

TideLines

News from SHOAL Centre

Beacon
Community
Services

10030 Resthaven Drive, Sidney, BC V8L 3G4
Monday – Friday: 8:30am – 9:30pm; Saturday: 8:30am - 4pm
Phone: 250-656-5537 Web: www.beaconcs.ca

November 2016
Find the TideLines newsletter on
our website at www.beaconcs.ca

Thank You...

... to all those in the community who donated blood at the October Blood Donor Clinic held at SHOAL by Canadian Blood Services.

... to Lorrie McGrath for volunteering to head up our new Dementia Caregivers Support Group – Lorrie is a skilled and experienced facilitator who is willing to contribute her time and energy to this important work.

... to Carol James who donated moulds to our Ceramics department, they are most appreciated.

... to Ann Eveleigh and Dawn Dumala for the many donations of cross stitch kits and patterns, yarn and various useful “bits and bobs” for the Crafts members to use. And thank you to all the anonymous people who have donated fabric, sewing supplies, and floral stems and pieces.

What's Inside

Mark Your Calendars	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...	Pg. 7
Drop-in Schedule	Pg. 8

Mark Your Calendars

PEMO Open House – Where Do I Go?

Date: Tuesday, November 1 **Time:** 11am - 8pm **Cost:** Free

The Peninsula Emergency Measures Organization (PEMO) will host an all-day Open House here at SHOAL in Auditorium A to raise awareness and provide advice to help people during disasters such as floods, fire and earthquakes. Meet your local PEMO Emergency Support Services (ESS) team, and Sidney Volunteer Fire Department members. Refreshments provided. For more information on PEMO, visit www.pemo.ca.

Flu Clinic – Last One!

Date: Tuesday, November 8 **Time:** 1 - 4pm

Cost: Free for seniors and their families

Our final clinic for this year. No appointment necessary. Dates subject to change based on availability of serum.

Guy Fawkes Day Remembered

Date: Thursday, November 24 **Time:** Sittings at 4:30pm or 5:15pm

Cost: Small Portion \$12; Regular Portion \$17 (VISA/MasterCard/Debit accepted)

With our lovely English Chef, how could we forget a tribute to Guy Fawkes Day! The *Tides* at SHOAL Dining Room will host an English themed dinner (see menu page 5), with live music to enhance your dining experience. There will be two sittings to accommodate as many as possible. Reservations recommended.

SHOAL Annual Christmas Craft Fair and Bake Sale

Date: Saturday, November 12 **Time:** 10am - 2pm **Cost:** \$2 Door Admission

Our biggest fundraiser is here again – bigger and better! With valuable door prizes from Sidney businesses, this Fair will give you lots to see and purchase as part of your early Christmas shopping – a must to begin the season. Our Fair highlights all of the craft departments that help make SHOAL such a busy place – crafts, silversmithing, lapidary, clay works, knitting and so much more. The Sidney Single Seniors will be on hand again, to sell homemade baking and lots of goodies. And Chef Karen's shortbread cookies will be available!



Lest we forget.



From the Director's Desk

Glenys Cavers, Director of Thrift Shops and SHOAL Centre

Beacon Community Services

Phone: 250-656-5537, ext. 102

E-mail: gcavers@beaconcs.ca

November is a special month at SHOAL Centre as we host our annual Craft Fair on November 12 from 10am - 2pm. Our members from each craft department at SHOAL have been hard at work creating fabulous items to sell... just in time for Christmas gift giving. Our Sidney Single Seniors bake lots of delicious items to sell at our event and we have a tea garden hosted by our Youth Employment Students too. Our book, puzzle and treasures tables are always a big hit. We also have some great door prizes available again this year. I hope that you are able to join us for this fantastic event.

Notices

Holiday Hours at the Centre

To observe Remembrance Day, SHOAL Centre will be closed Friday, November 11. The *Tides* at SHOAL Dining Room will be open regular hours for lunch and dinner, with a special menu. See page 5 for details.

