

TideLines



News from SHOAL Centre

10030 Resthaven Drive, Sidney, BC V8L 3G4
Phone: 250-656-5537 Web: www.beaconcs.ca
www.facebook.com/SOALCentreBeaconCommunityServices/
Instagram @shoalcentre

May & June 2024

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

Thank You...

... to **Edie Daponte** for volunteering your time and gracing us with amazing music at the Spring Fling Easter Tea! Your performance was inspirational and made the whole event so memorable.

...so so much to the **Income Tax Volunteers**. Thank you for the countless hours you put in to meet our clients, review forms and the tireless effort to file over 1500 tax returns so far...

...to **Sarah Gait**, our fearless office co-ordinator, for caring so deeply even when you are juggling so many different responsibilities. You always stop and take the time to give each visitor the support they need.

...to our **amazing central saanich volunteers** for your enthusiasm and willingness to brave a new office in Brentwood Bay. You all have made the Central Saanich Resource Office a success!



Beacon's 50th Celebrations!

On March 6th Beacon unveiled our new logo and brand as we look forward to the next fifty years as an organization. It is an exciting time to be a part of Beacon especially for everyone at the 2024 Volunteer Appreciation Lunch where the new logo made it's public debut. Check out the our new brand on **page 15** and see all the fun and excitement from the Volunteer Appreciation Lunch on **page 9**.

Mother's Day and Father's Day Dinners

Celebrate your parents at SHOAL with a family dinner together in our dining room for Mother's Day and Father's Day. Book your dinner now for only \$27 per person (\$32 for Non-Members). Details on **page 10**.

Access Awareness Day

Partnering with the Town of Sidney and SPARC BC (Social Planning and Review Council), the SHOAL Centre is hosting a FREE event for anyone to attend. It is a great opportunity to educate yourself, your family, and your workplace to create a more accessible community. **See page 8 for more information about the event and guest speakers.**

Saturday, June 1, 2024

10:00 am - 2:00 pm

BBQ lunch and snacks will be available.

See Something Say Something (World Elder Abuse Awareness Day)

Join us for this dynamic, in person presentation, by Cari Taylor, Regional Mentor for the BC Association of Community Response Networks

(BCCRN). Reducing Risk for Older Adults is designed to help identify high-risk adults, particularly those who live alone and who may be isolated. Everyone can play an important role in keeping others in their community safe, secure and independent. Anyone who has contact with older adults and vulnerable adults would benefit from this seminar. Light refreshments will be provided.

June 15 is World Elder Abuse Awareness Day around the world. The purple iris is the symbol used by BCCRN to signify the importance of this day. Please wear purple on June 15 to help raise awareness about this vital issue in our communities.

Saturday, June 15th: 10:30 - 11:30 am

Cost: Free

Please Register: 250-656-5537 or SHOAL reception



- Community Connection.....2**
- Registered Programs.....3**
- Fitness.....4-5**
- Activities & Workshops.....6-8**
- Volunteer News9**
- Kitchen, Dinners & Events.....10-11**
- Seniors Services & Wellness...12-14**
- Spotlight on Beacon.....15**

From the Director's Desk



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

Thank you for taking the time to read TideLines, there is so much information and opportunities to getting involved in our centre and the community.

Every year at the end of May, Beacon, in partnership with the Town of Sidney, recognizes National AccessAbility week with an information fair at SHOAL Centre. This year's theme is **"Forward Together: Accessibility and Inclusion for All."** Our event will show what possibilities there are for people living with disability and the practices that many people have to create a rich and rewarding life. We will have inspiring speakers and organizations with resources to help decrease barriers and create a more accessible community. **Read page 8 for more detailed information about this event**, we hope you will join us!

Our regular classes and programs continue, but many groups take a summer break to enjoy the great outdoors and the beautiful weather. Please read through the newsletter to see if your program will be taking a break. If you are interested in keeping involved in the centre, it is a **great opportunity to try something new!**

Lastly, as we head into the hottest months of the year, please remember to keep yourself safe and cool. Re-visit your emergency plan before the temperature rises and visit gov.bc.ca to find the extreme heat guide. Identify a cool space in your home, check on a neighbor, remind them to have a plan, and know that we will operate a cooling centre if we have an extreme heat this summer.

