

# TideLines

## SHOAL Centre Program Guide

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

Fall 2024

September / October / November

Find TideLines online at  
[www.beaconcs.ca/shoal](http://www.beaconcs.ca/shoal)



### Connecting With Your Community

### SHOAL OPEN HOUSE

Get ready for a great fall season with our 17th annual Open House. With tours, door prizes, free demos, an amazing BBQ and 1/2 price on all new memberships! Friday, September 6th 10:00 am - 2:00 pm



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.



# From the Director's Desk



This fall we are gearing up for our engaging and festive autumn events. We start in September with our annual Open House on Friday, September 6th. With the theme of **Connecting with Your Community**, this day is intended to promote community engagement, volunteerism, education, and support. We also hope to bring awareness to our many community outreach programs which provide non-medical supportive services to help seniors maintain independence and enhance their well-being at home.

It is our goal to increase membership and improve programming to better meet the needs of older adults living on the Peninsula, decrease isolation and promote healthy aging. To do this, we need your support. We encourage you to invite your friends, neighbours, or anyone who would benefit from being part of the centre to our Open House. If you have any ideas or suggestions for programs or activities we can offer, skills you can share, or time you can give, **we want to hear from you!** Reach out so we can discuss how we can make SHOAL a better place!

Behind the scenes, we are working on the **Red Thread Project** with a team of Beacon volunteers, led by Susan Baldwin. We are evaluating the needs of the centre to discover ways to enhance what we are trying to accomplish—a sustainable seniors centre that promotes health and well-being for seniors. We want to be welcoming and provide supportive services to meet the needs of our growing and evolving senior population. If you are interested in learning more about this project, or want to get involved, email [redthread@beaconcs.ca](mailto:redthread@beaconcs.ca).

We continue to celebrate **Beacon's 50th Anniversary**. Beacon has grown and continues to grow, supporting people of all ages in the CRD. To find out more about all Beacon does go to [www.beaconcs.ca](http://www.beaconcs.ca). If you want to learn a bit about Beacons history, read how we have been lighting the way for 50 years on page 14. Thank you to Beacon's historian, Maureen Dale for researching and providing this interesting information!

**Jennifer Van Es**

Director, SHOAL Centre & Seniors Services  
[jvanes@beaconcs.ca](mailto:jvanes@beaconcs.ca)

## ONLINE REGISTRATION IS COMING TO SHOAL

This fall/winter the SHOAL Centre team is working hard to bring our programs, activities, events, rentals and services online to better serve the community! Stay tuned there is a lot more to come!

## SHOAL Centre

### FALL OFFICE HOURS\*

Monday – Friday:  
8:30 am – 9:00 pm  
Saturday: 10 am – 4:30 pm  
Sunday: Closed

\*Hours are subject to change

### HOLIDAY CLOSURES

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

National Day for Truth & Reconciliation Weekend  
Saturday, September 28th to  
Monday, September 30th

Thanksgiving Weekend  
Saturday, October 12th to  
Monday, October 14th

Remembrance Day Weekend  
Saturday, November 9th to  
Monday, November 11th

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



# Events at SHOAL

Have some cool steins, funky beer bottles or unique growlers?

Lend them to us for the Oktoberfest decor!

Call us  
250-656-5537



BEER KINDLY DONATED BY BEACON BREWING

## OKTOBERFEST AT SHOAL CENTRE

**BEER FOOD MUSIC**

DOORS OPEN 6:00PM  
DINNER 6:30PM

FRIDAY OCTOBER 4TH

SPECIAL PERFORMANCE BY THE VICTORIA ACCORDION CLUB

**TICKETS**  
\$35 MEMBERS  
\$44 NON-MEMBERS

Ticket includes Beacon Brewing Beer, German style Bratwurst sausages custom made by HAUS, Salad, & Black Forest Cake

**SHOAL CENTRE**  
250-656-5537  
10030 RESTHAVEN DRIVE  
SIDNEY, BC

SHOAL CENTRE FUNDRAISER

# CRAFT FAIR

**SATURDAY, NOVEMBER 16TH**  
10 AM - 2 PM

SHOAL CENTRE  
10030 RESTHAVEN DR., SIDNEY

- CHRISTMAS CRAFTS
- HOUSEPLANTS
- JEWELRY
- BAKED GOODS
- CERAMICS
- KIDS TOYS
- HANDMADE GIFTS
- SEASONAL DECOR
- PLUS HOT DRINKS AND SNACKS!
- WOOD CRAFTS
- LIVE MUSIC

Support SHOAL by donating newer books, complete puzzles, Christmas treasures, holiday decor and houseplants.