Salute to Our Veterans Concert

A Salute to Our Veterans Remembrance Concert by the Sidney Concert Band happens Sunday, November 6 at the Charlie White Theatre in Sidney. Doors open at 2pm, with the concert beginning at 2:30pm. This concert will provide a variety of music and song dedicated to veterans (wear medals), and service men and women currently serving. Featuring the Saanich Peninsula Pipe Band and Kittyhawk Air Cadets 'colour party'. Conducted by Rob Bannister. Tickets are \$15 at Mary Winspear Centre. Call 250-656-0275 or visit www.sidneyconcertband.ca.

Do You Have Something to Donate?

We always collect Christmas cookie tins, good used paperback books, and jigsaw puzzles (no missing pieces please) for sale as part of our fundraising efforts at the Christmas Craft Fair. If you have any of these items, or "treasures" you're willing to pass on, please bring them to the Centre. All funds raised at the Fair go to support the many arts and crafts drop-in activities at SHOAL Centre.

6th Annual SHOAL Open House – A Terrific Day!

Hundreds of people came through our doors for our annual Open House this fall, and 177 new members signed up, taking advantage of our one-day-only half-priced membership. With over 30 door prizes won and over 400 cookies eaten, this popular event was a community hit. A huge thank you to our Activity Department Volunteers, and members who helped make this such a resounding success!



Special Mention

Congratulations to Terry Freitag, Activity Leader for our Competitive Table Tennis league, who attended the 55+ tournament held in Coquitlam. Terry won:

- Gold for Women's Singles
- Gold for Women's Doubles
- Bronze for Mixed Doubles

SHOAL offers competitive table tennis drop-ins several times a week – please see the back page for the drop-in schedule.

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
- A free coffee and scone or cookie on your birthday

News from the Activity Office



Anna Hudson, Activities and Rental Coordinator

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Jennifer Van Es, Activities and Rental Coordinator

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

Call to Register for these Courses

Tai Chi Qi Gong

Date: Tuesdays, November 1 - December 6
Time: 10 - 11am **Cost:** \$68; \$12 Drop-in
Instructor Brenda Davie.

Device Support 101 for Seniors

Date: Wednesdays, November 2 - 30
Time: 6:30 - 7:30pm **Cost:** \$58.75 (5 weeks); \$15 Drop-in
Attention: Seniors and baby boomers. Do you want to learn how to use your mobile device more efficiently in just four weeks? Then this class is for you. Bring your device & your questions and instructor Ish Uttam will teach you how to use your device more efficiently. Sign up now to avoid disappointment as we need a minimum of 6 to run the program.

Fall Prevention for Men and Women

Date: Tuesday and Thursdays, November 3 - December 13
Time: 10 - 11am **Cost:** \$95 (12 sessions)
Instructor Corinne Dibert.

Minds in Motion

Date: Thursdays, November 10 - December 22
Time: 1:30 - 3pm **Cost:** \$44.20 (includes 2 people) (7 sessions)

Morning Yoga

Date: Thursdays, November 3 - December 22
Time: 9 - 10am **Cost:** \$67.50; \$12 Drop-in
Instructor Kathleen Fournier.

Yoga in a Chair

Date: Fridays, November 4 - December 16 (no class December 2)
Time: 12:30 - 1:30pm **Cost:** \$67.50; \$12 Drop-in
Instructor Kathleen Fournier.

Art's & Alzheimer's

Date: Every Wednesday **Time:** 1:30 - 3:30pm
Cost: \$10 suggested donation
The Alzheimer Foundation offers this program.

Drop-Ins to Note

Intro to Buddhist Meditation

Date: Mondays **Time:** 6:30 - 7:45pm **Cost:** \$10.50

Women's Song Circle with Jewel Spooner

Date: Fridays **Time:** 2 - 3:30pm **Cost:** \$6

Saturday Sing-a-Long with Liz Taylor

Date: Saturdays, November 5 and 26
Time: 2 - 3pm **Cost:** Members - Free; Non-members - \$2

Movie Nights

Date: Friday, November 4 - "Revolutionary Road"
Friday, November 25 - "The Upside of Anger"
Time: 7pm **Cost:** Members - Free; Non-members - \$2
Popcorn and pop available for \$1 each, Auditorium A.

