

# 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 • www.beaconcs.ca  
www.facebook.com/SOALCentreBeaconCommunityServices/

### February 2018

Find the TideLines newsletter on our website at [www.beaconcs.ca](http://www.beaconcs.ca)

### Thank You...

... to Brenda Wilson for volunteering to teach Next Step Bridge classes. See more information about Brenda on page 4.

... to Chris and Tish for all their hard work in revamping the Craft Room to make it more useable for other groups at the Centre. Great job ladies!

... to Rob Archer for the donation of tools and equipment to the Woodworking shop.

... to Don Wilson – a long overdue appreciation for the nicely crafted wood key box he made and mounted on the wall last year in our administration area.

**Happy Family Day!**  
**Enjoy time with your loved ones, February 12!**

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### Mark Your Calendars

#### Stay Well with Be Well

February is Heart Month – did you know that SHOAL offers a Be Well blood pressure clinic every Monday, 1 – 2pm, for a \$2 donation? This is a convenient and consistent way to monitor your blood pressure (and glucose levels), as part of maintaining a healthy heart.

#### Music to Make Your Heart Happy!

**The Splinters** will entertain, Tuesday, February 13 for free in Auditorium A – a lively group of musicians who invite the audience to sing-a-long with their toe-tapping songs. It's a great way to spend a Tuesday afternoon. Everyone welcome! And the **Accordion Club** will have an International Day of Music at its practice on Sunday, February 18, 11am – 3pm. Come and enjoy!

#### Diabetes Self-Management Program

**Date:** Tuesdays, February 6 - March 13      **Time:** 6 - 8:30pm      **Cost:** Free  
The Institute on Aging & Lifelong Health returns to SHOAL with this beneficial program for adults with diabetes, and family/friends who want to know more about living a healthy life with this condition. Call to register: Toll free 1-866-902-3767.

#### Protecting Your Finances as You Age – Seniors First Workshop

**Date:** Monday, February 19      **Time:** 1:30 - 3pm      **Cost:** Free for everyone  
Seniors First, formerly known as the BC Centre for Elder Advocacy and Support, is a community-based, non-profit organization offering important education and resources to seniors. This workshop provides older adults with information to protect their finances, to recognize and respond to financial exploitation, and to access resources for further assistance. Focus is on the importance of advance planning, forms of financial exploitation through joint bank accounts and powers of attorney, and strategies to deal with financial abuse. Call to register: 250-656-5537.

#### Chinese New Year Dinner

**Date:** Friday, February 16      **Time:** 4:30 - 6:30pm      **Cost:** \$15  
This is the Year of the Dog, the symbol of man's good friend. The dog can understand the human's spirit and obey its master, whether or not he is wealthy and the Chinese regard it as an auspicious animal. If a dog happens to come to a house, it symbolizes the coming of fortune. Come and enjoy a celebratory dinner with a great menu by Chef Karen and Food Services! Reservations recommended: 250-656-5537. See menu page 5.



## 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

February has come so quickly, it feels like January was just the wink of an eye. As 2018 continues to unfold, we are already looking ahead at Embrace Aging in March, and planning for events in the Spring. We also say farewell to Anna Hudson, our Activities and Rental Coordinator for more than a decade, who is retiring. Anna's official last day was January 31. Jennifer Van Es, who has been job-sharing with Anna since July 2016, now takes over the position full-time.



Anna has been an integral part of SHOAL's evolution over the past decade as we grew from 240 to over 1,000 members. In her role as Activities and Rental Coordinator she was responsible for bringing new and interesting programs, wellness workshops and special events to SHOAL, helping to build the Centre as a hub in the Sidney community.

Anna's creativity and artistic flair has been a fantastic benefit to SHOAL as she decorated rooms for special events so beautifully and brought TideLines to life each month by writing articles for the newsletter. We are also happy to say that although Anna is retiring, she will still be helping us out with special projects.

On behalf of everyone at SHOAL Centre and Beacon, I would like to thank Anna for all that she has done for our community – the outstanding contributions she has made to Beacon and to SHOAL have been greatly appreciated!

