

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

April 2017

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

Thank You...

... to Sally Hughes, Volunteer Facilitator of SHOAL White Cane Club, who is stepping down to relocate to Ontario for several months. The club has thrived under her guidance and leadership. We wish her all the best!

... to all who helped make Embrace Aging at SHOAL a great experience, especially the Activity Leaders and Members who welcomed visitors to their programs.

... to Amanah Triggs for donating a reading device for people with low vision.

... to our Crafting/Knitting/Weaving and Ceramics programs for organizing and offering our mini Spring/Easter Fair last month in the lobby. Great effort, ladies!

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Celebrating Canada's 150th!

Mark Your Calendars

National Volunteer Week

As part of National Volunteer Week, April 23 - 29, Beacon Community Services wishes to honour and thank all of their volunteers who give so generously of their time and talents to improve the lives of others. We salute you!

Blood Donor Clinic

Date: Monday, April 3 **Time:** 12 - 7pm
Canadian Blood Services is asking for donors for this life-saving service. Auditorium A. No appointment necessary. "It's in you to give."

NADA Ear Acupuncture

Date: Thursdays, April 6, 13, 20, 27 **Time:** 10 - 11am
Cost: Members - Free; Non-members - By donation to SHOAL
Stop by and try NADA Acupuncture in the SHOAL Lounge. It's an effective treatment for mental health conditions such as depression, anxiety, and PTSD. All you need to do is sit comfortably for 20 - 30 minutes. There's no need for talking. Treatments are offered by Lisa Cumberland, a gentle and helpful registered acupuncturist, who lives and works here in Sidney. Treatments on a first come, first served basis.

Communication in a Person-Centred Way Dementia Education with Gwendolyn de Geest

Date: Wednesday, April 19 **Time:** 10am - 12pm **Cost:** Free for everyone
Gwendolyn de Geest, RN BSN MA, Living Dementia Consulting, returns to SHOAL Centre to provide more information on communicating with people diagnosed with various forms of dementia. This workshop is a valuable resource for spouses, family caregivers, and the general public wanting more knowledge. Please call 250-656-5537 to register.

Thursday Night At SHOAL – St. George's Day Dinner

Date: Thursday, April 20 (note change from April 27)
Time: Sittings at 4:30pm and 5:30pm **Cost:** Senior Portion \$12 (Larger Appetite \$17)
Featuring live music by a talented music student from Parkland's Secondary. Chef Karen provides a great traditional menu. See details on page 5. Call to make reservations: 250-656-5537.



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

Volunteers are the heart of Beacon Community Services and we are thankful for what all of our volunteers do every day to help people and improve their lives. In April, we celebrate all of our volunteers during National Volunteer week with our annual volunteer appreciation luncheon on April 28 at SHOAL Centre. It is always a special event as we recognize long service volunteers and enjoy a fabulous lunch prepared by Chef Karen. I am looking forward to this special event and seeing our wonderful volunteers. As well, Chef Karen and her team will be busy in April with 2 special dinners celebrating Easter and St. Georges Day. Please refer to page 5 for details. Please call to register early as these dinners will fill up fast.

Notices

Easter Weekend Hours

SHOAL Centre will be closed Friday, April 14 to Monday, April 17 inclusive. Our front doors will be open 11am - 7pm. The *Tides* at SHOAL Dining Room remains open all days for lunch and dinner. A special Easter Day dinner will be offered on Sunday, April 16. See menu details on page 5. Call to make a reservation.

Diabetes Self-Management Program

The Institute of Aging & Lifelong Health, University of Victoria, offers a free 6-session workshop for adults with diabetes at SHOAL Centre Tuesdays, April 4 - May 9, from 6 - 8:30pm. Gaining knowledge, skills and confidence can help people live a healthy life with diabetes. To register, call toll-free: 1-866-902-3767.

Welcome Lions Clubs

SHOAL gives the Lions Clubs a warm welcome as they host their Convention morning meeting in Auditorium A, Sunday, April 23. Service clubs contribute a great deal to our community, and we are grateful that the Lions Clubs contributes to the support of the Sidney White Cane Club.

