



NEWS RELEASE

September 19, 2014

Beacon celebrates Active Aging Week with Open House

Sept. 21-27 designated Active Aging week by the International Council of Active Aging

SIDNEY, BC – Beacon Community Services invites the public to a free open house at the SHOAL Activity Centre on Saturday, Sept. 27, from 10:00 a.m.-2:00 p.m. The event wraps up the international celebration of a special week designed to encourage older adults to lead healthy, active lives.

Beacon CEO Bob Boulter states: “We now know that people can – in fact, should – stay active well through their senior years. There are health and social benefits to keeping the brain and body as active as possible. The open house is a good way to learn more about ways to do that.”

Boulter notes that Beacon has regular volunteers who are well into their 90s. And at Sidney’s SHOAL Activity Centre, which is operated by Beacon, adults can participate in a wide range of activities – physical fitness initiatives (such as yoga, cardio workouts and games), drop in activities (including lapidary, carving, woodworking, painting, clay works, crafts, weaving, and much more) and social events (such as bridge, Mah Jong, cribbage, special luncheons and dinners).

“More than 700 people currently have SHOAL memberships,” adds Glenys Cavers, SHOAL Centre Director. “But we’d love to add to that number because we know that, ultimately, people who come through our doors end up enjoying a fuller, richer, healthier life.”

Attendees at the Sept. 27 Open House at 10030 Resthaven Dr. in Sidney will be treated to door prizes, complimentary refreshments, tours of the centre, demonstrations of various drop-in activities, and several information sessions and booths on active, healthy aging. Regular membership rates (\$46/year) will also be cut in half for new members who join at the Open House.

Established on the Saanich Peninsula in 1974, Beacon Community Services has evolved to become one of BC’s largest non-profit social services organizations. It serves more than 6,000 clients across the Capital Regional District, including through programs and services in: Child, Youth and Family Services; Counselling and Mental Health Services; Employment and Training Programs; Housing, Assisted Living and Licenced Dementia Housing; Adult/Senior’s Recreation Services; Volunteer Services; and Home Support Care. Many of Beacon’s community programs are supported by funds from its seven thrift store operations.

More information about Beacon Community Services can be found at www.beaconcs.ca

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