Community Connections

IG Wealth Management Walk for Alzheimer's

Join the Beacon team on the walk! Sign up today! The Walk is the largest annual fundraising event for the Alzheimer's Society of B.C

Sunday, May 26th: 9:00 a.m. - 12 Noon
Location: Fishermans Wharf
Register: jrayburn@beaconcs.ca

D-DAY HANGAR DINNER & DANCE

Presented by the Saanich Peninsula Legion. There will be a Buffet Dinner and Dance featuring the Commodore's Big Band

Thursday, June 6th: 5:00 - 10:00 pm
Location: BC Aviation Museum
1910 Norseman Road
Early Bird Tickets: \$44



Mad Hatter's Tea Party

Dress up and wear hat's for Sidney LitFest's Tea Party for Readers and Writers. Tea, Treats & author discussion!

Saturday, May 25th

Location: SHOAL Centre

Doors Open at 1:30 pm

\$30 per person

Tickets: Tanner's Books or sidneyliteraryfestival.ca



THURSDAY JUNE 6 | 10 am to 5 pm
Mary Winspear Centre, Sidney

This one-day FREE event for seniors and their care-giver families to gain information on aging, with 11 speakers and 60 info booths.

Visit: cfuwsaanichpeninsula.org/carefair

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

Victoria Day Weekend

Saturday, May 18th to

Monday, May 20th

We will re-open on

Tuesday, May 21st.

SHOAL Membership*

\$50 per year

- Reduced drop-in fees
- Member only program fees
- Free coffee and cookie 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: kshauer@beaconcs.ca



Follow us

on Instagram

@shoalcentre

@beaconcommunityservices

@bcsyepppers



Connect with us

on Facebook

/beaconcommunityservices

/SHOALCentreBeaconCommunity-Services



Activities and Programs

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: May 6 - June 24 *No class May 20th
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.

\$2 Member; \$4 Non-Member
DROP IN Tuesdays: 9:30 am - 12:00 pm*
**Drop In Cancelled May 1st - June 4th*
APPT ONLY Wednesdays: 9:00 - 12:00 pm

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: May 14, 21, and June 4
2:00 - 3:00 pm
\$30 Members \$36 Non-Members
**Please bring your own putter if you have one.*



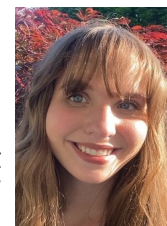
Sarah Gait, Office Coordinator
778-351-4652
sgait@beacons.ca



kshauer@beacons.ca
Interim Communications Coordinator
778-426-8769
kshauer@beacons.ca



Ewa Ardiel, Administrative Assistant
250-656-5537
eardiel@beacons.ca



Alexa Freitag, Administrative Assistant
250-656-5537
afreitag@beacons.ca

Conversational Spanish Classes

Buenos Dias! Join these conversational Beginner, Intermediate and Advanced Spanish lessons with Salvador and take a deeper dive into communicating in Spanish. With emphasis on learning and practicing the spoken language correctly, this class will be increasingly conducted in Spanish. At the end of this six-week class you will be more confident having conversations with Spanish speakers (486 million native speakers worldwide!) ¡Buena suerte! Vamos!!!

Beginners

Mondays, May 6 - June 17
**No class May 20*

Intermediate

Tuesdays, May 7 - June 11

Advanced

Thursdays, May 9 - June 13

Time: 6:30 - 7:30 pm

\$105 Members and \$126 Non-members

Strength, Resiliency and Reflection

For women 50+, who are seeking to enhance their well-being, address social isolation, and nurture their mental and emotional resilience, after experiencing harmful relationships. Each week, participants explore group discussions, interactive workshops and engaging activities, including guest speakers on health and wellness, embarking on a shared journey of self-discovery, personal growth, empowerment, and joyful living. *This workshop is a partnership with the Victoria Women's Transition House, SHOAL Centre, and the Saanich Peninsula Community Response Network.*

Mondays, May 13 - July 29

No class May 20 and July 1

Time: 2:00 - 4:00 pm

Cost: Free

Register: 250-656-5537 or drop by SHOAL Centre reception.



Fitness and Yoga

Preventing Bone Loss: The Strength Strategy



Strength training is crucial for preventing osteoporosis because it helps stimulate bone growth and strengthen bones.

Weight-bearing exercises, in particular, lifting heavy weights are effective in preventing osteoporosis because they put mechanical stress on the bones, stimulating the production of osteoblasts, which are cells responsible for bone formation. As a result, bones become denser and less prone to fractures.