## Notices

### BC Family Day Hours

The Activity Centre, Volunteer Services and YEP, as well as the Tuck Shop will be closed Saturday, February 10 to Monday, February 12 inclusive. The *Tides* at SHOAL Dining Room will be open for regular Lunch and Dinner hours.

### CNIB Mobile Comes to SHOAL

The mobile unit from CNIB (with what's new in equipment sales for vision loss and blindness) will be here Thursday, February 22, 10am – 3pm in the Craft Room. We appreciate CNIB bringing this service to Sidney and the Peninsula.

### Thank You Lions Club!

SHOAL is very grateful to the Sidney Lions Club for their generous donation of \$500 to the White Cane Club for 2018, helping to offset the cost of rental and catering for the meetings, held at SHOAL on the first Thursday of each month. The club provides education, resources and social interaction for anyone with vision impairment. Attendance at the group is free.

### Tax Season is Coming

It's that time already – Beacon Community Services offers its annual Community Volunteer Income Tax Program starting March 1, Monday - Friday, 9am - noon and 1 - 4pm for seniors and those with modest incomes. No appointments necessary. Watch for more details in the March TideLines.

### The Gym with Savin Elite Training

Chad Savin offers personal training, fitness assessments, Pilates classes and specialized group programs in the The Gym at SHOAL. Call Chad directly at 1-250-895-1838 for what's being offered this month or booking an appointment. To learn more about Chad, please see page 7.

**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



### Jennifer Van Es, Activities and Rental Coordinator

Phone: 250-656-5537 ext. 117

E-mail: [jvanes@beaconcs.ca](mailto:jvanes@beaconcs.ca)

### Call to Register for these Courses

#### Next Step Bridge

**Date:** Mondays, February 5 - March 19, *no class February 12*

**Time:** 9:30am - 12pm **Cost:** \$45

Join instructor Brenda Wilson for these 6 classes to help improve your skills playing bridge. Basic game knowledge a prerequisite. Call to register: 250-656-5537.

#### Balance Booster

**Date:** Tuesdays/Thursdays February 20 - March 29 (12 sessions)

**Time:** 10:15 - 11:15am\* **Cost:** \$110.00

A specially designed Fall Prevention Program. Space is limited and class fills up fast! \*Note: New time!

#### Chair Yoga (Co-Ed)

**Date:** Fridays, ongoing **Time:** 12:30 - 1:30 pm **Cost:** \$12 Drop-in

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

#### Retrofit Chair Yoga/Dance

**Date:** Mondays; February 5, 19 & 26 (3 sessions), *no class February 12*

**Time:** 1:30 - 2:30pm **Cost:** \$37.80; \$15.75 Drop-in

This class offers 50s/60s music with low impact movement, yoga and stretch and strengthen with weights.

#### Meditation

**Date:** Mondays, ongoing, *no class Feb. 12*

**Time:** 6:30 - 7:45pm **Cost:** \$54; \$10.50 Drop-in

This class, suitable for everyone, will focus on meditation and Buddhist teachings to help create a more peaceful mind. The class incorporates 2 meditation times as well as a short practical teaching.

#### Tai Chi Qi Gong

**Date:** Tuesdays, January 16 - February 20 & February 27 - April 3 (6 sessions)

**Time:** 10 - 11am **Cost:** \$70.00; \$12 Drop-in

Shiatsu Therapist and Qi Gong teacher, Brenda Davie, uses 18 easy to follow Qi Gong movements to help increase circulation, experience more restful sleep, improve digestion, better manage chronic pain and increase balance.

#### Pilates

**Date:** Tuesdays/Thursdays, February 6 - March 1 (8 classes)

**Time:** 9 - 9:55am **Cost:** \$103.00; \$15 (Member), \$20 (Non-Member) Drop-in

Improve posture/strengthen core/increase flexibility; call 250-895-1838 to register.

#### Therapeutic Yoga

**Date:** Tuesdays; February 6 - 27 (4 sessions)

**Time:** 1:30 - 2:30pm **Cost:** \$50.40; \$15.75 Drop-in

This class uses the chair and small weights to help improve balance, strength and flexibility.

