

TideLines

News from SHOAL Centre

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March & April 2024

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

Thank You...

... to the **Panorama** Rec Centre's Out of School Care for donating Valentine's cards and chocolate to our Assisted Living residents. We can't say thank you enough.

...again to the **North Saanich Rod & Gun Club** for your donation to the MORE THAN MEALS program. We can report the full amount now. Thank you for the \$9393. We are so blessed by your continued support!

...to **C.S. Chan Wontons & Dumplings** on Beacon Avenue for donating \$100 in gift cards to our Chinese New Year Dinner. We were able to give them away for four lucky winners!

...to our amazing **office volunteers** who have been stepping in when we have been short staffed. Your flexibility, reliability, humour and commitment have been so appreciated; we truly could not do this without you.

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Beacon Community Services has reached a remarkable milestone—five decades of unwavering commitment to making a positive difference in the lives of those we serve. Since our establishment in 1974, Beacon has evolved into a cornerstone of support and impact, reflecting the passion and dedication of those who recognized the transformative potential of community. Today, we continue to stand strong, firmly grounded in the principles that have guided us from the start.

As we celebrate 50 years, we are proud to share our commemorative tagline:

“Lighting the Way for 50 Years”

This tagline encapsulates the essence of our journey—illuminating paths, fostering connections, and guiding individuals and families towards a brighter future. It symbolizes the light of hope, compassion, and support that Beacon has consistently provided throughout its rich history.

For 50 years, Beacon has been providing essential services, transforming lives, and fostering a stronger, more connected community through partnerships and collaborative efforts. We created a network that enhances the well-being of individuals and families through the adaption of our programs and services, remaining at the forefront of social impact.

The countless success stories and milestones achieved are a true testament to the dedication of our staff, volunteers, partners, and the enduring support of those we serve. As we look ahead, Beacon is dedicated to a path of even greater impact and inclusivity, with key goals and initiatives that include supporting unhoused and at-risk youth at a greater level and expanding our child and senior care services.

We are excited about the future of Beacon Community Services!



Spring Fling Easter Afternoon Tea

Join us for a beautiful Easter Tea with yummy treats and fun snacks along with a proper tea to celebrate.

THURSDAY, MARCH 28TH at 2:30 PM

\$28 Members \$34 Non-Members

Tickets available now. Call 250-656-5537 to RSVP

From the Director's Desk



Jennifer Van Es, Director,
SHOAL Centre & Seniors Services
778-426-8771
jvanes@beaconcs.ca

With spring approaching, we look forward to the longer days, the mornings are already getting lighter. This is especially beneficial for SHOAL members who come faithfully to early morning fitness classes. We applaud your dedication to keeping fit and connected to others.

We celebrate Embrace Aging month at SHOAL every year in March. Embrace Aging month is based on 4 pillars of wellness: **Be Well, Be Secure, Be Connected and Be Enriched**. In celebration of this, we are holding a number of free special events. The free sessions at SHOAL will provide ways to help you have an active and purposeful life, keeping you connected in a supportive community.

On page 3, you will see **free Reiki** sessions offered throughout the month, we encourage you to try these sessions as Reiki promotes relaxation, stress reduction, and can improve over-all health and well-being.

Are you new to SHOAL? During the week of March 25 - 28, every **new** member will receive a voucher for a free lunch in SHOAL Bistro and we will have prizes for everyone attending programs and activities in the centre during this week. See the itinerary on page 8 for detailed information. We hope you are able to join us for some or all of our free activities.

EMBRACE AGING MONTH

Join us from **March 25-28, 2024** to celebrate **Embrace Aging** with **free drop ins** each day (and a chance to **win free dinner for two!**)

Call 250-656-5537 to register for the free drop-ins.

**See Page 8 for drop in and contest details.*

Community Connections

JOB FAIR

WorkBC Centre-Sidney is hosting a 2024 Spring Job Expo at SHOAL Centre in Sidney to connect local businesses with job seekers.

If anyone has any questions they can contact Melissa Wotkyns at info-sidney@workbc.ca or 250-656-0134.

Tuesday, April 30th: 3:00 pm - 6:00 pm

50 Year Reunion Belmont Grad 74

Friday, June 28th: 6:00 - 10:00 pm

Saturday, June 29th: From 11:00 am

Location: Belmont High School

Register on the website below:

<https://sites.google.com/view/belmont50th/>

or scan the QR code below:



SHOAL Centre Hours

OFFICE HOURS*

Monday - Friday: 8:30 am - 9 pm

Saturday; 10 am - 4:30 pm

Sunday; Closed

*Hours are subject to change

HOLIDAY CLOSURES

Good Friday to Easter Monday

Friday, March 29th - Monday, April 1st

We will re-open on Tuesday, April 2nd.

SHOAL Membership*

\$50 per year

- Reduced drop-in fees
- Member only program fees
- Free coffee and cookie from the Tuck Shop on your birthday
- 10% off Room Rentals
- For New Members only: Free coffee and cookie from the SHOAL Cafe (formerly Tuck Shop) upon membership purchase

You can purchase your memberships at any point throughout the year. If you have an existing membership, your renewal takes place the same month you purchased it from the previous year.

*Memberships are non-refundable.



Want to receive a digital TideLines (and monthly updates)?

Email us: eeaton@beaconcs.ca



Follow us on Instagram

@shoalcentre
@beaconcommunityservices
@bcsyepers



Connect with us on Facebook

/beaconcommunityservices
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Activities and Programs



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Drop-In Activities

**NEW DROP IN Speak Easy

Join this writing group to kickstart your creativity and write your stories. You can write a short story, poem, or creative non-fiction and have the opportunity to read it out to the group.

After the short reading, questions may follow. It is not compulsory to write... one may just listen. Subject ideas for which members may write can be provided. Please bring any previous work you are willing to share to the first meeting.

Wednesdays: 1:30 pm - 3:00 pm
\$2 Members, \$4 Non-Members

**NEW DROP IN SINGING FOR WELLBEING

Don't bring an instrument, just your voice. No musical experience required. We will do breathing and singing meditations, mostly seated, and we'll sing some easy, fun songs.

Thursdays: 7:00 - 8:00 pm
\$2 Member; \$4 Non-Member
**No session March 28 or April 18*

**NEW DROP IN Absolute Beginners Line Dance

This class is a slow introduction to the joy of line dance. We will start with the basic steps and simple dances gradually adding more as the class progresses. Learn in a fun and friendly environment. It's movement, memory and music - what could be better! There is no pressure to progress quickly. It's all about fun and learning in a friendly environment!

Thursdays: 7:00 - 8:30 pm **No class March 27*
\$6 Member; \$7 Non-Member

Registered Activities

Call 250-656-5537 to register.

Pre-payment and registration is required at time of sign-up.

