

# 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/)



### March 2019

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

### Thank You...

... to Don, Art and Liz, our workshop volunteers and members who take such good care of the workshop: cleaning, organizing and making sure everything is in safe working order. We appreciate all that you do.

... to Bob Orchard for his pictorial presentation about the birds and animals of Kenya. It was a delightful presentation with amazing photographs, thanks for sharing.

... to Helen M, a tireless mentor to our Bridge players. Her patience and dedication instructing people in the Thursday practice bridge sessions does not go unnoticed; we are so grateful to have you here as part of our SHOAL team!

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## Mark Your Calendars

### Embrace Aging

March is **Embrace Aging Month**, an initiative started by the Eldercare Foundation and in partnership with Island Health. In celebration of Embrace Aging, we have free programs to promote an active and purposeful life. See page 7 for more information.

### The Sleepwalker

**Date:** Sunday, March 10      **Time:** 2:30pm      **Cost:** Adults \$20/Students & Seniors \$15

The Vancouver Island Performers Guild is passionate about bringing entertainment to Sidney with this Opera in a Box production. On the eve of a much celebrated wedding, a stranger comes to town, a phantom terrorizes the village, and the villagers question the virtue of the bride. All is revealed when they learn how to trust each other. Tickets are available for purchase at SHOAL reception, 250-656-5537.

### St. Patrick's Day Celebration

**Date:** Saturday, March 16      **Time:** 7 pm      **Cost:** \$35.00

A Folk'n Fiddle Festival is coming to Sidney May 31 and June 1st and we are partnering with the organizers for a St. Patrick's Celebration! This will be an evening with performances by Calvin Cairns and Charlie Gannon with the Victoria School of Irish Dance and special guest Nellie Quinn and Friends. There will be a silent auction, finger foods, cash bar, fun and dancing. Tickets can be purchased at SHOAL reception or over the phone by calling 250-656-5537.

### St. Patrick's Day Accordion Benefit Concert

**Date:** Sunday, March 17      **Time:** 2:15pm      **Cost:** by donation

The Accordion Club is hosting a St. Patrick's day performance with all proceeds going to our Seniors Lunch and Learn program. This is an outreach through Beacon Community Services for isolated seniors. They are brought to SHOAL for lunch, and sent home with dinner. This concert is sure to get you singing and toe tapping along with the accordionists. Donations will be collected at the door.

### Nygaard Trunk Show

**Date:** Saturday, March 30      **Time:** 1 - 3pm

Nygaard in Westshore Mall is coming to SHOAL for a Trunk Show with their very popular Alia and Tan Jay clothing lines. This visit coincides with their spring scratch and save sale and is a great opportunity for those who cannot make it out to the Westshore store.



## 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

March brings two annual traditions to SHOAL Centre... Income Tax and Embrace Aging Month.

As you will read on pages 2 and 5, our volunteer tax team is trained and ready to help 1,000's of individuals file their 2018 tax returns for free. It is truly amazing how quickly our tax volunteers process returns for members of our community... an awesome service!

March is also Embrace Aging Month and SHOAL Centre is happy to celebrate aging with a Peninsula ElderConnect Seniors Summit on Tuesday March 26 from 1-3pm. Please check out the details on page 7 of this issue. We will also be some offering free activities the week of March 11-15. I hope that you can drop by and try something new this month at SHOAL.

## Notices

### Tax Season is Here

Our **Community Volunteer Income Tax Program** (CVITP) will be available at SHOAL Centre in Sidney, through the Beacon Community Services Volunteer Services office, 5 days a week, beginning Friday, March 1 and finishing Tuesday, April 30. To qualify your income must be modest (single person up to \$35,000; couple up to \$45,000) and your tax situation must be simple. Your income source must be from employment, pension, benefits such as Canada Pension Plan, disability, employment insurance, social assistance, RRSP's, support payments, scholarships, bursaries or grants and interest (under \$1000). Meet the volunteer tax team on page 5.

**Monday - Friday 9 am - 12 pm & 1 - 4 pm**

*This is a free service. Appointments are not necessary as intakes are on a first come first serve basis, each day.*

### The Victoria Assistive Devices and Coaching Study (VADAC)

**Information Session at SHOAL: Thursday, March 7; 1pm**

The University of Victoria's Institute on Aging & Lifelong Health is implementing an exciting new research project (the VADAC Study) in the Greater Victoria area.

