

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
www.facebook.com/SOALCentreBeaconCommunityServices/



September 2018

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

Thank You...

... to our amazing summer student Amy for doing such a great job at everything we threw her way this summer. We wish you all the best with your continued studies. You will be missed by all of us!

Once again, the craft and knitting group are sending thank yous for the generous donations we have received: Cindy C.'s stitching kits, plastic canvas and "bits"; Vi H.'s yarn, fabric and notions; and various other items left anonymously that will allow us to continue our creative endeavours and support the SHOAL Community Centre. Items we can't use are shared with other departments at the Centre, or are sent to Beacon Thrift Shops where they become exciting finds for others. It's a win-win for all!

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Mark Your Calendars

SHOAL Centre Annual Open House

Date: Saturday, September 8 **Time:** 10am - 2pm **Cost:** Free
Our annual Open House is early this year! Join us to learn more about SHOAL and all the exciting new programs offered this fall. We will be having demos, information booths, and great door prizes from all the activity departments in the Centre. And, first-time members may purchase a year membership for half price on this day only. Detailed information on the Open House can be found on page 7.

It's Not Right Workshop

Date: Thursday, October 4 **Time:** 1:30 - 3pm **Cost:** Free
Join Anna Hudson and Joanne McGowan, elder abuse facilitators for the Saanich Peninsula Community Response Network, for an educational workshop. Learn about safekeeping for seniors and vulnerable adults: help to create a community of compassion, care and respect. Call 250-656-5537 to register.

NEW! Neighbourhood Chats

Beacon Community Services has a new program called Neighbourhood Chats. This free program is designed to connect with seniors on the Saanich Peninsula and provide them with information about services and programs available to them in the community. Our goal is to assist seniors to continue to live independently in a safe, healthy and enjoyable way. Our outreach facilitator will come to your condo building lobby or common room and do a group presentation for condo residents. We supply coffee, cookies and information to take with you. If you would like more information on the program and how to book a chat please call Lori at 250-896-9787, or SHOAL Centre at 250-656-5537.

Oktoberfest is Coming!

Date: Saturday, October 13 **Time:** 5 - 8pm (dinner served at 6pm)
Cost: Tickets \$17 (German beer and pretzels extra)

Wunderbar! Oktoberfest is just around the corner! Celebrate this German tradition with the very talented and entertaining Victoria Accordion Club. Join in a yodeling competition and games for a chance to win great prizes. Enjoy bratwurst on a bun with German potato salad, pickled beets, green salad and apple strudel. Get out your Lederhosen and join us! Purchase tickets by phone at 250-656-5537 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

September is always action packed at SHOAL Centre and this year is shaping up to be our busiest yet! We're very excited about our Annual Open House on Saturday, September 8. This will enable all of our new members to start new activities at the beginning of the sessions. All of our activity volunteers will be showcasing each activity and will be available to answer questions. We have over 100 volunteers who help make SHOAL a fun, welcoming, educational and happening place! We'll also have our program instructors, wellness leaders and SHOAL staff available to provide information and free demonstrations too! Information about Volunteer Services, Better at Home Program, Youth Employment Program, and rentals and catering will be available in the Auditorium. Whether you're a current, past or prospective member, we hope that you are able to join us that day to discover everything we have to offer at SHOAL Centre.

Notices

Labour Day Long Weekend

SHOAL Centre will be closed, Saturday, September 1 – Monday, September 3 for the Labour Day long weekend. SHOAL will be open at 11am and closed at 7pm on these days. The *Tides* at SHOAL Dining Room will be open regular hours.

Telus Pendant on the Go Seminar

Date: Monday, September 17

Time: 1 - 2pm

Cost: Free

Learn how life can get easier with a medical alert system designed to support independent living – the Telus Pendant on the Go gives you peace of mind at home or on the go. Refreshments will be provided. Call 250-656-5537 to register.

