

TideLines

News from SHOAL Centre

10030 Resthaven Drive, Sidney, BC V8L 3G4
Phone: 250-656-5537

July & August 2024

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

Thank You...

Thank you to the many people who have **donated items to the Lapidary, Crafts and Knitting groups** over the past while. Your donations are greatly appreciated and are put to good use bringing pleasure to the makers, as well as contributing to the SHOAL Centre through the amazing craft display in the lobby.

A massive thank you to everyone who participated in making **Access Awareness Day a success!** We all greatly appreciate your contribution and dedication so much.

Thank you to **Susan Baldwin and Maureen Dale** for heading up the Red Thread Project at SHOAL Centre. We are excited to work together to see how we can improve and prepare the SHOAL Centre to be an effective and sustainable part of the community for years to come.



Beacon 50 COMMUNITY SERVICES

SHOAL Centre

OPEN HOUSE

SEPT 6TH

DEMOS | DOOR PRIZES | DEALS



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



From the Director's Desk



We are so glad to welcome summer, and with that, comes a time for refresh for staff and volunteers after a very busy spring! You will note by our newsletter that some regular programs are on hold for the summer. This is so many of you can also refresh and enjoy the great outdoors, connect with family and friends and join us again in the fall for our activities.

We will be gearing up for our **annual open house on Friday, September 6**. We plan to have all our activity groups, fitness programs, wellness and outreach programs showcased. Invite your friends and neighbours, or anyone who would benefit from being part of the centre or is in need of some of our supports. It is our goal to increase membership and enhance programming to better meet the needs of older adults living on the Peninsula. If you have any ideas or suggestions for programs or activities we can offer, **we want to hear from you!** Please call us so we can discuss how we can make the centre an even better place for seniors.

Please remember to keep yourself safe and cool this summer. Re-visit your emergency plan before it gets hot 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 **SHOAL will operate a cooling centre** if we have an extreme heat this summer.

We hope you all have an amazing summer! Pop in for our **burger lunch every Wednesday in July and August** and our café is stocked with ice cream treats, and coffee is always on!

This year we are celebrating the 50th anniversary of Beacon. Do you have stories or pictures of your history with us that you would like to share? If so, send them to our Beacon historian at maureendale@shaw.ca

Jennifer Van Es
Director, SHOAL Centre & Seniors Services
jvanes@beaconcs.ca

SHOAL Centre

SUMMER OFFICE HOURS*

Monday, Thursday, & Friday:
8:30 am – 5 pm
Tuesday & Wednesday
8:30 am – 9:00 pm
Saturday: 10 am – 4:30 pm
Sunday: Closed

*Hours are subject to change

HOLIDAY CLOSURES

Canada Day Weekend
Saturday, June 29th to
Monday, July 1st

BC Day Weekend
Saturday, August 3rd to
Monday, August 5th.

Labour Day Weekend
Saturday, August 31st to
Monday, September 2nd

We will re-open on
the Tuesday after the
holiday at 8:30am.

TIDES DINING ROOM

Open 365 days

Lunch: 12:00 – 1:30 pm
Price: \$14.00 Regular
15 Meal Card: \$187.50
\$1.50 off per meal

Dinner: 4:30 – 6:00 pm
Price: \$17.00 Regular
15 Meal Card: \$232.50
\$1.50 off per meal
Meal cards are non-refundable.

SHOAL CAFE
Monday to Friday
9 am – 3 pm

Community Connections

Sidney Street Market

Thousands of people flock to downtown Sidney on market nights during the summer to check out unique vendors, find some local produce, enjoy live entertainment, buy gifts for family, and grab a bite to eat.

June 6th to September 5th

Thursdays: 5:30 pm to 8:30 pm

Location: Beacon Ave

Salish Sea Lantern Festival

Get your paper lanterns ready for this celebration of art, light and community! Enjoy live performances and all ages activities, carrying their beautiful, hand-made lanterns.

Saturday, August 24th

Time: 6:30 pm until late

Location: Beacon Park, Sidney

Introducing our Community Connector!



Amelie Pumphrey, our lively new Community Connector grew up on the Saanich Peninsula, and now resides in Saanichton

with her husband Ben and beloved dog, Kobe. Amelie loves spending time outdoors and enjoying sunshine. You can regularly catch her walking her dog, paddle boarding in Tod Inlet, or hiking a nearby mountain. With a warm smile and genuine desire to make a difference, Amelie is eager to bring her support service skills to this community.