#### Arts & Alzheimers

**Date:** Wednesdays; ongoing **Time:** 1:30-3:30pm **Cost:** \$15 Drop-in

An art and music program for seniors with dementia living at home with their caregivers. Provides respite, encourages stimulation, fights isolation and loneliness. Space is limited.

#### Well Balanced Beginner Flow Yoga

**Dates and Times:**

Thursdays, February 1 - 22 (4 sessions), 9:30 - 10:30am

Saturdays, February 3, 17 & 24 (3 sessions), 9 - 10am

Wednesdays, February 7 - 28 (4 sessions), 1 - 2pm

**Cost:** \$50.40 (4 sessions); \$37.80 (3 sessions); \$15.75 Drop-in

Sally Walker instructs this Hatha flow class that stretches and strengthens the whole body with seated stretches, standing positions and core strength exercises.

#### Drop-Ins to Note

##### Saturday Sing-a-long

**Date:** Saturday, February 3 & 17

**Time:** 2 - 3 pm

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

##### Ukulele Jam

**Date:** Thursdays

**Time:** 9:30 - 11am

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

##### Come Listen to Music

**Victoria Accordion Club:** Sunday, February 4 & 18; 11am - 3pm

**Mendelssohn Choir:** Mondays, 6:30 - 9pm

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

##### Movie Nights

**Date:** Friday, February 2: "Beyond the Sea"

Friday, February 16: "Mrs. Henderson"

**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

##### NADA Ear Acupuncture

**Date:** Tuesdays, until February 26

**Time:** 9:30 - 10:30am

**Cost:** Free Drop-in (check in at Front Desk)

Lisa Cumberland, R. TCMP, continues to offer NADA Ear Acupuncture at SHOAL – an effective and painless method to assist with mental health conditions such as PTSD, anxiety, depression and detoxification.

## Profile: Brenda Wilson – Volunteer Bridge Instructor



SHOAL has been fortunate to have Brenda Wilson take on the task of offering Next Step Bridge lessons at SHOAL.

Brenda tells us, “I love the game of bridge. I have great partners and enjoy trying to improve my game through reading, discussion and lessons. I attend tournaments and earn master points there and in sanctioned games.”

“I learned to play bridge as a pre-teen with my brother, from our Mom doing three handed bridge. We were at a cottage with no electricity and this was our after dinner entertainment during the week while my Dad was working. It was a special treat to play a four handed game with my Dad and others! I was introduced to duplicate bridge in university and it was often the ‘date’ of the week.”

Brenda, who has a BSc, BEd, and MEd earned in Saskatoon and in Calgary, taught mostly math in North Battleford, Calgary, England and Victoria for more than 30 years.

“In 1982, I married an amazing third generation Victoria native, David Wilson, and moved to this most fabulous part of the world! He was widowed with a son, and we had a daughter in 1984,” says Brenda. “We lived in 10 Mile Point and spent the summers at the family cottage in Deep Cove. We rebuilt the cottage in 2000 and moved to North Saanich full time. My husband died in Vienna on a river cruise in 2013.”

With a husband who did not play bridge, a busy career, and home life, she did not play bridge for 30 years. “I missed playing the game terribly and am thrilled to be able to play again,” she told us. “I enjoy a wonderful social network playing duplicate bridge, and feel that it gives me stimulation to be a lifelong learner. I am looking forward to sharing some skills to encourage others to enjoy this great game!”

Brenda takes over teaching Next Step Bridge from Sue Bentley, who originally started the Next Step Bridge classes at SHOAL. We are thankful for both these volunteer instructors for what they have provided with their extensive bridge experience and teaching skills.

## 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 A. The next meeting will be Monday, February 26. 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, February 14, 1:30 - 3pm.

**Foot Care Clinic** by Soul to Sole with Glynis Miller, Thursdays, February 8 and 22. Call for booking – \$65 for a 45 minute appointment. Includes foot wash, nail cleaning, clipping, trimming, care for calluses and corns, and ending with a foot massage. Diabetic foot care is a speciality.