The purpose is to investigate how technology such as home-based electronic devices can enhance seniors' health and independence, so they can better manage their chronic conditions. The study will also evaluate the relative effectiveness of using devices and also being coached versus receiving only coaching.

Researchers are recruiting people for two groups: 1) seniors interested in participating in the study for a three-month period, and 2) people interested in becoming a Self-Management Health Coach to support a participating senior for a three-month period.

For group 1 (research participants), seniors must be 65 or older, living alone, experiencing one or more chronic health conditions, and have been discharged from a medical facility sometime during the last three months. Seniors will be paired with a Self-Management Health Coach.

For group 2 (coaches), people must be able to complete two days of training, then be paired with a participating senior and connect with them by phone for 30 minutes each week.

For more information or to enroll in this study, please contact the Health Coach Coordinator, Suzanne, by calling Toll Free 1-866-902-3767 or email VADA@uvic.ca

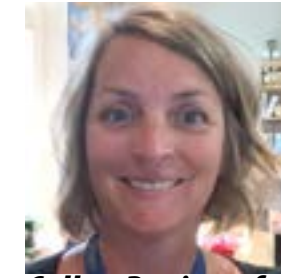
### Sidney Library Pop-Up

The Sidney Library is poppin' up again! Stop in every Friday in March for a Pop-Up library from 10am to 12pm in the 2nd floor mezzanine. You will be able to order books and pick them up here every week.

**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

*M - Member Pricing; NM - Non Member Pricing*

#### \*New! Zumba® Gold Seated

**Date:** Saturdays, March 2 - April 13(7 classes)

**Time:** 10 - 10:45am **Cost:** \$63- M; \$ 65 - NM; \$10 Drop-in

Zumba® is a Latin dance-inspired fitness class and Zumba Gold is designed to be accessible to everyone regardless of fitness level. While remaining seated, move to the oldies-but-goodies - sing along and have fun too! Corinne has a passion for seniors fitness and is a certified Zumba® Gold Instructor.

#### Bio Magnetism Pain Relief

**Date:** Mondays, March 4 - 25 (4 classes)

**Time:** 10:30 - 11:30am **Cost:** \$50.40 - M; \$58.80 - NM; \$15.75 Drop-in

Benefit from the pain relief effect of your bio-magnetism and learn to alleviate the pains related with aging or accident almost instantaneously.

#### Balance Booster

**Date:** Tuesdays/Thursdays, March 28 - May 7 (12 classes)

**Time:** 10:20 - 11:20am **Cost:** \$110 - M/\$115 - NM

**Date:** Tuesdays, March 5 - April 9 (6 classes)

**Time:** 9:10 - 10:10am **Cost:** \$56 - M/\$58.60 - NM

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

#### Therapeutic Yoga

**Date:** Tuesdays, March 5 - 26 (4 classes)

**Time:** 1:30 - 2:30pm **Cost:** \$50.40 - M; \$58.80 - NM; \$15.75 Drop-in

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

#### Slow Motion Tai Chi

**Date:** Thursdays, March 7 - 28 (4 classes)

**Time:** 10:30 - 11:30am **Cost:** \$50.40 - M; \$58.80 - NM; \$15.75 Drop-in

Discover your inner energy, increase balance, strength, mobility and breathing capacity. Enjoy the pleasure of living in a more lively and relaxed body.

#### Gentle Chair Yoga (Co-Ed)

**Date:** Fridays, March 8 - May 3 (7 classes)

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

This popular class helps to improve breathing, strengthens your inner core and gives you an overall sense of vitality and well being, while you stay seated on a chair.

### Next Step Bridge

**Date:** Mondays, March 25 - April 29 (includes Apr. 22, Easter Monday)

**Time:** 9:30 am- 12pm

**Cost:** \$35

We are happy to offer the Next Step Bridge session once again. This **beginner** class, led by a volunteer instructor is for those **without** a lot of Bridge experience but are keen to learn about the fabulous game of bridge. Please do not sign up unless you can commit to all 6 lessons; this is a progressive class and you will fall behind if you are absent from one class; concepts may be reviewed but not retaught. Minimum numbers need to be met to run this class.

