

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

October 2017
Find the TideLines newsletter on
our website at www.beaconcs.ca

Thank You...

... to the members of our Activity departments who made and donated several door prizes for our annual Active Aging Open House.

... to Annie Freeze who donated a treadmill, books and the large painting now hanging in our computer lab board room.

... to Louise Long for donating a box of art supplies for our drop-in painters.

... to Shopper's Drug Mart for offering free Flu Clinics at SHOAL this fall (details at right). Thank you for helping to keep us all healthy!

**Happy Thanksgiving from
the staff, volunteers and
residents of SHOAL Centre!**

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Celebrating Canada's 150th!

Mark Your Calendars

Brain Power Workshops

Date: Fridays, October 13, 20, 27

Time: 10:30am - 12pm

Cost: \$10 per session - call to register

Marilynne Gray comes with new information for the following seminars:

- October 13 - Panic Attacks: What does the research say? Strategies that work?
- October 20 - Procrastination: When you say "later" what's your brain up to?
- October 27 - Memory: Proven skills for brain power.

NEW! RentSmart for Seniors Project

Date: Mondays, October 16 - November 27 (6 weeks) (No session November 13)

Time: 4 - 6pm **Cost:** Free

RentSmart helps participants to find and keep housing by building knowledge, life skills and confidence to find appropriate housing and to overcome common barriers. 72% of course participants said finding a place to rent was easier as a result of taking RentSmart. This 6 week free program is funded through BC Housing to provide tenant education for seniors. Call to register.

NEW! Pancakes in October!

Date: Thursday, October 19

Time: 9 - 10am

Cost: \$5

The Tides at SHOAL Dining Room is offering a pancake breakfast for a bargain price – 2 pancakes, juice and coffee for just \$5. No reservations required – just come by the Dining Room for a great start to your morning. If this proves popular, we will begin offering it once a month.

Flu Clinics at SHOAL

Date: Mondays, October 30 & November 6

Time: 1 - 4pm

Cost: Free for seniors and their families

No appointment necessary. Dates subject to change on availability of serum.

Oktoberfest by the Sea

Date: Saturday, October 14 (Aud. A) **Time:** 5 - 8pm **Cost:** Tickets \$15 (beer purchase extra)

Celebrate this German tradition with the Victoria Accordion Club at SHOAL, with rousing music, bratwurst on a bun, sauerkraut, German potato salad and apple strudel for dessert. A fun evening you don't want to pass up. Purchase tickets by phone or in person.



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

SHOAL Centre has joined social media – please check out our Facebook page and “like” us to see what’s going on at SHOAL each week. Find us at: www.facebook.com/SHOALCentreBeaconCommunityServices/
I would like to welcome all of our new members. I hope that you take full advantage of all of the programs, drop ins, workshops, and special events, as well as our Tuck Shop and Dining Room during the year. Please check out our Tidelines newsletter each month to see what’s happening at SHOAL.

Notices

Thanksgiving Holiday Weekend Hours

The Centre will be closed from Saturday, October 7 to Monday, October 9 inclusive. The *Tides* at SHOAL Dining Room will be open all days for regular lunch and dinner. A special Thanksgiving Day dinner will be offered Monday, October 9 – for menu details, see page 5.

Diabetes Self-Management Program

This program is offered by the UVic Institute on Aging & Lifestyle Health, at SHOAL, Tuesdays, October 10 - November 14 (6 sessions), 6 - 8:30pm. This is a free program for adults with diabetes. Registration required: toll-free 1-866-902-3767.

ShakeOut BC – Earthquake Drill – Drop, Cover and Hold On

On October 19, officially “ShakeOut BC Day,” millions of people worldwide will practice how to Drop, Cover and Hold On at 10:15am during Great ShakeOut Earthquake Drills. If you are at the Centre on this day, please participate in this important drill – it can save your life!

We Are Grateful!

