

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

December 2017

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

Thank You...

... to the Splinters who donated their time and talents to entertain at our November Barrier Busters event.

... to Lara and her team from Shoppers Drug Mart for offering two Flu Shot Clinics again, helping to keep us all healthy.

... to all the singers and musicians who bring music to the Centre during the Christmas season, from the Victoria Accordion Club to student carollers.

... to everyone involved in helping decorate the Centre for the season – it's a big job and is very much appreciated!

Merry Christmas and Happy New Year from the Staff, Volunteers, Members and Residents of SHOAL Centre!

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Celebrating Canada's 150th!

Mark Your Calendars

Door Prize Winners at Our Annual Christmas Craft Fair

\$50 Thrifty Foods Gift Card: Patricia Clarke

\$25 Save On Foods Gift Card: Rhonda Dignan

\$25 Save On Foods Gift Card: Bill Greaves

\$10 Sidney Pier Hotel & Spa Gift Card: Trudy Seibel

\$10 Sidney Pier Hotel & Spa Gift Card: Fran Waldorf

\$30 Voucher for Dinner for 2 at the Tides at SHOAL Dining Room: Andrea Davies

What a wonderful way to launch the Christmas season – thank you to the above Sidney businesses for their generous door prize donations to help this fundraising event.

MESSIAH Comes to SHOAL!

Date: Sunday, December 10 **Time:** 2:30pm

Cost: \$20 Adults; \$15 Seniors/Students; Children 12 and under free

Come enjoy a MESSIAH performed by 16 vocalists from the Vancouver Island Performers Guild, an 11-piece orchestra, and four soloists led by Conductor Simon Leung. Tickets on sale by phone (VISA/MasterCard) at SHOAL reception, or online at www.eventbrite.com.

Christmas Interlude

Date: Sunday, December 10 **Time:** 7pm **Cost:** \$5 or \$10 for a family
A quiet interlude of traditional music to provide a peaceful reflection of times passed, times to come and the warmth of the present Christmas season. Narration by Norma Steven, music by Frank Watson and Steve Bolger, along with the Sunshine Singers. Tickets available at the SHOAL front door.

Victoria Accordion Band Concert

Date: Sunday, December 17 **Time:** 2 - 3pm **Cost:** Free
The Victoria Accordion Club will offer a concert in Auditorium A to celebrate the season and showcase some junior musicians.

Christmas Tea with Pianist Mary Lou Day

Date: Tuesday, December 12 **Time:** 2 - 3pm **Cost:** \$10
Musician Mary Lou Day will entertain with seasonal sounds at this delightful Christmas event featuring a delicious tea plate of holiday goodies made by Chef Karen. Door prizes available. Bring a friend or family member. Tickets on sale by phone (VISA/MasterCard), or in person at SHOAL reception.



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

Merry Christmas and happy holidays everyone! This issue is packed with all kinds of seasonal events, lots of music and lots of good treats. Thank you to all of our members, volunteers, residents, and staff who have accomplished so much during 2017 to make the Centre the hub of our Sidney community. Hope we see you at one of the many Christmas offerings this month!

Notices

Holiday Hours

SHOAL Centre will be closed from Sunday, December 24 to Tuesday, December 27 inclusive. The Centre will be open December 28, 29 and 30 for regular day and evening hours, and will be closed on Monday, January 2, 2018. The *Tides* at SHOAL Dining Room will be open regular hours for lunch and dinner all through these holidays and will serve a special Christmas Day Turkey Dinner, by reservation only. See details on the Chef's Corner, page 5. We'll host a special New Year's Day Dinner as well.

Annual Craft & Bake Sale a Success

A huge thank you to SHOAL members, volunteers, residents and the public who supported our Christmas Craft Fair & Bake Sale on Saturday, November 18 – your generosity helps keep the Centre operating. It was our best year ever!



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
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Christmas Shopping Ideas

At SHOAL you can choose a \$50 Gift Membership, Dining Room Meal Cards for lunch and dinner, Fitness Economy Coupons (for Members only), Tuck Shop Coffee Cards, or a myriad of gifts from our lobby display cabinet for your shopping ideas.

Call to Register for these Courses

Chair Yoga (Co-Ed)

Date: Fridays, November 3 - December 15 (No class December 1)
Time: 12:30 - 1:30pm **Cost:** \$78.75 (7sessions); \$12 Drop-in
Instructor Kathleen Fournier leads gentle chair yoga classes for both men and women.

Retrofit Chair Yoga/Dance

Date: Mondays, December 4-18 **Time:** 1:30 - 2:30pm
Cost: \$37.80 (3 sessions); \$15 Drop-in
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. Laughter is a must!

