


SHOAL Centre Spring 2019 Drop-in Schedule

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
Woodworking Shop 8:30am – 9pm Boot Camp Blast 8 - 9am Balanced Strength 9 - 10am Oil/Acrylic Painting 9am - 12pm Balance Flow Hatha Yoga 9 – 10am \$15.75 Table Tennis 9:30am-12:00pm Stretch & Strength 10:15 - 11:15am Emotional Management 10:30 -11:30am \$15.75	Woodworking Shop 8:30am – 9pm Faceting and Lapidary 9am – 12pm Tai Chi Qi Gong 10 – 11 am \$12 Therapeutic Yoga 10:30 – 11:30 am \$15.75 Computer Club 11am – 1pm <i>By appointment only</i> Chair Fit 11:30am - 12:30pm	Woodworking Shop 8:30am – 9pm Boot Camp Blast 8 - 9am Balanced Strength 9 - 10am Table Tennis 9:30am – 12pm Stretch & Strength 10:15 - 11:15pm Clay Works 10:30 am – 2:30 pm	Woodworking Shop 8:30am – 9pm Carving 8:30am – 12pm Balance Hatha Flow Yoga 9 – 10am \$15.75 Silversmithing and Lapidary – 9am – 12pm Sit & Stay Fit 9:30 -10:10 am \$12 Uke Jam 9:30 – 11am Zumba Gold 10:30 -11:30am Slow Motion Tai Chi 10:30 -11:30 am \$15.75 Chair Fit 11:30am – 12:30pm	Woodworking Shop 8:30am – 9pm Boot Camp Blast 8 - 9am Balanced Strength 9 - 10am Table Tennis 9:30am – 12pm Stretch & Strength 10:15 - 11:15pm	<p style="text-align: center;">Saturday</p> <p style="text-align: center;">Zumba Gold <i>Seated/standing</i> 10 – 10:45am</p> <p style="text-align: center;">Sing-A-Long Saturdays 2-3pm ~ Free!</p>
Singles Table Tennis 12:30 - 3:30pm Ceramics 1- 4pm Cribbage 1 - 4pm Be Well Clinic 1 - 2pm <i>Suggested donation of \$2</i> Mah Jong 1 - 4pm Better Breathers 1:30-3pm <i>4th Monday</i>	Duplicate Bridge 12:45 – 4 pm Crafts 1 - 3pm Chess Club 1 – 3pm Splinters Music 1:15 – 2:15 pm <i>2nd Tues.</i>	Contract Bridge 1 - 4pm <i>Foursome Required</i> SHOAL Portrait Painters 1 - 4pm Dementia Caregivers Support Group 1:30 -3pm <i>2nd Wednesday</i> Sidney Single Seniors 2 - 4pm <i>3rd Wednesday</i> Balance Hatha Flow Yoga 5:30 – 6:30pm \$15.75	Singles Table Tennis 12:30-3:30pm Games & Social 1 - 3pm <i>1st & 3rd Thursdays</i> Practice Bridge 1- 4pm Clay Works 1-4 pm White Cane Club 1:30-3pm <i>1st Thursday</i>	Gentle Chair Yoga 12:30 - 1:30pm \$12 Ceramics/Beginner Pottery 1 – 4pm Progressive Contract Bridge 1-4pm <i>Singles</i> <i>Welcome</i> Computer Club 1 - 3pm Pickle Ball 2 - 4pm Knitting 1 -3 pm	<p style="text-align: center;">Sunday</p> <p style="text-align: center;">Victoria Accordion Club 11 am – 1:30 pm <i>May 5 & 26</i></p> <p style="text-align: center;">Duplicate Bridge 12:45 – 4pm <i>Partner Required</i></p>
Meditation 6:30 - 7:45pm \$10.50 Mendelssohn Choir Practice 6:30-9pm	Toastmasters 7 – 9pm Table Tennis 6:30 – 9pm	Duplicate Bridge 6 -9 :45pm <i>Partner Required</i> SWNAJ Music Group 7- 9:45pm	Table Tennis 6:30 – 9pm Family Caregivers Support Group 7 – 9pm <i>2nd Thursday</i>	Movie Nights 7- 9pm <i>2 times/month</i> <i>Refer to Tidelines for Dates</i>	<p style="text-align: center;">...have a coffee at the Tuck Shop while you are on a break...</p> <div style="text-align: center;"></div>

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