Additionally, lifting heavy weights can help improve muscle strength and coordination, which are essential for balance and stability. Strong muscles can support the skeletal system and reduce the risk of falls, a common cause of fractures in individuals with osteoporosis.

Here are some strategies you can consider:

1. Perform movements that use as many muscles at once (multi-joint movements).
2. Use the principle of progressive overload to stress the musculoskeletal system, and continue to progressively increase the load as your body becomes accustomed to the stimulus.
3. Varying your exercise selection will help to provide a unique stimulus for new bone formation.
4. Remember to take adequate rest! When lifting heavy weights, take about 48 hours before training the same muscle groups again.

If you need help creating a plan, we can help you by designing a safe and effective weightlifting program tailored to your needs.

Contact us: benecore.training@gmail.com or 250-883-7548.

Justine & Joshua Sutherland
Founders of Benecore Training
Registered Kinesiologist & Registered Strength & Conditioning Specialist
Bachelor of Physical & Health Education
Bachelor of Sport Fitness Leadership with an Exercise and Wellness Diploma
FMS Level 1 & 2, Precision Nutrition Level 1, Senior Fit, Online Trainer Academy
Phone: 250-883-7548 or 250-217-9063
benecore.training@gmail.com

Drop-In Fitness

Class sizes are limited.

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

10 Punch pass: \$60 Member; \$70 Non-Member *non-refundable

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 May 20th*

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 May 20th

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: 7:00 - 8:30 pm

***Limited Classes: June 11, 18 and 25**

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

**No class May 23rd, June 18th or 20th*

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

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

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:
11:00 am - 12:15 pm *no class May 20th**

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

May 2-30: \$88 Member & \$106 Non-Member

June 4-27: \$66 Member & \$79.5 Non-Member

**No class May 23rd, June 18th or 20th*

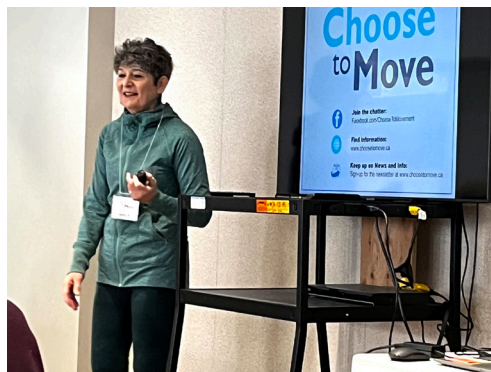
Jukebox Dance-Fit

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: May 17 - June 21

3:30 pm - 4:30 pm

Cost: \$114 for 6 sessions (or \$21 drop in)



Above: Choose To Move Activity Coach Anita Ferriss facilitates a session.

Right: Choose to Move participants working together



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.

DON'T WAIT TO TAKE THE FIRST STEP

- Feel more energetic
- Get support to be more physically active
- Take steps toward your fitness goals
- Learn how to fit activity into your routine
- Stay accountable to your plan
- Meet new people and have fun!

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

For more information or to join the interest list for a summer info session or fall program

Email: choosetomove@beaconcs.ca

Call SHOAL Centre: (250) 656-5537

active
aging
society

BRITISH COLUMBIA
Supported by the Province of British Columbia

Beacon 50+ COMMUNITY SERVICES

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

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 its most basic form. Played in foursomes only.

Tuesdays: 12:30 - 4:00 pm

Wednesdays: 6:15 - 9:30 pm

Sundays: 12:30 - 4:00 pm

Contract Bridge

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

Wednesdays: 1:00 - 4:00 pm

Practice Bridge

If you are not ready to join the bridge clubs, this group is for you! Beginner Bridge group that focuses on practicing and building your bridge skills. There will be plenty of time to play the game, chat, and have fun with a group of likeminded people.

**Starting June 1st*

Wednesdays: 2:30 - 4:30 pm

Progressive Contract Bridge

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

Fridays: 1:00 - 4:00 pm

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 session May 20th*

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

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 members and SHOAL guests.

Mondays / Wednesdays / Fridays: 1:30 - 3:30 pm **No sessions May 20th*

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 - 9:30 pm

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 May 20th*

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 May 20th*

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

Dancing

Line Dancing

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

***Limited Classes: June 11, 18 and 25**

\$6 Member; \$7 Non-Member

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

***Limited Classes: May 2, June 13, 20 & 27**

\$6 Member; \$7 Non-Member



A place for men to socialize, work on projects and improve their skills.

