

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

Beacon
Community
Services

May 2014

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

BOUQUETS

A hearty thank you to Rheel Henri for donating a new set of ear protectors, and dust masks for our Woodworking Shop. The shop workers will really appreciate the use of this safety equipment.

Once again we thank the members of the Knights of Pythias for their generous donation of \$500 to the Activity Centre. The funds were used to purchase our new Pickleball equipment.

Much appreciation is extended to all the BCS Volunteers who prepared over 500 income tax returns. Another tax season over with a job well done!

Thank you to volunteers Kathy Brintnell and Hella Irvine who helped organize concert goes for the SHOAL VSO program during the 2013-14 season. Now onto the 2014-15 season!

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
Honouring our Volunteers	Pg.7
Drop-in Schedule	Pg.8

Coming Events

Beacon Community Services at the Sidney Summer Market

Once again Beacon Community Services will have a booth at the Thursday night market. This entertaining street market opens early this year, Thursday, May 15. Come on down and say hello! We would love to see you there.

Scam and Fraud Prevention Workshop

Date: Wednesday, May 14 **Time:** 10:30 – 12noon

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

The local RCMP detachment will present an important workshop focused on helping seniors and the general public to understand and prevent fraud and scams. Please call to register.

Tea n' Strawberries with Entertainers Rosie Bowman and Corinne Coell

Date: Friday, May 16

Time: 2pm

Cost: \$10

We invite you to join us for an afternoon treat of luscious strawberry shortcake made by Chef Karen, and relaxing tea in our Tides at SHOAL Dining Room. Listen to the dynamic duo of Rosie and Corinne who entertain with familiar songs we all know. Purchase a ticket as a Mother's Day gift for a special woman in your life. Buy tickets by phone (VISA/MasterCard accepted), or drop by the Centre. Door prizes available at this fun event!

Farewell to Former Chief Executive Officer Isobel Mackenzie



Beacon's former CEO Isobel Mackenzie is taking on a new appointment as Seniors Advocate for the province of British Columbia after 19 years with us. She will be the first Seniors Advocate in Canada and, as the voice of seniors in B.C., Isobel will monitor and review system-wide issues affecting the well-being of seniors. Congratulations on the new position Isobel, and thanks for your incredible hard work with Beacon.

Happy 50th Anniversary to the Sidney Lions Club who will be celebrating at SHOAL May 31. We salute all the years of contribution to the community.

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



From the Manager's Desk

Glenys Cavers, Acting Director of SHOAL Activity Centre

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Please check out our notices below for a busy month of May at SHOAL.

Notices

Victoria Day Hours

The SHOAL Activity Centre Reception Office, Volunteer Services/YEP and Tuck Shop will be closed on Victoria Day, Monday May 19, The Activity Centre front doors will open at 11am and close at 7pm.

Giant "Swap n' Shop" Sale

The residents of SHOAL will be holding a garage-type sale on Wednesday, May 7, 12:30 – 2:30pm in Auditorium A. Most items will be free and donations raised at the door will be used for purchasing plants and flowers for the Patio outside the *Tides* at SHOAL Dining Room. We hope members from the community will attend and help us in this great project.

Emergency Preparedness Week May 4 - 10, 2014 – Get Prepared!

Do you feel prepared to deal with a sudden disaster, such as an earthquake, flood or fire? Here are some helpful tips:

Before an Emergency

Disasters cannot be prevented, and if something happens in your community, it may take emergency workers some time to reach you. You should be prepared to take care of yourself and your family for at least 72 hours. Three steps are involved in preparing for an emergency.

1. Know the risks
2. Make a plan
3. Get an emergency kit

During an Emergency

Knowing what to do during an emergency is just as important as preparing for one.

After an Emergency

After an emergency, utilities may be damaged and your home may be unsafe. There are many things you should know that will help you and your family recover after an emergency.

For more information and a list of what to pack in your "Grab and Go Kit" visit the website:

<http://www.prepareyourself.ca>

Access Awareness Day at SHOAL Centre, June 7

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

Wellness Wheel Mandela Project

The Wellness Wheel Mandela project, by the Victoria Women's Transition House, will be offered for the first time at SHOAL Activity Centre, Mondays June 9 – July 28, 10am – 1pm. 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 call the Activity Centre 250-656-5537. There is no charge for this course - space is limited so register early.



News from the Activity Office

Anna Hudson, Activities and Rental Coordinator

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***New - Pickleball

Date: Every Thursday **Time:** 1-3pm

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

One of the new fitness games for 50 plus agers, this sport features a net, paddles and rules similar to tennis with a few modifications. As one of the fastest growing sports in North America, Pickleball was invented in the mid-1960s as a children's backyard pastime but quickly became popular among adults as a game fun for players of all skill levels. Come try it out in Auditorium B.

