

TideLines

News from SHOAL Centre



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

January 2017

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

Thank You...

... to Sidney by the Sea Rotary, who donated some of the poinsettia plants that decorated the centre over December, and for their support throughout the year providing SHOAL membership bursaries.

... to all the reception desk volunteers who carry on the business of the centre Monday to Friday, from collecting drop-in fees to answering phone calls; your help assists the centre to run efficiently.

... to our wonderful contract instructors who deliver quality classes here for Fitness, Yoga, Tai Chi, Meditation, Song Circle and more.

... to our Crafts and Knitting participants who made and sold a record number of items in the lobby display cabinet this year.

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Celebrating Canada's 150th!

Mark Your Calendars

NEW! The Gym at SHOAL featuring Savin Elite Training

A new era of fitness comes to SHOAL with the introduction of a gym studio in the former billiards room on the lower level. With our fitness instructor Chad Savin heading up this new venture, we are now able to offer individual personal training sessions, fitness consultations, and small group training sessions. For more information on costs and operation, see page 6.

Getting To Know Dementia

Date: Wednesday, January 25 **Time:** 10am - 12pm

Cost: Free for Members, \$3.50 Non-Members

This introductory session reviews basic information about Alzheimer's disease and other dementias, and the impact of receiving a diagnosis. Participants will learn about the different types of support available throughout the dementia journey, including an introduction to the programs and services offered by the Alzheimer Society of B.C. Call to register.

NEW! Watercolour on Masa Paper

Date: Thursdays, January 26 - March 2 (*Free Demo: Thursday, January 19*)

Time: 1 - 2:30pm **Cost:** \$90/5 classes (No class February 2) (Materials \$10)

Learn to create uniquely attractive watercolour on Japanese art paper using the Chinese brush in a fun and stress free environment. You will learn Richard's simple yet effective approach to painting oriental watercolours with a western flair. All levels welcome. Beginners are especially encouraged and supported. A \$10 one-time class reference material fee is required on first day of class, paid directly to instructor. Call to register.

Thursday Night At SHOAL – Chinese New Year Tribute

Date: Thursday, January 26 **Time:** Sitings at 4:30pm and 5:15pm

Cost: \$12 (or Meal Cards + \$2) (Bigger Appetites \$17)

Live music and traditional fortune cookies, along with a Chinese menu (see page 5), will help to usher in the Year of the Fire Rooster (officially beginning January 28). This is the brightest symbol in the Chinese calendar and heralds good luck and good fortune. After a year of unpredictability with the Red Monkey, let's hope 2017 brings all of us new hope and fresh beginnings. Call to make reservations.



From the Director's Desk

Glenys Cavers, Director of Thrift Shops and SHOAL Centre

Beacon Community Services

Phone: 250-656-5537 ext. 102

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Happy 2017 from everyone at the SHOAL Centre!

We are ready to help you keep all of your New Year's resolutions throughout 2017. If your goal is to get your body moving in 2017, why not try one of our fitness classes – we have a class that is just right for you from beginners to advanced. We also have yoga, tai chi, table tennis and pickleball! If your goal is to keep your mind sharp, join us for bridge, cribbage or Mah Jong. If your goal is to add some creativity to your life, come by and join one of our craft groups – lapidary, faceting, carving, ceramics, painting, portrait painters, clay works, weaving, wood working, knitting, or crafts. If your goal is to eat nutritious food, please join us for either lunch or dinner in the Dining Room – open 7 days a week! If your goal is to add some fun and friendship to your life, please pop by SHOAL and visit with our Tuck Shop volunteers while enjoying a coffee or tea.

We look forward to a fantastic year at SHOAL Centre in 2017!

Notices

New Year's Day Hours at the Centre

SHOAL Centre's Activity Office, Volunteer Services, Youth Employment Program and Tuck Shop will be closed Monday, January 2. The *Tides* At SHOAL Dining Room will be open for both lunch and dinner, with a special New Year's Day Menu for January 1. See page 5.

NEW! The Splinters are Here!

Date: Tuesday, January 3

Time: 2:30pm

Cost: Free for Everyone

More music comes to SHOAL in 2017. This small group of musicians attend the Wednesday Night Acoustical Jam group and now have launched as the "Splinters." Come sing along, or just listen. They will be here on a regular basis on the first Tuesday of each month, in Auditorium A.