Therapeutic Yoga

Date: Tuesdays, December 5 - 19 **Time:** 1:30 - 2:30pm
Cost: \$50.40 (4 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.

Pilates Program

Date: Tuesday & Thursday 9 am; Wednesdays, 12:30 pm; Saturdays, 9 am
Cost: Members - \$15 Drop-in; Non-Members - \$20 Drop-in
Improve Posture/Strengthen CORE/Increase Flexibility
Exercises are done in various positions on either the mat or other apparatus. Various exercise positions help to promote a balanced musculoskeletal system. Call Chad at 1-250-895-1838 for more information or to register.

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 at 1-250-895-1838.

Drop-Ins to Note

Tai Chi Qi Gong

Date: Tuesday, December 5 **Time:** 10 - 11am **Cost:** \$12

Saturday Sing-a-Long

Date: Saturday, December 2 & 16 **Time:** 2 - 3pm
Cost: Free - Members; \$3.50 Non-Members
Sing-a-long is back! Come belt out some tunes with the best of them! Please refer to the monthly TideLines for the dates.

Christmas Carols by 1st Tsartlip Scout Troop

Date: Wednesday, December 20 **Time:** 5:45 - 6:45pm
Cost: Free
Come sing with these members of the North Saanich/ Peninsula Scout Troop.

Ukulele Jam

Date: Thursdays (No Jam December 28) **Time:** 9:30 - 11am
Cost: Members - \$2; Non-members - \$3.50
Come see us in the lobby on December 21!

Come Listen to Music

Victoria Accordion Club: Sundays, December 3 & 17; 11am - 3pm
Mendelssohn Choir: Mondays, 6:30 - 9pm
Sidney Wednesday Night Acoustical Jam: Wednesdays, 7 - 9:45pm

Movie Nights

Date: Friday, December 1: "Santa Clause 2"
Friday, December 15: "The Christmas Shoes"
Time: 7pm **Cost:** Members - Free; Non-members - \$2

Computer Clubs (By Appointment Only)

Friday, computers & tablets **Time:** 1 - 3pm
No session December 26
Tuesday, Apple products only **Time:** 10:30am - 12:30pm
No session December 22 and 29
Cost: Members - \$2; Non-members - \$3.50

Health and Wellness

Foot Care Clinic

Date: Thursday, December 14 **Cost:** \$65
This is the only clinic for the month of December
Call to book your footcare session with Soul to Sole Foot Care Clinic. A 45 minute session includes a foam foot wash, toe nail cleaning, clipping and trimming, special diabetic foot car, thick nails, fungus, calluses and corns. Sessions end with a soothing foot massage.

Profile: Barrier Buster Lunch

On November 7, we celebrated with lunch for 250 people to acknowledge some big accomplishments at the Centre. Because of the generosity of the Rick Hansen Foundation, we have continued to improve accessibility at SHOAL. Through a Barrier Buster grant, a Canada's 150th initiative by the Rick Hansen Foundation (with support from the federal government) called Access4All Canada 150 Signature Initiative, we have made the Centre more accessible for those with vision and hearing impairments, and physical challenges.



Rick Hansen Ambassador Stephanie Barber with Sidney Mayor Steve Price.



A large crowd gathered to celebrate the Barrier Buster Grant at SHOAL.



The Splinters kindly donated their time to entertain everyone.



This plaque commemorated the event and the grant SHOAL received.

SHOAL Wellness Programs

Be Well Clinic checks blood pressure and glucose every Monday in Auditorium A, 1 - 2pm. Admission by donation. There will be no clinics on Monday, December 25 or January 1.

Better Breathers Program, for those with breathing difficulties, is held the fourth Monday of each month in Auditorium B. There is no meeting in December. The next meeting will be Monday, January 22, 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, December 13.

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, December 7.

White Cane Club meets at SHOAL for those with vision impairment, on the first Thursday of each month. The next meeting is December 7 at 2 - 3:30pm with music to celebrate the season.



Chef's Corner

Chef, Karen Taylor

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

What a busy year! Good thing we are welcoming a new part-time cook, Lee Greenaway. Lee is a great fit for our busy SHOAL Kitchen and is well qualified to maintain our standards in both the Dining Room and our many catered events. Welcome aboard, Lee!



This December we are changing things up with a Christmas Tea (see box to the right) instead of a lunch. With so many big turkey dinners and lunches here during December, we thought it would be a lighter touch to offer a traditional tea, complete with heritage tea cups and a wee plate of seasonal goodies.

The Tuck Shop will continue to sell the ever popular shortbread cookies and mince tarts – each year we sell hundreds and hundreds of these. Fortunately, we have been able to keep up with the demand.

Our Christmas Day Dinner is a now a regular and very popular event. This is a Reservation ONLY event, so make sure you call in the coming weeks.

