

# 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](http://www.beaconcs.ca)  
[www.facebook.com/SOALCentreBeaconCommunityServices/](http://www.facebook.com/SOALCentreBeaconCommunityServices/)



**April 2018**

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

### Thank You...

... to our Craft/Knitting department who worked so hard at making unique and adorable crafts for the Spring Craft Fair. The amount of energy you put into the Centre is very much appreciated. Also a special thanks to the random people who donate their crafts. Your generosity is appreciated, and goes a very long way in helping to support the Centre through donations.

... to all the employers who took time out of their busy schedule to come to the Youth Employment Program Job Fair held on February 23. We appreciate your interest in the youth in our community.

... to Chef Karen who made over 1,000 frosted Easter cookies for sale at SHOAL. They were so yummy we can't wait till next year to try them again!

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### Mark Your Calendars

#### Victorian Vogue Tea

**Date:** Tuesday, April 10      **Time:** 2 - 3:30pm      **Cost:** \$12

Victorian Vogue Historical Fashions' fashion shows feature authentic re-creations of period costumes, and present a glimpse into the lives of Victorian women. Enjoy a cup of tea with a dainty plate of sweets and see a hint of history through the eyes of fashion. Tickets available at SHOAL Reception.

#### Can You Hear the Birds?

**Date:** Wednesday, April 11      **Time:** 1:30 - 2:30pm      **Cost:** Free

*Can You Hear the Birds?* is a play and a brand new commission from Target Theatre, written by local playwright Kai Taddei. Proudly supported by local hearing loss organizations, the performance focuses on issues related to living with hearing loss. *Can You Hear the Birds?* draws on research material and interviews to create a play presenting coping mechanisms and issues important to those living with this often invisible disability.

#### Victorian Accordion Club Concert: Accordions by the Sea – Broadway and More

**Date:** Sunday, April 15      **Time:** 3pm      **Cost:** \$15/adult; 12 & under free

Don't miss this concert featuring popular musical pieces from well-loved Broadway musicals. Songs like the *Sound of Music*, *Fiddler On The Roof*, *My Fair Lady* and *Oklahoma* aren't often heard on an accordion, or with a band of only accordions. Tickets available at SHOAL Reception.

#### BC Advance Care Planning Day

**Date:** Monday, April 16      **Time:** 10am - 2pm

**Cost:** Free drop-in booth in the SHOAL lobby

Drop by SHOAL to honour this provincial initiative by BC Palliative Care Compassionate Communities for information about advance care planning in your local community. Advance Care Planning is an important tool for health care decisions, especially as we age. Next course registration, with Dawn Dompierre, RN, will be Thursday, April 26, 10am - 12pm. Free registration: call 250-656-5537.

#### Swap n' Shop

**Date:** Tuesday, May 1      **Time:** 12:30 - 2:30pm      **Cost:** By Donation

Held jointly by the Independent and Assisted Living residents at SHOAL Centre, this sale of used goods raises funds to purchase flowers for the outdoor Dining Room patio. Accepting donations at SHOAL reception throughout April. Thanks!



## 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](mailto:gcavers@beaconcs.ca)

April is a very important month for Beacon Community Services as we celebrate our fantastic volunteers. We now have over 550 volunteers who give of their time and talents to help their fellow community members. I thought that I would share a few interesting statistics about our volunteers: 36 are over 85; 196 are under 19 through the Youth Employment Program; 426 are women and 128 are men; 252 volunteers have been with Beacon for over 5 years and 20 have been with Beacon for over 20 years!

We look forward to thanking and celebrating our Beacon volunteers at our annual Volunteer Appreciation Luncheon on Friday April 20! Our community is better for all that you do to help people and improve lives every day. Thank you volunteers!!!

## Notices

### Alzheimer Society of BC

The Alzheimer Society will be at SHOAL Centre this month to offer the Getting To Know Dementia and Shaping the Journey programs. Both free programs offer valuable training for those facing these challenges in life.

#### Getting to Know Dementia

**Date:** Thursday, April 5

**Time:** 1:30 - 4pm

**Cost:** Free

This introductory session reviews basic information about Alzheimer's disease and other dementias and the impact of receiving a diagnosis. Participants will learn about the different types of support available throughout the dementia journey, including an introduction to programs and services offered by the Alzheimer Society of BC. This session is only intended for people experiencing early symptoms of dementia, as well as family members or friends who have recently begun supporting a person with dementia. Getting to Know Dementia is not a prerequisite to Shaping the Journey.

#### Shaping the Journey

**Date:** Thursdays, April 19 - May 24

**Time:** 10am - 12pm

**Cost:** Free

A six-session education series for people with early symptoms of dementia and their care partners to explore the journey ahead in a positive, informative and supportive environment. Participants will learn about dementia, explore strategies for coping with changes and maximizing quality of life, review information on planning for the future, and meet others who are going through similar experiences.

