

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



June 2014

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

BOUQUETS

We extend a most heartfelt thank you to Rose Rudolph who retired from volunteering in our Tuck Shop in April. Rose enjoyed serving customers in the Tuck Shop for five years. We will all miss her friendly personality.

Thank you to Bruce and Gail Reid for their generous donation of several nearly new puzzles. Used books and puzzles are enjoyed by our members and residents in the building, and are also sold at our annual Christmas Craft Fair to help support the Centre.

And an overdue thank you to Chris Moore, Tish Williams and all the Members of the Crafts and Knitting Activity area for their generous donation of time and talents in making our mini Spring Fair the most successful yet. Much appreciation also to Amy Smart, Jan Paul and the Members of the Ceramics department for their contributions as well.

A special thank you to Janet Remmer for her creation and donation of the beautiful clay plant container (complete with plants) given as the door prize at the Spring Fair. The Clay Works Activity area, under Janet's leadership, continues to flourish.

What's Inside

Coming Events	Pg. 1
Notices	Pg. 2
Activity Office News	Pg. 3
SHOAL Wellness Programs	Pg. 4
Chef's Corner/Food Services	Pg. 5
Volunteer Services News	Pg. 6
Youth Employment Program News	Pg. 6
Spotlight on Awareness	Pg.7
Drop-in Schedule	Pg.8

Coming Events

Access Awareness Day at SHOAL Centre

Date: Saturday June 7 **Time:** 10am – 4pm **Cost:** Free

Celebrated annually on the first Saturday in June, Access Awareness Day is a comprehensive campaign to raise awareness about disability, accessibility and social inclusion. See page 7 for more specific information about what will be offered at the Activity Centre. More information is offered on the website of the host organization, Peninsula Celebrations Society at <http://www.peninsulacelebrations.ca/access-awareness-day-june-7-8/>

Dogs, Dixie and Dads - Father's Day Hot Dogs at the Tuck

Date: Friday, June 15 **Time:** 12 noon - 1pm **Cost:** \$3

Treat your dad, grandfather, brother or uncle – or just yourself – to a delicious hot dog with fried onions (condiments too) followed by an old-fashioned Dixie cup of ice cream. Can't beat that combo!

Beacon Community Services AGM and Luncheon

Date: Tuesday, June 24 **Time:** 12:30pm **Cost:** Free

All Beacon Community Services' members are invited to join us at the AGM. Hear special presentations, elect new Board Members, and enjoy a complimentary light luncheon. Remember: if you are a SHOAL Activity Centre Member, you are also a Beacon Community Services' Member and are eligible to attend this event. Please RSVP by phone to 250-658-7243 or by email to kprice@beaconcs.ca before 4pm, Thursday, June 19th.

Blood Donor Clinics

Date: Wednesday, June 25 and Thursday, June 26 **Time:** 1:30 – 6:30pm

Canadian Blood Services is holding Blood Donor Clinics here 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.

Summer BBQ's on the Patio

Our Food Services team will be offering lunch BBQ's every Wednesday on the Dining Room patio during June. Regular lunch prices and hours apply. Seating will be on a first-come first-served basis. If these prove popular, we will continue throughout the summer. Our patio provides tables with umbrellas, and boxes of blooming flowers to make your dining experience both pleasurable and delicious.

*Happy Father's Day from the Staff, Residents,
Members and Volunteers at SHOAL*



From the Manager's Desk

Glenys Cavers, Acting Director of SHOAL Activity Centre

Phone: 250-656-5537 ext. 102

E-mail: gcavers@beaconcs.ca

Summer in Sidney, what a wonderful time of year in a wonderful little town!