Chronic Pain Self-Management Program

Date: Tuesdays, September 25 - October 30

Time: 6:30 - 9pm

Cost: Free

This free six session workshop is for adults with any kind of ongoing pain. Family members and friends are welcome. Workshop includes how to: understand and manage symptoms; deal with stress and difficult emotions; safely maintain physical activity and improve flexibility, and communicate effectively with your health care team. Register through the UVic Institute on Aging and Lifelong Health by calling 1-866-902-3767.

NEW! Good Food Box Program

Beacon Community Services is introducing the Good Food Box Program to the Saanich Peninsula. Order fresh produce for free pick-up at SHOAL. Place your order in advance at SHOAL Reception, or call 250-656-5537 for more information.

Private Suite Availability at Beacon's Brentwood House

Brentwood House is a 17 suite licensed Dementia Care residence operated by Beacon Community Services. Residents are respected for who they are and have been, and live in a reassuring, familiar home environment with access to 24/7 secure care. Please contact the manager, Deb Carney, for information about availability by email at dcarney@beaconcs.ca, or call 250-589-3354.

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 Community 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

Call to Register for these Courses

Gentle Chair Yoga (Co-Ed)

Date: Fridays, September 7 - October 26 (7 classes); *no class Sept. 28*

Time: 12:30 - 1:30pm **Cost:** \$78.75; \$12 Drop-in

Instructor Kathleen Fournier leads these gentle yoga classes.

NEW! Active Tai Chi

Date: Mondays, September 10 - 24 (3 classes)

Time: 10:30 - 11:30am **Cost:** \$37.80; \$15.75 Drop-in

A "soft" Chinese martial arts program. It is more dynamic than slow motion Tai Chi and is a great anti-aging remedy.

Retro Chair-Fit Yoga

Date: Mondays, September 10 - 24 (3 classes)

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

This unique class offers 50s/60s music with low impact movement, arms and core strengthening with small weights yoga stretch and breath work. Mov'n and groov'n in a fun filled atmosphere – laughter is a must!

Meditation

Date: Mondays, September 10 - October 22 (6 classes); *no class Oct. 8*

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

Begin with a meditation followed by a Buddhist teaching, a tea break, and ending with another meditation.

Therapeutic Yoga (Co-Ed)

Date: Tuesdays, September 11 - 25 (3 classes)

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

This specialized class is designed for people with challenging physical conditions. Movement is done sitting and/or standing. Small weights for strengthening, scarves for stretching, balance poses and breathwork.

Tai Chi

Date: Tuesdays, September 11 - October 16 (6 classes)

Time: 10 - 11am **Cost:** \$70; \$12 Drop-in

18 easy to follow Qi Gong movements suitable for all levels.

NEW! Sit and Stay Fit

Date: Tuesdays/Thursdays, September 11 - October 18 (12 classes)

Time: 9:30 - 10:10am **Cost:** \$60

This class is designed to improve strength and mobility while being seated on a chair. Learn strategies that you can do at your own pace and transfer to real life needs.

NEW! Slow Motion Tai Chi

Date: Thursdays, September 13 - 27 (3 classes)

Time: 10:30 - 11:30am

Cost: \$37.80; \$15.75 Drop-in

Improves breathing, balance, relaxation, joint mobility and strength.

NEW! Relaxation: Meditation & Dreamwork

Date: Fridays, September 14 - 28 (3 classes)

Time: 10:30 - 11:30am

Cost: \$37.80; \$15.75 Drop-in

A journey to help your unconscious to further develop your most subtle mental, emotional and spiritual abilities, and generate an inner state of peace and well-being.

Beginners Pottery

Date: Friday, September 21, ongoing

Time: 2 - 4pm

Cost: Free for members; \$10 supply fee

This course will cover the basic methods of hand building and glazing. You will take away 3 finished pieces and must be willing to make 1 - 2 pieces a month to donate to our Christmas Craft Fair in November.

Beginners Bridge

Date: Mondays, September 24 - November 5 (6 classes); *no class Oct. 8*

Time: 1 - 4pm

Cost: \$35

Come learn the basics of the great game of Bridge. This class is for beginners only. Class size limited to 8.