Drop-In Fee Increase

Effective January 1, drop-in fees increase to \$2 for Members, \$3.50 for Non-Members; Fitness fees \$4.50 for Members, \$5.50 for Non-Members. As costs for operating a large, not-for-profit centre increase, we are striving to keep costs reasonable for both members and the public while being fiscally prudent. Thank you for your understanding.

January is Alzheimer's Awareness Month

As a dementia friendly facility, SHOAL continues to increase awareness of dementia through activities, programs and resources. This month we offer a great seminar - Getting to Know Dementia (details on front page) - and will continue to offer education seminars throughout the year. Check out our program line-up for information about what we offer, including Minds in Motion, Arts and Alzheimer's and our Dementia Caregivers Support Group. Brochures and pamphlets on dementia-related topics are available at the resource area outside the Activity and Rental office.

2017 SHOAL Centre Membership Cards

Please remember to renew your membership to the centre. We will have orange-coloured cards for 2017, to help us keep track of our ever-growing membership. Please note, memberships are non-refundable.

SHOAL Activity Centre Annual Membership • \$46 per year (approx. 12¢ / day!) • Memberships are non-refundable

- 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
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Call to Register for these Courses

NEW! Drop Into Your Imagination – Acrylic Painting

Date: Fridays, beginning January 20
(Free Demo - January 13, 9:30 - 10:30am)
Time: 9:30 - 11:30am **Cost:** \$10

Facilitated by artist Dawn Joy Ritchie, this new special Friday morning art drop-in will allow patrons to be inspired with their creative process. Dawn is a recognized artist whose work is well-known both locally and internationally. For the free demo, just bring a pencil. For weekly drop-in, Dawn can provide a supply list.

NEW! Practice Your Uke Drop-In

Date: Thursdays, beginning January 12 **Time:** 9:30 - 11am
Cost: Members - \$2; Non-members - \$3.50

If you have been learning to play the ukulele and want to have others to practice with, this is the group for you. From well-experienced to basic beginners, the group will be exclusively for uke players. A volunteer activity leader will be present to help organize playing.

Gentle Yoga Registered Classes

Friday Chair Yoga: January 13 - March 3, 12:30 - 1:30pm
Thursday Morning: Beginning in February
Monday Evening: Beginning in February
All classes are \$90 for 8 sessions, or \$12 drop-in.

Introduction to Buddhist Meditation

Date: Mondays, January 16 - February 27 (6 sessions)
(no class BC Family Day, February 13)
(Free Demo - January 9, 6:30 - 7:45pm)
Time: 6:30 - 7:45pm **Cost:** \$54, or \$10.50 Drop-In

Fall Prevention Balance Booster

Date: Tuesdays and Thursdays, January 10 - February 16 (12 sessions)
Time: 10 - 11am **Cost:** \$95

Tai Chi Qi Gong

Date: Tuesdays, January 17 - February 21 (6 sessions)
(Free Demo - January 10, 10 - 11am)
Time: 10 - 11am **Cost:** \$68, or \$12 Drop-In

Arts & Alzheimer's

Date: Every Wednesday, beginning January 11
Time: 1:30 - 3:30pm **Cost:** \$10 suggested donation
The Alzheimer Foundation offers this art and music program at SHOAL.

Minds in Motion

Date: Thursdays, January 12 - February 16 (6 sessions)
Time: 1:30 - 3pm **Cost:** \$38 (includes 2 people)
The Alzheimer Society of BC operates this program at SHOAL.
The next course runs March 2 - April 27 (9 classes for \$56.90).

Device Support 101

Date: Wednesdays, January 25 - March 1
(Free Demo - January 18, 6:30 - 8pm)
Time: 6:30 - 8pm **Cost:** \$72/6 classes, or \$15 Drop-In
Instructor Ish Uttam will guide, step by step, how to set up and use programs and apps on your tablet, phone or even computer.

Drop-Ins to Note

We've increased our drop-in fees from \$2 for Members; \$3.50 for Non-Members. Fitness is \$4.50 for Members; \$5.50 for Non-Members.