Refund Policy: *If a course is cancelled, a full refund will be given. However, if a participant wishes to withdraw from a program, they must do so 48 hours before the start of the program. No refunds for withdrawals less than 48 hours before. There is a \$5 administration fee for all refunds.*

Table Tennis Lessons

This class is good for those wanting to learn how to play this engaging sport, and also for those who would like to brush up on their skills. These lessons will introduce the basic strokes for beginners and a variety of strokes for all levels with a focus on having fun!

**Please bring your own paddles. For information on what kind, please contact SHOAL and we will get you in touch with the instructor.*

Mondays: March 18 - April 29 **No class April 1st*
12:30 - 1:30 pm

\$42 members; \$51 Non-Members
**cost includes drop-in singles play until 3:30 pm*

Computer Support

Drop-in OR appointment. If you are wondering how to successfully use the functions of your smart phone, tablet or laptop, one of our volunteers can help you navigate this with more confidence in these one-on-one sessions.

DROP IN Tuesdays: 9:30 - 12:00 pm

APPT ONLY Wednesdays: 9:00 - 12:00 pm
\$2 Member; \$4 Non-Member

**New Golf: The Short Game

Improve your putting and short game with this engaging workshop! Dave Ogilvie is bringing in his putting equipment to SHOAL to teach tips and techniques to improve your score and make you look professional on the course.

Tuesdays: March 12th - 26th
2:00 pm - 3:00 pm
\$30 Members \$36 Non-Members

**Please bring your own putter if you have one.*

**NEW Reiki Treatments

Reiki is an energy healing technique using gentle hand movements to guide the flow of energy through your body. Reiki is linked to a range of physical and emotional health benefits including improved sleep, relaxation, restoring balance, reducing stress, anxiety and pain. Margo McIntosh is a certified Reiki Practitioner,

In alignment with **Embrace Aging month**, Margo is offering free mini sessions of this practice on a first come first served basis. Registration is required.

MARCH SESSIONS (Free 1/2 hour each)

Wednesdays: 1:00 pm, 1:45 pm, 2:30 pm, or 3:15 pm

Cost: Free

Register: 250-656-5537

APRIL SESSIONS (1 hour each)

Wednesdays: 1 pm, 2:15 pm or 3:30 pm

Cost: \$80

Register: 250-656-5537

Fitness and Yoga

Did you miss Wellness Wednesday on Nutrition? Here is a quick recap:

As we age, our nutritional needs change, and it becomes increasingly important to focus on maintaining a healthy diet.

Proper nutrition plays a vital role in the overall well-being of seniors, helping to support their physical and mental health, and improving their quality of life.

1. Adequate Nutrient Intake: As we age, our bodies require fewer calories, but the need for essential nutrients remains the same or even increases. Seniors should aim to consume a balanced diet that includes a variety of nutrient-rich foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats. These foods provide essential vitamins, minerals, and antioxidants that support immune function, maintain strong bones, and prevent chronic diseases.

2. Weight Management: Maintaining a healthy weight is crucial for seniors to reduce the risk of various health conditions such as heart disease, diabetes, and certain types of cancer. A balanced diet combined with regular physical activity can help seniors achieve and maintain a healthy weight.

3. Bone Health: As we age, the risk of osteoporosis and fractures increases. Adequate calcium and vitamin D intake are essential for maintaining strong bones and preventing bone loss. Dairy products, leafy greens, fortified foods, and supplements can help seniors meet their calcium and vitamin D needs.

4. Hydration: Dehydration is a common issue among seniors and can lead to various health problems. It is important for seniors to drink an adequate amount of water throughout the day, even if they don't feel thirsty. Water helps maintain proper digestion, temperature regulation, and overall bodily functions.

5. Cognitive Health: Proper nutrition also plays a crucial role in maintaining cognitive health and reducing the risk of age-related cognitive decline and dementia. A diet rich in omega-3 fatty acids, antioxidants, and B vitamins, found in foods like fish, fruits, vegetables, nuts, and whole grains, can support brain health.

6. Meal Planning and Socialization: Seniors may face challenges in meal planning and preparation, leading to inadequate nutrition. Encouraging socialization and providing assistance with meal planning can help seniors maintain a healthy diet. Community programs, meal delivery services, and support from family and friends can make a significant difference in seniors' nutrition and overall well-being not unlike the many services you find here at SHOAL!



Drop-In Fitness

Class sizes are limited.

Drop-In Fee: \$6 Member; \$7 Non-Member

10 Punch pass: \$60 Member

non-refundable* **\$70 Non-Member

Bootcamp

LEVEL 4 CHALLENGING

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

Mondays / Wednesdays / Fridays: 8:10 am - 9:10 am

**No classes March 29th and April 1st*

Sr. Fit 1 & 2

LEVEL 3 MODERATELY CHALLENGING

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

Mondays / Wednesdays / Fridays **No classes March 29th and April 1st*

Sr. Fit 1: 9:20 - 10:20 am

Sr. Fit 2: 10:30 am - 11:30 am

**Classes are quite busy with a max of 20 attendees. Please arrive 15 mins early as there may be a line up.*

Line Dancing

LEVEL 2 MODERATE

This popular class has returned! This fun dance exercise class is excellent for coordination, cognitive recognition and repetitive sequence. With others in the class, you will create a beautiful and in-sync choreographed dance routine, as a group collective.

Tuesdays: 7 pm - 8:30 pm

Chair Fit Plus

LEVEL 2 MODERATE

This class combines the elements of a traditional chair fit class (seated strength exercises) with some walking, balance and body awareness exercises. Please note: all exercises can be modified to accommodate any levels. Participants who want chair exercises only are welcome!

Tuesdays / Thursdays: 11:30 am - 12:30 pm

Beginners Balance

LEVEL 1 BEGINNER

This popular class will be going over balance basics. In a larger sense, this is a fall-prevention class that is aimed at improving one's coordination, muscle strength, and reactive postural control. There will be plenty of drills that you can take home and practice on to help speed up the improvements!

Tuesdays / Thursdays: 12:45 - 1:30 pm **No class April 30th*

Drop In Yoga & Pilates

Yoga drop-in punch cards are for any SHOAL Yoga/Element class. Cards will be paid for and punched at SHOAL reception. Sign in is required at reception.

Drop-In Fee: \$13 Member;

\$15 Non-Member

10 punch pass: \$120 Member

non-refundable* **\$144 Non-Member

Traditional Hatha Yoga

Lynda guides mature souls to combine body, mind & breath while gradually increasing personal strength and flexibility. Modifications are suggested and encouraged.

Tuesdays: 9:30 am - 10:30 am

Chair Yoga

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

Fridays: 12:30 pm - 1:30 pm

**no class March 29th*

5 Element Qi Gong

This sitting or standing practice consists of flowing movements, postures and breathing techniques. It tones, strengthens and is very healing.

Mondays / Wednesdays / Saturdays:

11 am - 12:15 pm

**no classes Feb 29 - March 21, March 30th and*

April 1st

Registered Fitness **Call 250-656-5537 to register**

Pre-payment and registration is required at time of sign-up.