Advance Voting Polls – BC Election

Advance polling for the provincial election takes place at SHOAL Centre in Auditorium A, Saturday, April 29 and Sunday, April 30, 8am to 8pm. A final advance poll will be held Saturday, May 6. Election Day is Tuesday, May 9.

Beacon Community Services Scholarships

Each year, Beacon offers up to 4 scholarships of up to \$1500 each to graduating students from school districts 61, 62, 63 or 64 who demonstrate exemplary volunteerism/community service or leadership. If you know a deserving youth, encourage them to apply! The application deadline is end of day May 1, 2017. Please send applications to: Christina Rossano, Scholarship Applications, Beacon Community Services, 2723 Quadra St, Victoria, BC, V8T 4E5, or by email to crossano@beaconcs.ca (include Beacon Scholarships and your school district number in the email subject line.) More application information is on Beacon's website: www.beaconcs.ca/services-programs/children-youth-families/youth-family-services/.

Special Thank You to Rotary

The Sidney by the Sea Rotary deserve a heartfelt thank you for their willingness to provide seniors on a low income with SHOAL membership bursaries. Our hats off to you!

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

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



Jennifer Van Es, Activities and Rental Coordinator

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

Call to Register for these Courses

Balance Booster, Fall Prevention

Date: Tuesdays and Thursdays April 4 - May 11 (12 sessions)
Time: 10 - 11am **Cost:** \$95

NEW! Line Dancing for Beginners

Put on your dancin' shoes and c'mon down to learn some line dance moves! We're working with the Victoria Ballroom Dance Society bring these lessons to you. Please call for more information.

Watercolour Painting on Masa Paper

Date: Thursdays, April 13 - May 11 (5 sessions)
Time: 1 - 2:45pm **Cost:** \$94.50 + a one time \$10 supply fee
or \$18 Drop-in + \$2 supply fee
Learn to create watercolour on Japanese art paper. See page 7.

Tai Chi Qi Gong

Date: Tuesdays, April 18 - May 23 (6 sessions)
Time: 10 - 11am **Cost:** \$68; \$12 Drop-in

NEW! Beginner Guitar Lessons

Free Demo: Wednesday, April 26, 10:30 - 11:30am
Date: Wednesdays, May 3 - 24 (4 sessions)
Time: 10:30 - 11:30am **Cost:** \$40
Ever wanted to learn how to play the guitar? Register early so as not to miss these progressive lessons. Please bring your own tuned guitar.

Introduction to Buddhist Meditation

Date: Mondays (no class April 17, Easter Monday)
Time: 6:30 - 7:45pm **Cost:** \$10.50 Drop-in

Arts & Alzheimer's

Date: Every Wednesday **Time:** 1:30 - 3:30pm
Cost: \$10 suggested donation per class
The Alzheimer Foundation offers this art and music program at SHOAL, a program you won't want to miss!

Drop-Ins to Note

Gentle Yoga

Tuesday Evening Gentle Yoga: Tuesdays, April 25 - June 13, 6 - 7pm
Call to register, minimum of 6 registrants to run evening yoga
Thursday Morning Gentle Yoga: 9 - 10am (ongoing)
Friday Chair Yoga: 12:30 - 1:30pm (ongoing - no class April 14)
Cost: \$90 (8 sessions); \$12 Drop-in

Practice Your Uke Drop-In

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

Drop Into Your Imagination - Acrylic Painting with Dawn Ritchie

Date: Thursdays **Time:** 6:30 - 8:30pm
Cost: \$10 (class supply list can be picked up at reception)

Women's Song Circle with Jewel Spooner

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

Saturday Sing-a-Long with Liz Taylor

Date: Saturdays, April 8 and 22 **Time:** 2 - 3pm
Cost: Members - Free; Non-members - \$2

Come Listen to Music

Victoria Accordion Club: Sundays, April 2 and 23, 11am - 3pm
Splinters Concert: Tuesday, April 4, 2 - 4pm
Mendelssohn Choir: Mondays, 6:30 - 9pm

Movie Nights

Date: Friday, April 7: "We Bought a Zoo"
Friday, April 21: "Sweet Home Alabama"
Time: 7pm **Cost:** Members - Free; Non-members - \$2

Computer Clubs (By Appointment Only)

Date: Every Friday; Wednesdays, April 12 and 26
Time: 1 - 3pm Friday; 2 - 4pm Wednesday (Apple)
Cost: Members - \$2; Non-members - \$3.50

Health and Wellness Seminars

Nutrition Discussion: How Gluten and Modern Food Processing Contribute to Poor Health

Date: Wednesday, April 5 **Time:** 1:30 - 3pm
Cost: Members - Free; Non-members - \$3.50
Facilitator Angela Cuscianna, RHN. Call to register.

