

TideLines

News from SHOAL Centre

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November/December 2020

Find the TideLines newsletter on our website at www.beaconcs.ca

Thank You...

... to our fabulous fitness instructors who work hard at keeping our participants and members strong and fit while maintaining all the necessary procedures and precautions for COVID. We can't thank you enough!

... to the United Way of Greater Victoria for partnering with us for the More than Meals program. The generosity of the United Way helps us keep our seniors cared for during these unprecedented times.

...to our crafty ladies for keeping us safe with holiday themed masks and stocking the craft cupboards with new crafts for the fall and Christmas seasons. We will not be having our traditional craft fair this year, but thanks to our crafters we still have some great gift options in our display cabinet in the centre.

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What's Happening at the SHOAL Centre

SHOAL Centre continues to thrive with the classes and activities we are offering. We are grateful to be able to see and help all the folks coming into the centre while maintaining safety and physical distancing. We all know times have changed for everyone but one thing remains; people want to stay connected, and we are doing just that.

If you are in need of support, we will be welcoming a limited number of people to come into the SHOAL Centre. Masks are now mandatory; please be prepared to wear them upon entry to the building. We ask you remain patient as we must closely monitor the number of people in the centre. Call us at 250-656-5537 for more information.

Art Classes

"Holiday Scene"

Date/Time: Mon Dec 7, 1:30 - 4:00 pm

Cost: \$50.00 **Min/Max:** 6/12

We welcome Richard back for a watercolour on Japanese art paper workshop. Art is an important part of a healthy community. It relaxes us and brings us together to share a common passion and activity. It is now more important than ever to gather safely and enjoy some painting with others. Join us on this day and paint a "Holiday Scene". The poinsettia image is just a sample, Richard will introduce a brand new holiday image. All levels are welcome, with beginners especially encouraged.



"Local Scenic Tours with Coastal Companion"

Date/Time: Mondays, 1 - 2:30pm

Cost: \$5 **Min/Max:** 8-10

Join us for an afternoon being a tourist in our own community. This is a great way to get out of the house and ride with others while keeping safe and physically distanced and enjoy some sights on the Peninsula. Trips will be different weekly and itinerary ideas welcomed. We will be offering these trips every Monday afternoon in November. Please note these trips are dependent on registration.

If the trips are well attended, we will be offering some Christmas light tours in December. Call 250-656-5537 to put yourself on a waitlist for the Christmas light tours and we will let you know the dates they will be. Masks are mandatory on the bus.

BC Public Health guidelines will be followed at the SHOAL Centre to keep everyone safe in all our programs and activities. Please visit our website at www.beaconcs.ca for the most up to date COVID information. We thank you all for your cooperation.



From the Director's Desk

Glenys Cavers, Director of Volunteer and Seniors' Services
Beacon Community Services

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It is hard to believe that the year 2020 is coming to an end, and what a year it has been. Everyone around the world has been going through similar experiences; hand sanitizing, mask wearing and physical distancing are just some of the adaptations people have made. Through all the change this year we have tried to maintain a strong sense of community with the supportive programs we have been able to offer thanks to the help of Beacon volunteers! Grocery shopping, wellness checks and our meal program have kept us connected and feeling like we are part of the greater community.

We will continue to be the hub agency for BC 211's Safe Seniors, Strong Communities program. If anyone is in need of support, please contact us (250-656-5537).

In November we also thank and remember those who have served and continue to serve our country. Please take care, stay safe, and see you soon!



Notices

SHOAL Centre Hours

SHOAL Centre's hours are Monday - Friday 9:00am - 4:30pm. We will be closed on Wednesday, November 11 for Remembrance Day. Please take time on this day to remember all those who have served and continue to serve our country.

We will not be running activities from Monday December 19 - Friday January 3 for the Christmas season. However, staff members will be at the centre to continue with supports we offer. We hope you enjoy the holidays while having a safe physically distanced get-together with friends and family.

Movin' On

Movin' On is a group of ladies who meet together on the last Thursday of the month from 1:30 - 4:30pm to support one another in the transitions of life. They listen, do crafts and help each other along the way. Maintaining confidentiality is essential. For more information contact June at 250-544-0003 or Betty at 778-351-1929. Next meeting is November 26.