Practice Playing Bridge Drop-In

Date: Every Thursday **Time:** 1-4pm

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

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

Yoga on a Chair

Date: Fridays, May 9 – June 27 (no class May 30)

Time: 12:30 – 1:30pm **Cost:** \$90

Ever popular, this very beneficial course is an ongoing feature at the SHOAL, providing seniors with helpful exercises that work to calm, energize, strengthen and relax.

Ukulele for Beginners

Date: Fridays, May 23 – June 27 (6 sessions)

Time: 1pm **Cost:** \$95 (\$10 Ukulele rental)

For adult beginners who would like to play ukulele with others, learn chords, strum patterns and songs. Learn to play as an accompaniment to sing popular songs together in a group setting, learn a variety of accompaniment techniques and chords. Focus is on learning songs with an introduction to music fundamentals.

Evening Yoga on a Mat

Date: Mondays, May 26 – July 14 **Time:** 5-6pm

Cost: \$90

A continuing part of our regular line-up of registered classes, this course guides participants through gentle yoga exercises focusing on the breath. A great way to end your work day. Instructor Kathleen Fournier makes this class one you don't want to miss.

Morning Yoga on a Mat

Date: Thursdays, May 1 – June 19

Time: 9-10am

Cost: \$90

If you are a morning person and like to start your day with a fitness focus, try this great Yoga course given by Instructor Kathleen Fournier. From Absolute beginners to regular yoga enthusiasts, this class will leave you feeling both relaxed and energized at the same time.

Farewell to Joanne Lomax

We bid farewell to Joanne Lomax, Fitness Instructor for our Monday, Wednesday and Friday classes (Balanced Strength and Stretch 'n Strength) who retired at the end of April to enjoy more time with her family. The Staff and fitness participants wish her the very best. She will be missed.

June Preview

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.

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.

Advance Care Planning

Date: Wednesday, June 11

Time: 10am-12noon

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

Healthy, active aging includes planning for your future. Join Registered Nurse 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.

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

Date: Friday, June 13

Time: 12 noon – 1pm

Cost: \$3

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

Turn 100 and Become A Life Time Activity Centre Member!

Profile - Ruth Zernial



When Ruth Zernial came in to renew her membership in April, we realized that she would be turning 100 in June. We made an executive decision on the spot – any Activity Centre Member who turns 100 will be granted a life-time Membership to the Centre, and Ruth is the first to earn the privilege.

When you meet Ruth, it's hard to believe she is a century old. She just gave up driving her well-loved yellow Chevy last year, trading it for a handy walker, and now she is living in Amica at Beechwood so she can continue her independence. There have been many articles written over the years about Ruth – she is well-known in lawn bowling circles on the Peninsula and Victoria as a champion bowler, is an avid bridge player, has been singing for years with the Hampton Singers, enjoys working out in a pool, and generally embraces life with the attitude “you are never too old to learn.”

“And you are never too old to change,” she affirms. When she turned 75, Ruth fell in love for the second time, moved to Brentwood Bay from Germany, and began a brand new life. In reflecting on that time, “it's the best step I've ever made” she says because the next eight years she had with her partner Gunter were the happiest of her life. But when he passed away in 1996, Ruth made a decision to keep going forward, knowing it was the most effective way to ward off depression from such a loss.

Ruth is no stranger to loss. She lived through two world wars, losing absolutely everything twice, including two men she deeply loved. Her first husband died in Germany, at the age of 59. What has kept her going is a firm belief that you make your own beginnings. In her 80s she successfully completed studies in Reflexology and Applied Kinesiology, at age 90, she obtained a keyboard to foster her enjoyment of music and singing and now at 100, she will continue her adventures in traveling by flying to Germany to see her family which includes 5 great grandchildren (she keeps in close contact with Skype and email). No doubt it will be a grand 100th birthday celebration.

Ruth Zernial has never taken life for granted. Keeping healthy is about staying as physically active as possible, regardless of age, always making new friends and keeping in touch with old ones, being willing to take risks with love and adventure, and above all, knowing that change is constant. We wish Ruth a wonderful 100 birthday on June 20! May you be forever young!

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 May 26, 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, May 20.

*****New Time & Date - Take The Pressure Down** Blood Pressure Clinics are now offered at St. Andrews Church, Sidney, Wednesdays 11:30-1pm on May 14 and June 11. 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

I thought I would do a little write up on strawberries, since everyone likes them as either a great snack on their own, or many different ways that compliment these luscious berries. A few ideas include: strawberry shortcake, chocolate covered strawberries, strawberries and Ice-cream, and a favourite of mine, raisin scone with strawberries and clotted cream... my mouth is watering at the very thought. And of course, don't forget strawberry jam!