Come play **Euchre** on Monday evenings from 6:30 - 9:45pm and bring your friends. We're also looking for some savvy **Chess** players to start a Chess Club - call us at 250-656-5537 if you're interested.

Our Volunteer Photographers

Beacon is very fortunate to have two wonderful volunteer photographers who help us capture images that help us tell others what our organization is all about. You've seen many of their images in the pages of TideLines. Here's a bit about what inspires Barbara Watson and Bob Orchard, our volunteer photographers.



Barbara Watson

"Early summer holidays playing on a placid lake in Ontario became a life long lifestyle of living aboard our various boats as home... and adventure. With BC as base, travel ranged from local coastal cruising and ocean sailing, then commercial fish packing, a short career in the Coast Guard, then entrepreneur/owner/operator of a local tour boat service.

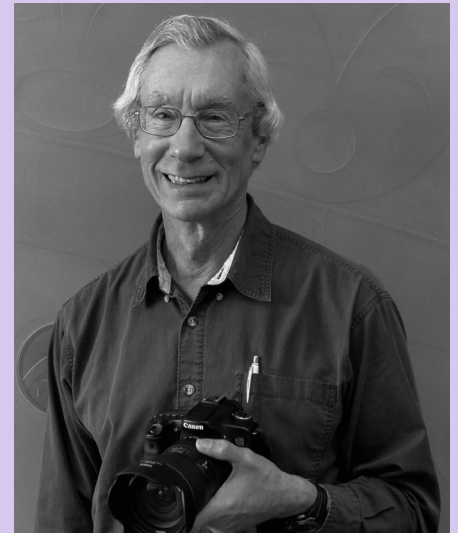
I am one of the few women to have achieved a federal Master Mariner Home Trade captain's certificate. I raised my family aboard and I was fortunate to travel to many foreign ports. I have moved ashore now, but still enjoy travel, table tennis and photography.

I highly recommend this absorbing hobby. Photography can give you a reason to leave the house, learn new procedures and encourages you to try different challenges. I am also a member of the Sidney Shutterbugs Camera Club which gives further opportunities to socialize and to share images. The camera makes me look more and see better."

"It was in 1975 that I bought my Konica T3 camera and started taking photos. In the last 2 years I've developed more of a passion for photography after purchasing a better Canon digital camera and an assortment of lenses.

My second passion after photography is travelling. Over the last 40 years I've visited just over 70 countries. My most recent and more exotic holiday was an 18 day tour of Mongolia that I very much enjoyed.

I also take a lot of photos at the Shaw Ocean Discovery Centre, I'm the official photographer for the Sidney Lawn Bowling Club, I've done a couple of weddings, and I belong to the Sidney Shutterbug Club. I'm also a member of the Sidney Lions Club. You'll likely spot me down on the Sidney waterfront walkway with my camera taking photos of the wildlife. Retirement is good!"



Bob Orchard

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, April 24, 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, 1:30 - 3pm. The next meeting is Wednesday, April 12.

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, April 6.

White Cane Club meets at SHOAL for those with vision impairment, on the first Thursday of each month. The next meeting is Thursday, April 6, 1:30 - 3pm. Suggested donation of \$2 towards refreshments. Guest speaker is Rachel Penny, Estetician.



Chef's Corner

Chef, Karen Taylor

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

Our days are longer and it seems we are on the verge of our early summer season. However, until we celebrate Easter, it still seems like spring, even if the weather is warming up. April is one of the special months here at SHOAL since we celebrate **National Volunteer Week** at the end of the month. Beacon Community Services is so grateful for its over 500 volunteers throughout the Victoria area.

