

















February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<h2>Event Calendar</h2> <p>Beacon Community Services at SHOAL Centre</p>				<p>1 Chair Yoga 12:30-1:30pm \$12</p>  <p>Movie Night 7pm "Laurel & Hardy Utopia"</p>	<p>2 Sing-A-Long 2-3pm every Saturday</p>  <p>Accordion Band Jam Session 2:30pm</p>
<p>4 Balanced Flow Yoga 9-10am \$15.75</p> <p>Pain Relief Practice 10:30am \$15.75</p> <p>Be Well Clinic 1-2 pm</p> <p>Meditation Drop In 6:30-7:45pm \$10.50</p> <p>Mendelssohn Choir 7-9pm</p>	<p>5 NADA Ear Acupuncture 9:15am Free!</p> <p>Conversational Spanish 10 - 11:30am</p> <p>Qi Gong Tai Chi 10-11am \$12</p> 	<p>6 Holistic Nutrition Discussion "Superfoods" 1:30-3pm</p> <p>Balanced Flow Yoga 5:30 - 6:30pm \$15.75</p> <p>Sidney Wed Night Acoustical Jam (SWNAJ) 7-9:45pm</p>	<p>7 Foot Care Clinic</p> <p>Hatha Flow Yoga 9 - 10am</p> <p>Uke Jam 9:30-11am</p> <p>Slow Motion Tai Chi 10:30-11:30am</p> <p>Free Legal Clinic 1 - 4pm</p> <p>White Cane Club 2 - 3:30 pm</p> <p>Chinese New Year Dinner details below</p>	<p>8 Chair Yoga 12:30-1:30pm \$12</p> 	<p>9 Virtual Elvis & the Tupelo Katz Jan 9</p> <p>Doors: 6:30pm \$25 includes light refreshments & concert</p> 
<p>11 Balanced Flow Yoga 9-10am \$15.75</p> <p>Pain Relief Practice 10:30am \$15.75</p> <p>Be Well Clinic 1-2 pm</p> <p>Meditation Drop In 6:30-7:45pm \$10.50</p> <p>Mendelssohn Choir 7-9pm</p> 	<p>12 NADA Ear Acupuncture 9:15am Free!</p> <p>Conversational Spanish 10 - 11:30am</p> <p>Qi Gong Tai Chi 10-11am \$12</p> <p>Splinters 2pm Free</p> <p>Line Dancing 3 - 4pm</p>	<p>13 CNIB - MobileDay 10am-3pm</p> <p>Dementia Caregivers Support Grp 1:30 - 3pm</p> <p>Balanced Flow Yoga 5:30 - 6:30pm \$15.75</p> <p>SWNAJ 7-9:45pm</p>	<p>14 Foot Care Clinic by reservation only</p> <p>Hatha Flow Yoga 9 - 10am \$15.75</p> <p>Uke Jam 9:30-11am</p> <p>Slow Motion Tai Chi 10:30-11:30am \$15.75</p> <p>Family Caregiver Support Group 7 - 9pm</p>	<p>15 Chair Yoga 12:30-1:30pm \$12</p> <p>Movie Night 7pm "Life as We Know It"</p> 	<p>16 Sing-A-Long 2-3pm</p>  <p>Accordion Band Jam Session 2:30pm</p>
<p>18 SHOAL Centre Closed Tides Dining Room Open Regular Hours</p> <p>HAPPY FAMILY DAY</p>	<p>19 NADA Ear Acupuncture 9:15am Free!</p> <p>Conversational Spanish 10 - 11:30am</p> <p>Qi Gong Tai Chi 10-11am \$12</p> <p>Birds & Animals of Kenya 2pm Free</p> <p>Line Dancing 3 - 4pm</p>	<p>20 Hot Dog Day 11am-2pm \$3.50</p> <p>Sidney Single Seniors 2pm</p> <p>Balanced Flow Yoga 5:30 - 6:30pm \$15.75</p> <p>SWNAJ 7-9:45pm</p> 	<p>21 Foot Care Clinic by reservation only</p> <p>Hatha Flow Yoga 9 - 10am \$15.75</p> <p>Uke Jam 9:30-11am</p> <p>Slow Motion Tai Chi 10:30-11:30am \$15.75</p> 	<p>22 Chair Yoga 12:30-1:30pm \$12</p> 	<p>23 Lunch & Watercolour Wrksp 12 - 4pm</p> <p>Sing-A-Long 2-3pm</p> 
<p>25 Balanced Flow Yoga 9-10am \$15.75</p> <p>Pain Relief Practice 10:30am \$15.75</p> <p>Be Well Clinic 1-2 pm</p> <p>Better Breathers 1:30 -3pm</p> <p>Meditation Drop In 6:30-7:45pm \$10.50</p> <p>Mendelssohn Choir 7 - 9pm</p> 	<p>26 NADA Ear Acupuncture 9:15am Free!</p> <p>Conversational Spanish 10 - 11:30am</p> <p>Qi Gong Tai Chi 10-11am \$12</p> <p>Line Dancing 3 - 4pm</p> 	<p>27 Balanced Flow Yoga 5:30 - 6:30pm \$15.75</p> <p>Sidney Wed Night Acoustical Jam (SWNAJ) 7-9:45pm</p> 	<p>28 Foot Care Clinic by reservation only</p> <p>Hatha Flow Yoga 9 - 10am \$15.75</p> <p>Uke Jam 9:30-11am</p> <p>Slow Motion Tai Chi 10:30-11:30am \$15.75</p> 	<p>Chinese New Year Dinner ~ the Year of the Pig! 4:30 & 6 pm sittings \$15</p> <p>Sweet & Sour Pork Ginger Beef Chow Mein Fried Rice Sorbet & Fortune Cookie</p> <p>call 250-656-5537 for a reservation</p> 