Computer Clubs (by appointment only)

Dates: Every Friday (and 2nd and 4th Wednesday each month)
Time: 1 - 3pm **Cost:** Members - \$1.75; Non-members - \$3.25
Please call the week leading up to the date you plan to attend to book your appointment.

Art Drop-Ins

SHOAL offers a number of art drop-ins* for those interested in painting. They are listed on the back page, but here is a special reminder:

Oil/Acrylic: Mondays, 9am - 12pm

Pacific Palettes: Tuesdays, 1 - 4pm (this is by referral, so please call for more information)

Portrait Painting: Wednesdays, 1 - 4pm

*All of these drop-ins are \$1.75 for Members, and \$3.25 for Non-Members.

Our **SHOAL Portrait Painters** also have many of their pieces displayed along the wall across from the Dining Room, and also currently have a showcase in the lobby at Mary Winspear Centre until November 15. This is the third year that the SHOAL Portrait Painters as a collective have had a showing at MWC - we appreciate the great support MWC has shown the painters.

Health and Wellness Seminars

Nutrition Discussion: Digestion/Absorption/Elimination

Date: Wednesday, November 16 **Time:** 1:30 - 3pm
Cost: Members - Free; Non-members - \$3.25
Facilitator Angela Cuscianna, RH. Call to register.

See all of you at the Christmas Craft Fair and Bake Sale, November 12, 10 am - 2pm!

Profile – SHOAL Administrative Assistants

We welcome our part-time Administrative Assistants. Michale Fjeldstad, our Evening Assistant, has added Thursday and Friday afternoons to cover the Admin. Assistant position, and Lori Campbell has been hired to fill the position for Thursday and Friday mornings.



Michale Fjeldstad

Growing up in the country allotted me a lot of time to learn to fish and ride horses. Port Alberni was good to me as a child with so much space to roam. Eventually, my family moved to Victoria and it's been quite the adventure to get to where I am now. As a young adult I attended the Alberta Career Collage and the Alberta School of Business. As a hobby, I obtained a Blue belt in Tae Kwon Do. A few years later, I moved back to Victoria where I raised two beautiful daughters and continued my studies.

With a diploma in Criminal Justice from Camosun College and a degree in Sociology from the University of Victoria, I have had a host of jobs over the years. However, my most rewarding jobs have been those where I interact directly with people. My desire to work with people is what brought me to work here at the SHOAL Centre. I even joined the Centre to attend Crafts and, thanks to the kind and patient ladies in the craft room, I am learning to knit. I look forward to my first granddaughter arriving in January. Working with amazing co-workers in such an amazing environment has made it a pleasure to learn all that the SHOAL Centre has to offer.



Lori Campbell

The summer of 2015 I came to SHOAL Centre to work as a volunteer in the Tuck Shop. I soon realized after just a few shifts what a special place this was. I loved meeting the residents and community members coming to use the facilities at the centre and sometimes even joining them for a coffee. From the tuck shop I moved on to volunteer at the reception desk and that is when I really came to see just how many outstanding services the SHOAL Centre provides. Recently I became a part-time staff member and I feel so fortunate to be employed at a place I so enjoy and have so much respect for the work it does.

I moved to Victoria in 1997 from Alberta and have lived in North Saanich since 2000. I love living on the West Coast, in my opinion it is one of the most beautiful places in the world. I share my acreage with 3 ponies, a few dogs and a cat, which keeps me busy when I am not working. I look forward to the opportunity to meet more of the volunteers, members and residents of the Centre in my new position and to being a part of the the totally awesome staff of the SHOAL.

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 fourth Monday of each month in Auditorium B. The next meeting is Monday, November 28, 1:30 - 3pm. For information please call Kelly Ablog-Morrant at the BC Lung Association at 1-800-665-5864.

Family Caregivers' Support Network is temporarily discontinued. Please call the Family Caregivers Network at 250-384-0408 if you have questions, or for more information.

Dementia Caregivers Support Group for those who are caring for someone with a diagnosis of dementia, meets the second Wednesday of the month. The next meeting is on Wednesday, November 9.

White Cane Club meets at SHOAL for those with vision impairment, on the first Thursday of each month. The next meeting is Thursday, November 3, 1:30 - 3pm. Guest speaker is club member Charles Goodwin (Chet) who has been knighted for his efforts during WWII.