SATURDAYS AT 2:00 PM

SHOAL Centre Woodshop
10030 Resthaven Drive
250-656-5537

Music

VIUGS (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 May 20th*

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 May 20th*

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: 1:00 - 2:00 pm

Interested in joining a Book Club at SHOAL?

Let us know:

kshauer@beaconcs.ca or

call 250-656-5537

Arts and Crafts

CHECK OUT the foyer showcase weekly and keep an eye out for all the new pieces that are for sale. These one-of-a-kind creations make great gifts and are a wonderful way to support Beacon Community Services at SHOAL Centre.

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

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 May 20th*

Lapidary

Are you interested in learning to cut and polish rocks, and 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 this group will be a good fit.

\$2 Member; \$4 Non-Member

Mondays: 10:00 am - 1:00 pm

**No session May 20th*

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

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

Highlights and Workshops



ACCESS AWARENESS

FORWARD TOGETHER: ACCESSIBILITY AND INCLUSION FOR ALL



**SATURDAY
JUNE 1, 2024**

10:00 am -
2:00 pm



SHOAL Centre
10030 Resthaven Dr.

SPEAKERS

- Les Chan Fibre Artist and *Don't Stir Fry In The Nude* book
- Reach Choir Performing Arts for social good
- Randy Fred Gold Medal blind lawn bowler
- Kim Scott Paralympic Dressage Rider
- Cliff Smith Mayor Town of Sidney
- Anita Kardos Victoria Airport Authority
- Tricia Perrier Author/Caregiver
- Jessica Tuomela Paralympian swimmer/scent dog trainer
- Terri O'Keefe Saanich Peninsula Arts and Crafts Society

INFORM | NETWORK | EDUCATE | INSPIRE

MORE INFORMATION

☎ 250-656-5537
✉ shoalreception@beaconcs.ca

BBQ lunch will be available for purchase with cookies and snacks!



RECRUITING VOLUNTEERS!

Volunteer Visitors

Calling all people-people! If you enjoy a flexible position and are friendly and compassionate, we would love to meet you! We have clients awaiting matches 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. 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 donations, pricing, cash and customer service are the main tasks. 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.

Central Saanich Satellite Office

We are seeking individuals who live in Brentwood Bay or nearby on the peninsula to help us staff a new resource office. In partnership with the Central Saanich Police Department, volunteers will help to support seniors, provide disability parking passes, and communicate about services and resources available in the area. **Details on page 12**, but please reach out if you are interested in this!

MUSIC BINGO
CARD GAMES
SETTLERS OF CATAN
BANANAGRAMS
SCRABBLE
CANDY LAND
DUTCH BLITZ
CLUE
POKER
JENGA
TICKET TO RIDE
AND MORE!

FAMILY GAMES NIGHT

FRIDAY, JUNE 7TH
6:00 - 9:00 PM
\$2 / PERSON OR \$5 / FAMILY
SHOAL CAFE WILL BE OPEN

SHOAL CENTRE
10030 RESTHAVEN DRIVE

Bus Trips to Panorama

Are you interested in going to Panorama Recreation Centre to use their pool, gym or other facilities? Thanks to a grant from ParticipACTION Canada, we are partnering with Panorama Recreation to get people from Sidney and Brentwood Bay to Panorama in June with the Beacon bus! Trips will be held on 4 consecutive Tuesdays, and will leave SHOAL at 11 am and return at 2 pm. Tuesday, June 4 will consist of a trip to Panorama and an orientation in their facility; the following 3 Tuesdays you will be able to use their facilities free of charge! *Please call 250-656-5537 to register, space is limited to 16, and you will be able to register for all 4 weeks. If participation is high, our aim is to have weekly trips!*

Tuesday, June 4th 11am – 2 pm: Orientation at Panorama Rec
Tuesday, June 11 – 25 11am – 2 pm: Bus trip and admission fee covered for the use of Panorama Recreation Facilities.