The members of the Craft and Knitting groups continue to be amazed at the thoughtfulness of people who donate so many useful supplies to the group. Marie B. and Anita have ensured we can make many new and different greeting cards; Marie G. and Laura have added greatly to our yarn supplies, and others have anonymously left useful supplies for our groups. Thank you for your continued support of SHOAL Centre!

Economy Fitness Punch Cards

When purchasing a new fitness class punch card at reception, please show your current SHOAL membership card. These Economy Fitness punch cards are only available to Members with current status. Thank you for your cooperation.

The Gym at SHOAL with Savin Elite Training

Chad Savin, certified training specialist, offers personal training, fitness assessments, nutrition programs, and small group classes such as Pilates. Call him for rates and availability 1-250-895-1838.

Sidney/North Saanich Library at SHOAL

October is Canadian Library Month! Visit the lobby at SHOAL Centre on Friday, October 13, 9:30am - 12:30pm to meet staff from the Sidney/North Saanich Library. They’ll be on hand to sign people up for free library cards and share information about all the great things your library has to offer.

SHOAL Activity Centre Annual Membership • \$50 per year (approx. 14¢ / 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

Retrofit Chair Yoga/Dance

Date: Mondays, October 2 - 30 **Time:** 1:30 - 2:30pm

Cost: \$50.40 (4 sessions); \$15 drop in; *no class October 9*

This class offers 50s/60s music, yoga, stretch and strengthen with weights and low impact movement. All movin' and groovin' in a fun filled atmosphere.

Tai Chi

Date: Tuesdays, October 3 - 31 (5 sessions)

Time: 10 - 11am **Cost:** \$57.00; \$12 Drop-in

Tai Chi is back! Instructor Brenda Davie teaches movements to improve balance, increase strength and flexibility and promote concentration. This class is offered for participants at any level of practice.

Watercolour on Masa Paper

Date: Thursdays, October 5 - November 2

Time: 1 - 2:45pm **Cost:** \$94.50 + \$10 supply fee

Learn how to create unique and attractive watercolour on Japanese Paper using the Chinese brush. Be sure to pick up a supply list before the first class.

Absolute Beginner Bridge

Date: Mondays, October 16 - November 27; *no class November 13*

Time: 1 - 4pm **Cost:** \$35.00

Keep your mind sharp learning how to play Bridge! Helen Mansfield teaches this class for those with no Bridge experience.

Therapeutic Yoga

Date: Tuesdays; October 17 - 31 **Time:** 1:30 - 2:30pm

Cost: \$37.80 (3 sessions) \$15 drop-in

This class is created for people with various health conditions. By using the chair and small weights, the person can improve balance, strength and flexibility.

Silk Scarf Workshop

Date: Friday, October 20

Time: 10 am - 2 pm

Cost: \$100.00 (includes all supplies)

In this workshop you will create a beautiful hand painted silk scarf. Come with your creativity flowing and you will leave with a one-of-a-kind beautiful silk scarf! No previous painting experience needed. Call to register.

Balance Booster

Date: Tuesday & Thursdays, October 31 - December 7

Time: 10 - 11am

Cost: \$110.00 (12 sessions)

This program was created specifically for those at risk of falling. Instructor Corinne Dibert leads this 6 week program. This program fills up fast as space is limited.

Gentle Yoga (Co-Ed)

Thursday Morning Gentle Yoga: Ongoing **Time:** 9 - 10am

Friday Chair Yoga: Ongoing

Time: 12:30 - 1:30pm

Cost: \$78.75 (7sessions); \$12 Drop-in

Instructor Kathleen Fournier leads these gentle yoga classes for both men and women.