Chef's Corner

Chef, Karen Taylor

Phone: 250-656-5537, ext. 107

E-mail: chef@beaconcs.ca

First, we want to thank the close to 100 people who attended our Thanksgiving Dinner – it was a record crowd and we appreciated all those who called for reservations. We will be offering another great turkey dinner on Sunday, Christmas Day, December 25, using the same format for sittings. We had a huge volume of people last year, and expect that to increase this year.

Our feature **A Thursday Night at the SHOAL** October Pumpkin Fest was lots of fun and now we are preparing for November dinner – Guy Fawkes Remembered, featuring a special English menu – see menu details in the feature box on this page. There will be live entertainment and a glass of non-alcoholic beer served with your dinner. We strongly recommend reservations – the Dining Room will offer two sittings: 4:30 and 5:15pm, to allow you 45 minutes of dining to live music.

For those not familiar with Guy Fawkes, he was a political dissident who spent months planning to blow up King James I of England during the opening of Parliament on November 5, 1605. The assassination attempt was foiled the night before when Fawkes was discovered lurking in a cellar below the House of Lords next to 36 barrels of gunpowder. Londoners immediately began lighting bonfires in celebration that the plot had failed, and a few months later Parliament declared November 5 a public day of thanksgiving. Guy Fawkes Day, also known as Bonfire Night, has been around in ever since. It's become an English tradition to remember Guy Fawkes Day in November with a pint and a pie at the pub.

We'll also be offering a special **Remembrance Day Dinner**, Friday, November 11, with the following menu:

Roast Pork with Cinnamon-Spiced Apple Sauce
 Or Fish and Chips
 Baked Potato with all the trimmings
 Winter Broccoli, Dilled Carrots
 Plated Salads
 Chocolate Cake and Ice Cream

\$12 Small Portion; \$17 Full Portion
 (Meal Cards plus \$2 accepted)

Reservations: 250-656-5537 – 4:30pm or 5:15pm

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 cookie or scone 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!

A Thursday Evening at SHOAL Guy Fawkes Remembered

Thursday, November 24

*Steak and Kidney Pie

or

*Bangers and Fried Onions

Smashed Potatoes with Gravy

Mushy Peas

Plated Salad

English Trifle

**Glass of Non Alcoholic Beer included*

Please make reservations for 4:30pm or 5:30pm seating
 \$12 Small Portion; \$17 Full Portion

Tides at SHOAL Dining Room is open seven days a week for lunch (12 - 1:30pm) and dinner (4:30 - 6pm). The public is welcome and reservations can be made by calling the main SHOAL number: 250-656-5537.

Dining Room Prices for Meals & Meal Cards

	Single Meal	Cards for 15 Meals	Two Cards for 30 Meals
Full Lunch	\$10.00	\$135	\$255
Small Portion Lunch	\$7.00	\$101.25	\$202.50
Full Dinner	\$15.00	\$202.50	\$375
Small Portion Dinner	\$10.00	\$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.

Christmas Craft Fair Cookies and Tea Garden

Date: Saturday, November 12 **Time:** 10am - 2pm **Cost:** \$2
 While shopping at the Fair, stop for a break in our Tea Garden area and enjoy a cup of coffee, tea or hot chocolate and two cranberry shortbread cookies.



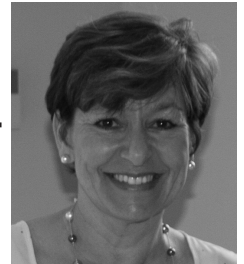
Volunteer & YEP News

Sara Lawton, Volunteer Services & YEP Coordinator

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Deb Greenaway, Direct Volunteer Services Coordinator

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YEP News

Happy Anniversary

We are celebrating the first anniversary of the YEP Retail Training Certificate in Brentwood Bay.

The YEP Retail Training Certificate is a popular course that helps YEP students increase work related experience and build their resume. This 4 week program teaches students everything they would need to know about working in a store. Due to high demand we have re-established the Brentwood Retail Training. For more information contact Sara Lawton, YEP Coordinator, at 250-656-5537, ext. 118.