### Beacon Community Services Scholarships

Each year, Beacon offers up to 4 scholarships of up to \$1,500 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, 2018. 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](mailto:crossano@beaconcs.ca) (include Beacon Scholarships and your school district number in the email subject line). More application information is on Beacon's website: [beaconcs.ca/services-programs/children-youth-families/youth-family-services/](http://beaconcs.ca/services-programs/children-youth-families/youth-family-services/).

### The Gym with Savin Elite Training

Chad Savin offers personal and group training, fitness assessments, Pilates classes and specialized group programs in the Gym at SHOAL. Call Chad directly at 1-250-895-1838 for more information and to book an appointment with him.

**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

#### Balance Booster

**Date:** Tuesdays/Thursdays, April 3 - May 10 (12 sessions)

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

A specially designed Fall Prevention Program. Space is limited and class fills up fast!

#### Chair Yoga (Co-Ed)

**Date:** Fridays, ongoing; *no class April 20*

**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

**Date:** Mondays, April 9 - 30 (4 sessions)

**Time:** 1:30 - 2:30pm **Cost:** \$50.40; \$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 April 2, Easter Monday*

**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.

#### Tai Chi Qi Gong

**Date:** Tuesdays, April 10 - May 15 (6 sessions)

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

Experienced Shiatsu Therapist and Qi Gong teacher, Brenda Davie, teaches 18 easy-to-follow Qi Gong movements.

#### Therapeutic Yoga

**Date:** Tuesdays, April 3 - 24 (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 & Alzheimer's

**Date:** Wednesdays, April 11 - June 13

**Time:** 1:30 - 3:30pm **Cost:** \$100 (10 sessions); \$15 Drop-in

A powerful 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

**Date:** Thursdays, April 5 - 26 (4 sessions)

**Time:** 9:30 - 10:30 am **Cost:** \$50.40; \$15.75 Drop-in *or*

**Date:** Saturdays, April 7 - 28; 9 - 10am (4 sessions)

**Time:** 9 - 10 am **Cost:** \$50.40; \$15.75 Drop-in

Sally Walker instructs this Hatha flow class.

#### Drop-Ins to Note

#### Saturday Sing-a-Long

**Date:** Saturdays **Time:** 2 - 3 pm

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

#### Ukulele Jam

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

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

#### Come Listen to Music

**The Splinters:** Tuesday, April 3, 2-3pm

**Victoria Accordion Club:** Sunday, April 8, 2:30pm

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

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

#### Movie Nights

**Date:** Friday, April 6: "A Mighty Heart"

Friday, April 20: "The Greatest Game"

**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

#### Brain Power Workshops

**Date:** Friday, April 6, 13 & 20 **Time:** 10:30am - 12pm

**Cost:** \$12 each; Facilitated by Marilynne Gray M.A., M. Ed.

**Friday, April 6** – Eating Style & dietary habits

**Friday, April 13** – Rewiring to banish inner critic/Self Doubt

**Friday April 20** – Coping with Anger/Developing Self Control

#### Holistic Nutrition Discussion

**Date:** Wednesday, April 4

**Time:** 1:30 - 3pm **Cost:** Members - Free; Non-members - \$3.50

Learn the foods that do or don't go together for good digestion and what the results are of poor food combining.

#### NexGen Hearing Screenings

**Date:** Wednesday, April 4 **Time:** 1 - 3pm **Cost:** Free

If you would like a free hearing check, have questions about your hearing aids or want to get your hearing aid cleaned to prolong the life of your hearing aid call 250-656-5537 to book an appointment.

## Profile: The Splinters

As part of our celebrations during National Volunteer Week, April 15 to 21, we would like to acknowledge the wonderful volunteers at SHOAL that help to make this a great place to be. Volunteers not only bring their time, but their incredible talents to share with us, and for that we are grateful. This month, we are featuring some of our musically talented volunteers who get our toes tappin' and fingers snappin' when they offer to entertain us here at SHOAL Centre.

One group that comes to mind is The Splinters! This group "splintered" from our large Sidney Wednesday Night Acoustical Jam (SWNAJ). The Splinters, a 5-piece band based on the Saanich Peninsula, have been entertaining senior audiences for the past two years. Their lively mix of fiddle tunes and sing-along songs will brighten up any day. Join them for a trip down memory lane through their selection of songs from the 1920s to the 1960s.

They graciously donate their time to come play and sing and entertain us on the second\* Tuesday of the month from 2 - 3pm. Come by and check them out – you'll be glad you did!