Drop-Ins to Note

Ukulele Jam

Date: Thursdays

Time: 9:30 - 11am

Cost: Members - \$2; Non-members - \$3.50

Come Listen to Music

Victoria Accordion Club: Sunday, October 1, 11am - 3pm

Mendelssohn Choir: Mondays, 6:30 - 9pm

Sidney Wednesday Night Acoustical Jam: Wednesdays, 7 - 9:45pm

Movie Nights

Date: Friday, Oct 13: "Young Victoria" & Friday, Oct 20: "Nanny McPhee"

Time: 7pm **Cost:** Members - Free; Non-members - \$2

Computer Clubs (By Appointment Only)

Friday, Computers & tablets

Time: 1 - 3pm

Tuesday, Apple products only

Time: 10:45am - 12:45pm

Cost: Members - \$2; Non-members - \$3.50

Health and Wellness Seminars

Holistic Nutrition Discussion

Date: Wednesday, October 4

Time: 2 - 3pm

Cost: Members - Free; Non-Members \$3.50

Topic: Vitamins or Minerals - Food and/or Supplements?
Hosted by facilitator Angela Cuscianna, RHN.

HearingLife Canada

Date: Wednesday, October 11

Time: 10 - 11 am

Cost: Free

Learn about the importance of hearing health and HearingLife's nationwide "Campaign for Better Hearing". HearingLife offers free hearing tests, along with hearing health education. There will be an opportunity for complete ear inspections during this seminar.

Profile: Ellen Gallacher



When you meet Ellen Gallacher, you are immediately aware of her warm and welcoming personality. Ellen is a Beacon Community Services volunteer and that warm reception is essential in her capacity as Volunteer Facilitator for both the Dementia Support Group and the White Cane Club.

Born and raised in Greenock, Scotland, Ellen still has a lilt of accent as she recounts moving to Glasgow after business college, and many years later, moving across the ocean to arrive in Victoria. "I had 3 goals in mind – find a job, get a BC Driver's Licence and buy a house." And she did just that in less than 6 months. Ellen secured work in real estate investment where she worked up until 2012 when she retired.

Six years ago she moved to Brentwood Bay and it was the long-distance caretaking of her mother living in Scotland that really directed her path towards volunteering. Ellen's mother had dementia, and even though Ellen was thousands of miles away, she was able to call her mother daily and make sure there was always a care plan in place to keep her mum active, involved and safe.

When asked what is most rewarding about volunteering, Ellen refers to that time of being a caregiver herself, and knowing how important it is to talk with people going through similar experiences and having a safe place to share and exchange information. "It's important for people to know they are not alone." Her first experience volunteering at SHOAL was with the Minds In Motion program by the Alzheimer Society of BC and now, more recently, with the Dementia Support Group.

The White Cane Club is another interest and Ellen has been busy calling and meeting the participants of this program, which supports people with vision impairments by providing resources and guest speakers. Being a woman who is used to having meaning and purpose in her life, the White Cane Club is a natural fit. And Ellen has a wee bit more time now that she is no longer a member of the City of Gardens Chorus in which she sang and worked at the administrative level for the past 30 years. When the Chorus won a gold medal at an international competition in Baltimore, she decided to hand-in the pitch pipe.

SHOAL is so fortunate to have this lovely, generous volunteer!

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 will be October 23. 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, October 11, 1:30 - 3pm.

Free Legal Clinic is 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, October 5.

White Cane Club meets at SHOAL for those with vision impairment, on the first Thursday of each month. The next meeting is October 5 at 2 - 3:30pm in the *Tides* at SHOAL Dining Room with facilitator is Ellen Gallacher.



Chef's Corner

Chef, Karen Taylor

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

Yikes! Fall is suddenly here, like a speeding train. There's lots happening with Food Services at the Centre. Thanksgiving is around the corner and we like to serve a traditional roast turkey and gravy meal – always popular with our Dining Room patrons. Please make reservations early since this is a popular dinner.

Oktoberfest is back, Saturday, October 14, for the first time in almost 5 years. This event should be a great time with the Victoria Accordion Club.

Oktoberfest by the Sea

Featuring the Victoria Accordion Club

Saturday, October 14, 5 - 8 pm

Auditorium A

Bratwurst on a Bun

Sauerkraut

German Potato Salad

Apple Strudel

Tea/Coffee

Tickets: \$15 • Beer \$5 (available during dinner)



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!