Canadian Revenue Service (CRA) + Service Canada In-Person Clinic

Need help registering for the new Canadian Dental Care Plan? Did you misplace your invitation to register? Tzena Russell from Service Canada and Sarah Bennett from CRA can help answer these questions and more. They have access to their respective government computer systems and will be able to give you information on different queries you may have. *Note that this is not a presentation, but an opportunity to speak to a Service Canada or CRA representative one on one.*

June 18th: 1:30 pm – 3:30 pm, Register: 250-656-5537

Our vacancies are not limited to these; contact us if you have time to give and we will find a placement for you that fits! To apply, please email yrapuri@beaconcs.ca, or visit our website www.beaconcs.ca under the "Join Our Team" menu. An interview and criminal record check is required, and an orientation and training is provided for all our roles.

Volunteer News



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

VOLUNTEER LONG SERVICE AWARDS LUNCHEON AND BEACON 50TH CELEBRATION

We had a LOT to celebrate on Friday, April 19th at the annual Volunteer Long Service Recognition Event that takes place during National Volunteer Week. With nearly every seat in the house taken, and many reporting afterwards that this was our “best one ever” (the luncheon was especially delicious and well-received – our new Chef Steve knocked it out of the park), we were thrilled to bring 37 of our longest serving volunteers up to the front for their flowers, certificates and pins.



from QuadReal Property Group, who, through employer supported volunteering, sent folks on both Thursday and Friday to help with the event – a game-changer for us!

Thanks to the hard work of Maureen Dale, Archive Volunteer extraordinaire, we had our whole 50-year history on display in a rotating slide show, as well as in newspaper articles over the years that we printed onto the placemats at every place setting. A huge thank you as well to Thrifty Foods for donating funds towards, and creating, the gorgeous colour-themed floral bouquets we gave to our honorees, and to our corporate volunteer team

As well, to all the Beacon staff who pitched in at all stages of the planning and execution – you are AMAZING to work with, and this event sure takes a village!

Hope everyone enjoyed their commemorative water-bottle gift, and if you are a volunteer and you missed the event – yours will be hand-delivered to your volunteer location in the coming weeks!”

Welcome New Volunteers!

Bread Delivery: Pat Ruth and Harold Peffers

Medical Drivers: Diane Walton, Paul Tittle, Roger Van Zyl

SHOAL Events: Taimi Koskela (*corporate group captain*)

Sluggett/Brentwood House: Josiah Ng (*youth group captain*), Manon Latrille

Thrift Shops: Barbara Dickson, Marilyn Hopp, Linda Larson, Jane Magallanes

Visiting Volunteers: Lou Pedder



Top Left: 10 year Award Recipients. Above: Volunteers enjoying the luncheon. Bottom Left: Limited Edition 50th Anniversary Pins. Bottom Right: Yasmin thanking the volunteers.

“Thank you again for the luncheon. It was an incredible experience for the 50th anniversary. I really enjoyed it. I just wanted to thank you all for the fantastic amazing job you did.”

“Please accept and share my appreciation for the celebration event. Meeting other volunteers always sends me away with admiration. This 50 years marker was both beautiful and informative. Being a volunteer driver is the best of all worlds. “

“The event was wonderful, and I feel honoured to have been included in such an appreciation experience. I feel it was one of the best - way to go everyone at BEACON! I know how much planning and hard work goes into these events. And what a great way to help celebrate BCS’s 50th.”



Tides Dining Room Dinners and Events

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.



Mother's Day Dinner

Sunday, May 12th
4:30 & 6:00 pm Seatings
 \$27.00 Member
 \$32.00 Non Member

Three course meal with salad followed by stuffed chicken supreme with roast potatoes and vegetables, and dessert.

*By reservation only.
 Tickets must be picked up in advance.*



AMERICAN SYMPHONY

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

Homemade beef burgers & chips or local fish and chips. Popcorn and hot chocolate will be served with the movie.

A moving documentary about Grammy Award Winner John Baptiste as he attempts to write a symphony as his wife battles cancer.



Father's Day Dinner

Sunday, June 16th
4:30 & 6:00 pm Seatings
 \$27.00 Member
 \$32.00 Non Member

Three course meal with salad followed by BBQ ribs with jacket potatoes, side vegetables, and finishing with dessert.

*By reservation only.
 Tickets must be picked up in advance.*



TRUE SPIRIT

Friday, June 21st
5 pm Dinner | 6 pm Movie
 \$20 Member \$24 Non-Member

Homemade beef burgers & chips or local fish and chips. Popcorn and hot chocolate with the movie.