### \*\*NEW! Sit and Stay Fit

**Date:** Thursdays, ongoing

**Time:** 12:40 - 1:10pm

**Cost:** \$10 Drop-in

This class is designed to improve strength and mobility while being seated on a chair. It's great for those with osteoporosis or other limiting conditions. It's slow paced with gentle movements. Learn strategies that you can do at your own pace and transfer to real life needs. **\*\*This is a new program we are trying to run; try it to avoid the disappointment of a class cancellation!**

### Well Balanced Hatha Flow Yoga

**Date:** Mondays, Thursdays;

**Time:** 9 - 10am

**Date:** Wednesdays

**Time:** 5:30 - 6:30pm

**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.

### Meditation

**Date:** Mondays, Ongoing

**Time:** 6:30 - 7:45pm

**Cost:** \$10.50 Drop-in

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

### Tai Chi

**Date:** Tuesdays, ongoing

**Time:** 10 - 11am

**Cost:** \$12 Drop-in

Join instructor Brenda Davie with 18 easy to follow Qi Gong movements suitable for all levels.

### 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

## Activities, cont...

### Drop-Ins to Note, cont...

#### Come Listen to Music

**Victoria Accordion Club:** Sunday, Mar 3 & 17 *St Patrick's Concert 2:15pm*

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

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

**The Splinters:** Tuesday, March 12, 1:15pm

#### Movie Nights

**Date:** Friday, March 1: "Changeling"

Friday, March 15: "MacKenna's Gold"

**Time:** 7pm **Cost:** Members - Free; Non-members - \$2

#### 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

#### Seminars & Workshops (Call to Register)

#### Holistic Nutrition Discussion - Anatomy 101

**Date:** Wednesday, March 6 **Time:** 1:30 - 3pm

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

Facilitated by Angela Cusicianna RHN. Learn about your internal organs, where they are and how foods affect them. Call 250-656-5537 to register.

#### Victoria Assistive Devices & Coaching Study

**Date:** Thursday, March 7 **Time:** 1:30pm **Cost:** Free

This short seminar is about a new UVIC, Institute on Aging & Lifelong Health research study to evaluate the relative effectiveness of health coaching and the use of assistive devices. See page 2 for more detailed information.

#### Wills, Power of Attorney and Trusts

**Date:** Tuesday, March 12 **Time:** 2 - 3pm **Cost:** Free

If you have questions about the above mentioned legal documents, this workshop is for you. Guest speakers presenting will be Brian Einarson from CIBC Trust and Lisa Robson, CIBC Investment Consultant. Call 250-656-5537 to register.

#### Diabetes Self Management

**Date:** Sunday March 31 - May 12 \*no session April 22 - Easter Monday

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

The UVIC Institute on Aging and Lifelong Health returns to SHOAL with this beneficial program for adults living with Diabetes. Family members or friends who wish to learn more about living a healthy life with this condition are welcome to participate. Call 1-866-902-3767 or go to [www.selfmanagement.ca](http://www.selfmanagement.ca) to register.



## Chef's Corner

**Chef, Karen Taylor**

Phone: 250-656-5537 ext. 107

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

### Happy St. Patrick's Day to all!

We are celebrating St. Patrick's Day with an evening of music, finger foods and fun on **Saturday, March 16** and I thought I would incorporate some traditional Irish favorites!

Irish Soda Bread

Avocado Devilled Eggs

Sausage Eggs

St. Paddy's Dill Dip & Veggies

Spinach Chicken Pinwheel Wraps

Cheese, Crackers and Pepperoni Sticks & more!



### Tuck Shop Special

**Shamrock Cookies:** \$1 each or 6 for \$5

Available at the Tuck Shop March 11 - 15. Cookies will be available every day until they are sold out! Make sure to come in and get them while they last!

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

## Profile: Community Volunteer Income Tax Team

Meet the 2019 Tax Team. Returning this year are Al, Chris, Denise, Gordon, Ian (not pictured), Ivan, Ivan (not pictured), John, Kevin (not pictured), Linda (not pictured), Lloyd, Marian, Mervyn, Sally and Terry. New volunteers this year are Dave, Fran and Susan. Our income tax volunteers filed 1067 tax returns in 2018 and each year we do more and more returns in our community: We are very grateful for the volunteers who spend their time for this much valued free service!