Refund Policy: If a course is cancelled, a full refund will be given. However, if a participant wishes to withdraw from a program, they must do so 48 hours before the start of the program. No refund will be given for withdrawals less than 48 hours before. There is a \$5 administration fee for all refunds.

Balance Booster®

This class blends strength exercises, brain fitness, and body awareness training. The focus is on fall prevention, but this class is suitable for those who want to stay mobile and active through the different phases of aging. Participants must be able to walk and sit/stand on their own. **Space is limited. Wait list being taken.*

Tuesdays / Thursdays: 10:15 am - 11:15 am

March 5 - 28 & April 2 - 30

March: \$88 Member & \$106 Non-Member

April: \$99 Member & \$119.25 Non-Member

Jukebox Dance-Fit

Move and groove down memory lane with jukebox oldies in this unique fitness class. Non-impact aerobic dancing, chair strengthening and stretching followed by breathwork. Please bring a scarf to assist in stretch. You will enjoy the fun vibe of these classes, laughter is a must!

Fridays: March 15 - April 26

3:30 pm - 4:30 pm **no class March 29*

Cost: \$95 for 6 sessions

Nordic Pole Walking

If you are seeking a long term activity that is as natural as walking and, importantly, affords a whole body workout then Nordic Pole walking is for you!

Nordic Pole Walking takes you into an outdoor, relaxing environment and can be enjoyed by all ages. It can be enjoyed as a solitary endeavour or as part of a group activity which has the added advantage of helping form social attachments.

Information Session:

Tuesday, April 16th: 10:30 to 11:30am

Outdoor Workshops:

April 22 / 24 / 26th: 2:00 to 3:00pm

\$45 Member \$54 Non Member

**Cost includes pole rental. Participants are asked not to purchase their own poles in advance as many commercial poles are not conducive to the Nordic Pole Walking technique.*

Choose to Move

DO YOU CHOOSE TO MOVE?
Being active is one of the most important things you can do to maintain your overall health. Being active can help you feel better, be stronger, and keep your independence.

Choose to Move is a FREE 9-week program that uses a science-based approach to support older adults to BECOME and STAY more active!

- Choose activities you enjoy
- Develop a personal action plan to help meet your goals
- Learn new ways to live a healthier, more active life
- Receive 1 on 1 and group support
- Connect with like-minded peers in your community
- Share resources and strategies for success
- Have fun

INFORMATION SESSIONS

Wednesday, March 13
10:30 – 11:45 Mount Newton Centre,
2158 Mt. Newton X Rd. Saanichton

Monday, March 18th
10:30 – 11:45 Centre for Active Living,
1229 Clark Road, Brentwood

PROGRAM DATES AND LOCATION

Beacon Community Services SHOAL Centre and Central Saanich Senior Citizens Association are partnering to offer **Choose to Move at the Centre for Active Living.**

Mondays, March 28 – May 27
10:30am - 12:00 noon
1229 Clark Road, Brentwood Bay

Register or to learn more call 250 656 5537 Or email activity coach Anita Ferriss: choosetomove@beaconcs.ca

active aging society

Choose to Move



Drop-In Activities

Drop-in activities are run on a first come, first serve basis.

Drop in rates apply to all activities listed in this section.

Drop-In Fee: \$2 Member; \$4 Non-Member

10 Punch pass (non-refundable): \$20 Member \$40 Non-Member

Table Tennis

Recreational Table Tennis

This morning group is a lively one. In doubles, you pair up in rotating teams against another double team across the table. The goal is to hit the ball better than the other team.

Mondays / Wednesdays / Fridays: 9:30 - 11:30 am *No sessions March 29th and April 1st

Beginner Table Tennis

This time slot is available for individuals who are wanting a crack at the game. Get comfortable with game tactics and practice so you can join other groups.

Wednesdays / Fridays: 12:30 - 1:30 pm
*No session March 29th

Intermediate Table Tennis

For players who want to improve their skills and enjoy a fun and competitive atmosphere. This is a singles practice and advanced doubles for fun. Open to new members and SHOAL guests.

Mondays / Wednesdays / Fridays: 1:30 - 3:30 pm *No sessions March 29th and April 1st

Evening Table Tennis

For those who can't make it during the day, or if you crave more game play, we now offer an evening drop-in session.

Tuesdays / Thursdays: 6:30 - 9 pm

Bridge

All bridge participants must be SHOAL Members. Membership is \$50 a year! If interested contact SHOAL and we will re-direct your contact details to the group facilitator.

Duplicate Bridge

Duplicate Bridge uses a standard 52 card deck. It is a competitive trick-taking card game in it's most basic form. Played in foursomes only.

Tuesdays: 12:30 - 4 pm

Wednesdays: 6:15 - 9:30 pm

Sundays: 12:30 - 4:00 pm *No session March 31st

Contract Bridge

Contract Bridge uses a standard 52 card deck. It is a trick-taking card game in it's most basic form. Played in foursomes only.

Wednesdays: 1:00 - 4:00 pm

Bridge Building – Playing, Using Conventions and Better Tactics in Bridge

We will cover the basic mechanics of bridge [assessing ones hand, deciding what to bid, basic play] we will learn a few easy conventions and some techniques for winning a contract and defending one. There will be plenty of time to play, and discuss each game while we are playing.

Wednesdays: April 10 - May 29
2:30 - 4:30 pm

\$50 Members \$60 Non Members

Progressive Contract Bridge

This Bridge variant rotates partners every four hands with the winners moving on to the next table. Singles welcome.

Fridays: 1:00 - 4:00 pm *No session March 29th

Cards & Games

Mahjong

Developed in 19th Century Asia, Mahjong is a game of skill, strategy and luck. This tile clacking game keeps your brain in fine form.

Mondays: 1:00 - 4:00 pm *No session April 1st

Chess

Curious about Chess? Whether you're new or an old pro, drop in and engage in the game of kings (and queens!)

Tuesdays: 1:00 - 4:00 pm

Cribbage

Nobody likes to be skunked. Join us on Mondays for this classic card game to get your 15's for 2 sorted!

Mondays: 1:00 - 4:00 pm *No session April 1st

Euchre

Euchre is an easy to learn, sociable game, but can be very competitive at the same time. New members welcome.

Wednesdays: 6:30 - 8:30 pm

Music

VIPUGS (Vancouver Island Peninsula Ukulele, Guitar & Strings)

This group welcomes all who are musically inclined beginner or advanced musicians. Song books are included and the group plays in a jam circle.

Mondays: 1:30 - 3:00 pm *No session April 1st

Uke Jam

Bring your ukulele and start your day off with a smile on your face. All skill levels are welcome.

Thursdays: 9:30 - 11:00 am

SHOAL provides rental space for many private music groups. Come by and listen to these groups play.

Mendelssohn Choir

This group sings music typically in Baroque style; however, they also enjoy something to go along with more modern times. If you are interested in signing up with them there may be an opportunity to become a member of their performance group.

