

# TideLines

## News from SHOAL Centre

10030 Resthaven Drive, Sidney, BC V8L 3G4  
Phone: 250-656-5537 Web: [www.beaconcs.ca](http://www.beaconcs.ca)  
[www.facebook.com/SOALCentreBeaconCommunityServices/](http://www.facebook.com/SOALCentreBeaconCommunityServices/)



### September 2021

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

### Thank You...

...a big thank you to all our More Than Meals volunteers who help us keep this program running delivering nutritious meals to clients on the Peninsula. This keeps the people in our community connected and cared for. Thank you for keeping us all well fed!

... to all of our volunteer activity facilitators who go over and above helping to keep the centre a fun and friendly place. Reaching out and connecting the members of the centre with the activities they love creates a community of people who look out and care for one another. Thank you for keeping us active!

...to our fabulous fitness instructors Josh and Justine. They have worked non-stop helping seniors stay fit during the pandemic. Keeping fit goes hand in hand with mental health. Thank you for keeping us healthy!

### What's Happening at the SHOAL Centre

With an abundance of caution SHOAL continues to slowly build on activities and registered programs. We have updated COVID protocols and procedures, however these are subject to change depending on recommendations from public health. To help keep everyone safe, **masks are mandatory in all common areas of the centre** regardless of a person's vaccination status. Physical distancing is recommended and please stay home if you are unwell.



In accordance with the Provincial Health Officer's orders, proof of vaccination will be mandatory at the SHOAL Centre starting September 13. At this time anyone entering the centre will have to have at least one dose and after October 24 you will have to be fully vaccinated. As more information is made available to us, we will communicate our plan for this new procedure.

In the meanwhile, Beacon's support community programs and information and referral services are going strong! If you or someone you know is in need of support, call us, we will assist you to find the help you need. Check out our Community Support Services listed on page 4. If you have any questions or would like more detailed information about any of our services or any of the activities and programs listed in this newsletter call us at 250-656-5537, we would be happy to help you!

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### International Day of Older Persons

**Date:** Friday, October 1

Did you know that 2020-2030 is the decade of healthy aging (2020-2030)? According to the BC Senior Advocate, Oct 1 is a day to **"recognize the contributions of older persons and to examine issues that affect their lives"**. At SHOAL, we strive to do this with our activities, programs and community outreach. Drop in to see what you could get involved in to help you stay healthy and active – or come with a friend for a coffee or tea at our Tuck Shop. There's always something going on here. Please remember to wear your masks when entering the centre.



## From the Director's Desk

**Glenys Cavers, Director of Volunteer and Seniors' Services**

**Beacon Community Services**

email:gcavers@beaconcs.ca

It is nice to see that SHOAL is slowly and safely adding some more activities to the centre. Read *TideLines* to see what activities would be right for you. We continue to be the hub agency for BC 211's Safe Seniors, Strong Communities program providing various supports to seniors at home. If anyone is in need of support or knows someone else in need, please have them contact us at 250-656-5537.

On September 30 we commemorate the National Day for Truth and Reconciliation and SHOAL Centre will be closed. According to the Canadian International Trade Tribunal this day is designated as a way to "recognize and commemorate the legacy of residential schools". We encourage you to take time on this day to reflect on this personally, with friends or family or by participating in an Orange Shirt day event in your area.

## Notices

### SHOAL Centre Hours

We will be closed on Monday, September 6 for Labour Day and Thursday, September 30 for National Day for Truth and Reconciliation. SHOAL Centre's September hours are as follows:

**Sunday 11 am - 5 pm**  
**Monday - Wednesday 8:30 am - 10 pm**  
**Thursday & Friday 8:30 am - 4:30 pm**  
**Saturday 10am - 5:30pm**

### Fraud Alert!

Please do not donate to anyone who claims to be calling from the SHOAL Centre seeking money for local childrens meals. We know of at least one Peninsula resident who was recently contacted by someone who claimed to be from SHOAL Centre about this cause. **SHOAL/Beacon Community Services is not soliciting donations by phone. Nor are we asking residents to donate money for this purpose.** If you're contacted with such a request, please hang up and report the call to police. Please do NOT give the caller any personal information or money.