Computer Club

Date: Fridays, and 2nd and 4th Wednesdays
Time: 1 - 3pm Fridays; 2 - 4pm Wednesdays
Cost: Members - \$2; Non-members - \$3.50

Women's Song Circle with Jewel Spooner

Date: Fridays, beginning January 13
Time: 2 - 3:30pm **Cost:** \$6

Saturday Sing-a-Long with Liz Taylor

Date: Saturdays, January 7 and 21
Time: 2-3pm **Cost:** Members - Free; Non-members - \$2

Movie Nights

Date: Fridays, January 6 (The Queen) & January 20 (Working Girl)
Time: 7pm **Cost:** Members - Free; Non-members - \$2
Popcorn and pop available for \$1 each. Auditorium A.

Health and Wellness Seminars

Nutrition Discussion: Sleep - How Important is a Good Sleep and Things that Jeopardize It

Date: Wednesday, January 11 (note change in date)
Time: 1:30 - 3pm **Cost:** Members - Free; Non-members - \$3.50
Facilitator Angela Cuscianna, RH. Call to register.

Profile – Patrick McAdams



Meet Patrick McAdams, one of our Beacon Community Services Volunteer Medical Drivers for the past 5 years. Patrick was born, raised and educated in Montreal, and graduated from Concordia University. Married to his high school sweetheart, he moved west, working for the Royal Bank of Canada in Calgary, which relocated him every 2 years throughout Alberta. Patrick is a family man with a daughter and a son, and now has a grandson in Calgary who visits Patrick as often as he can.

After 30 years of banking and 14 different houses, it was time to retire and enjoy life. He and his wife got hooked on cruising in 1989 with their first cruise to Mexico. Some 60 cruises later, they are still avid cruisers – they recently returned from the Hawaiian Islands and liked it so much they are already booked for their same cruise next year.

Moving to Sidney and their “mouse’s nest” condo (as Patrick calls it) after downsizing from a sprawling rancher in North Saanich was “a mind-boggling experience,” he says, but once the kids were gone, the house was just too big to carry on.



Patrick McAdams, together with Camosun College Print Shop manager Kyle Reed and medical drive client Wendy Bidgood.

Patrick has always been involved in his community, and here at SHOAL has been involved both as a medical driver and a scheduler on the Drive Desk. New car magnets used by the volunteer medical drivers, have been in part, purchased with funds donated by RBC (Royal Bank of Canada) because of Patrick’s volunteer service at SHOAL. RBC has a great program that donates funds to service organizations at which their current and retired employees volunteer at least 40 hours per year. Camosun College Print Shop also donated materials for the signs. We are grateful to have received support and generosity from both RBC and Camosun College.

The bright car door magnets not only help to promote the program, they assist in identifying the Medical Drivers when they are on a drive. Thanks to Patrick and all the volunteers at the Drive Desk and behind the wheel, some 3,300 drives were done in 2016.

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, January 23, 1:30 - 3pm. For information please call Kelly Ablog-Morant at the BC Lung Association at 1-800-665-5864.

Dementia Caregivers’ Support Group for those who are caring for someone with a diagnosis of dementia or Alzheimer’s, meets the 2nd Wednesday of the month. The next meeting is Wednesday, January 11.

Free Legal Clinic held on the first Thursday of each month, 1 - 4pm. Book your 30 minute appointment in advance by calling us at 250-656-5537. The service is provided by Gordon W. Benn, Senior Partner of Perlman, Lindholm, Barristers and Solicitors. The next clinic is Thursday, January 5.

White Cane Club meets at SHOAL for those with vision impairment, on the first Thursday of each month. The next meeting is Thursday, January 5, 1:30 - 3pm. Guest speaker TBA. Suggested donation of \$2 towards refreshments is appreciated.



Chef's Corner

Chef, Karen Taylor

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

Hard to believe we have run through another year! SHOAL experienced a banner year in 2016 for not only meals in the dining room, but also special events and catered functions. We went through thousands of cookies and scones at both the Tuck Shop and at catered events. We want to thank the cooks and servers who worked so hard to help continue the growth of Food Services and the *Tides* at SHOAL Dining Room. Well done team!

This year mark's **Canada's 150th birthday** and Food Services has some great events to celebrate over 2017, from a special tea in the spring to showcase Fashions from Confederation, to a special lunch focusing on Sidney's 50th anniversary and the part that Beacon Community Services has played over the past 40 years of being rooted in our community. We hope to have more celebratory events as the year unfolds, starting with our January 1 New Year's Dinner and our Chinese New Year tribute Thursday, January 26 for our first Thursday Night at SHOAL for 2017 (menu on this page).