*\*Please note: in April they will be here the first Tuesday of the month, April 3.*



### The Splinters

Tuesday, April 3

Tuesday, May 8

Tuesday, June 12

2 – 3pm

**Free – Everyone Welcome!**

*Do you have a musical talent you would like to share? We are looking for individuals or a group of individuals who would be willing to share with us their musical ability to help entertain during our new Seniors Lunch n' Go Pilot Project at SHOAL. If you are interested call us at 250-656-5537 for more information.*

*And, if you'd like to jam with SWNAJ on Wednesdays nights, 7 - 9:45pm – come by! It's free!*

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

**Dementia Caregivers' Support Group** for those who are caring for someone with a diagnosis of Dementia or Alzheimer's, meets the 2nd Wednesday of the month, 1:30 - 3pm. The next meeting is Wednesday, April 11.

**Foot Care Clinic** by Soul to Sole with Glynis Miller, Thursday, April 5 and April 26. 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.

**White Cane Club** meets at SHOAL for those with vision impairment on the first Thursday of each month. The next meeting is Thursday, April 5, 2 - 3:30pm. The guest speaker will be Albert Ruel, National Equality Director, the Alliance of Equality of Blind Canadians.





## Chef's Corner

**Chef, Karen Taylor**

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

Happy spring!

It's such a pretty time of year – the weather is getting warmer and the nights are lighter. Flowers are blooming all around us. We are so lucky to be living in such a beautiful part of the world.

Now, with summer just around the corner, it's time to get out the BBQ! I am giving you an easy potato salad recipe to go with those delicious steaks you are going to BBQ.

### Dilled Spring Potato Salad

- 2 pounds of new white potatoes
- 2 tablespoons apple cider vinegar
- Salt and pepper
- ½ cup thinly sliced celery
- 2 tablespoons of freshly chopped dill (you can use dried)
- ½ cup sliced green onion
- 1 tablespoon Dijon mustard
- 1 cup sour cream
- 1 cup mayonnaise

- First cook potatoes in salted boiling water – firm, not too over-cooked, then drain and let cool to the touch.
- Cut potatoes into cubes, sprinkle with apple cider vinegar, salt and pepper.
- Toss potatoes with celery, green onion, dill and mustard. Then add sour cream and mayonnaise.
- Refrigerate. *(Note: you may need to add more mayonnaise after salad has been in the fridge.)*

Depending on when you're reading this – with Easter seeming so early this year! – I hope you had a chance to celebrate with friends and family, neighbours and others special to you. Enjoy this beautiful season everyone!

- 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!

### Easter Sunday Dinner

**Sunday, April 1**

Roast Turkey  
(with gravy and cranberry sauce)

Herbed Vegetable Medley  
Creamy Mashed Potatoes

Strawberry Shortcake

**\$15**

*Please call 250-656-5537 to make reservations.  
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.

## Cinnamon Buns

**Date:** Friday, April 27

**Time:** All Day!

**Cost:** \$1 each

Enjoy Chef Karen's freshly baked, delicious homemade cinnamon buns drizzled with icing. Available in the Tuck Shop on this day only! Stop by to get one before they're gone – and bring a friend!



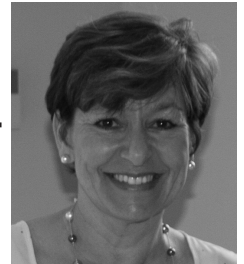
## Volunteer & YEP News

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

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

**Deb Greenaway, Direct Volunteer Services Coordinator**

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## Volunteer News

*Help us Celebrate the Value of Volunteering:  
Building confidence, competence, connections and community*

Volunteering is often seen as a selfless act; a person gives their time, skills, experience, and passion to help others, without expecting anything in return. While volunteering is a form of service, many volunteers will tell you that “you get more than you give”.

What is the value of volunteering to:

- a stay-at-home parent who volunteers in the office of a non-profit and learns to use new software in preparation to return to the paid workforce?
- a retiree who finds a new sense of belonging and community while volunteering?
- the student whose attendance, grades, confidence and social connections increase?

The magic of volunteering is that it creates social and economic value for all. This year during National Volunteer Week, from April 15 to 21, we will be celebrating the diverse value and far reaching impacts volunteering has each day and for generations to come.

(these excerpts are taken from <https://volunteer.ca/>)

Beacon Community Services is proud to be able to add value to volunteering by offering a variety of free training opportunities to our volunteers throughout the year. Some of the topics include; Active Listening, First Aid, 55 Alive drivers refresher, Dementia Friends and more. Are you interested in volunteering? Please visit [beaconcs.ca/join-our-team](http://beaconcs.ca/join-our-team) for more information.

