

# SHOAL Centre Winter 2019 Drop-in Schedule

Tuck Shop open 9am – 3pm; Evenings 6-7pm; *\*schedule subject to change*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
<p>Woodworking Shop 8:30am – 9pm</p> <p>Boot Camp Blast 8 - 9am</p> <p>Balanced Strength 9 - 10am</p> <p>Oil/Acrylic Painting 9am - 12pm</p> <p>Balance Flow Hatha Yoga 9 – 10am \$15.75</p> <p>Table Tennis 9:30am-12:00pm</p> <p>Stretch &amp; Strength 10:15 - 11:15am</p> <p>Bio-Magnetism – Pain Relief Practice 10:30 -11:30am \$15.75</p>	<p>Woodworking Shop 8:30am – 9pm</p> <p>Faceting and Lapidary 9am – 12pm</p> <p>Clothed Figure Drawing 10am – 12pm <i>5 drop-in spots available</i></p> <p>Tai Chi Qi Gong 10 – 11 am \$12</p> <p>Computer Club 11am – 1pm <i>By appointment only</i></p> <p>Chair Fit 11:30am - 12:30pm</p>	<p>Woodworking Shop 8:30am – 9pm</p> <p>Boot Camp Blast 8 - 9am</p> <p>Balanced Strength 9 - 10am</p> <p>Table Tennis 9:30am – 12pm</p> <p>Stretch &amp; Strength 10:15 - 11:15pm</p> <p>Clay Works 10:30 am – 2:30 pm</p>	<p>Woodworking Shop 8:30am – 9pm</p> <p>Carving 8:30am – 12pm</p> <p>Balance Hatha Flow Yoga 9 – 10am \$15.75</p> <p>Silversmithing and Lapidary – 9am – 12pm</p> <p>Sit &amp; Stay Fit 9:30 -10:10 am \$12</p> <p>Uke Jam 9:30 – 11am</p> <p>Slow Motion Tai Chi 10:30 -11:30 am \$15.75</p> <p>Chair Fit 11:30am – 12:30pm</p>	<p>Woodworking Shop 8:30am – 9pm</p> <p>Boot Camp Blast 8 - 9am</p> <p>Balanced Strength 9 - 10am</p> <p>Table Tennis 9:30am – 12pm</p> <p>Stretch &amp; Strength 10:15 - 11:15pm</p>	<p style="text-align: center;"><b>Saturday</b></p> <p style="text-align: center;">Sing-A-Long Saturdays 2-3pm ~ Free!</p>
<p>Singles Table Tennis 12:30 - 3:30pm</p> <p>Ceramics 1- 4pm</p> <p>Cribbage 1 - 4pm</p> <p>Be Well Clinic 1 - 2pm <i>Suggested donation of \$2</i></p> <p>Mah Jong 1 - 4pm</p> <p>Better Breathers 1:30-3pm <i>4<sup>th</sup> Monday</i></p>	<p>Duplicate Bridge 12:45 – 4 pm</p> <p>Crafts 1 - 3pm</p> <p>Chess Club 1 – 3pm</p> <p>Splinters Music 1:15 – 2:15 pm <i>2<sup>nd</sup> Tues.</i></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>3<sup>rd</sup> Wednesday</i></p>	<p>Singles Table Tennis 12:30-3:30pm</p> <p>Games &amp; Social 1 - 3pm <i>1<sup>st</sup> &amp; 3<sup>rd</sup> Thursdays</i></p> <p>Practice Bridge 1- 4pm</p> <p>Clay Works 1-4 pm</p> <p>White Cane Club 1:30-3pm <i>1<sup>st</sup> Thursday</i></p>	<p>Gentle Chair Yoga 12:30 - 1:30pm \$12</p> <p>Ceramics/Beginner Pottery 1 – 4pm</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 1 -3 pm</p>	<p style="text-align: center;"><b>Sunday</b></p> <p>Victoria Accordion Club 11 am – 1:30 pm <i>January 6 &amp; 20</i></p> <p>Duplicate Bridge 12:45 – 4pm <i>Partner Required</i></p>
<p>Meditation 6:30 - 7:45pm \$10.50</p> <p>Mendelssohn Choir Practice 6:30-9pm</p>	<p>Toastmasters 7 – 9pm</p> <p>Table Tennis 6:30 – 9pm</p>	<p>Duplicate Bridge 6-9:45pm <i>Partner Required</i></p> <p>SWNAJ Music Group 7- 9:45pm</p>	<p>Table Tennis 6:30 – 9pm</p>	<p>Movie Nights 7- 9pm <i>2 times/month</i> <i>Refer to Tidelines for Dates</i></p>	<p>...have a coffee at the Tuck Shop while you are on a break...</p> <p style="text-align: center;"></p>

<b>M/W/F FITNESS</b>	Members (\$4.50 per session or Economy Card of 11 sessions for \$45). Non-members (\$5.50 per session).
<b>BE WELL CLINIC</b>	Everyone welcome; suggested \$2 donation
<b>BETTER BREATHERS</b>	Everyone welcome; by donation.
<b>BOARD GAMES</b>	Free for everyone; games in Tuck Shop
<b>ALL BRIDGE</b>	Members only. Please refer to Bridge Flyer for more details.
<b>CARVING</b>	Members only. Shop fee is \$30 per year.
<b>CERAMICS &amp; CLAY WORKS</b>	Members only. \$ 30 membership fee. Beginner Pottery Fridays 1 - 3 pm
<b>CHAIR FIT</b>	Members (\$4.50 per session or Economy Card of 11 sessions for \$45.00). Non-members (\$5.50 per session).
<b>COMPUTER CLUB</b>	Members (\$2). Non-members (\$3.50).
<b>CRAFTS &amp; KNITTING</b>	Members only.
<b>CRIBBAGE</b>	Members (\$2); Non-members (\$3.50)
<b>DEMENTIA CAREGIVERS SUPPORT GROUP</b>	Free support group. Everyone welcome.
<b>LAPIDARY</b>	Members only. Shop fee is \$30 per year.
<b>MAH JONG</b>	Members (\$2); Non-members (\$3.50)
<b>OIL/ACRYLIC PAINTING</b>	Members only. \$2 (By referral only)
<b>PICKLE BALL</b>	Members (\$2); Non-members (\$3.50) drop-in.
<b>SHOAL PORTRAIT PAINTERS</b>	Members (\$2); Non-members (\$3.50) drop-in.
<b>SIDNEY SINGLE SENIORS</b>	Call Gillian at 250-656-3971 or Gail at 250-893-9764 for more details.
<b>TABLE TENNIS</b>	Members (\$2); Non-members (\$3.50)
<b>SAVIN ELITE TRAINING GYM</b>	Stop by SHOAL Reception for more details or call 1-800-895-1838
<b>SWNAJ</b>	Sidney Wednesday Night Acoustical Jam (ask for details)
<b>UKE JAM</b>	Members (\$2); Non-members (\$3.50) drop-in.
<b>WOODWORKING</b>	Members only. Shop fee is \$30 per year.
<b>YOGA: GENTLE/CHAIR</b>	Everyone Welcome. \$12 drop-in
<b>YOGA:RETROFIT/DANCE</b>	Everyone Welcome. \$15.75 drop-in
<b>YOGA: THERAPEUTIC</b>	Everyone Welcome. \$15.75 drop-in
<b>YOGA: Well Balanced Hatha Flow</b>	Everyone Welcome. \$15.75 drop-in