SHOAL will be hosting the Access Awareness Day festivities for the Town of Sidney on Saturday, June 7. Celebrated annually on the first Saturday in June, Access Awareness Day is a comprehensive campaign to raise awareness about disability, accessibility, and inclusion. Access Awareness Day is about the recognition that the right and the opportunity to participate in all aspects of community life are essential for building healthy, vibrant and diverse communities. Access Awareness Day is ultimately about more than just one day a year. It is a call to respond creatively - and purposefully - to build a society where barriers to inclusion are removed, and to ensure the independence, self-esteem, dignity, and security of all citizens. (SparcBC website)

Please plan to drop by the Centre between 10 am and 4 pm to check out our information fair and special presentations. We will have many organizations and businesses at SHOAL to provide information and showcase products to help those who are living with challenges. We will have a special BBQ lunch from 12-1:30pm which is open to the public. Hopefully the weather cooperates as we have a lovely patio to host the BBQ - however, we will move inside if necessary! Our Tuck shop will be open from 9am - 4pm for coffee, tea, pop, cookies, muffins scones and treats.

Scones have returned to the Tuck Shop. Please drop by and try our new snack-sized scones for only 75 cents! Our Tuck Shop volunteers will gladly heat one up for you.

Notices

July 1st Holiday Hours

The SHOAL Centre Reception Office (Activities, Volunteer Services, YEP) and the Tuck Shop will be closed for Tuesday, July 1 in cognition of the Canada Day holiday. The Tides at SHOAL Dining Room remains open to the public.

Welcome to our Summer Student!

We are pleased to announce the hiring of Carmen Craig, a Co-op Student at the University of Victoria, in the position of Summer Outreach Worker. Carmen will be at SHOAL Tuesday to Saturday – 8:30am to 4:30 pm throughout June, July, and August. Welcome to the team, Carmen.

Sidney Wednesday Night Acoustical Jam

SWNAJ will end their season on Wednesday, June 11, 7pm and will return again September 10. This amazing group of over 50 musicians will be entering their third season at SHOAL this Fall, and we appreciate the melodies and singing they have brought to the Centre. Participants of the Jam are required to be Members of the Activity Centre, and any other Members can come listen for free. Non-Members are asked to make a donation. More information is located on the back page of the TideLines.

Computer Lab

The Computer Lab Volunteers June Hollands and Rikki Philpott will continue to offer helpful computer tips and assistance on Friday afternoons, 1- 3pm for June and July. The Lab will be closed during August and reopen again in September. Watch for more information about tablets in the summer and autumn issues of TideLines.

Community Volunteer Income Tax Program

Continues to be available at SHOAL Centre in Sidney through the Volunteer Services program. To qualify 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; interest income less than \$1,000) and your tax situation must be simple.

All tax clients are welcome during the following hours: Mondays and Wednesdays from 1-4pm.

Intakes are taken on a 'first come, first serve' basis, on these days ONLY.



News from the Activity Office

Anna Hudson, Activities and Rental Coordinator

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Summer is my season! With a June birthday, I have always experienced this month as an introduction to the best part of the year. At SHOAL we are kicking off the summer with weekly BBQs, Dixie cups and hot dogs at the Tuck Shop, a special dinner in the Dining Room in honour of Father's Day and, of course, the Beacon Community Services Annual General Meeting. Is your membership up to date? A reminder that those who have a SHOAL Activity Membership are automatically members of Beacon Community Services and are eligible to attend the AGM luncheon meeting. Please RSVP – details on the front page – and make sure to have your current membership card when you come to the lunch.

Summer Drop-In Fitness Classes

Yes, Joanne Lomax has retired but we continue to offer our Balanced Strength (9-10am) and Stretch n' Strength (10:15-11:15am) Monday, Wednesday, Friday classes throughout the summer, thanks to Instructor Kolby Koschack, currently enrolled in the Exercise and Wellness program at Camosun College. Chair Fit, (11:30 – 12:30) Tuesday and Thursday, continues as well with Instructor Corinne Dibert, who continues to offer the registered OSTEOFIT program at SHOAL as well (see details below).

OSTEOFIT

Date: Tuesdays and Thursdays, June 3 – July 10 (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 diagnosed with 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.