Curious by nature, Amelie has joined the Beacon team with open arms! Bringing with her a wealth of experience in Child and Youth Care, particularly in Family Support Services and Child Protection. Her dedication to community service shines through as she shares her passion for a holistic approach to improving people's lives. Committed to supporting individuals along their wellness journey, Amelie is excited to highlight Social Prescribing in her new role.

What is Social Prescribing?

Social Prescribing is a holistic, person-centered and community-based approach to health and wellbeing that works to close the gap between clinical health care services and social supports.

The SHOAL Centre uses Social Prescribing to support older adults who are largely independent and self-motivated but may also be experiencing isolation, challenges with wellness, and disconnection from community.

Social Prescribing aims to work as an early intervention tool that empowers individuals to maintain their health, age in place, and retain their independence. This program made possible through the United Way.

Amelie Pumphrey
Community Connector
apumphrey@beaconcs.ca
778-351-3469



Community Dinners & Soup Socials

Discover the heart of community at our new weekly **Community Dinners program**, offering free meals to bring neighbors together for delicious food and great company!

This program is for seniors 65+ who are seeking to make new connections in their community. Registration is required as space is limited and dinners will be held in our Dining Room on Tuesdays or Thursdays, 4:30 – 5:30 pm.

In addition, join us for our new **monthly Soup Socials**, beginning July 19th and August 16th. Look forward to enjoying hearty soups & stews, engaging activities, and stimulating speakers, offering the perfect opportunity to forge new friendships and strengthen connections within our vibrant community.

Come dine with us, share stories, and be a part of the warmth and camaraderie that define our local activity center. For more information and to register please contact Lori Campbell at lcampbell@beaconcs.ca or 778-426-8766.

SHINE Update



SHINE is a collaborative province-wide initiative that supports older adults 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.

From the start, SHINE has seen the number of inquiries for housing supports increase substantially month over month to over 80 contacts in the community. This one on one connection has been the bulk of the program, and this increase in social connection is what makes the SHINE program so great.

Building a network of cross-regional service providers has opened an invaluable source of insight and help. Working together with local partners, the SHINE program has brought to light ideas for improving housing for seniors while creating a sense of teamwork on shared goals.

We've created a digital version of the [Housing Map](#) of subsidized housing in Greater Victoria. It is continuously updated to reflect the growing number of options discovered or constructed.

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

★ **BURGER** ★
≡ **LUNCH** ≡

\$14 Burger & Fries
Every Wednesday
May - September
12:00 to 1:30pm

Development at Beacon



Photo: Jane McIntosh chats with volunteer Yolande.

Did you receive our recent mailing?

We shared the inspiring journey of the SHOAL Centre's very own—Jane McIntosh. Her story echoes the experiences of many who have felt the weight of isolation and despair.

Fifteen years ago, Jane found herself deep in grief and loneliness after the passing of her beloved husband, John. Jane moved to Sidney and discovered a lifeline, a beacon of hope in the darkness of her despair—the SHOAL Centre. It became more than

just a building; it became a sanctuary where Jane found friendship, purpose, and ultimately, a new lease on life.

Join us, and together let's work towards a future where no one in our community feels alone or disconnected. Let us build a future where every resident living on the Saanich Peninsula thrives, supported by the bonds of community and the warmth of human connection.

Donate now.
beaconcs.ca/donate



Connect with us

Shaun Cerisano scerisano@beaconcs.ca
236-638-6867

Sarah Baidoo sbaidoo@beaconcs.ca
250-216-5439

Volunteer News



Photo: Front of Third Street building, Volunteer Services new home, and which also houses the Beacon WorkBC office.

A new location and new staff!

The only constant in life is change, and Beacon is certainly no different. Volunteer Services has moved out of SHOAL Centre where we have been headquartered since it opened, and are now at our building located at **9860 Third Street**. If you need to speak with Yasmin, or have an interview, you will now find us in our new digs.

We are thrilled to welcome Janet McMeekin to Volunteer Services! Janet will be supporting our administrative and database tasks two days per week. This will enable Yasmin to focus on expanding volunteer involvement and providing better service to our existing 530+ volunteers.

"I am excited to join the vibrant, welcoming Beacon community. It's inspiring to see the passion and joy that volunteers and staff bring to the amazing scope of programs we provide. As a lifelong volunteer myself, I understand what the commitment of time and talent means to organizations, and the rewarding benefits volunteers gain in their own lives."