### Choose to Move

Have you thought about getting more active? Often times it is the initial change that's the hardest part about starting an activity. We know that being active can help you have a better outlook on life. You feel better, look better and live longer. That is why the program **Choose to Move** was developed. Choose to Move is a program for people 65 years and older who want to start moving more and feeling better, but may need some help with getting started and staying motivated. You will work one on one with a trained activity coach to **create a program made just for you** to reach your fitness and activity goals. If you're interested in this program call Jennifer at 778-426-8771 or email [jvanes@beaconcs.ca](mailto:jvanes@beaconcs.ca) for more information and/or to be put on a wait list.

### Digital Care Package Program

In partnership with the Vancouver Island Regional Library, virtual programming will soon be offered at SHOAL through the digital care package program. This program was created to increase digital literacy and decrease feelings of isolation and loneliness. It will bring interesting workshops, author visits, movies, sports events or other creative programming to the centre. If you are interested in learning more about this program contact Jennifer at 778-426-8771.

### Benecore Training

Interested in personal training or other small group programs? Call Josh or Justine of Benecore Training to see how they can help you personalize your workouts. They offer personal training, semi-private or group training, nutritional coaching, Shred, power, TRX or running programs. Classes are held in the SHOAL centre and are challenging and fun! If you would like some more information about what they have to offer, call 250-217-9063 or email [benecoretraining@gmail.com](mailto:benecoretraining@gmail.com).

# News from the Activity Office



**Jennifer Van Es, Manager,**  
**SHOAL Centre**  
778-426-8771  
jvanes@beaconcs.ca

## Call to Register for these Courses:

### Fitness

#### Bootcamp

**Date:** Mon/Wed/Fri **Time:** 8:00 - 9:00 am

**Cost:** \$49.50; *no session Monday, September 6 & 13*

Start your day right with a challenging boot camp style fitness class. It's sure to get your heart pumping! This class will give you a full body workout.

#### Sr Fit 1, 2 & 3

**Date:** Mon/Wed/Fri **Time:** 9:30 - 10:30 am; 11 am - 12 pm or 12:30 - 1:30 pm

**Cost:** \$49.50; *no session Monday, September 6 & 13*

This full body, mild - moderate self paced class is a low impact aerobic workout combined with strengthening exercises and stretching.

#### Balance Booster®

**Date:** Tues/Thurs **Time:** 10:15 - 11:15 am

**Cost:** \$84; *no session Thursday, Sept 30*

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

#### Chair Fit

**Date:** Tues/Thurs **Time:** 11:30 am - 12:30 pm

**Cost:** \$36; *no session Thursday, Sept 30*

This class is designed to improve strength and mobility. Some exercises are done standing, using a chair for balance. It's slow paced with gentle movements. Learn strategies that you can do at your own pace and transfer to real life needs.

### Yoga

#### Chair Fusion

**Date:** Tuesdays **Time:** 1:30 - 2:30 pm

**Cost:** \$75.60

This class blends yoga and fitness into a complete workout. Breathing techniques, upper body weight training, core focus and various yoga stretches all done to a mix of 50's/60's and zen music. Bring your own scarf and light weights if you have them. Fitness and fun will be fused together in this class!

#### Chair Yoga

**Date:** Fridays **Time:** 12:30 - 1:30 pm

**Cost:** \$33.75

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

### Dance

#### Delight in Dance

**Date:** Tuesdays

**Time:** 10:00 - 11:30 am

**Date:** Thursdays

**Time:** 1:00 - 3:30 pm

**Cost:** \$45 for 10 Punch Pass ; *no session Thursday, September 30*

This drop in dance program was developed to improve muscle tone, coordination, balance, strength, flexibility and cognition! Try your first class for free and purchase a punch card if you would like to continue with this program. Everyone is welcome and no previous dance experience or partner is needed.

#### Argentine Tango for Beginners

**Date:** Sundays; Sept 12 - Dec 5

**Time:** 7:00 - 8:30 pm

**Cost:** \$60 per couple; *no class Sunday Oct 10*

This 12 week class is for those interested in a great social activity and opportunity to improve physical and emotional connection to others. It is not a Ballroom class, but is suitable for all ages and physical conditions. Class is restricted to couples and there will be no exchange of partners.