Balance Booster

Date: Tuesdays/Thursdays, September 27 - November 6 (12 classes)

Time: 10:20 - 11:20am

Cost: \$110

This slow-paced class targets balance by using safe and effective exercises to increase strength, mobility and balance.

Well Balanced Hatha Flow Yoga

Date: Mondays, Thursdays; *no class Sept. 3 & 10* **Time:** 9 - 10am

Cost: \$15.75 Drop-in or Punch Pass (\$126 for 10 classes; non-refundable)

This class stretches and strengthens the whole body and is for beginners and experienced yogis alike. Class ends with a relaxing meditation.

Bootcamp Blast

Date: Monday/Wednesday/Friday; *starting Sept. 10* **Time:** 8 - 9am

Cost: Member: \$5.50 or Punch Pass (\$55 for 11 classes);

Non-member: \$6.50

Looking for a fun and active way to start your day? This high energy class is just the class to help you achieve your fitness goals.

Minds in Motion®

Date: Thursdays, ongoing

Time: 1:30 - 3pm

Cost: Class price varies; call SHOAL reception at 250-656-5537 for price

Minds in Motion® is designed for people diagnosed with Alzheimer's disease and other dementias, and a family, friend or caregiver. Enjoy light exercise, followed by activities or games and social time in a relaxed atmosphere. Refreshments provided.

Activities, cont...

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

Victoria Accordion Club: Sundays, September 9 & 30, 11am - 3 pm
Mendelssohn Choir: Mondays, 6:30 - 9pm
Sidney Wednesday Night Accoustical Jam: Wednesdays, 7 - 9:45pm;
starting Sept. 12
The Splinters: Tuesday, September 11, 2 - 3pm

Movie Nights

Date: Friday, September 7: "Fun with Dick & Jane"
Friday, September 21: "The Lake House"
Time: 7pm **Cost:** Members - Free; Non-members - \$2

NEW! Game Night

Date: Friday, September 28 **Time:** 7 - 9pm
Cost: Members - \$2; Non-members - \$3.50
Enjoy an evening with friends playing a game of your choice – we have many games to choose from. Snacks, coffee, tea and cold drinks available for purchase.

Computer Clubs (By Appointment Only)

Friday: computers & tablets **Time:** 1 - 3pm
Tuesday: Apple products only **Time:** 11am - 1pm
Cost: Members - \$2; Non-members - \$3.50

Health and Wellness Seminars

Holistic Nutrition Discussion

Date: Wednesday, September 5 **Time:** 1:30 - 3pm
Cost: Members - Free; Non-members - \$3.50
Facilitated by Angela Cusicianna RHN. Learn about the importance of the body's acid-alkaline balance. Call 250-656-5537 to register.

Eat Your Way to Stay Healthy & Independent

Date: Thursday, September 20 **Time:** 1 - 2pm
Cost: Free for everyone
Facilitated by Jenneke Van Hemert, registered dietician. Staying well-nourished as you age is the most important thing you can do for yourself to prevent falls, infection and disease. Come find out how you can stay on top of your health. Call 250-656-5537 to register.



Chef's Corner

Chef, Karen Taylor

Phone: 250-656-5537 ext. 107
E-mail: chef@beaconcs.ca

SHOAL Open House

Lunch Special

Saturday, September 8

Choice of:

Cream of Tomato Soup; House Soup
or Green Salad
with a
Chicken Caesar Salad Wrap or
Egg Salad Sandwich
and
Dixie Cup Ice Cream

\$10

Tuck Shop Special: Cinnamon Buns

Date: Friday, September 28 **Cost:** \$1.50

Who can resist a freshly baked cinnamon bun drizzled with sweet icing? It's a great fall treat! Bring a friend for coffee and a cinnamon bun – we hope to see you there!

Dining Room Hours and Prices

Everyone Welcome!

Call 250-656-5537 to make a reservation.
All prices include tax. Gratuities are gratefully declined.
We regret that we are unable to issue refunds for meals remaining on unused cards.