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

Kyla Shauer,  
TideLines Editor  
778-426-8769  
kshauer@beaconcs.ca

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

NATIONAL

# SENIORS DAY

FREE PANCAKE BREAKFAST

Tuesday, October 1st  
9:00 am - 10:00 am  
SHOAL Centre,  
10030 Resthaven Drive  
250-656-5537

Limited Spaces Available

REGISTER NOW  
250-656-5537

# Drop-In Fitness

Class sizes are limited. Drop-In Fee: \$6 Member; \$8 Non-Member  
10 Punch pass: \$60 Member; \$80 Non-Member \*non-refundable



## 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. All exercises can be modified to accommodate any level. Participants who want chair exercises only are welcome!

**Tuesdays / Thursdays:**

11:30 am - 12:30 pm

*No classes Sept 10 or 19th*

## 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 is 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 busy; max of 20. Please arrive 15 mins early to line up.*

*\*No class Nov 18th.*

## Beginners Balance

### LEVEL 1 BEGINNER

A beginner balance and fall-prevention class that is aimed at improving one's coordination, muscle strength, and reactive postural control. There are plenty of exercises that you can take home to speed up the improvements!

**Tuesdays / Thursdays:**

12:45 - 1:30 pm *\*No class Nov 14th*

# 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

**Sept 2 - 26:** \$66 Member & \$82.50 Non-Member

*No classes Sept 10 or Sept 19th*

**Oct 1 - 31:** \$110 Member & \$137.50 Non-Member

**Nov 5-28:** \$88 Member & \$110 Non-Member

# Drop In Yoga & Pilates

*Yoga Cards are purchased and punched at SHOAL reception. \*non-refundable.*

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

10 Punch Pass: \$120 Member \$144 Non-Member

## 5 Element Qi Gong

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

**Monday / Saturday**

11:00 am - 12:15 pm

## Traditional Hatha Yoga

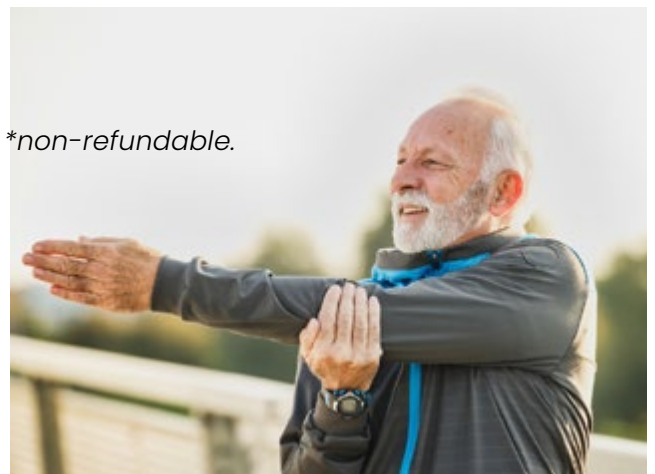
Lynda guides mature souls to combine body, mind & breath while gradually increasing personal strength and flexibility. Modifications are suggested and encouraged.

**Tuesdays:** 9:30 - 10:30 am

## Elements - Seated Pilates

A fun class that leaves you feeling happier, stronger, more upright, and ready to take on your days with renewed energy and resilience. The focused breathing and guided movement tones those core muscles. We stretch, expand and flow to work muscles from head to toe.

**Wednesdays:** 1:30 - 2:30 pm



## 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 Oct 18th or 25th*



# TIDES AT SHOAL 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.

*Reservations only required for groups of more than six. No taxes or gratuities charged.*

## SHOAL CAFE

Monday to Friday  
9 am - 3 pm

Coffee, Tea Hot Chocolate, baked goods, chocolate and treats available!

### Commercial Kitchen Rental Available

Location: 3rd Street  
When: fall/winter  
What: craft fair/holiday baking.  
Call Kirsten for details!

## Special Lunches and Dinners



### Thanksgiving Dinner

Sunday, October 13th

4:30 - 6:00 pm

Cost: \$17

Bring your family for a roast turkey dinner with trimmings and Chef's choice dessert.

### Halloween Hot Dog Day at the Tuck Shop

Thursday, October 31st

12:00 - 2:00 pm

Hot Dogs: \$3.50

Stop by the Tuck Shop on Halloween for a Hot Dog quick lunch and maybe some other spooky snacks!



### Remembrance Day Brunch

Monday, November 11th

12:00 - 1:30 pm

Cost: \$14

Join us for brunch with pancakes, eggs, bacon, fruit and more!



Kirsten Tyler  
Events, Catering, Rentals  
ktyler@beaconcs.ca

Chef Steve Mugridge  
Executive Chef  
smugridge@beaconcs.ca



# Registered Events

## IMAX Day Trips

Trip includes lunch in the SHOAL Dining Room, return bus to and from SHOAL, and IMAX film admission.