Here at SHOAL, Beacon hosts a large volunteer recognition lunch each year to honour these hard-working individuals who give so generously of their time and skills. There are many volunteers who help us set up for events, and complete tasks that we would be hard-pressed to do without their assistance. To those we give a warm hug, and say we appreciate you more than you know!

And these include our wonderful Tuck Shop Volunteers who show up Monday to Friday to sell many cups of coffee, baked scones, cookies and snacks, from 9am until 3pm. This service allows everyone from program goes to residents and visitors in the building to enjoy a restful (and delicious) pit stop, or a refreshing bottle of cold water or juice after (or during) a good fitness workout.

Last, but not least, Easter is on the agenda this month. Our Easter Sunday Brunch and Dinner are two meals that are always well attended every year. Here is the menu for our Easter Dinner:

Easter Sunday Dinner April 16

**Baked Ham with Pineapple Sauce
Scalloped Potatoes
Red Pepper Corn Niblets**

Lemon Cupcakes

4:30 - 6pm \$12 • (Bigger appetites \$17)
Reservations accepted: 250-656-5537

Happy Easter from Chef Karen and the SHOAL Centre Food Services team!

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 St. George's Dinner Thursday, April 20

Live Music Entertainment!

Steak and Kidney Pie • English Chips

Or

Shepherd's Pie • Mushy Peas

Black Forest Cake

Senior Dinner \$12; Bigger Appetite \$17
(Meal Cards Accepted + \$2)

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

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.

Easter Special at the Tuck Shop

Food Services will sell Easter mini cupcakes at the Tuck Shop on Thursday, April 13, celebrating the approach of the Easter long weekend. \$0.50 each or 3 for \$1.



Volunteer & YEP News

Sara Lawton, Volunteer Services & YEP Coordinator

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

YEP News

Need Help Around the Yard? Hire a YEP Student!

YEP students provide clients with affordable help around their homes or businesses, and assists seniors who are looking for help with their computers and tablets. Students are available in a variety of fields including yard work, cleaning, clerical, pet care and more. For more information contact Sara Lawton by email at slawton@beaconcs.ca, or call 250-656-5537, ext. 119.

Now Recruiting

Volunteering with Seniors

It is a rewarding experience to volunteer with seniors in Beacon's Senior Housing, and there are many activities that volunteers and seniors may share. Volunteers try to appeal to the senior's interests and hobbies, or share some of their own! These might include: reading the newspaper, sewing, board games, gardening, knitting, walks, looking at photo albums, musical instruments, manicures, sing-a-long, scrapbooking, watching tv, and more.

Tuck Shop Attendant

The Tuck Shop is a gathering place for over 1,000 members and residents who enjoy programs and activities at SHOAL Centre, or just drop by for coffee and a snack. Tuck Shop Volunteers are the smiling faces that welcome everyone, and also maintain a supply of coffee, tea, cookies, and scones, and handle cash sales of drinks and goodies.

Minds in Motion Assistants

Minds in Motion is a gentle fitness program for people in the early stages of Alzheimer's disease or other dementia, attending with a friend, family member or caregiver. Minds in Motion assistants accompany participants to ensure they are included and have an enjoyable experience. Volunteers must be able to participate in the activities.

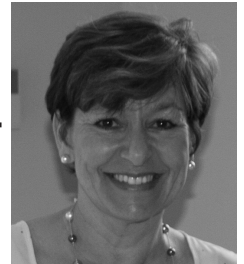
Welcome New Volunteers

Medical Drive: Christine Aske, Linda Horne

Volunteer Visitor: Christine Aske, Linda Horne, Joan Ormiston

Income Tax: John Gormley, Carolyn Joseph-Pasin, Ian Robertson

SHOAL Activities: John Blomfield



Deb Greenaway, Direct Volunteer Services Coordinator

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

"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 this month. The next date is **Tuesday, April 4**. Hope to see you there!

Volunteers News

Better at Home

Join us at a Community Forum presented by members of The Hoarding Education and Action Team (HEAT).

When Clutter Becomes Hoarding

Wednesday April 5

3:00-5:00pm

(join us at 2:30 for networking and refreshments)

Silver Threads Service

Saanich Centre • 286 Hampton Road

Everyone is Welcome – please bring your questions!