#### Zumba GOLD

**Date:** Mon/Wed/Fri

**Time:** 10:00 - 11:00 am **Cost:** \$26.25 for 5 Punch Pass or \$7.35 drop in

Are you a "sassy seniorita" looking for a fun way to exercise? If you are new to Zumba or wanting to recharge your physical health, this class is for you! Blending upbeat international music with FUN easy to follow moves, Zumba GOLD increases flexibility, improves balance, increases cardio and lifts your spirits! Come dance with us! **Try Zumba GOLD Sept 8 for free!**

### Art

#### Alcohol Ink Landscape

**Date:** Friday, Sept 10

**Time:** 1:00 - 4:00 pm

**Cost:** \$65.00 (*includes \$20 supply fee*)

This amazing art is so simple; even with no ability to paint or draw, participants end up with a beautiful abstract landscape. Paintbrushes are not used, the ink is moved with a straw - not by blowing but by pushing it sideways! Bring a pair of gloves. You will go home with 3 paintings.

#### Watercolor Wine & Cheese

**Date:** Saturday, September 18

**Time:** 12:30 - 3:30 pm

**Cost:** \$87.75 (*includes \$10 supply fee*)

Relax, reconnect, and replenish with Richard in this enjoyable watercolor/wine and cheese social afternoon. Learn how to create a beautiful impression of our local "Cormorants" on Japanese art paper. This class is suitable for all levels, beginners are especially welcome and encouraged.

#### Acrylic Pouring Workshop

**Date:** Friday, September 24

**Time:** 1:00 - 3:00 pm

**Cost:** \$65.00 (*includes \$20 supply fee*)

Join us for an afternoon of making spectacular acrylic pour technique paintings. The effects created are stunningly beautiful, even for those without the ability to paint or draw! Please bring 2 canvases no bigger than 9" x 12". Additionally, a pair of gloves and a couple of Costco boxes are recommended to bring paintings home in.

# Community Outreach

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



## Deb Greenaway, Manager, Community Services

778-426-8768  
dgreenaway@beaconcs.ca

### Phone Check-Ins

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

### 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.

### More Than Meals

This program continues to be a success thanks to the generous support of the United Way of Southern Vancouver Island. Low cost weekly meals are provided to vulnerable seniors, delivered to their homes. Interested in ordering meals? Contact Lori Campbell at 250-656-5537 to get more information.

### Good Food Box

#### *Saanich Peninsula's affordable produce box*

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 at 250-656-5537 for more information and to order.

### BC Farmers Market Nutrition Coupons

This program offers each enrolled household a minimum of \$21/week in farmers market coupons. In partnership with Peninsula Country Market, this program runs when produce is the most abundant across the province. In 2021, coupons can be used at any participating BC Farmers Market until December 11. For more information about eligibility or enrollment call Deb Greenaway, at 778-426-8768 or email [dgreenaway@beaconcs.ca](mailto:dgreenaway@beaconcs.ca).

### Meal Pickup

Don't want to cook tonight but want a hot meal? Anyone can pick up lunch or dinner at the SHOAL for a reasonable price. We have lunch and dinner available seven days a week. Check out our monthly menu on our website at [www.beaconcs.ca](http://www.beaconcs.ca).

### Tax Services

**We are still able to process tax returns** for those with modest incomes. Pick up forms at the centre and we will have a volunteer E-File your return, free of charge.

### Foot Care Service

SHOAL Centre has a group of caring and professional foot care nurses. For Your FootCare Matters, please contact Lisa Anderson at 250-516-9154. For Longevity Services Inc contact Chrystal Stevens at 250-732-1154.

### Free Legal Clinic

This clinic is on hold due to COVID. Please call us at 250-656-5537 if you would like any information about this service or to see if we have a new start date for 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 if you need help with navigating forms on the internet or need information about how to access various community resources. Please call SHOAL reception if you need assistance.



## Volunteer News

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

778-426-8767  
slawton@beaconcs.ca

### It's Time to Get Busy Again! We are Now Recruiting: Thrift Shops

Be the first to find the treasures! We are looking for volunteer cashiers and sorters on Sundays at our Thrift Shops. Thrift Shop volunteers play an important role in supporting the community. This position involves helping people access affordable goods while fundraising for Beacon's community support programs. You will meet new people while gaining experience in customer service and cash management. Training is provided by the Thrift Shop manager, shifts are 3 hours weekly.