	Time	Single Meal	Meal Cards (based on Single Meal Pricing)	Larger Meal Option
Lunch	12 - 1:30pm	\$8	\$105 <i>(Save \$1 per meal)</i>	\$10
Dinner	4:30 - 6pm	\$11	\$150 <i>(Save \$1 per meal)</i>	\$15

Profile: SHOAL's Tai Chi Instructors



Meet **Gerald Pachulski**, life coach in holistic fitness for Adults and Seniors. Gerald is a Psychotherapist, Master in Neuro-Linguistic Programming and an instructor in yoga, Tai Chi and Martial Arts. He has come to SHOAL to share with us the ancient and modern techniques of wellness and self-knowledge he has learned and developed over the last 40 years. His new specialty Tai Chi programs and holistic "Understanding Life – Strategies of Happiness" seminars will be offered here in the fall.

As an independent searcher, critical thinker and motivator, he realized that his calling was to empower people to: take responsibility for their health, emotional life and fitness, whatever their age; to inspire people to be open-minded and enthusiastic about leading a healthy, balanced and active lifestyle, and; to enjoy each moment of their lives!

Gerald is happy to share his experience with us. Practicing what he teaches, Gerald (who is in his 80s) leads a very active and stress-free life with regular gym, tennis, Tai Chi, yoga and martial arts practices. He will be at our Open House on September 8 – stop by to meet him and learn about his fall classes, and to participate in his demo at 12pm.



Ready to get back to your Tai Chi Qi Gong practice with Brenda? After a spectacular and restful summer, experienced Shiatsu Therapist, **Brenda Davie** is back to instruct her class (specialized for seniors) teaching gentle movements that are suitable for all levels of fitness.

Using 18 easy-to-follow Qi Gong movements, participants can increase circulation, experience more restful sleep, improve digestion, better manage chronic pain and increase balance.

Information on date, time and cost of her program can be found on page 3.

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, September 24, 1:30 - 3pm. For information please call Kelly Ablog-Morrant 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. This group will be meeting on Wednesday, September 12. Participants must connect with the facilitator before attending – 250-656-5537.

Foot Care Clinic by Glynis Miller, Licensed Practical Foot Care Nurse of Soul to Sole Mobile Foot Care. Appointments include: nail care (clipping, sanding, trimming) for Diabetic, difficult, thick or fungal nails. Care for callouses and corns, ending with a moisturizing foot rub. Sessions are 45 minutes. Appointments are Thursday, September 13 and 27. Please call SHOAL Centre to book an appointment – 250-656-5537.

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 David A. Busch – Perlman, Lindholm, Barristers and Solicitors. The next clinic will be Thursday, September 6.

White Cane Club, for those with vision impairment. This group meets the first Thursday of the month. Their next meeting is on Thursday, September 6, 2 - 3:30pm.



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

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



YEP News

Happy graduation!

Summers are bittersweet for the Youth Employment Program (YEP) because we have to say goodbye to so many students who have graduated this year. We are sad to see them leave the program, and yet very excited about their futures. This year YEP will say goodbye to 74 high school graduates who will be pursuing higher education, employment, and/or travel. These students have played an important role by supporting community events and working odd jobs throughout the Saanich Peninsula. It has been a busy year – we are so proud of what they have accomplished and look forward to learning about successes in the future.... Bye for now, but not forever!

If you're interested in hiring a student, don't worry – YEP is already welcoming a new group of excited, committed and talented students and we look forward to many more joining us this fall.

Advocacy Service for Seniors

Are you a senior needing help?

Volunteer advocates provide guidance, information and assistance to Saanich Peninsula seniors. This free and confidential service offered by trained Beacon volunteers will help you find strategies to help. Call 250-656-5537 for an appointment or to arrange to speak with an advocate.

"Coffee's On" Drop-in coffee morning for our Volunteer Drivers and Schedulers. Drop by the Lounge anytime between 10am and noon. For this month only, it will be on the second Tuesday of the month – **September 11**. Hope to see you there!