Please register in advance for this free event:

tracyryan@silverthreads.ca

If you have questions, call 250-658-3264

Sponsored by the Saanich and Peninsula Better at Home Program partners: Broadmead Care, Saanich Volunteer Services, Beacon Community Services, and Silver Threads Service

Sidney Single Seniors 55+

Are you 55 or older and single? The Sidney Single Seniors 55+ might be the perfect fit for you. There are presently about 100 members, both men and women. There are numerous activities, including regular coffee meetings, bowling, ferry trips, morning walks, and picnics. Annual membership is \$15. To help you decide, please feel free to drop in to one of the meetings or attend one of the monthly lunches or dinners out.

The next regular meeting will be Wednesday, April 19, at 2pm in Auditorium B, SHOAL Centre, followed by guest speaker Dr. Edward Ishiguro on the subject of common food-borne pathogens. Our next meal out will be lunch at Beacon Landing Restaurant, 2537 Beacon Avenue, Sidney, on Wednesday, April 26 at 12pm.

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

Spotlight On: *Art and Creativity at SHOAL*

One of the perks as we age and retire is having more time to spend in creative pursuits. This month we feature a number of art activities at SHOAL that are affordable, fun and keep your creative juices flowing. Whether you are an absolute beginner or an established artist, there is a painting class that will suit your needs. In all of these activities, everyone supplies their own equipment.

For drop-in activities, which are non-instructional, there is a Volunteer Activity Leader who collects fees and helps newcomers to the group settle in. With April being Volunteer Appreciation, we extend a special thank you to these volunteers who make these sessions possible. For registered classes with an Instructor, various fees will apply.



Oil/Acrylic Painting, Mondays, 9am – 12pm: drop-in group that paint using the individual's choice of medium and subject. Member and Non-Member drop-in fees apply. Activity Leader is Karen Pike.

Pacific Palettes, Tuesday, 1 – 4pm: a Members' only closed group, but if you are interested, call the Centre and we can check with the group to see if space is available. Activity Leader is Sharon Malcolm.

Sidney SHOAL Portrait Painters, Wednesdays, 1 – 4pm: a live face model is present which artists paint using mediums including charcoal pencil, pen and ink, watercolour, acrylic, etc. The model is given a choice of one of the completed paintings at the end of the class, in lieu of payment. If you would like to model for this group, call the Centre. Member and Non-Member drop-in fees apply. Activity Leader is Angela Montanti.

Drop Into Your Imagination – Acrylic Painting

Thursdays, 6:30 – 8:30pm: an evening drop-in with an artist instructor who inspires and guides your painting experience. \$10 per class and bring your own supplies. Artist/Instructor is Dawn Ritchie.



Watercolour Painting on Masa Paper

Thursdays, 1 - 2:45pm (see page 3 for details): join Richard Wong and learn to create uniquely attractive watercolour on Japanese art paper.

Richard Wong is a professional wildlife, pet and mural artist based in Victoria, BC. His unique watercolours on Japanese art paper are well recognized locally and abroad.

Richard uses his background in the traditional Chinese brush and contemporary western methods to create a style that is attractive, spontaneous and easy to learn. Combined with his entertaining classroom demeanour, you will have a supportive, fun and stress free learning environment where all levels are welcome to explore and learn.

For more information about Richard and his art visit:

<http://richardwongwatercolors.ca>



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 Circuit Training - 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 Gentle Yoga - 6 - 7pm (starts Feb. 20) Contract Bridge/Euchre - 6:15 - 9:45pm - Singles Welcome Meditation - 6:30 - 7:45pm (\$10.50) Mendelssohn Choir Practice - 6:30 - 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 - By referral only Splinters Music - 2:30 - 4pm - 1st Tuesday Pickle Ball - 3 - 5pm Table Tennis - 6:30 - 9pm	Woodworking Shop - 8:30am - 9pm Circuit Training - 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 (Apple) - 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 Gentle 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 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 Circuit Strength Training - 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 - Saturday, April 8 and 21 Sunday Accordion Club - 11am - 3pm - Sunday, April 2 and 23 Duplicate Bridge - 12:45 - 4pm - Partner Required All Activity times are subject to change.