Christmas Day Dinner

Monday, December 25 in the
Tides at SHOAL Dining Room

Roast Turkey Dinner with all the trimmings

Sittings: 4:30pm and 5:45pm

(Dining Room hours that evening will be extended to 6:30pm)

Cost: \$15

Reservations: 250-656-5537

And New Year's Day, January 1, 2018 will be a special dinner, but while reservations are recommended, this is not a reservation only dinner. Menu will feature baked ham which is also a seasonal favourite.

Merry Christmas from all of us at Food Services!

- Chef Karen

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!

SHOAL Presents:

Christmas Tea

Tuesday, December 12

2 - 3pm • Auditorium A

Entertainment by Pianist Mary Lou Day

*Enjoy a delicious tea plate
of Christmas goodies
while listening to beautiful music
and some traditional carols.*

Don't miss this one!

Tickets \$10 • Call 250-656-5537

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.

Christmas Shortbreads and Mince Tarts

Until December 22

The Tuck Shop will continue to sell Chef Karen's made-from-scratch shortbread cookies right up to Christmas. A great bargain – 6 cookies for just \$4, or \$1 each if purchased individually. Mince tarts are 6 for \$5. These are really popular sellers so take advantage while they last.



Volunteer & YEP News

Sara Lawton, Volunteer Services & YEP Coordinator

Phone: 250-656-5537 ext. 118
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Deb Greenaway, Community Services Coordinator

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Now Recruiting

Volunteer Medical Drivers

"Very satisfying to know that you are really helping someone, and humbling to hear individual's life histories – lives of courage and adventure." - Volunteer Driver

- Be a part of the "age in place" initiative
- Get to know your community and neighbourhood
- Participate in free training, such as First Aid and 55 Alive Driver Refresher course
- Enjoy monthly drop in coffee mornings

Help people stay in their home, foster independence, and improve quality of life by assisting in taking them to medical appointments. Trips are tailored around your availability and preferences. Fuel costs are reimbursed monthly. This position can also work around your travel schedule! Call us at 250-656-5537 to get involved today.

YEP Supports SHOAL Craft Fair



Watch for us at Santa's Breakfast on December 2 at Mary Winspear Centre, and at the many Christmas dinners at SHOAL this season.

We would like to thank Kari Brewer from Vancity for facilitating YEP's first Basics of Banking workshop!

Welcome New Volunteers

Medical Drive: Bruce Horn

Tuck Shop: Barbara Auchterlonie

Family Services: Lynette Brown, Nancy Dobbs

Jenece Place: Gillian Briggs

Thrift Shop Sidney: Cheryl Archer, Carmen Doyle

Thrift Shop Quadra: Asa Ahmadi, Delores Coupal, Miranda Ens, Jennifer Fry, Craig Stewart

Thrift Shop Pandora: Alex Strawn, Virginia Strawn

"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, December 5**. Hope to see you there!

Better at Home Shopping Trips

Our weekly shopping trips are proving to be a great success! For the month of December our Shopping Bus Trip will be going to Hillside Mall, providing access to wonderful stores at this newly-renovated shopping centre. Enjoy a wide variety of stores, while at the same time staying warm and dry.

Dates this month:

- Monday, December 4
- Monday, December 11
- Monday, December 18

Meet at SHOAL at 11:45am. Travel time is 30 minutes each way, then 2 hours for shopping and refreshments. Drop off is at SHOAL, or to your home if required. Please call SHOAL reception at 250-656-5537 to put your name on the list if interested.



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, January 17, 2018 at 2pm in Auditorium A, SHOAL Centre. (There will be no meeting during December).

The next meal out will be Christmas Dinner at Glen Meadows Golf Club. We are also looking into doing another trip to Chemainus Theatre Festival early in the new year.

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



18th Annual Christmas Day Peninsula Community Dinner

Monday, December 25

In Memory of John Mackelson and Jeanette Hughes

The Christmas Day Peninsula Community Dinner is a Sidney tradition that continues this year at Mary Winspear Centre. The dinner is for people of all ages who would otherwise be alone on Christmas – not only singles, but couples and any newcomers to the Peninsula who don't have relatives or whose families are far away.

Caterer Clara Knight, along with more than 30 volunteers, will ensure that the event runs smoothly. Dinner with all the trimmings will be served from 11am until 2pm. Extra seating will be provided for those wishing to stay and enjoy the music after dinner, to free up the tables for others.

Entertainment and Santa will be there to add to the merriment and give out gifts.

Register in advance between November 24 and December 20 for the 11:30am or 1:00pm seatings by calling Wendy at 250-656-7678 during the day. Please give complete details and whether you need a ride.