Mondays: 7:00 - 9:00 pm *No sessions April 1st

Sidney Acoustic Jam

Jam it up with the Sidney Acoustic Jam! This group has evolved alongside the SHOAL Centre and is a force to be reckoned with. Come by and listen to this one-of-a-kind group of musicians.

Wednesdays: 7:00 - 9:30 pm

Community SINGALONG

All Welcome to a free drop in singalong. Musical favourites led by local musicians, Anne-Marie and Peter Brimacombe from REACH! This choir's vision is to celebrate inclusion and diversity of ages, cultures and abilities through music. Call 250-882-4339 or westcoastreach@gmail.com

2nd Wednesday of the month: 1:00 - 2:00 pm

Art & Craft Workshops

Clayworks & Pottery

Get your hands muddy and wet in our Pottery Room. We make ceramics using handbuilding and slab work techniques. Check out items in the Lobby Display Cabinet!

These groups work on a rotational basis so everyone has a chance to access this coveted space.

Group capacities may be in effect. Orientation required; Must have previous experience with clay. Contact SHOAL to connect with the group facilitator.

Members Only; Drop-in Fees \$30 per year

Clayworks Wednesdays:

10:00 - 2:00 pm

Pottery Fridays:

1:00 - 4:00 pm

*No session March 29th

Woodwork Shop

SHOAL has a fully equipped woodworking shop...in our basement! Now you know. Use this space to create wood based masterpieces at your own speed. Orientation with Volunteer Supervisor required on initial visit. Contact SHOAL to connect with the workshop leader.

Members Only; Drop In Fees \$30 per year

Mondays - Fridays: 9:00 - 4:00 pm

*No sessions March 29th and April 1st

Lapidary

Are you interested in learning to cut and polish rocks, create some pieces with silver or wire? This group allows both beginners and experienced members to practice, share and hone their skills.

Group capacities are in effect and an orientation is required prior to joining. Please call Shoal to connect with the facilitator.

Members Only; Drop-in Fees \$30 per year

Tuesdays: 9:00 - Noon

Monday Morning Painting Group

Are you an established artist, comfortable in your craft? This group may be for you. To sign up, please contact SHOAL reception. The facilitator will then get in touch with you to see if together this will be a good fit.

\$2 Member; \$4 Non-Member

Mondays: 10:00 - 1:00 pm

*No session April 1st

Portrait Painters

Any adult wishing to paint or sketch a sitting model is welcome to attend. Models wanted! Volunteer models can choose two or more of the finished portraits to keep.

For more information, please contact: Joanne: 250-885-7142 or Marjorie: 250-658-5461
\$2 Member; \$4 Non Member

Tuesdays: 1:00 - 4:00 pm

*No session April 30th

Crafts & Knitting

Create a variety of fun items to be sold at SHOAL and support the centre.

Crafts: create seasonal items, cards and more with a variety of materials, ideas and guidance. A certain amount of manual dexterity and self-direction are all that you need to bring.

Knitting: with needles and yarn supplied by the centre, you can knit items from slippers to sweaters to whatever you would like to create. Or you can work on your own projects too, if you prefer. Support and ideas are always offered and encouraged.

Group capacities may be in effect, contact SHOAL to connect with the facilitator.

Members Only; no drop-in fees.

Crafts Tuesdays: 1:00 - 3:00 pm

Knitting Fridays: 1:00 - 3:00 pm

*No session March 29th

CHECK OUT the foyer showcase weekly and keep an eye out for all the new pieces that the crafts, knitting, lapidary and pottery groups are constantly releasing and putting out for sale. These one of a kind creations make great gifts year-round and are a wonderful way to support Beacon Community Services at SHOAL Centre.

Sidney Single Seniors (SSS)

SSS is NOT a dating club. We are a SOCIAL CLUB for people 55+ who are single or whose partner is housebound or in long term care. Our meetings start with a short bit of business followed by a guest speaker then social time with coffee, tea and cake. Our next meetings are March 20th and April 17th.

At SHOAL, turn left inside the main door where we will collect \$2.00 at the hall entrance to help cover the cost of the cake. Get a name tag, find an empty seat and introduce yourself to others at the table. You may also wish to participate in the 50/50 draw for \$2.00.

Regular SSS activities include 5-pin bowling, drop-in coffee sessions and morning walks. We also do monthly lunches at local restaurants, matinees at Star Cinema, tours to local places of interest and special excursions such as cruises and concerts. Members receive a monthly phone call or email message with information about upcoming events.

SSS Quick Facts

3rd Wednesday of every month*

(except June, July and December)

2:00 PM at the SHOAL Centre.

Cost: \$2.00 (for cake!)

Annual membership: \$30.00*

*Membership is required. You are welcome to attend one meeting and one outing before joining.

**For more information: Gail Smith
250-893-9764 or Marguerite Lybbe
250-654-0454**

Highlights & Workshops

**Drop In Find Your Family Tree

Would you like to find out about your ancestors but are unsure how to get started? Have you considered using a tool like Ancestry® to build a family tree but are not sure how to use it? Or did you start using a tool like Ancestry® and aren't sure if you are using it correctly and are looking for direction?

Join Maureen Dale, Beacon's research representative, as she facilitates an interactive group for those interested in building their family tree. You will learn tips and ideas to enrich your family tree results.

Wednesdays: 1:30 pm - 2:30 pm
\$2 Members, \$4 Non-Members

Intro to Neurographic Art

"Re-wiring your brain through art" Neurographica is the art of positive change. Neuro relates to neurons or cells that carry messages throughout your body from your brain. The process transforms anxiety, chronic pain, grief and depression into beautiful art. The theory behind neurographica is based on neuro research and the scientific study of visual thinking plus pattern identification. Come have fun; Your mind and body will love this.

Monday, April 15: 1:00 pm - 3:00 pm
Register: 250-656-5537
\$35 Members, \$42 Non-Members
**No art experience or skill required. Please bring a thick and a thin Sharpie felt pen.*

Canadian Dental Plan + Service Canada Workshop

Sarah Bennett from the CRA and Tzena Russell from Service Canada will be here to answer your questions about the new Canadian Dental Care Plan, as well as Old Age Security/Guaranteed Income Supplement, Canada Pension Plan, My Service Canada online and other Government of Canada information.

To register for the Canadian Dental Care Plan please bring your invitation letter, ID and you can complete the application on-site.

March 14th: 2:00 pm - 4:00 pm
Register: 250-656-5537
Cost: Free

EMBRACE AGING MONTH

Are you NEW to Sidney and wants to see what the SHOAL Centre has to offer?

Looking for community and connection?!

Join us from **March 25-28, 2024** to celebrate **Embrace Aging** with **free drop ins** each day (and a chance to **win free dinner for two** just by coming to our free classes below)!

Call 250-656-5537 to register for the free drop-ins.

ALL New Memberships during this week receive a COMPLIMENTARY LUNCH voucher for our Tides dining room. This offer is only available to new members.