Advance Care Planning

Date: Wednesday, June 11 or August 20 **Time:** 10am–12 noon
Cost: \$1.75 Members; \$3.25 Non-Members

Healthy, active aging includes planning for your future. Join RN Dawn Dompierre 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.

Wellness Wheel Mandela Project

Date: Mondays June 9 – July 28 **Time:** 10am-1pm
Cost: Free

It is a series of 8 sessions for seniors who will use acrylic paint on canvas to create a personally meaningful wellness wheel. Each session focuses on one aspect of wellness: physical, mental, emotional, social, occupational/contribution, spiritual. Sessions also include information topics related to self-care, boundaries and safety, healthy relationships, community connections, volunteering, friendship. To register, please call the Activity Centre 250-656-5537. Space is limited to 12 participants. This program is offered for the first time at SHOAL and sponsored by the Victoria Women's Transition House.

Minds In Motion

Date: Thursdays, June 5 – July 24 (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.

Morning Yoga on a Mat

Date: Thursdays, TBA **Time:** 9-10am **Cost:** \$90 (8 sessions)
Please call the Centre about possible dates for this now regular yoga class. Instructor Kathleen Fournier will be away for part for the summer and we will be working with her schedule.
***This class now allows Drop-In @ \$12 per class.

Appreciation Note

The Activities Centre wants to thank Liz Savage and Doreen Dupuis, who helped make our Tea and Strawberries event so special. We also say "Well Done" to Rosie Bowman and Corinne Coell who entertained during the hour - they had guests dancing around the dining room tables. We hope to have them back for next year's Strawberry Tea.



July/August Preview

OSTEOFIT

Date: Tuesdays and Thursdays, July 15 – August 21 (12 sessions)
Time: 10–11am **Cost:** : \$95

Sign up for the next session of this very beneficial class. For those at risk of falling. Maximum of 10 participants per class. Forms to be completed can be picked up when you register.

Volunteer Profile - Patricia Brygger

Being a Beacon Community Services Volunteer is a family involvement for Patricia Brygger. Both she and her husband Hans have volunteered since they retired to Sidney in the mid 1990's. Hans is a Volunteer Driver, and Pat, as she is more fondly known at SHOAL, is a scheduler on the Medical Drive Desk. She even fills in as a Driver on occasion.

It's just one of the many things that keep this very physically active "junior senior" feeling and looking so youthful. Cycling, swimming and playing tennis for most of her life, it was easy for Pat to develop an informal, volunteer modelling career a number of years ago after she won Model of the Year in a Good Times Magazine contest, receiving a trip for two to Cancun.

It was the perfect prize. Pat has always loved travelling, right from the age of 17 when she left her family home in Morninville (20 miles north of Edmonton). The first stop was Edmonton where she attended secretarial school to become a stenographer, then it was off to Vancouver to further her education. Her skills as a stenographer soon proved invaluable, since Pat embarked on working her way on a journey around the world. She traveled by ship to New Zealand, worked in Auckland and Christchurch, then worked her way through a number of cities in Australia. One of the highlights she recalls, was being in Melbourne during the 1956 Olympic Games.

Pat eventually journeyed up the west coast of Africa by ship to London and spent another year traveling Europe and the Continent, hitchhiking with a friend and staying at youth hostels. It was a wonderfully adventurous time, but eventually she felt the pull to home ground in Canada. After returning to Edmonton, Pat found employment with Northern Transportation, joined a bowling league and met her husband Hans. It was time to settle down and have a family.

The couple continued to travel with their two children – first to Hawaii and later the Virgin Islands but all too fast, Hans and Pat found themselves empty nesters. They packed up, sold their house and belongings and made their way to Sidney since Pat had a sibling living in the area. She has many of them – 12 to be exact, and those still living are scattered far and wide.

On the coast, the couple took up sailing until they sold their boat two years ago. Now land locked, they are adjusting - volunteering, attending fitness classes, playing bridge, and connecting with family continues to keep Pat busy. No doubt more adventures still lie ahead for this youthful senior which will continue to sustain her fullfilling life. We salute you Pat and know we are well served by your quiet grace and dedicated skills.