Now Recruiting

SHOAL Café (aka Tuck Shop)

We are seeking individuals who can help us to operate our cafe at the SHOAL Centre. Duties include welcoming patrons;

serving coffee, tea, treats, and other things; handling cash; and maintaining the cafe inventory. Shifts are open on some mornings (9-12), and most afternoons (12-3).

Wellness Programs Volunteer Assistant

Our wellness programs are a vital part of SHOAL. We are looking for someone interested in data entry, supporting educational opportunities and social events for a variety of support groups that meet in the centre. If you enjoy administrative tasks as well as planning and implementing events, then this role may be a perfect fit for you. Shifts will be 2-4 hours per week at SHOAL.

Thrift Shops

Beacon thrift shops are a fun and exciting place to volunteer. Duties include sorting through donations, pricing, cash and customer service. Build friendships 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 Central Saanich to help us support a new space in partnership with the Central Saanich Police Department and assist us to share services and resources available in the area.

Our vacancies are not limited to the above; please be sure to 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 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 roles.

Welcome New Volunteers

Board of Directors: Nimitien Bob-manuel, May Han, David Paterson, Mohsen Rana

Central Saanich Resource

Office: Sarah Riddell

Childcare: Hayley Whyte

Employment Services:

Sheryl Cooper

Thrift Shops: Marie Fish

Visiting Volunteers: Donna

Owen, Beth Trawick, Eileen Wood

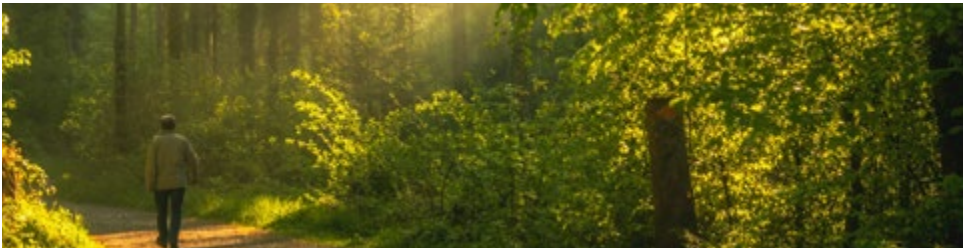
Volunteer Gardeners: Louisa

Roorda, France Trepanier



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

Fitness and Yoga



Forest Bathing

Seek out nature! Not all exercise needs to be in a gym setting. A recent scientific review concluded that systematic exposure to forests—a practice called “forest bathing”—seems to offer genuine health benefits. (There’s no actual bathing involved—unless you get caught in a downpour.)

The researchers report that forest bathing may temporarily lower stress hormone levels, heart rate, and blood pressure, and improve sleep quality.

According to the scientists: Forest bathing is a meditative practice that includes walking at a “non-tiring pace” with stops to do breathing exercises and contemplate nature. Sessions usually last two to four hours and are supervised by a trained guide, say the researchers. Obviously, that doesn’t sound all that practical for many of us—at least not as a regular activity.

But, like so many health and fitness practices, it’s not all-or-nothing. Based on the scientists’ analysis, the minimal effective dose is 10 to 30 minutes for a single session of sitting or walking in the woods. Longer exposures are linked to stronger and longer-lasting effects.

Of course, you might wonder: Doesn’t a nice walk around the neighborhood or a city park offer many of the same benefits? Probably, but they may each offer unique perks as well.

Moving? Good.

Getting outside? Good.

Taking time for yourself? Good.

So do more of that, however you’re able.



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*

Registered Fitness

Balance Booster®

A blend of 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. **Limited space; Waitlist being taken.*

Tuesdays / Thursdays:

10:15 am - 11:15 am

July 2 - 30: \$99 Member & \$119.25 Non-Member

August 1 - 29: \$99 Member & \$119.25 Non-Member

Choose to Move

DO YOU CHOOSE TO MOVE?

Being active can help you feel better, be stronger, and keep your independence.

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

- Do activities you enjoy
- Develop an action plan
- Live a healthier, more active life
- Receive support
- Connect with peers
- Share resources and strategies for success

For more information or to join the interest list for the fall: choosetomove@beaconcs.ca or call (250) 656-5537

active aging society

 BRITISH COLUMBIA
Supported by the Province of British Columbia

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.

Monday / Wednesday / Friday
8:10 - 9:10 am

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.