Contest Guidelines: Must be new to SHOAL; no current or recent memberships. Call us 250-656-5537 and register then participate in three of the free drop ins and collect three stamps from the drop-ins, bring the form back and your name will be entered into a draw for a free dinner for two at the SHOAL Dining Room.

SHOAL Members, want a free coffee and treat?

Just invite someone out to SHOAL this week and if they sign up for a new membership, you get a voucher for a free coffee and treat!

BE WELL
Monday, March 25th
5 Element Qi Gong
1:00 - 2:15 pm

Qi Gong involves breathing exercises and physical movements, promoting physical and mental health benefits. This sitting or standing practice consists of flowing movements, postures and breathing techniques. It tones, strengthens and is very healing.

BE SECURE
Tuesday, March 26th
Getting Old Ain't for Sissies
10:00 - 11:00 am

Kathleen Fournier RYT, Victoria's most sought after Chair Yoga Teacher, offers her insights on aging with pizzazz. Aging brings many gifts—and it can be **fun!** Kathleen will share her stories, insights on aging and the importance of a positive attitude. Be prepared to listen, laugh and stretch, while seated.

BE CONNECTED
Wednesday, March 27th
SHOAL, What's in it for Me?
2:00 - 3:00 pm

Are you intrigued about all the programs and services that run out of SHOAL? Do you know someone who may benefit from learning about what we do? We will share about what we do here and in the community, there is always so much to learn about us!

BE ENRICHED
Thursday, March 28th
Uke Jam
9:30 - 11:00 am

SHOAL has an amazing group of talented and fun ukelele players who play and sing uplifting songs. Just sitting and listening to this group enriches us and we hope it will for you as well—but you are also welcome to singalong!

Volunteer News



Yasmin Rampuri
Manager
Volunteer Engagement
778-426-8767
yrampuri@beaconcs.ca

Welcome New Volunteers!

Central Saanich Office: Terri Affolder, Petra Allen, Pamela Brambell, Shelley Burnham, Dave Clark, Colin Dower, Kristylynn Johnson, Gillian Lightbody, Karen Hibloom, Elfi Qureshi, Debra Rachar, Ina Timmer, Pieta Van Dyke

Family Caregiver Support: Solange Valiquette

Parry Place: Ashley Bell

Reassurance Caller: Peter Van Zyl

SHOAL AL: Ande Axelrod

SHOAL Reception: Marie Fish, Lara Salchert

Senior Peer 1-1: Kim Smyth

Sluggett/Brentwood House: Selina Farkas, Kurt Griffiths

Thrift Shops: Elizabeth Davies, Selina Farkas, Taz Lacroix, Lingxia Li, Jason Moldowan, Chris Newman, Heather Priest, Louisa Roorda, Emma Youell

Visiting Volunteers: Francine Halle, Barbara Harwood

NOW RECRUITING!

Our vacancies are not limited to the below; please be sure to reach out if you have time to give and we will find a placement for you that fits! To apply, please email yrampuri@beaconcs.ca, or visit our website www.beaconcs.ca under the "Join Our Team" menu. Orientation and training is provided for all our roles.

Volunteer Drivers

If you have a vehicle and a clean drivers' abstract, we are seeking volunteer drivers to help us fill the needs for clients to get to medical appointments. Some drives are local and short distance and some can be longer. If you like to drive and meet new people, this could be a great role for you. We do reimburse for mileage.

Volunteer Visitors

Calling all people-people! If you enjoy a flexible volunteer position and you are friendly and compassionate, we would love to meet you! We have many clients

awaiting matches through our Better at Home program and you can help by walking with, meeting for coffee or calling people on the Saanich Peninsula who are in need of more social contact with others. Volunteers in this program are well-supported and gather monthly to learn, ask questions and find out the latest resources available.

Thrift Shops

Beacon thrift shops are a fun and exciting place to volunteer. Sorting through donations, pricing, cash and customer service are the main tasks in this role. A big benefit to working in the thrift shops are the friendships and connections made with other volunteers. See donated items early, and help our communities reuse perfectly good items! We are looking for help in all our locations: Sidney, Brentwood, Quadra and Pandora Street.

Dinners + Events

Dinner and Movie

Academy Award Nominee
NYAD

Friday, March 15th
5 pm Dinner | 6 pm Movie
\$20 Member \$24 Non-Member

Homemade Beef Burgers & chips or local Fish N'Chips. Popcorn and Hot Chocolate will be served with the movie.

NYAD is a compelling sports biopic with outstanding performances.

Lunch and Movie

Mr. Bean's Holiday
Saturday, March 23rd
1 pm Lunch | 2 pm Movie
\$20 Member \$24 Non-Member

Lunch menu of the days plus popcorn and hot chocolate will be served with the movie.

A delightful family friendly movie headed up by Rowan Atkinson, a gifted physical comedian.

Dinner and Movie

Academy Award Nominee
ELVIS

Friday, April 26th
5 pm Dinner | 6 pm Movie
\$20 Member \$24 Non-Member

Homemade Beef Burgers & chips or local Fish N'Chips. Popcorn and Hot Chocolate will be served with the movie.

ELVIS is a bright and splashy jukebox epic about Elvis Presley's life.



FULL ENGLISH BREAKFAST BRUNCH

Saturday, March 16th
Seatings between 11:00 - 12:30 pm
\$30.00 Member \$36 Non Member

Bacon, Ham, Sausage, basted eggs, fried tomatoes, baked beans, fried bread and cornflake pie for dessert.

Brunch is by reservation only. Tickets must be picked up in advance.



Easter Dinner

Saturday, March 30th
Seatings between 4:45 - 6:45 pm
\$45.00 Member \$54 Non Member

Celebrate Easter with a feast! Salad starter with Local Roast Lamb au Jus or Baked Ham, Yorkshire Pudding, Scalloped Potatoes, Roasted Veg, Dessert, and Wine or Beer.

Dinner is by reservation only. Call now to save your spot.



Prime Rib Dinner

Saturday, April 27th
Seatings between 4:45 - 6:45 pm
\$48.00 Member \$54 Non Member

A proper Prime Rib Dinner at SHOAL with Yorkshire Pudding, Roasted Potatoes, Veggies, Delicious Dessert and Wine!

Dinner is by reservation only. Call now to save your spot.

DINING ROOM

Open Daily for Lunch and Dinner

Serving a variety of soups, sandwiches, desserts and hearty dinners with daily specials and something for everyone. Take away options available. Menus can be picked up at SHOAL reception or seen on our website: www.beaconcs.ca. Meal cards are non-refundable.