Meet Your Street

"Meet Your Street" is a resident-led effort to help neighbours connect and support one another, and to build a resilient neighbourhood. This is achieved by encouraging residents to get to know each other, largely through COVID safe activities organized by neighbours with support from the Town of Sidney. We all want to live in a neighbourhood where we feel at home, feel connected, and feel safe. Getting to know your neighbours is the start to building a community you can trust and rely on. For more ideas on how to connect with your neighbours, visit www.sidney.ca/meetyourstreet or contact Donna Barner for your free Resource Guide at dbarner@sidney.ca or 250-656-2121.

Check out what's been going on at SHOAL!



Congratulations to these ladies! The SHOAL Centre and Benecore Training would like to celebrate the fact that Glenda and Eva, completed the Sidney by the Sea- 5km run after having enrolled in the Learn to Run/ Train to Race program. With their dedication and perseverance combined with Benecore's training and support they were able to achieve new personal best times. On top of that, they were able to raise \$782.25 for our Saanich Peninsula hospital! Thank you to all those who donated and provided words of encouragement and of course thank you to Glenda and Eva for your hard work! If you are interested in learning to run with emphasis on proper body mechanics, give Benecore a call today. If you would like to become more active, join one of our many fitness classes and set a fitness goal you can achieve! Benecore will help you every step of the way!

News from the Activity Office



Jennifer Van Es, Activities and Rental Coordinator

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jvanes@beaconcs.ca

SHOAL Centre will be closed for Christmas holidays from December 19 - January 3. SHOAL programs and activities will not be held during those weeks. We hope you have time to spend and enjoy with your "Bubble" of family or friends.

We are happy to have the opportunity to have a few activities available at this time.

Please note:

- All activities are registered programs and require payment at registration. We are not allowing drop in for most classes to maintain the same "bubbles" for each activity.
- No classes will be held on Remembrance Day, Wednesday, November 11 or the weeks between December 19 - January 3 for a winter break.

We have developed protocols for the programs we have started at SHOAL. When you arrive for your classes, please:

- 1. Please wear a mask upon entry to the facility; masks are required to be worn at all times.**
- 2. Wash or sanitize your hands upon arrival.**
- 3. Sign in with your instructor.**
- 4. Follow class procedures for the use of equipment and the space.**
- 5. Try to remain 6 feet apart from others in your class and in the facility.**
- 6. DO NOT COME IF YOU ARE UNWELL.**
- 7. DO NOT COME IF YOU HAVE A TEMPERATURE OF 37.5 C OR HIGHER OR IF YOU HAVE TRAVELLED OR BEEN AROUND SOMEONE WHO HAS TRAVELLED IN THE LAST 14 DAYS.**

Dementia Caregivers Support Group

Date: Wednesday, November 11 & December 9 **Time:** 1:30 – 3pm
This group is for those who are caring for someone with a diagnosis of dementia or Alzheimer's disease and will meet on Nov 11. Participants must connect with the facilitator before attending. Call 778-351-1446 for more information.

Bootcamp

Date: Mon/Wed/Fri **Time:** 8 - 9 am **Class Max :** 12
Cost: \$60/Nov; \$40/Dec

An advanced class that alternates between standing, low impact choreography and standing upper-body strength work. This class is suited for advanced levels.

Sr Fit Level 1

Date: Mon/Wed/Fri **Time:** 9:30 -10:15 am **Class Max :** 12
Cost: \$54/Nov; \$36/Dec

This circuit formatted class will increase muscle strength and range of movement, and improve activities for daily living. Your instructor can modify the exercises for your fitness level. This class is for those who can get down and up from the floor.

Sr Fit Level 2

Date: Mon/Wed/Fri **Time:** 10:45 -11:30 am **Class Max :** 12
Cost: \$54/Nov; \$36/Dec

This circuit formatted class will increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Floorwork will occur. However, your instructor can modify the exercises for your fitness level.

Sr Fit

Date: Tues/Thurs **Time:** 11:30am-12:15 pm **Class Max :** 12
Cost: \$36/Nov & \$27/Dec

This circuit formatted class will increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Floorwork will occur. However, your instructor can modify the exercises for your fitness level.

Balance Booster

Date: Tues/Thurs; Nov 12 - Dec 17 **Time:** 9 - 10 am **Class Max:** 12
Cost: \$100/11 classes

This slow paced class uses safe and effective exercises to increase strength, mobility and balance; engaging all muscles while freeing your joints and increasing mobility. This easy to follow full body technique works to make you feel more energetic.

Chair Fit

Date: Tues/Thurs **Time:** 10:30 -11:30 am or 12:30 - 1:30pm
Cost: \$36/8 & \$27/6 classes

This class is designed to improve strength and mobility while being seated on a chair, with some exercises off the chair. Learn strategies that you can do at your own pace and transfer to real life needs.