I have the easiest recipe ever for strawberry jam. It requires no cooking.

No Cook Strawberry Jam

- 4 cups cups crushed strawberries
- 1 ½ cups of sugar
- 1.59 oz ball freezer jam pectin
- 1 pkg ball freezer jam containers.

In a medium bowl, stir together sugar and package of pectin until well mixed.

Add crushed strawberries and stir for 3 minutes.

Transfer mixture into clean freezer jars. Twist on lid and allow to stand at room temperature for 30 minutes s to thicken.

Freeze until ready to use and Voila! You have jam.

-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.

Tides at SHOAL Dining Room

Mother's Day Brunch Sunday, May 11: 12-1:30pm



Mother's Day Benedict

Poached eggs on a biscuit with ham and hollandaise served with hash brown potatoes

or

Mother's Day French Toast

Topped with apples and raisins garnished with powdered sugar and nutmeg

or

Mother's Day Chicken Salad

Diced chicken with a mild curry mayonnaise with green grapes and toasted sliced almonds served with a green salad

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Strawberry Crepe Dessert

Crepes with whipped cream and a strawberry filling.

Regular prices apply.

Did you know that our public Dining Room accepts reservations for both lunch and dinner? If you have four or more people and want to ensure that you sit together, call ahead – 250 656-5537. Lunch is served from 12 noon to 1:30pm and Dinner from 4:30 – 6pm. Why not make a reservation for our Mother's Day Brunch, Sunday, May 11? It's a great way to treat your mom, grandmother, aunt, sister or even best friend.

Check out the Front Page for details about our upcoming "Tea n" Strawberries with live entertainment, Friday May 16, 2pm. Seating is limited so buy your tickets early.

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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Youth Employment Program (YEP)

Y.E.P. will be keeping the students busy this month. We have youth participating in first aid certification, the gardening course at Greenglade Community Centre as well as the many events and markets scheduled to begin in May. There has also been a flurry of requests for students to help out with spring clean-up outside in the garden and inside the house. Things are heating up for spring and summer!

National Youth Week: May 1 – 7, 2014

“What is National Youth Week?”

National Youth Week is dedicated to the celebration of youth and their active participation in their community. Whether it is recreation, drama, sport, dance, civic engagement, art, volunteerism or leadership, every day young people are involved in meaningful activities during their discretionary time. National Youth Week is a time to honour their involvement!

Youth, those young people in their teenage years, are an important asset to Canadian communities. One way in which young people learn to successfully bridge the developmental gap between childhood and adulthood is through the activities in which they participate in their out of school or work time. Youth Employment Programs at Beacon Community Services are just one way for youth to gain experience and bridge this gap. Call Sarah at 250-656-5537 for more information.

Sidney Single Seniors

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 May 21st at SHOAL Centre. For more information call 250-656-5537.

Welcome New Volunteers!

Sylvia Fehr, Rebecca Merrifield, Carey Bomford, Bernice Leno

Become a Volunteer Driver

Did you notice the recent article in the Times Colonist and radio ads regarding volunteer driving throughout the CRD? The Direct Volunteer Services Committee (DVSC) is a collaboration of six local non-profit agencies that individually provide direct, one-to-one volunteer services to people in the CRD.

Becoming a Volunteer Driver is a great way to meet new and interesting people and make a difference – one person at a time. At the time of going to press, in 2014, we have had over 1000 medical drive requests, please consider supporting this wonderful community resource. Your mileage is compensated, and you will receive ongoing support and the heartfelt gratitude our Clients. Do you have a little time to give? Please call Deb 250-656-5537.



Thank you to Pat McAdams, retired RBC employee for submitting a grant application to RBC for BCS Volunteer Services. We were delighted to have received a cheque for \$500, which allowed us to purchase two display boards. We will be busy using these boards throughout the summer at markets and presentations as we share what Volunteer Services has to offer our community. Thank you Pat and RBC!

Spotlight on Volunteers - Volunteer Recognition Luncheon

On April 11, 2014, Beacon held a Volunteer Appreciation Lunch to celebrate the fabulous work that our volunteers do each and every day. Here are a few photos from this packed event.



The smiling recipients of the 5 Year recognition award.



Those who earned the 10 Year service award got cozy with each other to fit in this photo.



Acting CEO Bob Coulter presented the 15 Year service awards to these hard-working volunteers.



Last but not least, our longest serving Volunteers graciously accepted their awards. We had 20, 25, 27, 30, and 33 year recipients!



Craig and Bill were a jazzy addition to this fabulous lunch!



The cake says it all - a big thank you to all of Beacon's incredible Volunteers.

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 Pickleball - 1-3pm Practice Playing Bridge - 1-4pm	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.