### DAY TRIP #1

**Jane Goodall: Reasons for Hope** is an uplifting journey around the globe to highlight good news stories that will inspire people to make a difference in the world around them. Jane revolutionized how we view the world around us. Join her on this adventure of inspiration and hope. 45min.  
**Saturday, September 21st:**  
1:00 pm – 5:00 pm  
Member: \$48.00  
Non-Member: \$60.00



### DAY TRIP #2

**Blue Whales Return of the Giants** Explore the world of the blue whale, a species rebounding from the brink of extinction. Following two stories—one to find a missing population of whales off the Seychelles Islands and the other chronicles whale families in Mexico's Gulf of California. An inspirational film that transforms our understanding of the largest animal ever. 44min.  
**Saturday, October 19th**  
Time: TBD  
Member: \$48.00  
Non-Member \$60.00

### DAY TRIP #3

**Museum Exhibit: Stonehenge**  
Visit the STONEHENGE exhibit at the Royal BC museum and learn about the amazing part of our history and visit the gift shop.  
Member: \$60.00 Non-member: \$72.00  
Dates: TBD with more Info to come!

## Seminars

### Advanced Care Planning

Don't let others make your health decisions for you. Take control of your health as you age and attend this seminar to learn how to put together your health care plan for your aging journey.

Tuesday, October 1st

1:00 – 2:30 pm

Register: 250-656-5537

### Is Voting Even Worth It? Provincial Election Q & A

Peter Mason, District Elections Officer for Saanich North, is coming to answer all of your election questions before you vote on October 19th.

Wednesday, October 2nd

7:00 – 8:30 pm

Register: 250-656-5537

### What is Dementia?

Learn how dementia affects an individual's brain and behaviour. General topics include types of dementia, stages and progression and dispelling some common myths in this education session brought to you by the Alzheimer Society  
**Tuesday Nov. 19th:** 1:30-3:00 pm  
Register: 250-656-5537

## Health Clinics

### FLU SHOT CLINIC

Grab your appointment now to get your Flu Shot at SHOAL Centre.

Saturday, November 2nd

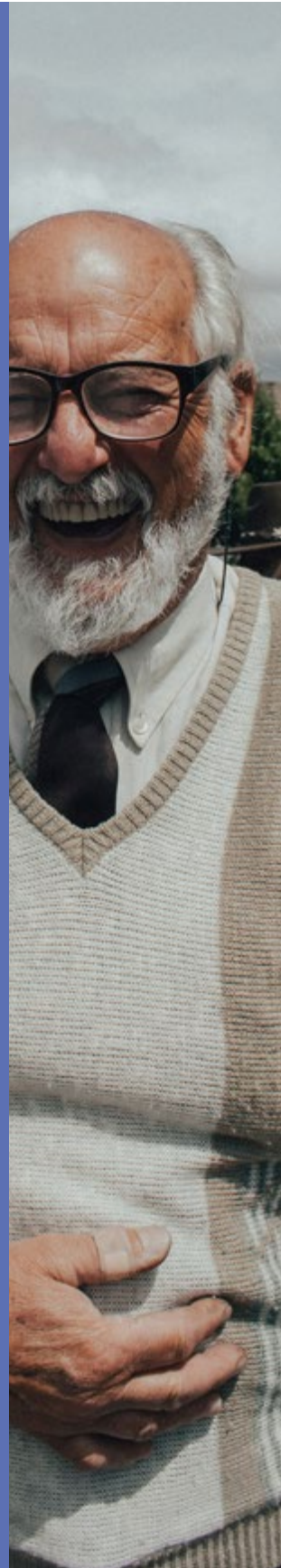
9:00 am – 5:00 pm

Register: 250-656-5537

### Blood Pressure Clinic

Returning for the Open House and continuing this fall.

Friday, Sept 6th 10:00 am – 2:00 pm





# Registered Classes

Register: 250-656-5537. Payment is required at registration.

**Refund Policy:** If a class or event is cancelled, a full refund will be given. No refunds within 48 hours of start of program. A full refund minus a \$5 administration fee for withdrawals over 48 hours before the start.



## Neurographic Art

Neurographic Art is a simple way to work with the subconscious mind through drawing. This creative method stimulates new neural pathways by combining art and psychology. Through colour, lines, shapes and words you can communicate feelings that might be too complex for words alone. Materials supplied.

Saturday, September 21

1:30 - 3:30 pm

\$37 Members \$47 Non-members

## Create Your Own Art Journal

Create a beautiful art journal to express your thoughts, feelings and desires. You're free to try new techniques. combine unexpected elements and explore a variety of artistic styles. Flipping through the pages of your journal is like revisiting chapters of your life and personal growth journey. All materials will be supplied.

