

# May 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<b>Event Calendar</b> Beacon Community Services at SHOAL Centre		<b>1 Nutrition Discussion: Alzheimer's Disease</b> 1:30 - 3pm Sidney Wednesday Night Acoustical Jam (SWNAJ) 7-10pm	<b>2 Footcare Clinic</b> <i>by appointment only</i> Hatha Flow Yoga 9 - 10am Uke Jam 9:30-11am Zumba Gold 10:30 - 11:30am Holistic Mediation 10:30-11:30am Free Legal Clinic 1 - 4pm	<b>3 Chair Yoga</b> 12:30-1:30pm 	<b>4 Sing-A-Long</b> 2-3pm 
<b>6 Hatha Flow Yoga</b> 9- 10am Slow Motion Tai Chi 10:30 11:30am Therapeutic Yoga 10:30-11:30am Be Well Clinic 1-2 pm Meditation 6:30-7:45pm \$10.50 Mendelssohn Choir 6:30pm	<b>7 Conversational Spanish</b> 10 - 11:30am Qi Gong Tai Chi 10-11am \$12 <b>Cancer Care Workshop: Communication and Self Care</b> 2 pm ~ call to register	<b>8 Dementia Caregivers Support Group</b> 1:30 - 3pm Sidney Wednesday Night Acoustical Jam (SWNAJ) 7-10pm	<b>9 Footcare Clinic</b> <i>by appointment only</i> Hatha Flow Yoga 9 - 10am Uke Jam 9:30-11am Zumba Gold 10:30 - 11:30am Holistic Mediation 10:30-11:30am <b>Living Well, Dying Well</b> 1-4pm	<b>10 Chair Yoga</b> 12:30-1:30pm <b>Movie Night "What Just Happened?"</b> 7pm 	<b>11 Sing-A-Long</b> 2-3pm  <b>Mother's Day Dinner</b> 4:30 & 6 pm \$15
<b>13 Balanced Hatha Flow Yoga</b> 9- 10am Slow Motion Tai Chi 10:30 11:30 am Therapeutic Yoga 10:30-11:30am Be Well Clinic 1-2 pm Mendelssohn Choir 6:30pm	<b>14 Conversational Spanish</b> 10 - 11:30am Qi Gong Tai Chi 10-11am \$12 <b>Cancer Care Workshop: Take Charge of your Health</b> 2 pm ~ call to register	<b>15 Cinnamon Buns</b> in the Tuck Shop \$1.50 each <b>Tax Free Savings Account Seminar</b> 2pm SWNAJ 7-10pm 	<b>16 Footcare Clinic</b> <i>by appointment only</i> Hatha Flow Yoga 9 - 10am Uke Jam 9:30-11am Zumba Gold 10:30 - 11:30am Holistic Mediation 10:30-11:30am <b>Living Well, Dying Well</b> 1-4pm	<b>17 Chair Yoga</b> 12:30-1:30pm 	<b>18 Sing-A-Long</b> 2-3pm 
<b>20 Victoria Day</b> <b>SHOAL Centre Office Closed</b> Tides at SHOAL open regular hours 	<b>21 Conversational Spanish</b> 10 - 11:30am Qi Gong Tai Chi 10-11am \$12 	<b>22 Victorian Fashion Tea: A Royal Celebration!</b> 2pm \$15 SWNAJ 7-10pm 	<b>23 Yoga</b> 9 - 10am Uke Jam 9:30-11am Holistic Mediation 10:30-11:30am <b>Living Well, Dying Well</b> 1-4pm <b>Cancer Care Workshop: Exercise</b> 2 pm call to register	<b>24 Chair Yoga</b> 12:30-1:30pm <b>Movie Night "Seven Pounds"</b> 7pm <b>UVIC Multi Faith Labyrinth</b> 3:30 - 9pm 	<b>25 UVIC Multi Faith Labyrinth</b> 3:30 - 9pm <b>Sing-A-Long</b> 2-3pm <b>Mendelssohn Choir: "Baroque from Bach to Vivaldi"</b> 3 pm \$20
<b>27 Hatha Flow Yoga</b> 9- 10am Slow Motion Tai Chi 10:30 11:30am Therapeutic Yoga 10:30-11:30am Be Well Clinic 1-2 pm <b>Better Breathers</b> 1:30-3pm Mendelssohn Choir 6:30pm	<b>28 Conversational Spanish</b> 10 - 11:30am Qi Gong Tai Chi 10-11am \$12 	<b>29 Why not stop by our Tuck Shop with a friend for a Coffee and Cookie or Scone for just \$2.00?</b>  SWNAJ 7 - 10pm	<b>30 Footcare Clinic</b> Hatha Flow Yoga 9 - 10am Uke Jam 9:30-11am Holistic Mediation 10:30-11:30am <b>Living Well, Dying Well</b> 1-4pm <b>Cancer Care Workshop: Nutrition</b> 2pm ~ call to register	<b>31 Chair Yoga</b> 12:30-1:30pm 	Have you read a copy of the <b>June Tidelines?</b> Pick one up today! 