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 June 23 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, June 17.

Take The Pressure Down Blood Pressure Clinic is offered at St. Andrews Church, Sidney, on Wednesday, June 11 from 11:30-1pm. Please check takethepressuredown.ca for other locations on the Peninsula.



Chef's Corner

Chef, Karen Taylor

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

Hooray, summer is here! Long days, short nights, and it's BBQ season. Time to get outside and enjoy the sun (don't forget the sunscreen). Nothing better than an evening outside with a glass of wine or cold beer.

I have a great recipe for you all to enjoy: grilled steaks with lemon-herb marinade. It's very easy to prepare ahead of time.

Grilled Steaks with Lemon Herb Marinade

- 4 (1 ¼ inch thick) T-bone or porter house steaks (if you are not sure, ask the butcher in the grocery store)

Lemon Herb Marinade

- ½ cup vegetable or olive oil
- 2 tsp. red wine vinegar
- ¼ cup juice and grated rind of 2 lemons
- 1 tbsp. fresh basil or 1 tsp. or dried
- 1 shallot, minced or 1 large onion, minced
- ¼ tsp. oregano
- 1 tbsp soy sauce
- 1 tbsp Worcestershire sauce
- 6 cloves garlic, crushed
- ½ tsp black pepper

Process all ingredients in blender until smooth. Place steaks in a large baking dish. Pour marinade over, cover and refrigerate for 2 hours, turning the steaks occasionally. (A Ziploc bag can be used to marinate)

Prepare BBQ. When coals are white hot or gas grill has reached 400 degrees, remove steaks from marinade and grill according to your taste.

Make a butter to serve over steak by combining 2 tbsp fresh parsley with a stick of softened butter. Serve with ripe tomato salad, baked potato or potato salad.

-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.



Father's Day Dinner Sunday, June 15

Caesar Salad, Potato Salad and
Vegetable Platter

§

BBQ Mini-Sliders (burgers)

or

BBQ Riblet

§

both choices served with

Garlic Roast Potatoes

Corn on the Cob

§

Apple Pie with Cheddar Cheese Slice

Regular Dining Room Prices Apply.

Reservations are available in the Tides at SHOAL Dining Room, making your visit for lunch (12noon – 1:30pm) or dinner (4:30 – 6pm) more efficient and stress-free. Call ahead 250-656-5537. We are offering a great Father's Day Dinner, so why not treat the special man in your life? Dad, Grandad, Spouse, Brother, Uncle, or even just a special friend.

Don't forget our Friday, June 13 Tuck Shop special, also celebrating Father's Day – drop by and enjoy a delicious hot dog with fried onions, and an ice-cream Dixie cup for lunch. See details 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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E-mail: dgreenaway@beaconcs.ca

Youth Employment Program (YEP) News

Word is spreading about the Youth Employment Program and this resulted in an overwhelming number of requests for students to work in the garden. I would like to take this opportunity to thank you for your patronage. We hope to continue to support you with hard working students in the months to come.



Watch for Y.E.P. students, we will be painting faces, crafting and helping out in many ways at the Brentwood Bay Festival, Sidney Markets, Canada Day Festivities, Peninsula Markets and more!

Sluggett House Garden Clean Up

A great big thank you goes out to Cheyenne, Vivi and Carey for cleaning up the gardens at Sluggett House. Thanks to you they have been able to plant a whole new crop to enjoy throughout the summer.



Sidney Single Seniors

Join us at the next meeting at 2:00 pm on Wednesday June 18th at SHOAL Centre. Planning for the upcoming trip to the Chemainus Theatre to see "Les Miserables" will begin at this meeting so don't miss out. Sidney Single Seniors is a dynamic group of 55+ who 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 in hospital or a care home. Membership is open to men and women. For more information call 250-656-5537.



Welcome New Volunteers!