Akhanda Agatha Yoga

Date: Tuesdays **Time:** 1:30 - 3pm **Class Max:** 16
Cost: \$48/Nov \$36/Dec

A holistic practice for mature students who have some previous yoga experience.

Gentle Fit Flow Yoga

Date: Thursdays **Time:** 1:45 – 2:45 pm **Class Max:** 12
Cost: \$50.40/Nov \$37.80/Dec or \$12.60 per class

This class will stretch and strengthen your body as you flow through a series of poses, using your breath to guide you.

Gentle Chair Yoga

Date: Fridays, November 6 - December 18 **Time:** 1:30 - 2:30 pm
Class Max: 16 **Cost:** \$78.75/7 classes or \$12 per class.

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

Community News

We are ready to help! If you or someone you know could benefit from any of our services or programs, please call 250-656-5537.

Grocery Shopping

We are coordinating volunteer grocery shopping at Thrifty Foods and Save-On-Foods for seniors in Sidney and across the Saanich Peninsula. If you would like to set up an account, please call SHOAL reception at 250-656-5537.

Phone Check-Ins

Beacon staff and our amazing volunteers are available to make check-in phone calls and wellness checks to anyone wanting support. If you are wanting daily or weekly communication, please reach out to us at SHOAL.

More Than Meals

This program continues to be a success thanks to the generous support of the United Way of Greater Victoria. Continuing into the new year, we will be able to provide weekly meals for vulnerable seniors. See page 5 & 6 for more information about the program.

Other Services at SHOAL

You can drop in at the centre to renew your disability parking pass or apply for handyDART. Just make sure you have the correct forms filled out by your health care provider. We also offer advocacy on a limited basis; please call SHOAL reception if you need assistance.

Tax Services

This will continue throughout the year. Bring your tax documents to the centre and fill out the forms.



Deb Greenaway, Community Services Coordinator

778-426-8768
dgreenaway@beaconcs.ca



Meal Pickup

Don't want to cook tonight but want a hot meal? You can pick up lunch or dinner at the SHOAL for a reasonable price. We have lunch & dinner available seven days a week. Check out our monthly menu on our website at www.beaconcs.ca.

Foot Care Service

We have two foot care nurses operating out of SHOAL every week. For Soul to Sole Foot Care contact Glynis Miller at 250-858-7729. For Your FootCare Matters, please contact Lisa Anderson at 250-516-9154.

Free Legal Clinic is back!

The clinic resumes Thursday, November 26 from 1:30 - 4 pm. Please register for the 30-minute session by calling 250-656-5537. The service is provided by Gordon Benn and David A. Busch of Pearlman, Lindholm, Barristers and Solicitors.

Good Food Box

Saanich Peninsula's affordable produce box
With the summer and fall behind us, fresh local produce is not as easy to find. Why not take advantage of the Good Food Box program? A great way to get quality, fresh, local, seasonal, organic and conventional produce, available to all Saanich Peninsula residents for reasonable prices! Orders will be delivered to SHOAL every other Wednesday. Home delivery may be available. Deadline for orders is the Wednesday prior to delivery. Call SHOAL reception (250-656-5537) for more information and to order.





Volunteer & YEP News

**Sara Lawton, Volunteer Services
& YEP Coordinator**

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slawton@beaconcs.ca

Thrifties Needed!

Beacon's Thrift stores generate much needed funds for programs to help people improve their lives. We are looking for cashiers and sorters for our Brentwood and Sidney stores. You will help by bringing joy to someone finding a treasured item. If you like to work with the public this would be a good opportunity for you.

Let us know if you would like to help! Email us at volunteer@beaconcs.ca or call the SHOAL Centre at 250-507-5680.

More than Meals Deliverers

We are looking for volunteers for our weekly meal delivery program. More than Meals was created to help nourish seniors with meals and to help alleviate isolation by providing opportunities for connection between the volunteers and clients. We have found that clients are extremely grateful for their meals and in many cases wonderful relationships have been formed.

The meal program is scheduled to continue into the new year. If you are interested in dropping off meals and enjoy connecting with people in the community this would be a great opportunity for you. We are growing the program each week and with that the need for delivery drivers grows too. Schedule is flexible and mileage is reimbursed. If you would like to be added to the list please contact us at 250-656-5537.

See page 6 for more information about the program.

PROFILE ON: SHOAL Kitchen

The Christmas Season is always a busy season at SHOAL with lots and lots of cookies and mince tarts!