When Jessica Watson sets out to be the youngest person to sail solo, non-stop and unassisted around the world, she must overcome her greatest fear. Based on a true story.



May 11, 2024

CAREGIVER WELLNESS FAIR

We warmly invite family and friend caregivers to partake in a day filled with engaging activities in honour of Caregiver Awareness Month! Enjoy fun activities and meet local providers who can support you on your caregiving journey! Gain knowledge, connect with other caregivers, and explore new ways to improve your overall well-being!

Free refreshments and a light lunch will be offered! Enter to win door prizes! There is no cost to attend this event!

Date Saturday, May 11, 2024

Time 10:00 am - 1:00 pm

Location SHOAL Centre, 10030 Resthaven Drive, Sidney



Enjoy free demos on Caregiver Movement, Reiki, bike rides with the Cycling Without Age Society and more!



For more information please call: 778-351-1446



WEDNESDAY BURGER LUNCH RETURNS

Handmade Beef Burgers Every Wednesday 12:00 - 1:30 pm from June to September



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

Welcome New Head Chef Steve Mugridge

As soon as I heard the community of Sidney needed an Executive Chef/ Kitchen manager, I gladly applied to make a difference.

I was trained in England, studied in French restaurants and the Ritz Hotel. I spent many years working all over the world even in New York and Australia. Eventually settling with family in Toronto, Canada before moving out to

the island to escape the cold winters. I opened my catering company and helped out at various hotels and restaurants.

My passion is now focused on people who need healthy nutritional meals and deserve the best meals available. I look forward to meeting you all and feeding you lunch and dinners that I am proud of.



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 May 15th and June 19th.**

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 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**

Senior Support Services



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.

Time: 11:30 am - 3:30pm

***Please Check in at 11:15am**

Cost: \$5

FROM SHOAL CENTRE TO HILLSIDE MALL

May 15th and June 12th

**It is possible to pickup from Brentwood Bay if enough people are interested. Please contact SHOAL to inquire.*

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.

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 coastalfoothealth@gmail.com.

Parking Permits

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

Income Tax Services

Tax Clinic is available year round. Pick up forms at the SHOAL Centre reception and we will have a volunteer E-File your return, free of charge.

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. Currently, there is a waitlist for this service. Contact us to be added to the waitlist.

More Than Meals

Wanting frozen meals delivered by a volunteer each week? More Than Meals delivers nutritiously balanced home cooked meals to seniors living on the Peninsula. The cost per meal will be decided on a sliding scale dependent on your income. Contact Lori Campbell at 778-426-8766 for more information.

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. **Min one week notice is required for all drives.*



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 the support we receive to help people in need in our local communities.



Community Resource Office in Central Saanich

1209 CLARKE ROAD, BRENTWOOD BAY
MONDAY - WEDNESDAY - FRIDAY
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

SHINE NEWS + UPDATES

Seniors Housing Information and Navigation Ease (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. The program is jointly funded by the Ministry of Health and Ministry of Mental Health and Addictions.