Monday / Wednesday / Friday
Sr. Fit 1: 9:20 - 10:20 am
Sr. Fit 2: 10:30 - 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.*

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 exercises that you can take home and practice on to speed up the improvements!

Tuesdays / Thursdays:
12:45 - 1:30 pm

Drop In Yoga & Pilates

Yoga drop-in punch cards are for any Yoga, Element or Pilates class. Cards will be paid for and punched at SHOAL reception.

Drop-In Fee: \$13 Member; \$15 Non-Member

10 Punch Pass: \$120 Member \$144 Non-Member *non-refundable

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 - 10:30 am

Chair Yoga

This popular class helps to improve breathing, strengthen inner core, and

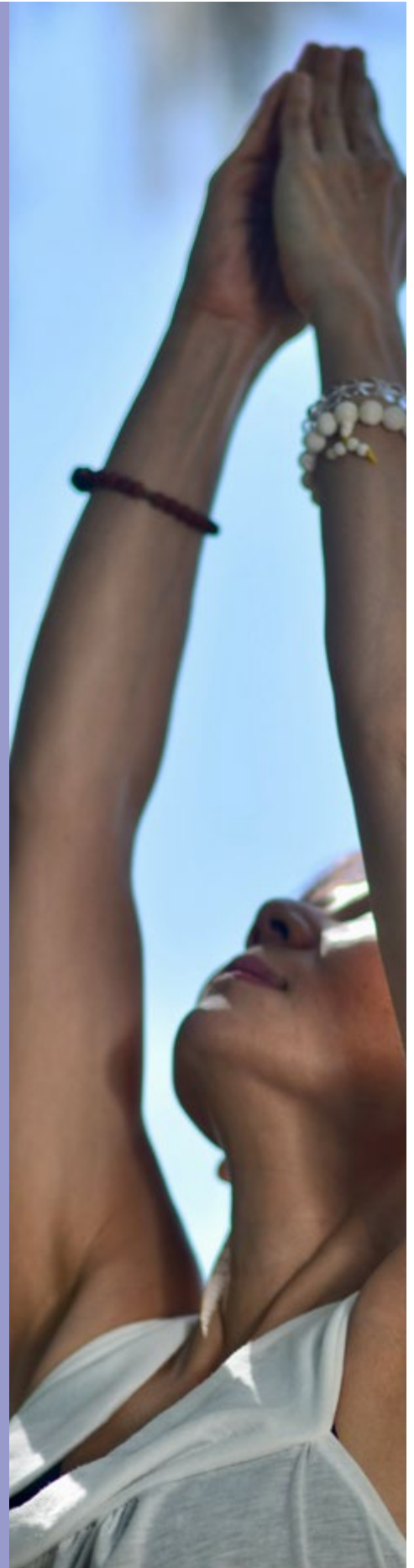
give you an overall sense of vitality and well being. All while you stay seated on a chair!

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.

Monday / Wednesday / Saturday
11:00 am - 12:15 pm



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. 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

Beginner Bridge group that focuses on practicing and building your bridge skills. Join us to play the game, chat, and have fun.
Wednesdays: 2:30 – 4:30 pm

Progressive Contract Bridge

This variant rotates partners every four hands with the winners moving to the next table. Singles welcome.
Fridays: 1:00 – 4:00 pm

Cards & Games

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

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

Chess

Curious about Chess? Whether new or an old pro, drop in and engage in the game of kings (and queens!)
Tuesdays: 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: 9:30 – 11:30 am
Wednesdays: 9:30 – 11:30 am
Fridays: 9:30 – 11:30 am

Beginner Table Tennis

Get comfortable with game tactics and practice so you can join other groups.
Wednesdays: 12:30 – 1:30 pm
Fridays: 12:30 – 1:30 pm

Intermediate Table Tennis

Improve your skills and enjoy a fun and competitive atmosphere. This is a singles practice and advanced doubles for fun.
Mondays: 1:30 – 3:30 pm
Wednesdays: 1:30 – 3:30 pm
Fridays: 1:30 – 3:30 pm

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 sessions.
Tuesdays: 6:30 – 9:30 pm

Music

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

VIPUGS (Vancouver Island Peninsula Ukulele, Guitar & Strings). All welcome whether beginner or advanced musicians. Song books are included and they play in a jam circle.
Mondays: 1:30 – 3:00 pm

Painting

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 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

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

Euchre

Euchre is an easy to learn, sociable game, but can be competitive at the same time. New members welcome.
Wednesdays: 6:30 – 8:30 pm



Arts & Crafts

Membership required to join arts & crafts groups; all groups require orientation with facilitator. Contact SHOAL to join.