Think you are going to miss out on Chef Karens fabulous shortbread and scrumptious mince tarts? Have we got news for you! Cookies will be available Monday - Friday between 9am and 4:30pm December 1 - 18. To ensure you do not miss out on this baking place an order no later than Monday, December 14 for pick up by Friday, December 18. Cookies can be purchased at SHOAL reception.



Shortbread Cookies 6 for \$4

White Chocolate Cranberry Cookies 6 for \$4

Mince Tarts 6 for \$5

Tides at SHOAL Dining Room

Until the SHOAL Centre fully re-opens, dining room services are open for meal pickup only. Please call SHOAL reception at 250-656-5537 to order lunch or dinner or buy a meal card. Menus for the next week are released every Friday at noon. Please drop by to pick one up or call us for more information. Delivery may be available.

Lunch: Between noon and 12:30 pm, come in through the front door to pick up your meal.

Lunch Cost: \$8 per meal or save \$1 per meal and buy a Meal Card (15 meals): \$105

Dinner: At 4:30 pm, come in through the front door to pick up your meal.

Dinner Cost: \$11 per meal or save \$1 per meal and buy a Meal Card (15 meals): \$150

All prices include tax. Gratuities are gratefully declined.

We regret that we are unable to issue refunds for meals remaining on unused cards.



Karen Taylor, Chef

250-656-5537 ext. 107
chef@beaconcs.ca

More than Meals

United Way Program providing seniors with nutritious meals and valuable social connections

Beacon has teamed with the United Way of Greater Victoria to offer this meal program to seniors in our community. This is especially important this year as we navigate COVID and all the changes it has brought to us. Seniors are feeling especially vulnerable and isolated and the program was created to help alleviate these insecurities. Providing meals not only feeds the body, it nourishes the soul. We are so lucky to have dedicated volunteers who give so much of their time with this program delivering meals and creating a strong sense of community...

Enjoy the story below about how the More than Meals program connects people:



One day while delivering a new client's mobile meal, in a senior community, I heard chatting and laughing behind some large bushes. I thought to myself, "How lovely, people being able to come together during these challenging times." Then I heard, "Thank you, thank you, this is delicious". I looked behind the foliage and there were seniors sharing a meal on the outside patio. They had just received their meal delivery from a volunteer and told me that because of the meal program, they were coming together every Thursday afternoon to share the meal. They commented on how great the food choices were, and how it had made such a difference to them, especially with health challenges and sometimes just losing the desire to cook or just not eating properly.

We chatted some more and I found that this gentleman, Ed, who had reached out to the program coordinator and requested meals for himself and his wife, were so impressed with the food and service that Beacon were offering - he told his neighbours. Because they are all in a small community bubble, the program gave them the opportunity to be social and share a meal together, and feel less isolated. The group has grown to 6 now, and Ed tells me "it has made a difference; thank you."

Please watch this youtube video about the meal program: <https://youtu.be/-NPNQfr8nu4>



SPOTLIGHT ON: More Than Meals Volunteer Drivers



Bev



Grant



Erin



Anne



Michael



Guy



Victoria



Jo



Lorre



Nancy



Emma



Phyllis



Chris



Jay



Sandra



Jim



Julie



Ron

We have a strong, dedicated team of volunteers calling, packaging and delivering meals to our clients every week.

We are so grateful for the efforts made by our volunteers. Many relationships have been created through this program. It would not be as successful without their support.

We cannot thank you all enough!

Not pictured: Deborah, Sandra, Leanne, Andrew, Cheryl, Louise, Anthony, Jennifer, Chris, Heather and Rob.





CHRISTMAS AT SHOAL

While we may or may not be able to spend Christmas with loved ones due to COVID , we can celebrate the season in alternative ways. At SHOAL we will not be hosting our annual craft fair however, our crafty ladies continue to craft up a storm. Our display cabinet in the lobby is bursting with great items in celebration of the season! Stop by SHOAL and check out the many unique presents for family and friends that are easy to send to loved ones.



A beautiful selection of items available in our craft cupboard, check it out today!

Merry Christmas & Happy New Year to all!

Christmas Day Peninsula Community Dinner

The Community Christmas Dinner Committee 2020 regretfully announces that due to the current global pandemic they will not be holding the annual Christmas Dinner at Mary Winspear. Special thanks to the local businesses and organizations, entertainers, and amazing volunteers for the donations of goods, services and time in past years. We look forward to working together again next year.

WE WILL BE BACK IN 2021!
Until then ~ mask up and stay healthy!