**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, February 1.

**White Cane Club** meets at SHOAL for those with vision impairment, on the first Thursday of each month. The next meeting is Thursday, February 1, 2 - 3:30pm in the *Tides* at SHOAL Dining Room with facilitator Ellen Gallacher.



## Chef's Corner

**Chef, Karen Taylor**

Phone: 250-656-5537 ext. 107

E-mail: [chef@beaconcs.ca](mailto:chef@beaconcs.ca)

This month everyone is encouraged to think about keeping their hearts happy and healthy. At SHOAL Food Services, we hope to help to keep the seniors of our community on track with healthy choices. We design our menus in consultation with a dietitian and what we already know about healthy eating.

As seniors, eating nutritionally is important – research shows that it can prevent or slow down the progress of many chronic illnesses, such as heart disease and diabetes, osteoporosis and some forms of cancer. And it can help you cope better with both physical and mental stress, surgery and even the common cold or flu. Here is some information taken from the BC Ministry of Health publication “Healthy Eating for Seniors.”

“Scientific studies have shown that vegetables and fruit – especially dark green, orange, yellow and red ones – contain natural disease-fighting ingredients called phytochemicals. If everyone simply ate five to 10 servings of vegetables and fruit every day, the current cancer rate could be reduced by as much as 20 percent.”

And did you know that one serving is the size of a fist? It may be challenging to see the number 10, but even if you can manage half of that, you are on the right track. Here are a few more recommendations to incorporate into a healthy diet:

- whole grains (for example, breads, pasta, roti, oatmeal and brown rice)
- legumes (such as dried beans, peas, lentils)
- fish
- calcium-rich foods (including low-fat milk, yogurt and cheese)
- nuts and seeds

And the cardinal rule – drink more water!

But every now and then we allow ourselves to indulge. Valentine's is mid-month, so chocolate is in the forefront. Eat dark chocolate over milk chocolate if you can. This year we are going to offer two choices of cookies for Valentines: the Chef's wonderful homemade and rich heart-shaped specials, and a tasty Trail Mix cookie from our great Cook, Heather. So you can be healthy and still indulge!

## 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!

*Tides at SHOAL Dining Room Presents*

### ***Celebrate the Year of the Dog! Chinese New Year Dinner***

**Friday, February 16**

Sweet and Sour Pork  
Ginger Beef

Fried Rice  
Chow Mein

Sorbet and Fortune Cookie

**\$15**

*Please call to make reservations*

*250-656-5537*

*Sittings at 4:30 and 5:45pm*

**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)
<b>Senior Lunch*</b>	\$8	\$105
<b>Senior Dinner*</b>	\$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.

## Happy Valentine's from the Tuck Shop!

Heart-shaped cookies home-made by Chef Karen will be available from the Tuck Shop February 14, to celebrate the spirit of Valentine's Day. Plus we will offer Trail Mix cookies made by Cook Heather – both cookies \$1 each.



## Volunteer & YEP News

**Sara Lawton, Volunteer Services & YEP Coordinator**

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

### YEP News

**Don't be surprised if you bump into some high school students at SHOAL this month!**

We are hosting two exciting events for YEP students. Our very own **Youth Job Fair** (see photos from the last Job Fair below) will be on Friday, February 23 from 10am to 1pm at SHOAL. This is a wonderful event connecting employers looking to hire for part time or summer jobs with students looking for work.

Another exciting event for both students and adults is the upcoming **EduTech** event, promoting awareness and connections between students and the Peninsula Advanced Technology and Manufacturing sectors. This will be on Thursday, February 15 at SHOAL. It will be open to students from 9:30am to 3pm and to the public from 4 to 7pm. We hope you choose to come out and learn about our local tech sector.

### Preparing YEP for work and life

Thanks to a new partnership with VanCity Bank we are able to offer a Basics of Finance course to YEP students. Topics include how to choose the right bank account, how to make interest work for you and much more.