Al



Chris



Dave



Denise



Fran



Gord



Ivan



John



Kevin



Lloyd



Marian



Mervyn



Sally



Susan



Terry

### 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, March 25, 1:30 - 3pm. For information please call Kelly Ablog-Marrant 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, March 13. 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 available every Thursday, 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 of Perlman, Lindholm, Barristers and Solicitors. The next clinic will be Thursday, March 7.

**White Cane Club**, for those with vision impairment. This group meets the first Thursday of the month. Their next meeting is on Thursday, March 7, 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



## Now Recruiting

### White Cane Club Facilitator



Beacon Community Services at the SHOAL Centre is seeking a volunteer to facilitate the Sidney White Cane Club. The White Cane Club provides resources and support to visually impaired and blind community members.

This is a social group that meets monthly to hear guest speakers and to connect with and support each other. The meetings are a great opportunity to meet and laugh with others.

## Youth Employment Program



YEP students volunteering at our Staff Appreciation Dinner in Feb.

### YEP is here to help!

Hard to believe with all the snow we had last month that spring is around the corner! With that comes spring cleaning and yard maintenance.

Why not hire a student through the Youth Employment Program at Beacon Community Services? You can save your energy – and your back – while helping a student learn more about work and the value of wages, and helping them build their resumes at the same time.

If you'd like to hire a student to help get your yard in shape after winter and ready for the summer months ahead, contact Sara Lawton at slawton@beaconcs.ca.

**"Coffee's On"** Drop-in coffee morning for our Volunteer Drivers and Schedulers. Drop by the Lounge anytime between 10am and noon on **Tuesday, March 5.** Hope to see you there!

## Better at Home Shopping Trips

Mondays this month are:

- March 4 – Uptown
- March 11 – Mayfair Mall
- March 18 – Uptown
- March 25 – Hillside Mall

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

## Volunteer News

### Good Food Box

#### Saanich Peninsula's affordable produce box

Quality, fresh, local, seasonal, organic and conventional produce available to all Saanich Peninsula residents for reasonable prices! Orders will be delivered to SHOAL on the last Wednesday of each month (home delivery may be available – call to inquire), and orders are due the Wednesday prior to delivery. Order in person or by phone at 250-656-5537. Deadline for March orders is March 20, for delivery March 27. For more information call SHOAL Centre, or pick up a flyer at reception.

## Sidney Single Seniors 55+

Are you 55 or older and single (or a caregiver of a partner who is housebound or in long term care?). Do you wish to start socializing more? The Sidney Single Seniors 55+ might be the perfect fit for you. There are presently over 100 members, both men and women, from the Saanich Peninsula. We have been operating since 2003 under the umbrella of Beacon Community Services. Annual membership is \$20.

Our regular meeting is on Wednesday, March 20 at 2pm in Auditorium A, SHOAL Centre. The guest speaker will be Dr. Edward Ishiguru.

Our next meal out will be at "The Waddling Dog".

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

## Spotlight On: Embrace Aging



## As part of the Embrace Aging week, we are hosting the Peninsula ElderConnect Seniors Summit Tuesday, March 26 from 1 - 3pm

- Learn about ElderConnect and how you can help shape the development of your Peninsula ElderConnect community network.
- Connect with local senior-focused organizations and resource providers and learn about the wealth of activities and services they offer.
- Acquire valuable insights on the journey of aging from our Keynote Presentation
- Enjoy light refreshments and door prizes too!

**Admission is free and everyone is welcome! Doors open at 12:45pm. Register by calling 250-656-5537.**

### About ElderConnect:

ElderConnect is an initiative of the Eldercare Foundation in partnership with BC Healthy Communities Society. With support and input from Beacon Community Services, SHOAL Centre, the Peninsula communities and volunteers, the Peninsula will be our second pilot community to launch. Peninsula ElderConnect is funded in part by a grant from the Victoria Foundation.



At Beacon Community Services at SHOAL in the spirit of embracing aging, we are passionate about providing services for the community to engage the Body, Mind and Spirit. This can be done through our programs, activities and even through giving of your time, volunteering. There are many ways to stay active while keeping your mind sharp and body active, socializing with others or trying something new. We have provided opportunity for this with the free embrace aging activities offered below.

