavers, Acting Director of SHOAL Activity Centre and the Director of Thrift Shops, Carol Meyer, Manager of SHOAL Assisted Living and Jackie Downs, Manager Thrift on Fourth, attended to receive the following:

- **Best Thrift/Consignment Store Award** – Beacon has received this award for all nine of the years the award has been in existence, and is very grateful.
- **Best Senior's Friendly Establishment Award** - for SHOAL Activity Centre.
- **Third Place for Best Senior's Health Services** – for Assisted Living

A big thank you to all those who voted for us!

Blood Donor Clinics Coming in September

Canadian Blood Services will be holding blood donor clinics at the SHOAL Activity Centre, September 17 and 18, 1-6:30pm, in Auditorium A. Drop-In to donate. For more information call: 1-888-2-DONATE (1-888 236-6283) It's In You To Give.

It's a 100 Birthday!

Beacon Community Services congratulates the Sidney Fire Department on its 100th Anniversary. The Department has organized a number of events to celebrate the occasion, including a Truck Parade at 11am on Saturday, August 2, followed by truck displays, live demonstrations, and an open house at the Sidney Fire Hall and Sidney Museum. The day will end with a Gala Dinner at the Mary Winspear Centre. Gala tickets are \$60 and can be purchased from the Fire Department by calling 250-656-2121 or emailing drooke@sidney.ca.





News from the Activity Office

Anna Hudson, Activities and Rental Coordinator

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Morning Yoga on a Mat

Date: July 10 – August 28 (8 sessions) **Time:** 9-10am
Cost: \$90

Kathleen Fournier specializes in yoga for the 50 plus. Her gentle approach and extensive knowledge provides a safe and easy learning environment for all levels. Keep limber and strong with regular practice at SHOAL.

Yoga in a Chair for Seniors

Date: Fridays July 11 - August 29 (8 sessions) **Time:** 12:30 - 1:30pm
Cost: \$90

Even over the summer months, this continues to be a popular course at SHOAL, offering exercises that help calm, energize, strengthen and relax. Instructor Kathleen Fournier, Certified Yoga Instructor, specializes in Chair Yoga.

Computers Don't Byte Level 1

Date: Monday, July 28
Time: 9:30am – 12noon **Cost:** \$55

A great course for anyone who wants some basics in computers. Instructor Sharon Wiegand takes the intimidation out of learning in this introduction to using the Internet and basic features of Windows 7. Handouts included. Call to register.

Minds In Motion

Date: Thursdays, August 14 – October 2 (8 sessions)
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.

Advance Care Planning Workshop

Date: August 20 **Time:** 10am – 12noon
Cost: Free for Members; \$3.25 for Non-Members
Once again, Island Health (formerly VIHA) presents 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.

September Preview

Yoga on a Mat

Mornings: Thursdays, September 4 - October 23 **Time:** 9-10am
Evenings: Mondays, September 8 - October 27 **Time:** 5-6pm
Each 8-week session \$90 with Instructor Kathleen Fournier

Yoga in a Chair

Date: Fridays, September 5 – October 24 (8 sessions)
Time: 12:30-1:30pm **Cost:** \$90

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Date: Tuesdays and Thursdays **Time:** 10-11am
Cost: \$95 (12 sessions)

This great course to prevent falls is now given every six weeks. Maximum ten participants. Forms to be completed can be picked up when you register.

Prostrate Health Issues?

Date: Wednesday, September 24 **Time:** 10:30 – 12noon
Cost: \$1.75 Members; \$3.25 Non-Members

As men age, they often develop prostate problems. Join Bob Chambers, RN Resource Nurse from The Prostate Centre in Victoria, for this informative presentation followed by a question and answer period.

An Introduction to Bridge for the Absolute Beginner

Date: Thursday, September 25 – October 30 (6 weeks)
Time: 1- 4pm **Cost:** \$35

Facilitated by Bridge Instructor Helen Mansfield, this course will teach you the basics of the game. Watch for details in the October issue for "The Next Step – More Serious Bridge" to continue building skills and knowledge, starting in November.

Annual Active Aging Open House

Date: Saturday, September 27 **Time:** 10am – 2pm
Cost: Free

As another Active Aging Week comes to a close, please join us in what has become an annual tradition now at the Centre. Enjoy demonstrations, information booths, refreshments and tours of the Centre. And don't forget to fill in a door prize form in our various Activity rooms! **First time members may purchase their first year membership for half price, on this day only. That's just \$23 for an entire year.**

***See back page of this issue for activities taking a break over the summer months.

Summer Student Profile - Carmen Craig

Carmen Craig has a rich heritage, rooted in a deep appreciation for the earth she lives on. With Ojibwe roots, this young woman is bringing her passion for culture and her interest in languages to the SHOAL this summer, adding to her already impressive resume. Using the value of history, elders and the past, combined with her current technology and media savvy, Carmen will be delving into several different projects for Beacon Community Services – improving our website, redesigning brochures and media material, exploring aboriginal possibilities for connecting to the Centre, and providing general help in our Reception area.