Lunch
12:00 - 1:30 pm

Dinner
4:30 - 6:00 pm

Price: \$14.00
Regular
\$12.50 (w/ punchcard)
15 Meal Card: \$187.50

Price: \$17.00
Regular
\$15.50 (w/ punchcard)
15 Meal Card: \$232.50

SHOAL CAFE

Monday to Friday
9 am - 3 pm

Coffee: \$2
Treats: \$1.25
(Cookie, Regular Muffin, or Scone)

Coffee & Treat: \$3

SHOAL SIGNATURE MUFFIN: \$4



Karen Taylor, Chef
250-656-5537 ext. 107
chef@beaconcs.ca

It is with a heavy heart that we have to say good-bye to Chef Karen, SHOAL's long standing kitchen manager who has been with us for over 10 years.

We are grateful for the time she has spent in our kitchen, working hard to keep SHOAL running with delicious meals for our residents, treats for the tuck shop and amazing Christmas shortbread and mince tarts. The hours and time she has

spent making thousands of shortbread cookies for many occasions, cooking up a storm for our large volunteer and staff appreciation lunches and dinners, and hundreds of catered events has been appreciated.



Karen has decided it is time to retire. She is planning on spending well earned and precious time with family, both here and in England.

We will miss seeing her at SHOAL, listening to her distinct Geordie accent and her joyful participation in events, smiling, laughing, and dancing—whenever she had the opportunity to do so. **We wish you the best in your retirement and look forward to hearing about your new life adventures at this exciting time of life for you!**

TAX CLINIC

The Community Volunteer Income Tax Program has been active for over 35 years. In 2023, over 1,500 Income Tax returns were completed through the SHOAL Centre by 20 volunteers. All Income Tax Volunteers are registered and screened by the Canada Revenue Agency (CRA) then trained free of charge.

Income Tax Volunteers can file taxes up to 10 years back. You should file taxes even if you have no income. If you don't file, you are not entitled to receive many government benefits or credits such as GST/HST, Canada Pension Plan (CPP) and other government.

Beacon Community Services has the capacity to grow this program to better serve the needs of the community. We encourage community groups, churches, schools and other organizations to learn about the program.

If you wish to find out more about the Community Volunteer Tax Program (CVITP) please contact Linda Lightbody at SHOAL, 250-656-5537 ext. 104

The program is designed to help modest income recipients who qualify under the following: single person up to \$35,000 annual income; couples up to \$45,000. Tax situation must be simple.

Need Help with Your Taxes?

Free Tax Preparation

Friday, March 1 to Tuesday, April 30

SHOAL Centre
10030 Resthaven Drive
250-656-5537

Monday - Friday
9am - 4pm
Saturday
10-2pm

Central Saanich Resource Office
1209 Clarke Road

Tuesday + Thursdays
10am - 12 Noon

**All ages welcome!
No appointment needed.**

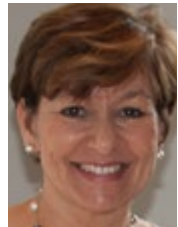
Don't forget to bring your tax slips and any necessary information.

**To qualify your annual income must be modest (single person, up to \$35,000; couple, up to \$45,000) and your tax situation must be simple. Your income sources must be from employment, pension, benefits such as Canada Pension Plan, disability, employment insurance, social assistance, RRSPs, support payments, scholarships, fellowships, bursaries/grants and interest (under \$1,000).

Event Tickets and Refund Policy: For all ticketed events, tickets must be picked up and paid for 24 hours before any event. If an event is cancelled, a full refund will be given. However, if a participant wishes to withdraw from an event, they must do so 48 hours before the start of the program. No refund will be given for withdrawals less than 48 hours before. There is a \$5 administration fee for all refunds.

Senior Support Services

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



Linda Lightbody, Coordinator
Community Services & Income Tax
778-351-1993
llightbody@beaconcs.ca

Better at Home helps seniors with simple day-to-day tasks so they can continue to live in their home independently, and remain connected to their communities.

The program offers specific non-medical services to seniors who are 65+ and living independently on the Saanich Peninsula.

Advocacy Service for Seniors

Volunteer advocates provide guidance, information and assistance navigating the health care system, senior's housing options, unexpected financial hardship, completing and submitting forms and correspondence. **Contact 250-656-5537 to book an appt.**

Beacon Bus Trips

Beacon bus trips take seniors to shop at various shopping centre locations. The bus leaves from the SHOAL Centre and the library at Brentwood Bay.

Time: 11:30 - 3:30pm (Check in: 11:15am)

Cost: \$5

***Limit of one trip per month unless there is extra space on the bus.*

FROM SHOAL CENTRE

Mar 13 & April 10th: Mayfair Mall

Mar 27 & April 24th: Hillside Mall

**NEW FROM BRENTWOOD BAY LIBRARY

March 20: Mayfair Mall

April 17th: Hillside Mall

Medical Drives

Need to go to the doctor or dentist? We can assist with drives to medical appointments. Contact us at 778-426-8770 for more information and to book a drive.

Parking Permits

Parking permits for people with ongoing or temporary disabilities can be purchased at SHOAL. A completed application form filled out by both you and your doctor is required. Please bring your old permit or application to reception at the SHOAL Centre.

Grocery Shopping

Volunteers will shop and deliver groceries from Thrifty Foods or Save-On-Foods. Purchase a Thrifty or Save-On card from us and then we take orders every Monday afternoon.

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

More Than Meals

Wanting frozen meals delivered by a volunteer each week? See **page 14** or contact Lori Campbell at 778-426-8766 for more information.

**NOW OPEN Income Tax Services

Tax Clinic is running March 1st through April 30th. Pick up forms at the SHOAL Centre reception and we will have a volunteer E-File your return, free of charge.

More information on page 11.

Words on Wheels

Are you needing a way to get library books delivered to you? If so, call us at 250-656-5537 and we will connect you with a volunteer to deliver your pre-selected books right to you!

Housekeeping

If you're needing help with keeping your kitchen and bathroom clean, we can help! Contact us at 250-656-5537 for more information about getting help with housekeeping.

Foot Care Service

Debbie Roper from Coastal Footcare Health will be taking over the foot care clinic operating out of the SHOAL Centre. Contact her to book an appt: 250-888-7758 or coastalfoothhealth@gmail.com.

Phone Check-Ins

Would you like a regular check-in, a friendly hello? We have a team of volunteers 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 at 250-656-5537.



United Way
British Columbia

Many of our programs and services are made possible through the generous support from the United Way of BC and the United Way of Southern Vancouver Island. We are grateful for this collaboration and support we receive to help people in need in our local communities.



United Way
Southern Vancouver Island

SHOAL Wellness Programs & Support Groups



Jane McIntosh & Margo McIntosh

Support Programs Coordinators

778-351-1446

jmcintosh@beaconcs.ca or

mmcintosh@beaconcs.ca

Family & Friend Caregivers

Are you looking after a spouse, family member or friend with a chronic or life-threatening illness? Do you need coping strategies and support? You will discover new friends who understand your journey... and who care.

Time: Various Times

Register: 778-351-1446 or

jmcintosh@beaconcs.ca

Family Caregivers of BC (FCBC)

Run at SHOAL by Family Caregivers of BC. This drop-in group requires pre-registration.