Better at Home Shopping Trips

Mondays this month are:

- September 3 – No bus trip
- September 10 – Uptown
- September 17 – Mayfair Mall
- September 24 – Uptown

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

Volunteer News

Program for isolated seniors

Thanks to funding from the Victoria Foundation, SHOAL is pleased to offer a monthly luncheon reaching out to isolated seniors. It's a great opportunity to connect and get informed about local programs and services.

You'll have an opportunity to make new friends over a nutritious home cooked meal, and also be given a meal to take home for another day. If you know of any Saanich Peninsula resident that might enjoy and could benefit from this, please call Deb Greenaway at 250-656-5537, ext. 106.

Sidney Single Seniors 55+

Are you 55 or older and single? The Sidney Single Seniors 55+ might be the perfect fit. Annual membership is \$20.

There are presently about 120 members, both men and women, from the Saanich Peninsula. There are numerous activities, including regular coffee meetings, bowling, putting at "The Ridge", meals at local restaurants, ferry trips, morning walks, picnics and bus trips up-island. To help you decide on joining, please feel free to drop in at one of the meetings, or arrange to attend one of our events.

Activities in September will include our regular meeting on Wednesday, September 19 at 2pm in Auditorium A, SHOAL Centre, as well as dinner at "Boondocks".

For more information call Gillian Else at 250-656-3971 or Gail Smith at 250-893-9764.

Welcome New Volunteers

Medical Drivers: Ellen Wells

Brentwood House: Mairi Cade-Hemphill

Sluggett House: Steve Wright

Jenece Place: Miranda Kohuch, Liz Olson

Parry Place: Norah Thomas

Better at Home Shopping Bus: Johann Majury

SHOAL Tuck Shop: Margaret Fleury

Thrift Shop Brentwood: Effie Joynt

Thrift Shop Sidney: Sandra Greenard, Caroline Houston, Anna Wallace

Thrift Shop Quadra: Lillias Furber, Richard Latte, Patricia Walley

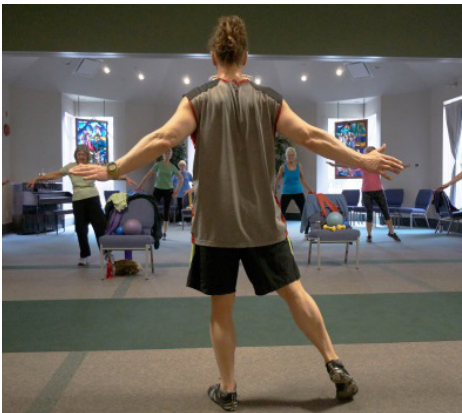
Thrift Shop Pandora: Rodney Austin, Amy Bender

Spotlight On: SHOAL Centre Open House

Beacon Community Services' mission is to help people and improve lives, and we strive to do that every day at SHOAL. And, we have many services and programs that are meant to do just that!

Some new, exciting programs we have started this year are our shopping bus service providing those who can't easily get out of Sidney the opportunity to go shopping in Victoria, and our Senior Lunch and Learn events, bringing people together with some great food, information and the opportunity to create new friendships. We have also expanded our advocacy program to support seniors as they seek solutions to housing, financial and health related situations.

SHOAL Centre is a great place to stay connected with the community. There are so many ways you can do this; we have a variety of exercise classes, card games, table tennis and so much more! There are many opportunities to meet with friends and have fun. Or, if you want to get involved through volunteerism, we can help you find a great fit and we can turn some of your spare time into social good! Our annual Open House gives you the opportunity to come and check out the many programs and activities you can get involved with. We have tours of the centre, demos of activities, door prizes and free coffee and cookies! Hope to see you there!



If you want to know more about SHOAL Centre, come to one of our biggest events of the year!