New Pricing – Please note that effective January 1, we are introducing a **Senior Meal** only, eliminating Small and Full portions, so Meal Cards will reflect the price of \$7 for lunch (15 meals for \$105) and \$10 for dinner (\$15 meals for \$150), saving patrons \$1.00 since the price for meals not purchased with a meal card will now be \$8 for lunch and \$11 for dinner. However, for those who wish to enjoy more food, a Bigger Appetite meal will still be available for a higher price, but no Meal Cards will be available for this feature. We urge regular patrons who eat in the *Tides* at SHOAL Dining Room to purchase Meal Cards for this great discount. All cards purchased previously at the former price will be honoured until they expire.

New Years Day Dinner *Tides* at SHOAL Dining Room

Baked Ham Menu

New regular pricing:

\$11 (Meal Cards accepted) (Bigger Appetites \$15)

If you wish to make a reservation,
please call 250-656-5573.

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 Night at SHOAL Chinese New Year Tribute

Thursday, January 26

Live Music Entertainment!

Sweet and Sour Pork

Fried Rice

Chow Mein

Ginger Beef

Sorbet and Fortune Cookie

\$12 (Bigger Appetites \$17)

(or Meal Cards + \$2)

*Please call 250-656-5537 to make reservations.
Sittings at 4:30 and 5:15pm.*

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 (save \$1 per meal)
Senior Lunch*	\$8	\$105
Senior Dinner*	\$11	\$150

***For Bigger Appetites: Lunch \$10; Dinner \$15**

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.

Fortune Cookies at the Tuck

While quantities last, we will be selling fortune cookies, individually wrapped, at the Tuck Shop for 25 cents beginning Tuesday, January 3. Since this is the lucky year of the Rooster, why not peek at the possibility of your good fortune in 2017!



Volunteer & YEP News

Sara Lawton, Volunteer Services & YEP Coordinator

Phone: 250-656-5537 ext. 118
E-mail: slawton@beaconcs.ca

Deb Greenaway, Direct Volunteer Services Coordinator

Phone: 250-656-5537 ext. 106
E-mail: dgreenaway@beaconcs.ca



YEP News

YEP in the Community

YEP students continue to contribute to our community by actively supporting events such as Santa's Breakfast, the Christmas Craft Fair at SHOAL and the Annual Bridge Club Christmas Dinner. Here are some students at Santa's Breakfast and the Christmas Craft Fair at SHOAL.



"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, January 3**. Hope to see you there!

Volunteers News

Christmas Volunteer Luncheon was a Thank You

This annual event was on December 2, and is an expression of Beacon Community Service's gratitude for the time and talents volunteers bring to our programs and services. The staff from Volunteer Services, SHOAL Centre, and Thrift Shops were honoured to have an opportunity to serve the volunteers who serve our community every day. Thank you for attending the lunch! We are so fortunate to have you as our volunteers!



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, January 18, at 2pm in Auditorium B, SHOAL Centre. Our guest speaker will be Dion Amyotte of the Army, Navy and Air Force in Sidney, who will explain the various events and activities available to their members. The next meal out will be lunch at Beacon Landing Restaurant on Beacon Avenue in Sidney, on Wednesday, January 25 at 12pm.

For more information call Gillian Else at 250-656-3971.