4th Wednesday of the month: 1:30 - 3:30 pm

Register: 1-877-520-3267 or

cgsupport@familycaregiversbc.ca.

Senior Peer 1-1

Are you, or someone you know, 55+ and feeling challenged by: Loneliness and isolation, loss, grief and sadness, life transitions, connection to community, health challenges? A trained volunteer can listen and provide support as you navigate challenges.

Register: 778-351-1446 or

mmcintosh@beaconcs.ca.

Death Cafe International

Death is a normal part of life. End-of-life matters and death can be one of the most enriching and fascinating conversations one can have. Every café is different making for lively, open, often hilarious, judgment free discussions.

Wednesday, March 13th: 3:00 - 4:00 pm

Register: 250-656-5537

Please contact SHOAL Centre 250-656-5537 to pre-register for all programs unless stated otherwise.

Bereavement & Loss

For those who have experienced the death of a loved one. Facilitated by Oceanna Hall & Jean Atkinson, you will find compassionate, caring hearts who will walk alongside you...through one of life's most difficult experiences. You don't have to grieve alone.

2nd & 4th Friday of the month:

2:00 - 3:00 pm **No meeting March 29th*

Register: 250-656-5537

Good Grief! Peer to Peer Bereavement

Have you lost your spouse or partner through death? Are you challenged by trying to live your new life as a widowed person? This closed group helps you understand your grief, and learn how to move forward to find meaning and purpose.

Dates: 8 weeks (May 1 - June 19th)

Wednesdays: 10:30 - 12:00 pm

Register: 250-656-5537

SAVE THE DATE!

Caregiver Wellness Fair

Family and friend caregivers are invited to attend our Caregivers Fair in honour of Caregiver Awareness Month.

Meet local providers, connect with other caregivers and explore new ways to improve your overall well-being!

There is no charge to attend this event. Enjoy free refreshments, a light lunch, gifts and door prizes.

Saturday, May 11th: 10:00 am - 1:00 pm

Register: 1-877-520-3267

Senior's Mental Health Wellness

Call 250-656-5537 to pre-register.

Are you 65 or older and have been diagnosed with depression, anxiety or feel at risk because of isolation or loneliness? The facilitator will follow up with a phone call to arrange for an intake interview-either over the phone or in person. Confidentiality will be maintained.

Mondays & Thursdays: 1:00 - 2:30 pm

**No meeting April 1st*

Yes! We Can Cope with Depression

This drop-in support group for those with depression will give you lots of opportunities for education and interaction. Depression is manageable; learn ways to cope and thrive.

First Wednesday of the month: 1:00 - 2:00 pm

Register: 250-656-5537

White Cane Club

Drop in, no pre-registration required. For those with vision impairment. If you or someone you know would benefit from meeting with others sharing this same challenge, join us for this social time together. Guest speakers may be scheduled. The facilitator will let you know if this is the case with a phone call before each meeting.

2nd Thursday of the month: 2:00 - 3:30 pm

New! Caregiver Café

Kick back and relax in the company of fellow Caregivers...and enjoy a coffee, tea and sweet on us! Solange, your Facilitator will make you feel welcome and at home. We would love to have you join us!

Location: SHOAL Café

First Tuesday of every month:

1:30pm - 3:30pm

Register: Call Jane at 778-351-1446

Wellness Wednesday

SHOAL What's in it for Me?

Are you intrigued about all the programs and services that are run out of SHOAL? Do you know someone who may benefit from learning about what we do?

This seminar will provide information about what we do here and in the community, there is always so much to learn about us!

Wednesday, March 27th

2:00 - 3:00 pm

More Than Meals



Lori Campbell
More Than Meals
Coordinator
778-426-8766 ext. 102
lcampbell@beaconcs.ca

More Than Meals delivers nutritiously balanced home cooked meals to seniors living on the Peninsula. These fresh meals are made in SHOAL's kitchen, frozen and delivered each Thursday afternoon by our volunteer delivery drivers. Currently, 400 meals are delivered each week! This program continues to be a success thanks to the generous support of the United Way of Southern Vancouver Island.

Clients can choose 3 out of 4 meals weekly. The cost per meal will be decided on a sliding scale dependent on your income. If you are interested in more information or registering for this program, please call Lori.



March 2024 Meal Choices

7th	14th	21st	28nd
Shepherd's Pie	Baked Ham & Pineapple	Beef Pot Pie	Beef Stew
Honey Garlic Chicken	Stuffed Chicken Breast	Butter Chicken	Chicken Alfredo
Crab Cakes	Vegetable Lasagna	Cod w/ Lemon Sauce	Ginger Glazed Salmon
Bacon Cheese Quiche	Meatloaf	Turkey Cutlet	Turkey Pot Pie

April 2024 Meal Choices

4th	11th	18th	25th
Swedish Meatballs	Shepherd's Pie	Baked Ham & Pineapple	Beef Pot Pie
BBQ Chicken	BBQ Chicken	Stuffed Chicken Breast	Butter Chicken
Breaded Sole w/ Hollandaise	Crab Cakes	Vegetable Lasagna	Cod w/ Lemon Sauce
Chili	Bacon Cheese Quiche	Meatloaf	Turkey Cutlet

Seniors Housing Navigation



Jessica Cochrane
Seniors Housing
Navigator
250-514-3057
jcochrane@beaconcs.ca

SHINE UPDATE
Hello readers, in recent SHINE news, there have been engaging presentation opportunities where I was able to share widely the positive impacts that the SHINE program has for the senior community. These speaking occasions have all been fun learning experiences.

We are expecting to hear about another round of funding coming up which could potentially secure the SHINE program operating costs for an additional 3 years. That would be epic!

Aside from those updates, we have been keeping on the edge of all housing related news, and for your reading interest you can find a recent report online titled Aging in Uncertainty: The Growing Housing Crisis for BC Seniors published by United Way British Columbia.

Thanks for reading!

SHINE PROGRAM

SHINE is a collaborative province-wide initiative that supports older adults aged 60+ at risk of homelessness to navigate housing, mental health, and addiction services.

SHINE housing navigators can assist seniors with housing needs such as advising on tenant rights, applying for housing, and filling out forms, and mediation and conflict resolution with landlords.



Spotlight On Beacon: Shaun Cerisano



Photo: Shaun with his dog, Hulk

Shaun Cerisano
Director of Development,
Beacon Community Services
scerisano@beaconcs.ca

In all of its 50 years, Beacon has never done any fundraising –so this is a big deal (no pressure!) We're so curious to know what

your short-term and long-term vision is for Beacon fundraising?

Great question, and you know what, I do feel the pressure. And that's a good thing. Fundraising will help ensure that Beacon can continue to support our community even in these tough economic times. Short term, I want to build the framework of how philanthropy and fundraising can help tell Beacon's story. 100% of our funding stays local to Southern Vancouver Island. Not many charitable organizations out there can say that. This is our competitive advantage, so I want to get the word out. Long term, I want a full fundraising department for Beacon that manages a seven-figure fundraising portfolio. When people on Southern Vancouver Island think of a local charity, I want Beacon to be very top of mind!