World Peace Day Celebration

Students supported World Peace Day events by setting up the stage on September 18 at Beacon Park. Here we are at the event!



“Coffee’s On” Drop-in coffee morning for our Volunteer Drivers and Schedulers is on the first Tuesday of every month. Drop by the Lounge anytime between 10am and noon. The next date is **Tuesday, November 1**. Hope to see you there!

Volunteer News

NEW! Daily Check-In Phone Calls

Would you, or someone you know, appreciate a daily check-in phone call? We have volunteers that would love to check in with seniors in our community who might appreciate connecting regularly with a friendly voice over the phone. Call Deb at 250-656-5537, ext. 106 for more information.

Co-Facilitator: Dementia Caregiver Support Group

We are looking for a volunteer to co-facilitate a support group for caregivers of those living with dementia. This volunteer role will support the current facilitator in providing a safe, accepting environment for conversation about ways to cope with living with dementia. If you have:

- Good listening and interpersonal skills (utmost importance)
- Self-confidence, plus empathetic, positive outlook
- Facilitation skills
- Knowledge of dementia an asset

Call Sara at 250-656-5537, ext. 118 for more information.

In Memorium

It is with great sadness that we announce that two of our volunteer drivers passed away recently. Mike Griffin passed away in September and has been a volunteer with Beacon since 2004. Neville Atkinson, who has volunteered with us since 2008, passed away in October. We are truly grateful for the contributions that these gentlemen gave to our community. Our sincere condolences to Mike’s partner Helen and Neville’s wife Jean.

Welcome New Volunteers

Medical Drives: Jean Ooms

SHOAL Activities: Lorraine McGrath

SHOAL Drive Desk: Jo Hayes

Thrift Shop Sidney 1: Margaret Clement

Thrift Shop Sidney 3: Richard Yeomans

Thrift Shop Victoria 1: Cecilia Martinez, Marissa Schillemare, Phillippa Vandy

Thrift Shop Victoria 2: Morgan Ayers, Chester Mairi, Joyce Ren, Nicholas Sheldrake

Sidney Single Seniors 55+

Are you 55 or older and single? The Sidney Single Seniors 55+ might be the perfect fit for you. The next regular meeting will be Wednesday, November 16, at 2pm in Auditorium B, SHOAL Centre. (There will be no meeting during December.) Our next meal out will be a buffet luncheon at Sidney Harbour Chinese Restaurant on Wednesday, November 23, at 12pm. Our annual Christmas luncheon will be on Wednesday, December 14 at the SHOAL Centre. For more information call Gillian Else at 250-656-3971.

Spotlight On: *The Newest SHOAL Musical Members*

The **Victoria Accordion Club (VAC)** has come to SHOAL as its new home, and all of its close to 30 musicians are now official members of the SHOAL community centre. The group began practices here this past summer, as a try-out to see if Auditorium A would meet their needs, and then officially joined at the beginning of September. Twice a month, usually on the 1st and 3rd Sundays, they can be heard squeezing out tunes from 11am to 1:30pm, and visitors are welcome to come in and listen to these practice sessions for free.

The club holds a private meeting on the 1st Sunday practice, from 2 – 2:30pm and visitors are requested to leave the auditorium during the duration of the meeting. However, following the meeting, visitors are welcome to join the group for a jam session. If refreshments are served, the cost is \$2 per person.

Music has become an integral part of SHOAL, with a number of opportunities for members, residents and visitors to listen to a variety of musical groups. Wednesday nights, the Sidney Accoustical Jam Group (SWNAJ) meets at 7pm to play and sing many recognizable tunes from different eras; *Tides* at SHOAL Dining Room now offering once a month live music in the Dining Room at our Thursday Evening at SHOAL (4th Thursday of each month); we hold a number of music concerts throughout the year; and we have offered various music lessons, from ukulele to fiddle. Even the Arts and Alzheimer's group Wednesday afternoons brings in a music therapist at each one of their sessions. As well, we have twice a month Sing-a-Long Saturdays, and Jewel Spooner offers a Women's Song Circle drop-in on Friday afternoons.

There have been many studies done that suggest strong benefits of learning and playing music on brain performance. It's a great way to keep actively aging. Just ask any of the groups of musicians and singers who are showing up on a regular basis at SHOAL.