**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, February 6**. Hope to see you there!

### Volunteer News

#### Better at Home Shopping Bus Trips

Our shopping trips are proving to be very popular! Beacon Community Services is excited to offer Saanich Peninsula seniors an opportunity to meet new friends, visit stores, and be dropped off at home with their purchases. This free program is offered weekly, every Monday afternoon, except statutory holidays.

Dates this month:

- February 5 – Uptown Shopping Centre
- February 19 – Hillside Mall
- February 26 – Tillicum Mall

Meet at SHOAL at 11:45am. Travel time is 30 minutes each way, then 2 hours for shopping and refreshments. Please call SHOAL reception at 250-656-5537 to register in advance.

#### First Aid Refresher Course – Thursday, February 22

Volunteer Services are pleased to offer a 4 hour First Aid refresher course for volunteers supporting clients and members one-on-one in our community. This informative and interactive course is free for Beacon volunteers. Space is limited. Book your spot today by calling SHOAL reception at 250-656-5537.

### 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. To help you decide, please feel free to drop in at one of our meetings, or arrange to attend one of the meals or other functions.

The next regular meeting will be Wednesday, February 21 at 2pm in Auditorium B, SHOAL Centre. The next lunch out will be at the Rumrunner. Next trip to Chemanius Theatre is Saturday, March 10 for the show "Once". Call Gillian Else to book your spot.

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

## Spotlight On: *SHOAL Fitness Instructors – Helping to Keep Hearts Healthy*

The SHOAL Community Centre has so many courses and programs to get people physically moving and active – a necessary component in keeping hearts strong and resistant to the effects of aging. Here are the great Instructors, in alphabetical order, for the various fitness programs at SHOAL.



**Brenda Davie**, certified Tai Chi Qi Gong instructor and Shiatsu practitioner, has been offering registered courses of Tai Chi Qi Gong at SHOAL for the last three years. This is a gentle movement class that has many benefits and is easily learned by seniors.



**Corinne Dibert**, BCRPA, and certified Fitness Leader for Third Age, has been taught several classes at SHOAL since 2012. She specializes in working with seniors at risk of falling and with mobility challenges. Corinne also specializes in classes for people with dementia. Her classes include Balance Booster and Minds In Motion, both registered programs, and a twice weekly drop-in program called Chair Fit.



**Kathleen Fournier**, registered Yoga teacher, has been teaching Yoga in a Chair at SHOAL for over 5 years. She also formerly taught Gentle Yoga Monday nights and Thursday mornings. Chair Yoga is a great way to enjoy yoga if you have balance or mobility issues, or just want to try yoga delivered in a different format.



**Chad Savin**, BCRPA, is a certified Personal Fitness Trainer at SHOAL for over 3 years. He introduced an early morning boot camp-style circuit training class three times a week, and teaches our other Balanced Strength and Stretch n' Strength drop-in classes. Chad also operates The Gym at SHOAL, specializing in fitness assessment, personal training and Pilates programs.



**Sue Troughton**, Yoga specialist, joined SHOAL just last year, offering registered and drop-in classes for Therapeutic Yoga incorporating small weights, and a Retrofit Chair Yoga/Dance class with low impact movements.

**Sally Walker** is our newest contractor and she specializes in Hatha Yoga. The focus of her sessions are to help strengthen and balance both body and mind. This is a beginner yoga flow and Sally is excited to progress this class to a more advanced level of Hatha yoga. Welcome Sally!