Special thanks to the Mary Winspear Centre for donating the space, and to the three major food contributors: Fairway Market, Save on Foods and Thrifty Foods. Thanks to Breadstuffs Bakery in Brentwood as well for the desserts. The Community Christmas Dinner Committee is responsible for the success of the event, co-ordinated by Wendy Warshawski (registration), Isabel Yoxall (volunteers), Jim Dunn and other Lions Club members (providing rides).



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
<p>Woodworking Shop - 8:30am - 9pm</p> <p>Circuit Training - 8 - 9am</p> <p>Balanced Strength - 9 - 10am</p> <p>Oil/Acrylic Painting - 9am - 12pm</p> <p>Table Tennis - 9:30am - 12pm</p> <p>Stretch & Strength - 10:15 - 11:15am</p> <p>Competitive Singles - 12:30 - 3:30pm</p> <p>Cribbage - 1 - 4pm</p> <p>Be Well Clinic - 1 - 2pm</p> <p>Mah Jong - 1 - 4pm</p> <p>Better Breathers - 1 - 3pm <i>- 4th Monday</i></p> <p>Contract Bridge/Euchre - 6:15 - 9:45pm <i>- Singles Welcome</i></p> <p>Meditation - 6:30 - 7:45pm</p> <p>Mendelssohn Choir Practice - 6:30 - 9pm</p>	<p>Woodworking Shop - 8:30am - 9pm</p> <p>Faceting and Lapidary - 9am - 12pm</p> <p>Tai Chi (\$12/class) - 10 - 11am</p> <p>Computer Club (Apple) - 10:45 & 11:45am <i>- By appointment only</i></p> <p>Chair Fit - 11:30am - 12:30pm</p> <p>Duplicate Bridge - 12:45 - 4pm</p> <p>Table Tennis - 1 - 3pm</p> <p>Crafts/Knitting - 1 - 3pm</p> <p>Table Tennis - 6:30 - 9pm</p>	<p>Woodworking Shop - 8:30am - 9pm</p> <p>Circuit Training - 8 - 9am</p> <p>Balanced Strength - 9 - 10am</p> <p>Table Tennis - 9:30am - 12pm</p> <p>Stretch & Strength - 10:15 - 11:15am</p> <p>Clay Works - 10am - 2pm</p> <p>Contract Bridge - 1 - 4pm <i>- Foursome Required</i></p> <p>SHOAL Portrait Painters - 1 - 4pm</p> <p>Sidney Single Seniors - 2 - 4pm <i>- 3rd Wednesday</i></p> <p>Duplicate Bridge - 6 - 9:45pm <i>- Partner Required</i></p> <p>SWNAJ Music Group - 7 - 9:45pm <i>- Ends December 13</i></p>	<p>Woodworking Shop - 8:30am - 9pm</p> <p>Carving - 8:30am - 12pm</p> <p>Gentle Yoga (\$12/class) - 9 - 10am</p> <p>Silversmithing and Lapidary - 9am - 12pm</p> <p>Uke Jam - 9:30 - 11am</p> <p>Chair Fit - 11:30am - 12:30pm</p> <p>Competitive Singles - 12:30 - 3:30pm</p> <p>Table Tennis - 1 - 3pm</p> <p>Games and Social - 1 - 3pm <i>- 1st and 3rd Thursday</i></p> <p>Practice Bridge - 1 - 4pm</p> <p>Clay Works - 1 - 4pm</p> <p>White Cane Club - 2 - 3:30pm <i>- 1st Thursday</i></p> <p>Table Tennis - 6:30 - 9pm</p>	<p>Woodworking Shop - 8:30am - 9pm</p> <p>Circuit Training - 8 - 9am</p> <p>Balanced Strength - 9 - 10am</p> <p>Table Tennis - 9:30am - 12pm</p> <p>Ceramics - 1 - 4pm</p> <p>Stretch & Strength - 10:15 - 11:15am</p> <p>Chair Yoga (\$12/class) - 12:30 - 1:30pm</p> <p>Progressive Contract Bridge - 1 - 4pm <i>- Singles Welcome</i></p> <p>Computer Club - 1 - 3pm</p> <p>Pickle Ball - 2 - 4pm</p> <p>Knitting/Crafts - 1 - 3pm</p> <p>Duplicate Bridge - 6 - 9:45pm <i>- Partner Required</i></p> <p>Movie Night - 7 - 9pm <i>- 2 times a month (see page 3)</i></p>	<p>Saturday Sing-a-long - 2 - 3pm - December 2 & 16</p> <p>Sunday Accordion Club - 11am - 3pm - December 3 & 17</p> <p>Duplicate Bridge - 12:45 - 4pm <i>- Partner Required</i></p> <p style="text-align: center;"><i>All Activity times are subject to change.</i></p>