- Friendly Visits** - Dina Van Cruyningen
- Medical Drives** - Kathryn Brewer, Maxwell Low
- Parry Place** - Heather Chang
- Reception/SOAL Centre** - Cathie Williams
- SOAL Activities** - Susan Bentley
- SOAL Centre** - Carey Bomford
- Sidney Single Seniors** - Joanne Taschuk
- Sluggett House** - Edith Etzel



Members of the Crafts and Knitting Departments at the Spring-Easter mini fair worked hard to create lots of wonderful items for this delightful event that has become an annual feature at the Centre.

Spotlight on Access Awareness

SHOAL Activity Centre

Saturday, June 7, 10am - 4pm

Come and learn about Access Awareness in your community. This is a day of demonstrations, education booths, fun and an outdoor BBQ.

Here's what's lined up for the Activity Centre:

10am - Opening Remarks.
3pm - A presentation will be made to the winner of the Jeannette Hughes Memorial Award.
10am - 4pm - Presentations on variety of access topics

Information booths include the following, and more...

Sidney Scooter
Medi Chair
Belltone Hearing
Advanced Listening
Mt. Newton Seniors Center
BC Transit
Panorama Recreation Centre
Recreation Integration Victoria
Alzheimers Society of BC
Serenity Home Care
Sidney SeniorCare
MS Society
Parkinson's and Epilepsy Society
Sidney All Care

**Don't miss the BBQ at 12 noon at SHOAL
Hamburger or Hot Dogs, Pop & Chips Combo
for \$5 – a great deal!**

Some facts about accessibility in Sidney:

- The Town of Sidney incorporates accessibility planning when changing sidewalks or enhancing streetscapes.
- The Town of Sidney has installed crossing lights at various intersections to ensure more safety for those with walkers and scooters.
- The water slide at Panorama Recreation Centre has an elevator to the top of the slide.



SIDNEY ACCESS AWARENESS FAIR

June 7th & 8th, 2014

June 7th The Shoal Centre 10am-4pm

June 7th Panorama Recreation Centre (Open House)

Free Admission 6am-10pm

June 8th Scooter Rodeo - Sidney All Care Residence 10-12pm

FOR MORE DETAILS VISIT PENINSULACELEBRATIONS.CA



TOWN OF
SIDNEY

my
community
includes
accessibility.

sparc bc
people. planning. positive change.

Beacon
Community
Services

Disabled Parking Permits

Volunteer Services are pleased to continue this valuable service of providing parking permits on behalf of the Disability Resource Centre in Victoria. Applications forms can be printed off from the DRC website www.drcvictoria.com or picked up from the SHOAL Centre. Once your form has been signed by your doctor please come in to SHOAL and pick up your permit. Each permit costs \$22.



Like Music?

Sidney Wednesday Night Acoustical Jam (SWNAJ) is a group of musicians, from professionals to brand new beginners, who meet at SHOAL Wednesdays, 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. Last session for this season June 11.

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 (over until September) 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	
Cribbage - 1pm Be Well Clinic - 1pm Mah Jong - 1pm Better Breathers - 1:30pm 4th Monday	Pacific Palettes - 1pm (by referral only) Duplicate Bridge - 1pm Crafts - 1pm	Weaving - 1pm Contract Bridge - 1pm (Foursome Required) SHOAL Portrait Painters - 1pm Sidney Single Seniors 3rd Wednesday at 2pm	"Games & Social" - 1st & 3rd Thursday at 1:00pm Pickleball - 1-3pm Practice Playing Bridge - 1-4pm	Ceramics - 1pm Computer Club - 1pm Knitting - 1pm Progressive Contract Bridge - 1pm. Singles Welcome	Duplicate Bridge - 1pm (Sundays) Partner Required
Contract Bridge - 6:00pm Singles Welcome		Duplicate Bridge - 6:30pm Partner Required SWNAJ Music Group - 7pm		Duplicate Bridge - 6:30pm Partner Required	

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
 - 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.