This is so exciting Shaun, you've really hit the ground running and we can't wait to see your plans take flight. How can folks help support your vision?

I like how you used the term "flight", if we take that approach, I need people to help introduce me to the pilots out there who can help fly (fund) this plane. Think you can help? Shoot me an email at scerisano@beaconcs.ca and let's chat!

In January, Beacon welcomed Shaun Cerisano to the team as our new Director of Development. He will be heading up all fundraising activities for Beacon.

Tell us a little about your background? Where did you go to school and for what?

I went to school for Advertising but took a leave from campus to do a semester-long internship with World Wrestling Entertainment (WWE).

How long have you worked in fundraising? What do you love about it?

I've worked in fundraising for over 15 years for organizations such as Heart & Stroke, Royal BC Museum and BC Children's Hospital Foundation. Fundraising gives me a chance to use my education and professional skills for good, to support programs and services that build community.

With all of your skills, education and experience – why choose Beacon?

Beacon played a crucial role in supporting my Mom and me when my Dad was passing away. When I found out that Beacon was looking to launch a fundraising department, it was a no brainer that I apply to be the Director. I'm not sure I necessarily "chose" Beacon, I think our stars were meant to align.

Earth Day Beach Cleanup

14

APRIL

11 AM - 1 PM CLEAN UP
1 PM - 2 PM PICNIC
SUNDAY
WILLOWS BEACH, VICTORIA

We're celebrating Earth Day a little early with a beach cleanup and picnic. This event is in partnership with Surfrider Foundation. Let's make a positive impact on our environment and help to clean up a local beach!

Join our Facebook Group by scanning the QR code!

Community Resource Office in Central Saanich

1209 CLARKE ROAD, BRENTWOOD BAY
MONDAY - WEDNESDAY - FRIDAY - SATURDAY
10 AM - 2 PM
CENTRALSAANICH@BEACONCS.CA
250-652-8695

COME TALK TO US ABOUT


RESOURCES & REFERRALS VOLUNTEER OPPORTUNITIES
MEDICAL DRIVES DISABILITY PARKING PERMITS
WELLNESS & SUPPORT GROUPS HOUSEKEEPING
PHONE CHECK INS INCOME TAX SERVICES


SHOAL Community Centre Weekly Drop-In Schedule


SHOAL Cafe (Formerly Tuck Shop): Mon - Fri : 9:00 am - 3:00 pm
SHOAL Dining Room: Mon - Sun : 12 noon - 1:30pm & 4:30 pm - 6:00 pm
 Please visit pages 3 - 7 for more information. All activities subject to change.

MONDAY	TUESDAY	WEDNESDAY
<p>**Woodworking Shop: 9 am - 4 pm</p> <p>Boot Camp: 8:10 - 9:10 am</p> <p>Sr Fit 1: 9:20 - 10:20 am</p> <p>Recreational Table Tennis: 9:30 - 11:30 am</p> <p>Painting Group: 10 am - 1 pm</p> <p>Sr Fit 2: 10:30 am - 11:30 am</p> <p>5 Element Qi Gong: 11 am - 12:15 pm</p> <p>Intermediate Table Tennis: 1:30 - 3:30 pm</p> <p>VIPUGS Music Jam: 1:30 - 3:30 pm</p> <p>Cribbage: 1 - 4 pm</p> <p>Mahjong: 1 - 4 pm</p> <p>Mendelssohn Choir: 7- 9 pm (audience only)</p>	<p>**Woodworking Shop: 9 am - 4 pm</p> <p>**Lapidary: 9 am - Noon</p> <p>Hatha Yoga: 9:30 - 10:30 am</p> <p>Computer Support : 9:30 - 12 pm (drop-in)</p> <p>Chair Fit: 11:30 am - 12:30 pm</p> <p>**Duplicate Bridge: 12:30 - 4 pm</p> <p>**Crafts: 1 - 3 pm</p> <p>Chess: 1 - 4 pm</p> <p>Portrait Painters: 1 - 4 pm</p> <p>Beginners Balance: 12:45 - 1:30 pm</p> <p>Line Dancing: 7- 8:30 pm</p> <p>Evening Table Tennis: 6:30 - 9 pm</p>	<p>**Woodworking Shop: 9 am - 4 pm</p> <p>Boot Camp: 8:10 - 9:10 am</p> <p>Advocacy/Computer Support 9 am - 1 pm (by appt)</p> <p>Sr Fit 1: 9:20 - 10:20 am</p> <p>Recreational Table Tennis: 9:30 - 11:30 am</p> <p>Sr Fit 2: 10:30 am - 11:30 am</p> <p>5 Element Qi Gong: 11 am - 12:15 pm</p> <p>Beginner Table Tennis: 12:30 - 1:30 pm</p> <p>Contract Bridge: 1 - 4 pm (Foursome Required)</p> <p>Intermediate Table Tennis: 1:30 - 3:30 pm</p> <p>**Duplicate Bridge: 6:15 - 9:30 pm</p> <p>Euchre: 6:30 - 8:30 pm</p> <p>Sidney Acoustic Jam: 7 - 9:30 pm (audience only)</p>
THURSDAY	FRIDAY	WEEKEND
<p>**Woodworking Shop: 9 am - 4 pm</p> <p>Uke Jam: 9:30 - 11 am</p> <p>Chair Fit: 11:30 am - 12:30 pm</p> <p>Beginners Balance: 12:45-1:30 pm</p> <p>Evening Table Tennis: 6:30 - 9 pm</p> <p>Absolute Beginners Dance: 7:00 - 8:30 pm</p> <p>Singing for Wellbeing: 7:00 - 8:00 pm</p>	<p>**Woodworking Shop: 9 am - 4 pm</p> <p>**Knitting: 1 - 3 pm</p> <p>**Progressive Contract Bridge: 1 - 4 pm</p> <p>Boot Camp: 8:10 - 9:10 am</p> <p>Sr Fit 1: 9:20 - 10:20 am</p> <p>Recreational Table Tennis: 9:30 - 11:30 am</p> <p>Sr Fit 2: 10:30 am - 11:30 am</p> <p>Beginner Table Tennis: 12:30 - 1:30 pm</p> <p>Gentle Chair Yoga: 12:30 - 1:30 pm</p> <p>Intermediate Table Tennis 1:30 - 3:30 pm</p>	<p>Saturday</p> <p>5 Element Qi Gong: 11 am - 12:15 pm</p> <p>Legion Meat Draw: 1pm - 5 pm</p> <p>Sunday</p> <p>**Duplicate Bridge: 12:30 - 4 pm</p>

****Members Only Drop-In**

 **Want to receive a digital TideLines** (and monthly updates)?
 Email us: eeaton@beaconcs.ca

 @shoalcentre
 @beaconcommunityservices
 @bcseyppers

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