The *Tides* at SHOAL Dining Room:

Thanksgiving Day Dinner

Monday, October 9

Roast Turkey

with Stuffing, Gravy & Cranberry Sauce

Buttered Peas

Dilled Carrots

Creamy Mashed Potatoes

Pumpkin Pie • Tea/Coffee

Please make reservations for

4:30 or 5:30pm seating.

\$12 (Bigger Appetite \$17)

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.

Halloween Hot Dog Day!

Date: Tuesday, October 31 **Time:** 11:30am - 1:30pm **Cost:** \$3.50

Delicious juicy hot dogs with fried onions at the Tuck Shop, and Halloween treats too! Just too good to resist... Don't forget to wear a costume!



Volunteer & YEP News

Sara Lawton, Volunteer Services & YEP Coordinator

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

Now Recruiting

Assisted Living & Dementia Care Helpers

Join a team of volunteers helping to make housing more than having just a place to live. It's about having a home, a place where you belong, feel connected, and are respected for who you are.

Medical Drivers

Helping residents stay healthy by escorting/driving them to their family doctor, clinic, hospital, therapist, dentist, specialist, or any other medical appointment.

Thrift Shop Sorters and Cashiers – Sidney and Brentwood

Raising funds to support Beacon programs while ensuring people's treasures go to a good home! No experience necessary. Sorters must be able to lift 25 lbs.

Volunteer Visitors

Creating lasting, meaningful relationships between seniors and volunteers. Sharing enjoyable activities such as playing board games, reading, going for walks, rides, or outings and participating in hobbies.

To become a volunteer, contact Volunteer Services at 250-656-5537, or email volunteer@beaconcs.ca.

Students Cathy and Iris were of great help at the Aviation Museum Open House this summer.



Welcome New Volunteers

Medical Drive: Mary Leslie

Jenece Place: Ruonan Lou, Joshua Otto-Coburn, Sarah Riddell

SHOAL Dementia Caregivers Support Group: Linda Western

Thrift Shop Sidney: Germaine Fletcher, Gordie Cameron, Peter Kerr

Thrift Shop Victoria: Bonnie Hart



Deb Greenaway, Community 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. The next date is **Tuesday, October 3**. Hope to see you there!

Grocery Bus Program

The Better at Home Grocery Bus program will have its first trip on **Monday, October 30**.

- Weekly on Monday afternoons
- Pick up at noon from SHOAL Centre or from Peninsula pick up points
- Destination will be Uptown Shopping Centre, where you can access Walmart, Whole Foods, Best Buy and other food and retail outlets
- An opportunity to shop and socialize
- Travel time will be 30 minutes each way
- 2.5 - 3 hours for shopping and refreshments
- Drop off (with purchases) at home
- By appointment only
- Donations welcome

We are also looking for volunteers to support this program by either travelling on the bus or using their own vehicle and meeting participants there.

Please call Deb at 250-656-5537 for more details.

Sidney Single Seniors 55+

Do you want to start meeting people and socializing more? The Sidney Single Seniors 55+ might be the perfect thing for you! Annual membership is \$20.

The next regular meeting will be Wednesday, October 18 at 2pm in Auditorium B, SHOAL Centre. Election of our new executive will take place and, with our new year starting in October, there will be a finger food party immediately after the meeting to celebrate the 14th anniversary of the Sidney Single Seniors 55+.

The next meal out will be at Beacon Landing Restaurant on Wednesday, October 11 at 5pm.

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

Spotlight On: Spotlight on Wellness Expanding at SHOAL

As we go into another fall season, SHOAL Centre continues to build and expand programs and services to enhance health and wellness in the community. This fall we are introducing two new services – a foot care clinic operated by Soul to Sole, and a health coach training program, operated by UVic, for people with chronic conditions. Take a look!

Foot Care Clinic Comes to SHOAL!