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

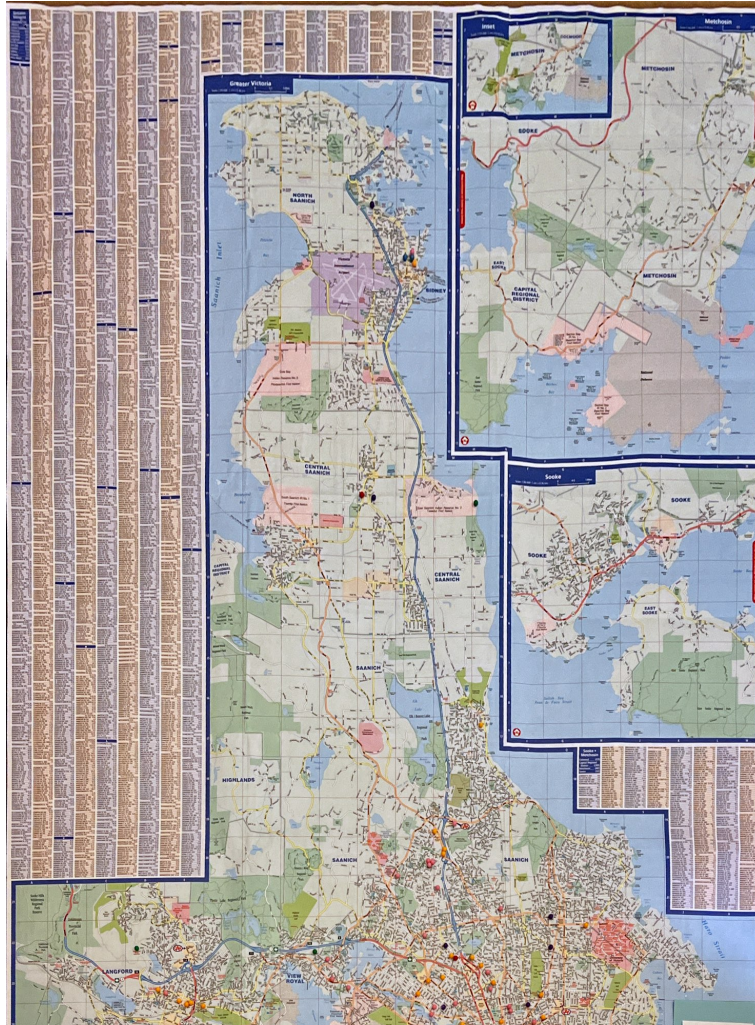
THE GOAL OF SHINE

Address seniors' housing concerns across BC through housing and systems navigation, community connection, education, and support for mental health and wellness. 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.

While SHINE was designed to support housing navigation, many of the seniors accessing the program have complex needs, and therefore also receive help with navigating a range of needs beyond housing (e.g., income benefits, digital technology literacy, health services, etc.).

SHINE NEWS

Last month, I attended the Vancouver Island RENT Event hosted by the BC Non-Profit Housing Association in Courtenay, BC. It was a great opportunity to share, learn and network with others within the affordable housing sector.



This map was created as a visual tool to help SHINE clients understand where various housing options are located for their planning. Some additional benefits from having this tool is that it can be used for advocacy for more housing options in the Peninsula, for example more independent living options, senior resource centers, assisted living and social housing. It is proudly on display in the SHINE office and can be viewed upon request or during an appointment.

A client sat with us and shared their story about how their life changed and improved through the SHINE program:

After learning about the SHINE program through a friend, Jim took action and made an appointment with SHINE Coordinator, Jessica.

Before meeting Jessica, Jim's housing situation was a mobile one, he was a travelling wilbury... Jim's expectations were to have an open mind and see what information was available. During his interactions with Jessica, the SHINE program shined bright and

made a massive difference in his life by assisting Jim with applying for housing.

After working with Jessica, Jim's situation changed, from a travelling wilbury to a stationary wilbury. Jim was successfully accepted into social housing where he is gratefully transitioning one step at a time in his new life. Now Jim is happy to help Jessica through the SHINE program by sharing his success story. He is a supporter of the SHINE program. *For privacy reasons, the name and likeness of the client has been changed for anonymity.*



Wellness Programs + Support Groups



Jane McIntosh &
Margo James

Support Programs Coordinators

778-351-1446
jmcintosh@beaconcs.ca or
mjames@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: 1:30 - 3:30 pm

Register: 1-877-520-3267 or
cgsupport@familycaregiversbc.ca.

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

1st Tuesday: 1:30 - 3:30 pm

Register: Call Jane at 778-351-1446

Senior Peer 1 - 1 Support

Are you 55 or older experiencing: loneliness, isolation, loss, sadness, grief, a life transition, health challenge or loss of connection to community? A trained listener can provide confidential, 1 to 1, no cost support, as you navigate these challenges.

Register: 778-351-1446 or
mjames@beaconcs.ca.

Phone Check-Ins

Would you like a regular check-in, a friendly hello? We have 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.

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.

Waiting list being taken for next session.

More Information: 778-351-1446

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: 2:00 - 3:00 pm

Register: 250-656-5537

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 May 20th*

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.

1st Wednesday: 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: 2:00 - 3:30 pm

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 James is a certified Reiki Practitioner.

One hour treatments will be held in the Lounge at the SHOAL Centre.

1st, 3rd, 4th Tuesday: 1:30 or 3:00 pm

2nd Wednesday: 1:30 or 2:30 pm

Cost: \$80

Register: 250-656-5537

Wellness Wednesday Let's Talk about Alzheimer's Dementia

Approximately 76,000 Canadians are diagnosed every year with dementia and over 70% of them will have Alzheimer's dementia. Dr. Patricia Gunton will be at SHOAL Centre to review the different types of dementia focusing on Alzheimer's. She will also discuss diagnostic tests, causes, prognosis, exciting new treatments, and the possible role of Medical Assistance in Dying (MAID) in this challenging terminal disease named after Dr. Alois Alzheimer in 1906.