## Welcome New Volunteers

**Better at Home Grocery Shopping:** Adeline Topping

**Advocacy:** Philip Schwartz

**Brentwood House:** Heather Kwan

**Family Services:** Margaret LeRoy, Barb Novak

**Jenece Place:** Lydia Guengerich

**Thrift Shop Brentwood 2:** Vicki Champion

**Thrift Shop Sidney 1:** Mary FitzZaland, Jean Male

**Thrift Shop Sidney 3:** Kevis Hulbert

**Thrift Shop Victoria 2:** May Matthey

**“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, April 3**. Hope to see you there!

## Better at Home Shopping Trips

Our shopping trips have been a huge success. Over the 14 weeks since it’s inception we have provided 162 shopping opportunities – that’s over 560 hours of shopping! This month we are adding Mayfair Mall to our rotation. Please call the office 250-656-5537 if you would like to join us, spaces fill up fast!

Dates this month:

- Monday April 9 – Mayfair Mall
- Monday April 16 – Hillside Mall
- Monday April 23 – Tillicum Mall
- Monday April 30 – Uptown Shopping Centre

Meet at SHOAL at 11:45am. Please call SHOAL reception at 250-656-5537 to register in advance.

## It’s Tax Season

The end of this month marks the deadline for filing taxes – time to take advantage of this great free service we provide! To qualify, your income must be modest (single person, up to \$30,000; couple, up to \$40,000; one adult with one child, up to \$35,000; each additional dependent, \$2,500; and interest income less than \$1,000). Your tax situation must be simple. All tax clients are welcome, Monday to Friday, 9am - 12pm, and 1 - 4pm. No appointment necessary. Clients are served on a first come, first served basis.

## 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 numerous activities, including regular coffee meetings, bowling, ferry trips, morning walks, and picnics. Annual membership is \$20.

The next regular meeting will be Wednesday, April 18, at 2pm in Auditorium A, SHOAL Centre. Our guest speaker is Desiree Bulger from UVic’s School of Environmental Studies, speaking on “Fish Communities on BC Artificial Reefs”. Our meal out will be at “Maple Palace”.

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

## Spotlight On: *Volunteer Medical Drive Program*

Did you know that the drivers from our Medical Volunteer Drive Program drove over 3,700 drives logging over 160,000kms in 2017? Beacon Community Services has offered a Volunteer Medical Drive Program to residents of the Saanich Peninsula and the Southern Gulf Islands for over 30 years.

This program is a large part of our Volunteer Services program at SHOAL Centre. Our Drive Desk volunteers schedule drivers to pick up clients at their homes, drive them to their appointments anywhere in Victoria and then bring them safely back home when their appointment is over.

We currently have a dedicated team of over 80 volunteer drivers and 15 schedulers; it is with many hearts and hands that we keep this popular and much-needed program running. But the need is great and growing – and we need even more volunteers to help us deliver this invaluable service to so many who are in need of assistance. Some of our volunteers enjoy their role so much they do double duty – they come in for a weekly scheduler shift, or fill in on a casual basis, and they drive clients as well!

Being a volunteer driver is a great way to give back to the community. Got some free time? You're able to choose the drives you take. It doesn't matter what day or time – you can choose to drive when it best fits your schedule, and is a win-win for both you and the person you're helping out. You'll meet new and interesting people, make unsuspected friendships and help people improve their lives in such a meaningful way.

We're so very grateful to the men and women that volunteer their time for the Drive Program. You help so many by reaching out and touching the lives of the people in our community that depend on this service. Many thanks to each and every one of you!



### ***Interested in becoming a Volunteer Driver?***

Access to health care is a team effort. Support the “age in place” initiative by driving seniors to medical appointments. Meet your neighbours and get to know your community, while fostering independence and improving quality of life. Trips are tailored to your schedule and mileage is reimbursed.

For more information about the program call us at 250-656-5537 to book an appointment with our Volunteer Services Coordinator, Sara Lawton.

## 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 Chair Yoga/Dance</b> (\$15.75/class) - 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</b> (\$12/class) - 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</b> (\$15.75/class) - 1:30 - 2:30pm <b>The Splinters</b> - Tuesday, April 3 - 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</b> (\$15/class) - 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>Silversmithing and Lapidary</b> - 9am - 12pm <b>Beginner Balance Flow Yoga</b> (\$15.75/class) - 9:30 - 10:30am <b>Uke Jam</b> - 9:30 - 11am <b>Tai Chi</b> (\$12/class) - 10 - 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>Gentle Chair Yoga</b> (\$12/class) - 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>Beginner Balance Flow Yoga</b> (\$15.75/class) - 9 - 10am <b>Sing-a-long</b> - 2 - 3pm  <b>Sunday</b> <b>Accordian Club</b> - 2:30pm - April 8 <b>Duplicate Bridge</b> - 12:45 - 4pm - <i>Partner Required</i>  <b>All Activity times are subject to change.</b>