Date: October 12 and 26 (2nd and 4th Thursday every month)

Time: 45 minute appointments **Cost:** \$65 **Place:** SHOAL Lounge

Appointment times as follows:

- 8:30 - 9:15am
- 10 - 10:45am
- 11:30am - 12:15pm
- 1:15 - 2pm
- 2:45 - 3:30pm
- 4:15 - 5pm



Glynis Miller

Glynis Miller, LPN, Certified Foot Care Nurse, and her nursing team, look forward to serving the community at this new foot care clinic. Glynis and her team are members of the Canadian Association of Foot Care Nurses. Services include foam foot wash, toe nail cleaning, clipping and trimming, special Diabetic feet care, thick nails, fungal nails, calluses and corns. Sessions end with a soothing foot massage.

Call us to book your appointment today – 250-656-5537.



Self-Management Health Coach Training Program at SHOAL

Date: Tuesday, October 17 & Wednesday, October 18 **Time:** 9am - 3pm

Cost: Free (offered at SHOAL by the University of Victoria)

Created by the University of Victoria Institute on Aging & Lifelong Health, this 2-day course teaches volunteers to become Health Coaches so they can provide phone-based support for people living with chronic conditions to become better self-managers.

Health Coaches connect with participants by telephone once a week for 30 minutes for a period of three months.

Health Coaches are volunteers from all walks of life who share a passion for giving back to the community. Coaches may have chronic conditions or have loved ones living with chronic conditions, and have a keen interest in working with people living with chronic health conditions.

If you are interested in receiving training to become a Health Coach, call Toll Free: 1-866-902-3767. People who sign-up are invited to become Beacon Community Services volunteers.

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 - 12pm 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 - 3pm - <i>4th Monday</i> Contract Bridge/Euchre - 6:15 - 9:45pm - <i>Singles Welcome</i> Meditation - 6:30 - 7:45pm Mendelssohn Choir Practice - 6:30 - 9pm	Woodworking Shop - 8:30am - 9pm Faceting and Lapidary - 9am - 12pm Tai Chi (\$12/class) - 10 - 11am Computer Club (Apple) - 10:45 & 11:45am - <i>By appointment only</i> Chair Fit - 11:30am - 12:30pm Duplicate Bridge - 12:45 - 4pm Table Tennis - 1 - 3pm Crafts/Knitting - 1 - 3pm Splinters Music - 2 - 4pm - <i>1st Tuesday</i> 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 Contract Bridge - 1 - 4pm - <i>Foursome Required</i> SHOAL Portrait Painters - 1 - 4pm Sidney Single Seniors - 2 - 4pm - <i>3rd Wednesday</i> Duplicate Bridge - 6 - 9:45pm - <i>Partner Required</i> 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 Uke Jam - 9:30 - 11am Chair Fit - 11:30am - 12:30pm Competitive Singles Table Tennis - 12:30 - 3:30pm Weaving - 1 - 3pm Games and Social - 1 - 3pm - <i>1st and 3rd Thursday</i> Practice Bridge - 1 - 4pm Clay Works - 1 - 4pm White Cane Club - 2 - 3:30pm - <i>1st Thursday</i> Table Tennis - 6:30 - 9pm	Woodworking Shop - 8:30am - 9pm Circuit Training - 8 - 9am Balanced Strength - 9 - 10am Table Tennis - 9:30am - 12pm Ceramics - 10am - 3pm Stretch & Strength - 10:15 - 11:15am Chair Yoga (\$12/class) - 12:30 - 1:30pm Progressive Contract Bridge - 1 - 4pm - <i>Singles Welcome</i> Computer Club - 1 - 3pm Pickle Ball - 2 - 4pm Knitting/Crafts - 1 - 3pm Duplicate Bridge - 6 - 9:45pm - <i>Partner Required</i> Movie Night - 7 - 9pm - <i>2 times a month (see page 3)</i>	Saturday Oktoberfest - October 14 - 5 - 8pm - Tickets: \$15 - Featuring the Victoria Accordion Club Sunday Accordion Club - 11am - 3pm - October 1 Duplicate Bridge - 12:45 - 4pm - <i>Partner Required</i> <p style="text-align: center;"><i>All Activity times are subject to change.</i></p>