### Embrace Aging Activities at SHOAL:

As part of the annual celebration, SHOAL is offering the following drop-in programs for members and visitors to enjoy for **free** during the week of March 11 - 15

Monday, March 11: **Yoga**; 9 - 10am

Tuesday, March 12: **The Splinters, Folk music you will love!**; 1:15 - 2:15pm

Wednesday, March 13: **Table Tennis Drop In**; 9:30 - 11am

Thursday, March 14: **Slow Motion Tai Chi**; 2 - 3pm

Friday, March 15: **Bio - Magnetism and Chakras**; 2 - 3pm

## 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
<b>Woodworking Shop</b> - 8:30am - 9pm <b>Boot Camp</b> - 8 - 9am <b>Balanced Strength</b> - 9 - 10am <b>Well Balanced Hatha Flow Yoga</b> (\$15.75/class) - 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>Singles Table Tennis</b> - 12:30 - 3:30pm <b>Cribbage</b> - 1 - 4pm <b>Be Well Clinic</b> - 1 - 2pm <b>Better Breathers</b> - 1 - 3pm - 4th Monday <b>Mah Jong</b> - 1 - 4pm <b>Retrofit Chair Yoga</b> (\$15.75/class) - 1:30 - 2:30pm <b>Meditation</b> (\$10.50/class) - 6:30 - 7:45pm <b>Mendelssohn Choir</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</b> - 11am - 1pm - By appointment only <b>Chair Fit</b> - 11:30am - 12:30pm <b>Duplicate Bridge</b> - 12:45 - 4pm <b>Chess Club</b> - 1 - 3pm <b>Crafts</b> - 1 - 3pm <b>Therapeutic Yoga</b> (\$15.75/class) - 1:30 - 2:30pm <b>The Splinters</b> - 2 - 3pm - 2nd Tuesday <b>Table Tennis</b> - 6:30 - 9pm <b>Toastmasters</b> - 7 - 9pm	<b>Woodworking Shop</b> - 8:30am - 9pm <b>Boot Camp</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> - 10:30am - 2:30pm <b>Contract Bridge</b> - 1 - 4pm - Foursome Required <b>SHOAL Portrait Painters</b> - 1 - 4pm <b>Sidney Single Seniors</b> - 2 - 4pm - 3rd Wednesday <b>Duplicate Bridge</b> - 6 - 9:45pm - Partner Required <b>SWANJ Music Jam</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>Well Balanced Hatha Flow Yoga</b> (\$15.75/class) - 9 - 10am <b>Uke Jam</b> - 9:30 - 11am <b>Slow Motion Tai Chi</b> (\$15.75/class) - 10:30 - 11:30am <b>Chair Fit</b> - 11:30am - 12:30pm <b>Singles Table Tennis</b> - 12:30 - 3:30pm <b>Sit 'n Stay Fit</b> - 12:40 - 1:10pm <b>Games and Social</b> - 1 - 3pm - 1st & 3rd Thursday <b>Clay Works</b> - 1 - 4pm <b>Practice Bridge</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>Boot Camp</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>Relaxation, Meditation &amp; Dreamwork</b> (\$15.75/class) - 10:30 - 11:30am <b>Gentle Chair Yoga</b> (\$12/class) - 12:30 - 1:30pm <b>Progressive Contract Bridge</b> - 1 - 4pm - Singles Welcome <b>Computer Club</b> - 1 - 3pm <b>Knitting</b> - 1 - 3pm <b>Beginners Pottery</b> - 2 - 4pm <b>Pickle Ball</b> - 2 - 4pm <b>Movie Night</b> - 7 - 9pm - 2 times a month (see page 4)	<b>Saturday</b> <b>Seated Zumba</b> - 10 - 11am <b>Sing-a-long</b> - 2 - 3pm  <b>Sunday</b> <b>Accordion Club</b> - March 17 - St. Patrick's Day Concert 2:15pm <b>Duplicate Bridge</b> - 12:45 - 4pm - Partner Required  <p style="text-align: center;"><i>All Activity times are subject to change.</i></p>