## 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
<b>Woodworking Shop</b> - 8:30am - 9pm <b>Circuit Training</b> - 8 - 9am <b>Balanced Strength</b> - 9 - 10am <b>Oil/Acrylic Painting</b> - 9am - 12pm <b>Table Tennis</b> - 9:30am - 12pm <b>Stretch &amp; Strength</b> - 10:15 - 11:15am <b>Competitive Singles Table Tennis</b> - 12:30 - 3:30pm <b>Cribbage</b> - 1 - 4pm <b>Be Well Clinic</b> - 1 - 2pm <b>Mah Jong</b> - 1 - 4pm <b>Ceramics</b> - 1 - 4pm <b>Better Breathers</b> - 1 - 3pm - 4th Monday <b>Retrofit Yoga (\$15.75/class)</b> - 1:30 - 2:30pm <b>Meditation</b> - 6:30 - 7:45pm <b>Mendelssohn Choir Practice</b> - 6:30 - 9pm	<b>Woodworking Shop</b> - 8:30am - 9pm <b>Faceting and Lapidary</b> - 9am - 12pm <b>Tai Chi (\$12/class)</b> - 10 - 11am <b>Computer Club (Apple)</b> - 10:45 & 11:45am - <i>By appointment only</i> <b>Chair Fit</b> - 11:30am - 12:30pm <b>Duplicate Bridge</b> - 12:45 - 4pm <b>Table Tennis</b> - 1 - 3pm <b>Crafts/Knitting</b> - 1 - 3pm <b>Therapeutic Yoga (\$15.75/class)</b> - 1:30 - 2:30pm <b>The Splinters</b> - Tuesday, February 13 - 2 - 3pm <b>Table Tennis</b> - 6:30 - 9pm	<b>Woodworking Shop</b> - 8:30am - 9pm <b>Circuit Training</b> - 8 - 9am <b>Balanced Strength</b> - 9 - 10am <b>Table Tennis</b> - 9:30am - 12pm <b>Stretch &amp; Strength</b> - 10:15 - 11:15am <b>Clay Works</b> - 10am - 2pm <b>Contract Bridge</b> - 1 - 4pm - <i>Foursome Required</i> <b>SHOAL Portrait Painters</b> - 1 - 4pm <b>Arts &amp; Alzheimer's (\$15/class)</b> - 1:30 - 3:30pm <b>Sidney Single Seniors</b> - 2 - 4pm - 3rd Wednesday <b>Duplicate Bridge</b> - 6 - 9:45pm - <i>Partner Required</i> <b>SWNAJ Music Group</b> - 7 - 9:45pm	<b>Woodworking Shop</b> - 8:30am - 9pm <b>Carving</b> - 8:30am - 12pm <b>Gentle Yoga (\$12/class)</b> - 9 - 10am <b>Silversmithing and Lapidary</b> - 9am - 12pm <b>Beginner Flow Yoga (\$15.75/class)</b> - 9:30 - 10:30am <b>Uke Jam</b> - 9:30 - 11am <b>Chair Fit</b> - 11:30am - 12:30pm <b>Competitive Singles Table Tennis</b> - 12:30 - 3:30pm <b>Games and Social</b> - 1 - 3pm - 1st and 3rd Thursday <b>Practice Bridge</b> - 1 - 4pm <b>Clay Works</b> - 1 - 4pm <b>White Cane Club</b> - 2 - 3:30pm - 1st Thursday <b>Table Tennis</b> - 6:30 - 9pm	<b>Woodworking Shop</b> - 8:30am - 9pm <b>Circuit Training</b> - 8 - 9am <b>Balanced Strength</b> - 9 - 10am <b>Table Tennis</b> - 9:30am - 12pm <b>Ceramics/Beginner Pottery</b> - 1 - 4pm <b>Stretch &amp; Strength</b> - 10:15 - 11:15am <b>Chair Yoga (\$12/class)</b> - 12:30 - 1:30pm <b>Progressive Contract Bridge</b> - 1 - 4pm - <i>Singles Welcome</i> <b>Computer Club</b> - 1 - 3pm <b>Pickle Ball</b> - 2 - 4pm <b>Knitting/Crafts</b> - 1 - 3pm <b>Duplicate Bridge</b> - 6 - 9:45pm - <i>Partner Required</i> <b>Movie Night</b> - 7 - 9pm - 2 times a month (see page 3)	<b>Saturday</b> <b>Sing-a-long</b> - 2 - 3pm - February 3 & 17 <b>Sunday</b> <b>Accordion Club</b> - 11am - 3pm - February 4 & 18 <b>Duplicate Bridge</b> - 12:45 - 4pm - <i>Partner Required</i> <p style="text-align: center;"><i>All Activity times are subject to change.</i></p>