### Grocery Shoppers

We are looking for grocery shoppers to add to our team. This is a flexible role, shop requests are emailed various times throughout the week and if you have the time you can shop around **your** schedule. Grocery shopping started in response to the pandemic in March of 2020 and has been a popular community service. We thank the current shoppers and hope to be able to grow the team.

### More Than Meals Delivery Driver

This program delivers healthy meals to seniors on the Peninsula while providing important social visits and connections at the same time. We are looking for some back up drivers to deliver on Thursdays between 2 and 5 pm.

### Friendly Visitors

Research shows that simply playing a game or chatting about the news can reduce the feeling of isolation and increase the health and safety of seniors.

As a friendly visitor, you join a unique group of volunteers who reach out to isolated elders in their homes. Your visits are a gift that makes a world of difference to someone who is alone. The number of visits and length of time spent are up to you.

### Tuck Shop Attendant

SHOAL Centre's activities are returning to their schedules and the Tuck Shop is open.

Tuck Shop Volunteers are the smiling faces that welcome residents, members and guests and provide information about programs and services offered at the centre. They also maintain a supply of coffee, tea, cookies, and scones as well as handle cash sales of drinks and goodies. This volunteer position gives you a chance to meet people and be involved with our fabulous community.

## Welcome New Volunteers!

**Client Advocacy:** Esther Harvey

**Food Bank Delivery & Handyman:** Ben Leblanc

**Grocery Shopping:** Vince Bennallack; Elizabeth Brooks Lim; Marilyn Lewis-Pelt; Nicholas Lightbody

**Medical Drive:** Vince Bennallack; Marilyn Lewis-Pelt; Rob McMurty

**SHOAL Assisted Living:** Reece Lebeau

**Thrift Shops:** Lindsay Annabelle; Sophie Cooperman; David Debabe; Suzanne Jacques; Lacy Schaeffer; Kuau Li; Vinia Li; Monique Masterson; Vera Roberts; Colin Savage; Brock Warms Rowe

## 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, 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:** \$12 per meal or save \$1 per meal and buy a Meal Card (15 meals): \$165

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

# PROFILE ON: SHOAL's New

## Team Members!



Congratulations to Tracy on her new role as Office Coordinator at Beacon Community Services at the SHOAL Centre. Joining us first as a volunteer, then as Assistant Manager of Brentwood Thrift and Sidney Flagship Thrift, and Administrative Assistant at SHOAL...phew! Tracy fulfilled

her need to do and know all the things Beacon!

Tracy is truly happy to have found a home in Sidney and to be able to use her experience in management to contribute to our innovative, community centred charity. Tracy especially enjoys working with seniors and with Beacon's incredible volunteers.

After many, many, many years of complaining about the never ending cold Calgary winters and to the surprise to her family and friends she made the big move to the Island during a pandemic!

The ocean has definitely been calling Tracy's name. After a few days surfing in Tofino, she's thinking life as a beach bum may not be so bad. For now though, if she's not painting and decorating her home, Tracy keeps active walking, running and hiking around the Peninsula, checking out all the beaches and adding to her collection of sea glass, sand dollars and shells.

Tracy looks forward to building relationships at SHOAL and in our community and to inviting friends and family to come experience the west coast lifestyle!



Emma is brand new to the SHOAL Centre, coming in as the new administrative assistant. She's thrilled to have joined the multi-faceted team who spend their days striving to make Sidney and the Peninsula a better place to live. She is looking forward to working with and getting to know everyone as she forges forward on this new chapter in her career.

Emma was born and raised on the Island and grew up in North Saanich. Up until last year, she spent the last 10 years pursuing post-secondary education, living and traveling in various places abroad, and working in the travel and hospitality sector. Her last role was working as a dispatcher and operations coordinator at a very large tour and sightseeing company based out of Vancouver. That all changed in the pandemic though!

Since COVID hit, she has enjoyed pressing the restart button on her life. As much as she loved living in Vancouver, she was ready to come home and be closer to family and life-long friends on the Saanich Peninsula.