Clayworks & Pottery

Get your hands muddy and wet. We make ceramics using handbuilding and slab work techniques. Group capacities may be in effect. Must have experience with clay. Drop in fees \$30 per year

Clayworks Wednesdays:

10:00 - 2:00 pm

Pottery Fridays: 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. Knitting: with needles and yarn supplied by the centre, you can knit items from slippers to sweaters to whatever you would like to create. You can work on your own projects too.

Group capacities may be in effect. No drop-in fees.

Crafts Tuesdays: 1:00 - 3:00 pm

Knitting Fridays: 1:00 - 3:00 pm

Woodwork Shop

Use this space to create wood based masterpieces at your own speed.

Drop In Fees \$30 per year

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

Lapidary

Learn to cut and polish rocks, and create pieces with silver or wire! Beginners and experienced members welcome to practice, share and hone their skills. Group capacities are in effect and an orientation is required prior to joining. Contact SHOAL to join.

Drop-in Fees \$30 per year

Tuesdays: 9:00 - 12 Noon



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

SATURDAYS AT 2:00 PM

SHOAL Centre Woodshop
10030 Resthaven Drive
250-656-6537



JULY 3-24

Wednesdays: 1:00 - 4:00 pm

\$40.00

All supplies included. Each participant will make and take home a indoor cedar planter (up to 18").
Max 6.

SHOAL Centre

10030 Resthaven Drive

Sidney, BC

250-656-5537



Senior Support Services

Better at Home helps seniors with simple day-to-day tasks so they can 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

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 from SHOAL to shop at various shopping centre locations.

Time: 11:30 am - 3:30pm

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

Cost: \$5

July 17th: Mayfair Mall

August 14th: Hillside Mall

**It is possible to pickup from Brentwood Bay. 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, footcare nurse from Coastal Footcare Health will be operating out of the SHOAL Centre on Fridays from July 5th. Contact her to book an appointment: 250-888-7758 or coastalfothealth@gmail.com.

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.

Parking Permits

Visit SHOAL to purchase parking permits for people with ongoing or temporary disabilities.

Please bring your old permit or completed application (signed by your doctor) to SHOAL or the Central Saanich Community Resource Office.

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; contact us to be added.

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. **Min one week notice is required and max two drives per week.*

Words on Wheels

Do you need library books delivered to you? If so, call us



at 250-656-5537 and we will connect you with a volunteer!

Computer Support

If you are wondering how to successfully use 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*

APPOINTMENT ONLY

Wednesdays: 9:00 am - 12:00 pm

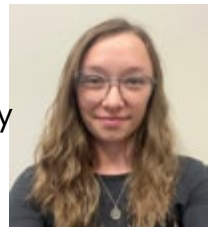
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apomphrey@beaconcs.ca



Wellness Programs

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

Family Caregivers of BC

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

New! Central Saanich Caregivers Support Group

From September 17th! A trained facilitator will connect you to like-minded caregivers for tips, support, and information.
Location: Centre for Active Living, 1229 Clarke Rd., Brentwood Bay.
3rd Tuesday: 2:00 - 4:00 pm
Register: 778-351-1446 or drop-in!

Caregiver Café

Relax in the company of fellow Caregivers...and enjoy refreshments 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: 778-351-1446

Senior's Mental Health Wellness

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 and intake interview. Confidentiality will be maintained.
Mondays & Thursdays: 1:00 - 2:30 pm
Register: 250-656-5537

Phone Check-Ins

Would you like a regular check-in, a friendly hello?
We have volunteers available for check-in phone calls and wellness checks to anyone needing support. If you are wanting daily or weekly connection, please reach out.
More Information: 778-351-1446

Senior Peer 1 - 1 Support

Are you 55 or older experiencing: loneliness, 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

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.
Join waitlist for next session.