Wednesday, May 29th
2:00 - 3:00pm

\$2 Members; \$4 Non-Members

SPOTLIGHT ON: Beacon's 50th Anniversary



LIGHTING THE WAY FOR 50 YEARS.

The new Beacon logo with our 50th year tagline.



50th Anniversary Decor at the Volunteer Appreciation Lunch on April 19th

With your continued support, we will be an even bigger, brighter Beacon in the years ahead.

In March, we unveiled our new brand and 50th year tagline, "Lighting the way for 50 years." The new branding celebrates our rich history and legacy of service in the community. It marks our continued evolution and serves as a reminder of the incredible journey that we've been on and the bright future that lies ahead. This re-brand represents an exciting new chapter at Beacon Community Services, and as we enter our Golden Anniversary with a renewed identity, we affirm our unwavering commitment to making a positive difference in the lives of those we serve.

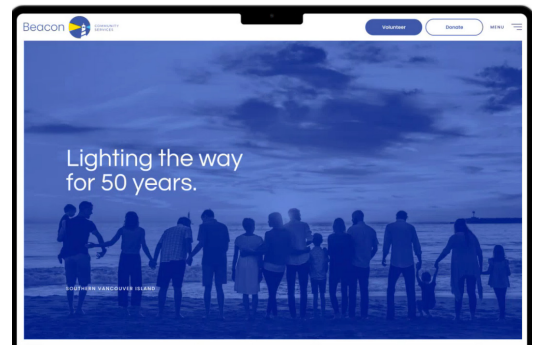
Since our humble beginnings in 1974, Beacon Community Services has grown and evolved in ways that we could never have imagined. From our roots as a small, volunteer run organization to becoming a pillar of support and compassion across Greater Victoria; our journey has been marked by triumphs and challenges which have shaped who we are today.

The next 50 years holds many possibilities for Beacon and we are confident that together we're going to continue to light the way for many years to come. Our commitment to serving those in need remains as strong as ever.

In April, we celebrated our volunteers at the long service awards with a commemorative gift of branded carabiner water bottles and decor sporting our new brand. We're thrilled to honor everyone for the

incredible work over the years building Beacon to what it is today. We even had the chance to honour, Susan Langlois, who has volunteered with Beacon for 48 of our 50 years. **Read more about the Volunteer Appreciation Lunch on page 9.**

We so are grateful to have of our staff, volunteers, clients, and members along with us along this journey. Your dedication, passion and support have been instrumental in shaping our success and we are grateful for all of you and your continued partnership.



Sneak peak at our upcoming totally redesigned Beacon website



Photo of Sarah and family courtesy of Burrow & Bloom Photography

Sarah Baidoo
Development Associate
Beacon Community Services
sbaidoo@beaconcs.ca

Development at Beacon

Introducing Sarah Baidoo, our vibrant new Development Associate! Born and raised on the Saanich Peninsula, Sarah and her family are deeply connected to Beacon's programs. She is eager to weave stronger community ties and showcase Beacon's incredible impact.

Sarah strongly believes in volunteering and giving back to the community; she lived and worked overseas in Ghana for almost three years for a non-governmental organization. Sarah is the 7U Division (T-Ball) Director for Triangle Athletic Association (and coach), and the Special Events Director for JDF Soccer Association.

Thrilled to join during Beacon's 50th year, Sarah brings a wealth of firsthand knowledge to her new role including experience with grassroots fundraising, event support, administration and volunteer management. She's looking forward to using her skills to help build a better Beacon!

SHOAL Community Centre Weekly Drop-In Schedule

SHOAL Cafe: Mon - Fri : 9:00 am - 3:00 pm

SHOAL Dining Room: Mon - Sun : 12:00 - 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 - 1:00 pm</p> <p>Sr Fit 2: 10:30 - 11:30 am</p> <p>5 Element Qi Gong: 11:00 - 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 - 11:30 am</p> <p>5 Element Qi Gong: 11 - 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>*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: 11:00 - 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



/beaconcommunityservices
/SHOALCentreBeaconCommunityServices