For her young age, Carmen has already achieved some notable goals. At 17 she was selected to take part in the Canada World Youth program, travelling to Rivne, Ukraine where she spent six months working and living with students of mixed cultures and languages. She taught in schools, developed ecological programs and activities, and focused on cultural experiences. Then for another six months, these same students were sent to a small community in Saskatchewan, doing similar activities with a Canadian perspective.

After completing her year with Canada World Youth, Carmen was excited to continue learning and travelling. She set her sights on the east coast of Canada, staying with an aunt in Lunenburg, Nova Scotia, until she began volunteering in Halifax at the Ecology Action Centre. Whetting her appetite for more travel and cultural adventures, she journeyed across Canada and spent time working at a resort in the Rockies to earn enough money to return to school for further education.

Not only did she complete a diploma in Creative Writing, she also took a course in Teaching English as a Second Language and headed to China to teach English in Shanghai. Intrigued by the diversity and learning of languages, Carmen found herself reflecting on her own aboriginal family ties, having learned Ojibwe as a child, and later some of Tla'amin (Coast Salish) language.

“It’s always held a natural attraction for me – the principles of the culture and language based in the land,” says Carmen. Her epiphany about studying and teaching aboriginal languages as a career was at the funeral of her Ojibwe grandmother last year. It was a turning point. When Carmen returned from China, she entered the Linguistic and Indigenous Language Revitalization Program at UVic. She’s now into her third year, and it’s clear that this is where she wants to put her time and talents.

“There are over 50 aboriginal languages just in British Columbia, and most of these are endangered,” notes Carmen. Preservation is key. So while she works this summer with Beacon Community Services, gathering information and exploring more about services that help people, she will remain steadfast in her yearning to learn more about, and share her own, cultural heritage.

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. Since there is no June meeting, the next meeting is not scheduled until September 22, 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 Tuesdays, July 15 and August 19.

Take The Pressure Down Blood Pressure Clinics will not be held over the summer. The clinic will start up again at St. Andrews in September. Check the website at takeethepressuredown.ca for more information.



Chef's Corner

Chef, Karen Taylor

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

Summer is here and it's time to be outdoors - light up the Barbie! With BBQs come cool and refreshing summer salads. I selected a Waldorf salad as it compliments all different kinds of meat, from red to poultry. The name Waldorf comes from the Waldorf Hotel in London, England, where one of the chefs originally created this delicious salad. It has a pleasing crunch and can be adapted with different ingredients, but here is the most well-known version:

Waldorf Salad

- 1 cup chopped red or green apples
- 1 cup chopped celery
- ¼ cup chopped walnuts
- ¼ cup mayonnaise
- 1 tbsp freshly squeezed lemon juice

In a bowl, combine all ingredients and mix well. Cover and refrigerate for up to 24 hours.

One important thing to know is that any salad made with mayonnaise should not sit out of the fridge for more than 20 minutes, or you and your guests may get food poisoning. A good way to keep salads with mayonnaise cool outside is to set your salad in a bed of ice. Then when you are finished serving, cover your salad bowl and put it in the fridge.

Make life easy and pick up a bag of ice from the grocery store - it's only a few dollars and saves time with ice trays. What you don't use can be put in the freezer for next time. With a BBQ comes cold libations, so you can also put beer in a big bowl of ice and then people won't be in and out of the fridge.

Have a great safe summer and remember your sunscreen! UV rays are strong in the summer months.

-Chef Karen

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.



The *Tides* at SHOAL Dining Room

BBQ Lunches on the Patio

12noon - 1:30pm

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Wednesday, July 9 – Chicken Burgers or Wings & Salad

Wednesday July 23 – Pork Riblets on a Bun or Wings & Salad

Wednesday August 13 – Chicken Burgers or Wings & Salad

Wednesday August 28 – Pork Riblets on a Bun or Wings & Salad

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Regular meal prices apply

In case of rain, food will be served indoors.

Did you know that our Dining Room is always open for Lunch and Dinner, seven days a week, even on Statutory Holidays? Lunch is served from 12noon – 1:30pm and Dinner from 4:30 – 6pm. You can make reservations by calling SHOAL at 250 656-5537, or just walk-in off the street. The food and prices are great. Why turn your oven on in the summer when you can come and have a “just like home” cooked meal at SHOAL. If the weather is nice, ask to be seated outdoors on our flower-filled patio.

See summertime Tuck Shop Friday specials on the Front Page!

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

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Deb Greenaway, Direct Volunteer Services Coordinator

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Students Making a Difference

The Mayor's Downtown Revitalization Task Force recently hired 19 students to do marketing research to identify the strengths and weaknesses in the downtown core of Sidney. Students were on the streets meeting with shoppers from June 18 to June 27th. Thank you to all of those who stopped and filled out the survey.



YEP Students were fantastic face painters and crafters in the children's area at Brentwood Festival on June 7th.

Watch for Y.E.P. students, we will be painting faces, crafting and helping out in many ways at the Canada Day Pancake Breakfast, Iroquios Park, Peninsula Markets and more!



Gardening Basics Certificate

Six students graduated from the Gardening Basics Course this month. A big thank you to the fantastic instructors borrowed from the Master Gardening Society and to Greenglade Recreation for the garden plots. We will be keeping the seedlings watered and share the fine crops in the fall.