More Information: 778-351-1446

Bereavement & Loss

Don't grieve alone. For those who have experienced the death of a loved one. Oceanna Hall & Jean Atkinson, are compassionate facilitators who will walk alongside you through one of life's most difficult experiences.
2nd & 4th Friday: 2:00 - 3:00 pm
Register: 250-656-5537



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

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 with occasional guest speakers. The facilitator will communicate before each meeting.
2nd Thursday: 2:00 - 3:30 pm
Register: 250-656-5537

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 at the SHOAL Centre.
1st, 3rd, 4th Tuesday: 1:30 or 3:00 pm
2nd Wednesday: 1:30 or 2:30 pm
Cost: \$80 or 3 for \$195 (All 3 bookings must be used in 90 days.)
Register: 250-656-5537

Jane McIntosh & Margo James
Support Programs Coordinators
778-351-1446
jmcintosh@beaconcs.ca or
mjames@beaconcs.ca

SHOAL CENTRE



10030 Resthaven Drive, Sidney, BC | 250-656-5537 | shoalreception@beaconcs.ca

Please see inside for more information activities. All activities subject to change.

MONDAY

***Woodwork Shop:** 9 am – 4 pm
Boot Camp: 8:10 – 9:10 am
Sr Fit 1: 9:20 – 10:20 am
Rec Table Tennis: 9:30 – 11:30 am
Painting Group: 10 am – 1:00 pm
Sr Fit 2: 10:30 – 11:30 am
5 Element Qi Gong:
11 am – 12:15 pm
Intermediate Table Tennis:
1:30 – 3:30 pm
VIPUGS Music Jam:
1:30 – 3:30 pm
Cribbage: 1 – 4 pm
Mahjong: 1 – 4 pm

TUESDAY

***Woodwork Shop:** 9 am – 4 pm
***Lapidary:** 9 am – Noon
Hatha Yoga: 9:30 – 10:30 am
Computer Support: 9:30 am – 12 pm (drop-in)
Chair Fit: 11:30 am – 12:30 pm
***Duplicate Bridge:** 12:30 – 4 pm
***Crafts:** 1 – 3 pm
Chess: 1 – 4 pm
Portrait Painters: 1 – 4 pm
Beginners Balance:
12:45 – 1:30pm
Evening Table Tennis: 6:30–9 pm

Members Only Drop-In

WEDNESDAY

***Woodwork Shop:** 9 am – 4 pm
Boot Camp: 8:10 – 9:10 am
Advocacy/Computer Support
9 am – 1 pm (by appt)
Sr Fit 1: 9:20 – 10:20 am
Rec Table Tennis: 9:30 – 11:30 am
Sr Fit 2: 10:30 – 11:30 am
5 Element Qi Gong: 11 – 12:15 pm
Begin Table Tennis: 12:30–1:30 pm
***Contract Bridge:** 1 – 4 pm
Int Table Tennis: 1:30 – 3:30 pm
***Duplicate Bridge:** 6:15–9:30 pm
Euchre: 6:30 – 8:30 pm

THURSDAY

***Woodwork Shop:** 9 am–4 pm
Uke Jam: 9:30 – 11 am
Chair Fit: 11:30 am – 12:30 pm
Beginners Balance: 12:45–1:30pm

FRIDAY

***Woodwork Shop:** 9 am – 4 pm
***Knitting:** 1 – 3 pm
***Prog Contract Bridge:** 1 – 4 pm
Boot Camp: 8:10 – 9:10 am
Sr Fit 1: 9:20 – 10:20 am
Rec Table Tennis: 9:30 – 11:30 am
Sr Fit 2: 10:30 am – 11:30 am
Begin Table Tennis: 12:30–1:30pm
Gentle Chair Yoga: 12:30–1:30 pm
Int Table Tennis: 1:30 – 3:30 pm

SATURDAY

Qi Gong: 11 am – 12:15 pm
Legion Meat Draw: 1 – 5:00 pm
Men's Shed: 2 – 4:00 pm

Sunday

***Duplicate Bridge:** 12:30 – 4 pm

SHOAL Membership

\$50 per year*

- Supporting SHOAL Centre
- Reduced fees
- Free coffee and cookie on your birthday
- 10% off Room Rentals
- For New Members only: Free coffee and cookie from the SHOAL Cafe upon membership purchase

**Memberships are non-refundable. Memberships can be purchased at any point throughout the year. Renewals takes place the same month you purchased it from the previous year.*



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

Email Kyla: kshauer@beaconcs.ca



@shoalcentre
@beaconcommunityservices



/beaconcommunityservices
/SHOALCentreBeaconCommunityServices

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
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WELLNESS & SUPPORT GROUPS HOUSEKEEPING
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