Welcome New Volunteers

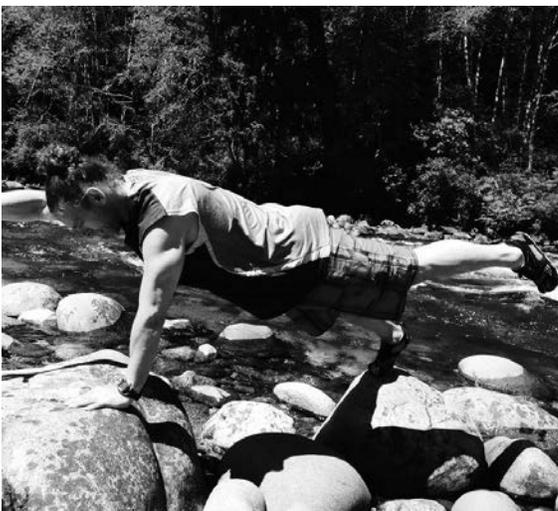
SHOAL Activities: Celeste Derkson

Correction - ESL Conversation Group: Connie Birnbaum,
Susan McDonald

Spotlight On: *The Gym at SHOAL featuring Savin Elite Training*

We are excited and pleased to offer a new service at SHOAL. We have converted our Billiards room into a gym for personal training! Beginning Tuesday, January 3, we will have an operational gym at the community centre, provided by Savin Elite Training. Chad Savin has been our fitness instructor for close to two years, and his qualifications and former experience in personal training and gym/studio management make it possible for us to join together in this new venture! Chad is committed to bringing his wealth of health, wellness and fitness experience in helping to improve the lives of others. His story of overcoming his own health challenges in his 20's to mid-30's, is inspiring and a testimony to his applying techniques and knowledge in all areas of health, from nutrition to psychology as well as physical training.

"I believe a proper health and fitness program is the main component to living a healthy and balanced life," says Chad. He believes that being a part of a healthier lifestyle is the starting point at which we begin to align ourselves with help to overcome our obstacles and achieve our goals, whether it be trainers, nutritionists, specialists, doctors or others. A proper workout program empowers, gives clarity, provides a better sense of hope, improves endurance and ultimately helps with better peace of mind, says Chad.



Gym Programs

Savin Elite Training will provide a variety of services to choose from, from one-on-one personal training and coaching for one hour @ \$60 (discounts for more than 5 sessions purchased at one time) to small group personal training sessions for up to 4 people (price sheet available at reception) as well as \$20 Drop-In Studio Program and Classes. All drop-ins to the gym will be supervised by Chad. Since space is limited, these drop-in times must be scheduled by calling Chad at the number below. A price list for programs is available at the Reception desk and all appointments and payments will be routed through Savin Elite Training.

For those who are ready to invest in improving their health and fitness, Chad offers 10 one-hour sessions of Personal Training for \$500. A comprehensive package of materials and information on nutrition and wellness is included.

Opening Special

To introduce these new programs and services we are offering free 15-minute introductory offers the week of January 16 – 20 for people to experience personal training in the gym at SHOAL.

Please call Chad Savin at 1-250-895-1838 to book your free appointment today!



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
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 Singles Table Tennis - 12:30 - 3:30pm Cribbage - 1 - 4pm Be Well Clinic - 1 - 2pm Mah Jong - 1 - 4pm Better Breathers - 1:30 - 3pm - 4th Monday Contract Bridge - 6:15 - 9:45pm - Singles Welcome Meditation - 6:30 - 7:45pm (\$10.50)	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 - By referral only Splinters Music - 2:30 - 4pm - 1st Tuesday Table Tennis - 6:30 - 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 Weaving - 1 - 3pm Contract Bridge - 1 - 4pm - Foursome Required SHOAL Portrait Painters - 1 - 4pm Computer Club - 2 - 4pm (2nd & 4th Wed.) Sidney Single Seniors - 2 - 4pm - 3rd Wednesday Duplicate Bridge - 6 - 9:45pm - Partner Required SWNAJ Music Group - 7 - 9:45pm	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 - 1st and 3rd Thursday Pickle Ball - 1 - 3pm Practice Bridge - 1 - 4pm Clay Works - 1 - 4pm White Cane Club - 1:30 - 3pm - 1st Thursday Table Tennis - 6:30 - 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 Singles Table Tennis - 12:30 - 3:30pm Chair Yoga (\$12/class) - 12:30 - 1:30pm Progressive Contract Bridge - 1 - 4pm - Singles Welcome Computer Club - 1 - 3pm Knitting/Crafts - 1 - 3pm Women's Song Circle (\$6/class) - 2 - 3:30pm Duplicate Bridge - 6 - 9:45pm - Partner Required Movie Night - 7 - 9pm (see page 3)	Saturday Sing-a-long - 2 - 3pm Sunday Accordion Club - 11am - 1:30pm - Sunday, January 8 and 23 Duplicate Bridge - 12:45 - 4pm - Partner Required
<p><i>All Activity times are subject to change.</i></p>					