SHOAL Centre Open House

Saturday, September 8 • 10am - 2pm • Free Admission

Lots of Door Prizes • Complimentary Refreshments

Free Demos:

10am	Ukulele Group
10:30am	Chair Fit/Sit & Stay Fit – Corinne Dibert
10:30am	Meditation
11am	Bootcamp – Chad Savin
11:30am	Balance Booster – Corinne Dibert
12pm	Tai Chi – Gerald Pachulski
12:30pm	Retrofit Yoga – Sue Troughtan
1:30pm	Pilates – Chad Savin

On this day only, first time members can purchase a membership for ½ price!

SHOAL Community 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 Boot Camp - 8 - 9am Balanced Strength - 9 - 10am Well Balanced Hatha Flow Yoga (\$15.75/class) - 9 - 10am Oil/Acrylic Painting - 9am - 12pm Table Tennis - 9:30am - 12pm Stretch & Strength - 10:15 - 11:15am Active Tai Chi (\$15.75/class) - 10:30 - 11:30 am Singles Table Tennis - 12:30 - 3:30pm Cribbage - 1 - 4pm Be Well Clinic - 1 - 2pm Better Breathers - 1 - 3pm - <i>4th Monday</i> Mah Jong - 1 - 4pm Retrofit Chair Yoga (\$15.75/class) - 1:30 - 2:30pm Meditation (\$10.50/class) - 6:30 - 7:45pm Mendelssohn Choir - 6:30 - 9pm	Woodworking Shop - 8:30am - 9pm Faceting and Lapidary - 9am - 12pm Sit and Stay Fit (\$60/12) - 9:30 - 10:10am Tai Chi (\$12/class) - 10 - 11am Computer Club - 11am - 1pm - <i>By appointment only</i> Chair Fit - 11:30am - 12:30pm Duplicate Bridge - 12:45 - 4pm Chess Club - 1 - 3pm Crafts - 1 - 3pm Therapeutic Yoga (\$15.75/class) - 1:30 - 2:30pm The Splinters - 2 - 3pm - <i>2nd Tuesday</i> Table Tennis - 6:30 - 9pm	Woodworking Shop - 8:30am - 9pm Boot Camp - 8 - 9am Balanced Strength - 9 - 10am Table Tennis - 9:30am - 12pm Stretch & Strength - 10:15 - 11:15am Clay Works - 10:30am - 2:30pm 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> SWANJ Music Jam - 7 - 9:45pm	Woodworking Shop - 8:30am - 9pm Carving - 8:30am - 12pm Silversmithing and Lapidary - 9am - 12pm Well Balanced Hatha Flow Yoga (\$15.75/class) - 9 - 10am Sit and Stay Fit (\$60/12) - 9:30 - 10:10am Uke Jam - 9:30 - 11am Slow Motion Tai Chi (\$15.75/class) - 10:30 - 11:30am Chair Fit - 11:30am - 12:30pm Singles Table Tennis - 12:30 - 3:30pm Games and Social - 1 - 3pm Clay Works - 1 - 4pm Practice Bridge - 1 - 4pm White Cane Club - 2 - 3:30pm - <i>1st Thursday</i> Table Tennis - 6:30 - 9pm	Woodworking Shop - 8:30am - 9pm Boot Camp - 8 - 9am Balanced Strength - 9 - 10am Table Tennis - 9:30am - 12pm Stretch & Strength - 10:15 - 11:15am Relaxation, Meditation & Dreamwork (\$15.75/class) - 10:30 - 11:30am Gentle Chair Yoga (\$12/class) - 12:30 - 1:30pm Progressive Contract Bridge - 1 - 4pm - <i>Singles Welcome</i> Computer Club - 1 - 3pm Knitting - 1 - 3pm Beginners Pottery - 2 - 4pm Pickle Ball - 2 - 4pm Duplicate Bridge - 6 - 9:45pm - <i>Partner Required</i> Movie Night - 7 - 9pm - <i>2 times a month (see page 4)</i>	Saturday Sing-a-long - 2 - 3pm Sunday Accordion Club - 11am - 3pm - <i>September 9 & 30</i> Duplicate Bridge - 12:45 - 4pm - <i>Partner Required</i> <p style="text-align: center;"><i>All Activity times are subject to change.</i></p>