So if you haven't come out to listen or sing with any of the groups mentioned, why not start this month with the Accordion Club:

- **Sundays, November 6 and 13 (latter date changed from Nov. 20)**
- **11am – 1:30pm, Auditorium A – Free!**



SHOAL Activity Centre Weekly Drop-In Schedule

Tuck Shop Open: 9am - 3pm; Evenings: 6 - 7pm; Board Games in the Lobby

Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
Billiards - 8:30am - 9pm Woodworking Shop - 8:30am - 9pm Moderate Strength - 8 - 9am Balanced Strength - 9 - 10am Oil/Acrylic Painting - 9am - 12pm Table Tennis - 9:30am - 12:30pm Stretch & Strength - 10:15 - 11:15am Weaving - 10am - 12pm Competitive Play Table Tennis - 12 - 3pm Cribbage - 1 - 4pm Be Well Clinic - 1 - 2pm Mah Jong - 1 - 4pm Better Breathers - 1:30 - 3pm <i>- 4th Monday</i> Contract Bridge - 6:15 - 9:45pm <i>- Singles Welcome</i> Meditation - 6:30 - 7:45pm (\$10.50) <i>- Begins in October 17</i>	Billiards - 8:30am - 9pm Woodworking Shop - 8:30am - 9pm Faceting and Lapidary - 9am - 12pm Tai Chi (\$12/class) - 10 - 11am Chair Fit - 11:30am - 12:30pm Duplicate Bridge - 12:45 - 4pm Table Tennis - 1 - 3pm Crafts/Knitting - 1 - 3pm Pacific Palettes - 1 - 4pm <i>- By referral only</i> Table Tennis - 6:30 - 9pm	Billiards - 8:30am - 9pm Woodworking Shop - 8:30am - 9pm Moderate Strength - 8 - 9am Balanced Strength - 9 - 10am Table Tennis - 9:30am - 12pm Stretch & Strength - 10:15 - 11:15am Clay Works - 10am - 2pm Competitive Play Table Tennis - 12 - 3pm <i>- 1st and 2nd Wednesday</i> Weaving - 1 - 3pm Contract Bridge - 1 - 4pm <i>- Foursome Required</i> SHOAL Portrait Painters - 1 - 4pm Computer Club - 2 - 4pm (2nd & 4th Wed.) Sidney Single Seniors - 2 - 4pm <i>- 3rd Wednesday</i> Duplicate Bridge - 6 - 9:45pm <i>- Partner Required</i> SWNAJ Music Group - 7 - 9:45pm	Billiards - 8:30am - 9pm Woodworking Shop - 8:30am - 9pm Carving - 8:30am - 12pm Yoga (\$12/class) - 9 - 10am Silversmithing and Lapidary - 9am - 12pm Chair Fit - 11:30am - 12:30pm Games and Social - 1 - 3pm <i>- 1st and 3rd Thursday</i> Pickle Ball - 1 - 3pm Practice Bridge - 1 - 4pm Clay Works - 1 - 4pm Table Tennis - 6:30 - 9pm	Billiards - 8:30am - 9pm Woodworking Shop - 8:30am - 9pm Moderate Strength - 8 - 9am Balanced Strength - 9 - 10am Table Tennis - 9:30am - 12pm Ceramics - 10am - 3pm Stretch & Strength - 10:15 - 11:15am Competitive Play Table Tennis - 12 - 3pm Chair Yoga (\$12/class) - 12:30 - 1:30pm Progressive Contract Bridge - 1 - 4pm <i>- Singles Welcome</i> Computer Club - 1 - 3pm Knitting/Crafts - 1 - 3pm Women's Song Circle (\$6/class) - 2 - 3:30pm Duplicate Bridge - 6 - 9:45pm <i>- Partner Required</i> Movie Night - 7 - 9pm (see page 3)	Saturday Sing-a-long - 2 - 3pm <i>- Saturday, November 5 & 26</i> Sunday Accordion Club - 11am - 1:30pm <i>- 1st and 3rd Sunday, November 6 & 13</i> Duplicate Bridge - 12:45 - 4pm <i>- Partner Required</i>