We are planning to offer **Food Safe** next, call Sara if you are a YEP student interested taking this certificate.

Volunteer Dog Walker Available

Does your dog need an extra walk during the summer months? We have a volunteer offering her services to walk a dog throughout the summer. Call Deb if this might be something that is helpful to you and your pooch.

Volunteers Wanted

Volunteer Drivers needed. If you have an hour or two to spare why not give your neighbour a lift! If you would like more information about this amazing Volunteer Service drop in to the Volunteer Services office for a chat.

Sidney Single Seniors

Sidney Single Seniors was recently featured in the Peninsula news! This dynamic group of 55+ 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 both men and women.

There will be no regular meetings in July or August, but plan to join us at the Summer Picnic at Heritage Acres on August 22nd. Tickets for the Chemainus Theatre to see "Les Miserables" are still available. Please contact Gillian if you want to come. For more information call 250-656-5537.

Welcome New Volunteers!

Friendly Visits - Marlene Paulson
Medical Drives - Kestutis Orlickas
Parry Place - Christine Hagen, Amy Wang
SHOAL Office - Gwen Basi, Mary-Ellen Schwagly
SHOAL Tuck Shop - Debra Olsen
Youth Employment Program - Robin Gordon

Spotlight on Access Awareness Continues

SHOAL Activity Centre was honoured to be the first recipient of the newly established Jeannette Hughes Accessibility Award, presented to the Centre by Jeannette's daughter, Maureen Wingerter, on Saturday, June 7 as part of the Access Awareness events at the Centre.

In her address, Maureen noted that her mother's philosophy "was to get the most out of life while living to her optimum potential, despite her disability. Jeannette worked closely with town staff to draft the bylaw, passed in April 1993 to create Sidney's first Advisory Committee on disability issues."

"Chaired by Jeannette, the changes that started to take place in Sidney were curb drops, traffic light audio signals, special sign markings for the visually handicapped, automatic doors, ramps and adaptable housing. Jeannette was noted as a driving force in making Sidney more accessible and attempting to provide a role model for the handicapped."

Jeannette Hughes Accessibility Award

Jeannette Hughes was a long-time resident of Sidney and avid volunteer. Her contributions to the community include nine years as a Town of Sidney Councillor, founding of the Annual Christmas Day Dinner, and being a tireless advocate for establishing Sidney as one of the most accessible communities on the Island.

The Jeannette Hughes Accessibility Award is given, in her honour, to a local organization or business that demonstrates the principles of the Social Planning and Research Council of BC (SparcBC) of inclusiveness and accessibility.



SHOAL is honoured to receive the first Jeannette Hughes Accessibility Award for its inclusive facilities and activities. Pictured (from L to R): Brian Losie, Maureen Wingerter, Acting SHOAL Director Glenys Cavers, Deb Greenaway, Anna Hudson, and Councillor Steve Price.



The Accessibility Fair included participation from 17 organizations and businesses that provided information, training and demonstrations on a variety of products and services - from hearing tests to a scooter demo. Door prizes were generously donated by local businesses and were distributed throughout the day.

Computer Lab Drop-In - closed for August and will resume Friday, September 5.
Sidney Single Seniors - no meetings over the summer, next gathering Wednesday, September 17.
Sidney Wednesday Night Acoustical Jam - over until Wednesday, September 10

SHOAL Portrait Painters Drop-In breaks for July and August and returns Wednesday, September 3.
Oil/Acrylic Painting Drop-In also take the summer off and will return Monday, September 8.
 If you have an idea for a painting class, call Anna Hudson, Activity and Rental Coordinator.

SHOAL Activity Centre Weekly Drop-In Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
Balanced Strength - 9am <i>(Formerly Cardio Conditioning)</i> Table Tennis - 9:30am 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	Carving - 8:30am Silversmithing and Lapidary - 9am Chair Fit - 11:30am	Balanced Strength - 9am <i>(Formerly Cardio Conditioning)</i> Table Tennis - 9:30am Stretch & Strength - 10:15am	<i>Did you know SHOAL offers Catering and Rental Rooms for large or small gatherings? Members receive a 10% discount on rentals.</i>
Cribbage - 1pm Be Well Clinic - 1pm Mah Jong - 1pm	Crafts - 1pm Pacific Palettes - 1pm <i>(by referral only)</i> Duplicate Bridge - 1pm	Weaving - 1pm Contract Bridge - 1pm <i>Foursome Required</i> BQ Lunches available on the Dining Room patio 12noon - 1:30pm. See specific dates on pg. 5.	Drop-in activities that are closed for the summer will return to regular scheduling in September	Computer Club - 1pm <i>(closed for August only)</i> Progressive Contract Bridge - 1pm. <i>Singles Welcome</i> Did you know that there are over 6000 hands of Bridge played at the Centre each year?	Duplicate Bridge - 1pm <i>(Sundays)</i> Partner Required <i>Please remember to renew your membership to take advantage of lower rates for members.</i>
Contract Bridge - 6:30pm <i>Singles Welcome</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-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.