With the changes that were presented last year, she has had an incredible opportunity to reconnect with her passions. She is eclectic, so there is not much that doesn't interest her. But if she were to narrow it down, it would be focusing on her other career as an artist. Additionally, Emma enjoys inventive cooking and baking, gardening, practicing French, running around our local forest and ocean landscapes, and spending quality time with her horse, cat, 3 dogs, 5 Icelandic sheep and 2 Toulouse geese.

### Sidney Single Seniors

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 meeting people and socializing more? This group might be the perfect fit for you. There are currently 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 fee is \$20.00.

Activities include but are not limited to: monthly meetings (usually with a guest speaker), meals at local restaurants, cruises, ferry trips, picnics, BBQ's, tours of places of interest, drop in coffee sessions, morning walks, 5 pin bowling and trips to the theatre.

Plans for September include our regular monthly meeting on Wednesday, September 15 at SHOAL Centre, plus lunch at one of our local restaurants. Activities are limited to and dependent on current public health recommendations for COVID.

If you would like to attend a meeting, or become a member of the Sidney Single Seniors call Gail Smith at 250-893-9764 or Gillian Else at 250-656-3971.

# Check it out:

**WEBINAR: PROMOTING ENGAGEMENT OF PEOPLE LIVING WITH DEMENTIA AND FAMILY/FRIEND CAREGIVERS IN ADVANCE CARE PLANNING THROUGH COMMUNITY-LED PROGRAMS**  
SEPT 7, 2021 - 11 am - 12 pm

Organized by the United Way Healthy Aging, this presentation will give an overview of learnings and resources developed as a part of a two-year project aimed at encouraging people living with dementia (and family/friend caregivers) to participate in making a plan for future health care that represents their wishes (e.g., Advance Care Planning, or ACP). The project builds on the success of an existing, sustainable, community-led education model that was developed with the BC Centre for Palliative Care (BCCPC) to support community organizations in facilitating ACP programs for the public. By the end of the presentation, participants will gain:

- understanding of ACP and BCCPC's community-led education model
- knowledge of barriers and facilitating factors to engaging people living with early stages of dementia and family/friend caregivers in ACP
- awareness of resources developed by the project for community organizations, people living with dementia, and family/friend caregivers in British Columbia.

Please pre-register for the webinar at <https://bc.healthyagingcore.ca>

## SHOAL Wellness Programs

**Better Breathers Program** for those with breathing difficulties is held the fourth Monday of the each month. The next meeting is Monday, September 27, 1 - 3:30 pm. For information please call the BC Lung association at 1-800-665-5864.

**Dementia Caregivers Support Group:** the SHOAL Centre is currently running 2 monthly Dementia Caregiver Support Groups. These are not drop-in groups. If you are interested in joining a Dementia Caregiver Support Group, Jemma Templeton, the Family & Friends Caregiver Program Coordinator would love to speak with you: 778-351-1446 or [jtempleton@beaconcs.ca](mailto:jtempleton@beaconcs.ca)

**Family Caregivers Support Group:** this caregiver group is running monthly at the SHOAL Centre. This is not a drop-in group. Pre-registration is required and can be done by emailing [cgsupport@familycaregiversbc.ca](mailto:cgsupport@familycaregiversbc.ca) or by calling 1-877-520-3267.

**Senior Peer 1-1 Support Program:** Beacon Community Services offers a no-cost Senior Peer 1-1 Support Program for seniors 55+ experiencing loneliness, isolation, aging concerns, loss & grief or life transitions. We have wonderful volunteers who can offer you a listening ear, support you in navigating your challenges, and connect you to resources. If you would like more information please connect with Jemma Templeton, program coordinator: [jtempleton@beaconcs.ca](mailto:jtempleton@beaconcs.ca) or 778-351-1446. She would love to chat with you!

**Seniors Wellness Support Program** for those 65 or older diagnosed with depression or anxiety or who feel at risk because of isolation and loneliness. Small groups are held Mondays or Thursdays, 1 – 2:30 pm. Call SHOAL Centre at 250-656-5537 to enquire about this program and the facilitator will follow up with a phone call to arrange for an intake interview, either over the phone or safely in person. Confidentiality will be maintained.

**Do you have any ideas for activities or programs we can offer at SHOAL?**

Call Jennifer at 778-426-8771 if you have a suggestion for something we don't offer here. Interested in teaching a program at SHOAL? Bring your ideas – we would love

to meet with you!

We're currently taking names for a discussion group we would like to start in the fall. If you are interested in being part of this non-political group, which will discuss different topics and questions weekly, please call to be put on an interest list.



# SHOAL Community Centre Weekly Drop-In Schedule

Tuck Shop Open: 9am - 3pm

Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
<b>Woodworking Shop</b> - 9am - 4:30pm <b>Boot Camp</b> - 8 - 9am <b>Sr Fit 1</b> - 9:30 - 10:30am <b>Table Tennis</b> - 9:30 - 11:30am <b>Zumba GOLD</b> - 10 - 11am <b>Sr Fit 2</b> - 11am - 12pm <b>Sr Fit 3</b> - 12:30 - 1:30pm <b>Singles Table Tennis</b> - 1:30 - 3:30pm <b>Better Breathers</b> - 1 - 3pm <i>- 4th Monday</i> <b>Mah Jong</b> - 1 - 4pm <b>Mendelssohn Choir</b> - 6:30 - 9pm <b>Table Tennis</b> - 6:30 - 9pm	<b>Woodworking Shop</b> - 9am - 4:30pm <b>Lapidary</b> - 9am - 12pm <b>Delight In Dance</b> - 10 - 11:30am <b>Balance Booster</b> - 10:15 - 11:15am <b>Chair Fit</b> - 11:30am - 12:30pm <b>Duplicate Bridge</b> - 12:45 - 4pm <b>Crafts</b> - 1 - 3pm <b>Chess</b> 1 - 4pm <b>Chair Fusion</b> - 1:30 - 2:30pm <b>Toastmasters</b> - 7 - 9pm (2nd & 4th/month)	<b>Woodworking Shop</b> - 9am - 4:30pm <b>Boot Camp</b> - 8 - 9am <b>Lapidary</b> - 9am - 12pm <b>Sr Fit 1</b> - 9:30 - 10:30am <b>Table Tennis</b> - 9:30 - 11:30am <b>Zumba GOLD</b> - 10 - 11am <b>Sr Fit 2</b> - 11am - 12pm <b>Sr Fit 3</b> - 12:30 - 1:30pm <b>Singles Table Tennis</b> - 1:30 - 3:30pm <b>Clay Works</b> - 10:00am - 3:00pm <b>Contract Bridge</b> - 1 - 4pm <i>- Foursome Required</i> <b>Sidney Single Seniors</b> - 2 - 4pm <i>- 3rd Wednesday</i> <b>Duplicate Bridge</b> - 6 - 9:45pm <i>- Partner Required</i> <b>Table Tennis</b> - 6:30 - 9pm	<b>Woodworking Shop</b> - 9am - 4:30pm <b>Carving</b> - 8:30am - 12pm <b>Lapidary</b> - 9am - 12pm <b>Uke Jam</b> - 9:30 - 11am <b>Balance Booster</b> - 10:15 - 11:15 am <b>Chair Fit</b> - 11:30am - 12:30pm <b>Delight In Dance</b> - 1 - 3:30pm	<b>Woodworking Shop</b> - 9am - 4:30pm <b>Boot Camp</b> - 8 - 9am <b>Lapidary</b> - 9am - 12pm <b>Sr Fit 1</b> - 9:30 - 10:30am <b>Table Tennis</b> - 9:30 - 11:30am <b>Zumba GOLD</b> - 10 - 11am <b>Sr Fit 2</b> - 11am - 12pm <b>Sr Fit 3</b> - 12:30 - 1:30pm <b>Singles Table Tennis</b> - 1:30 - 3:30pm <b>Gentle Chair Yoga</b> - 12:30 - 1:30pm <b>Knitting</b> - 1 - 3pm <b>Progressive Contract Bridge</b> - 1 - 4pm	<b>Sunday</b> <b>Duplicate Bridge</b> - 12:45 - 4pm <i>- Partner Required</i> <b>Argentine Tango</b> - 7 - 8:30pm  <b>All Activity times are subject to change.</b>

### Are you missing music at SHOAL?



The Splinters are meeting weekly, weather permitting, in the **Rose Garden: 3-4 pm every Tuesday in September**. Join them on these days and lift your spirits with great songs you can't help but sing along with!