Saturdays, October 19-Nov 2nd

1:30 - 3:00 pm

\$79 Members \$99 Non-Members

## 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. Not sure what to bring? Contact us to be connected with the instructor.*

**Mondays: Sept 23 - Dec 16**

12:30 - 1:30 pm

\$84 Members \$105 Non-Members

*\*No class Sept 30th, Oct 14, Nov 11*

## Golf: The Short Game

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

**Tuesdays: October 15 - 29th**

2:00 - 3:00 pm

\$30 Members \$37 Non-Members

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

## 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 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

### INFO SESSIONS

Thursday, September 12th  
11:00 am - 12:30 pm

Thursday, October 10th  
11:00 am - 12:30 pm

### 10-WEEK CLASS

Thursdays, October 17th to  
December 19th  
11:00 am - 12:30pm

### FALL TUNE UP

Thursday, November 28th  
11:00 am - 12:30 pm

**\*\*Classes will also be offered at Silver Threads in Victoria.\*\***

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



## Shaping the Journey Education Series

have you been diagnosed with dementia? Explore the journey ahead in a positive, informative and supportive environment with others who are going through similar experiences. Topics include: the brain and dementia, strategies for coping with this change, maximizing quality of life and planning for the future. Run by the Alzheimers Society.

**Tuesdays: Oct 1 - Nov 12th: 10:00 am - 12:00 pm** *\*No session Oct 22nd*

Register: 250-656-5537

# 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 unless stated otherwise. Drop-In Fee: \$3 Member; \$5 Non-Member  
10 Punch pass (non-refundable): \$30 Member \$50 Non-Member

## Social Groups

### 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. Regular SSS activities include monthly meetings, 5-pin bowling, drop-in coffee sessions and morning walks.

3rd Wednesday: 2:00 PM

Cost: \$2.00 (for cake!)

Annual membership: \$30.00

Contact: Gail Smith 250-893-9764  
or Marguerite Lybbe 250-654-0454



## Bridge

*Membership Required. To join, contact SHOAL and we will connect you with 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

### 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

## Writing

### Write Easy Writing Group

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.

**Starting October 2nd**

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

### 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

## 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

### Sidney Acoustic Jam

Come by and listen to this one-of-a-kind group of musicians.

**Wednesdays:** 7:00 - 9:30 pm

### Mendelssohn Choir

Mostly Baroque style; with some modern times mixed in. There may be an opportunity to become a member of their performance group.

**On Hiatus**



## 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.

**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*

**Tuesdays:** 1:00 - 4:00 pm



## Line Dancing

### Beginners Line Dancing

This Level 2 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  
No class Oct 15 – Nov 5th

### Absolute Beginners Line Dance

This Level 1 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.

**Thursdays:** 7:00 – 8:30 pm  
No classes Oct 17th – Nov 7th



## 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

### 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

### 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

## Arts & Crafts

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

### Woodwork Shop

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

*Drop In Fees \$40 per year*  
**Mondays – Fridays:**  
9:00 – 4:00 pm.

### 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 \$40 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:** (needles and yarn supplied) 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

## 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 \$40 per year*  
**Tuesdays:** 9:00 am – 12:00 pm

## Thank You

A big thank you and goodbye to Solange Valiquette, who stepped up to the Caregiver programs plate this year.

Solange first ran a Family Caregivers of BC support group at SHOAL, before moving to Quebec. Upon her return, she immediately filled our need for a Caregiver Cafe Hostess. She also helped to launch our Central Saanich Caregiver Support group in September. Throughout the summer Solange worked tirelessly to promote the group with professionals, agencies and popular spots in the Brentwood area.

Solange will be sorely missed. The heart and experience she brought to this work will never be forgotten. Thank you Solange for all you have done and given. We wish you only the very best as you settle in Parksville. Happy Trails!

# 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, unexpected financial hardship, submitting forms and correspondence.

Wednesdays: 9:00 am – 12:00 pm  
Appointment: 250-656-5537

## 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.

\$3 Member; \$5 Non-Member

### DROP IN

Tuesdays: 9:30 am – 12:00 pm

### APPOINTMENT ONLY

Wednesdays: 9:00 am – 12:00 pm

## Soup Socials

Enjoy hearty soups & stews, engaging activities, and stimulating speakers, offering the perfect opportunity to forge new friendships and strengthen connections within our vibrant community.

3rd Friday: 12:00 – 2:00 pm

September 20th, October 18th

November 15th

Register: 250-656-5537

## 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.*

## 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**

**Sept 18th, Oct 16th, Nov 13th:**

Mayfair Mall

**Sept 25th, Oct 23rd, Nov 20th:**

Hillside Mall

*\*It is possible to pickup from Brentwood Bay. Please contact SHOAL to inquire.*

## Foot Care Service

Debbie Roper, footcare nurse from Coastal Footcare Health will be operating out of the SHOAL Centre on Fridays.

Fridays: 9:00 am – 5:00 pm

Contact her to book an appointment: 250-888-7758 or coastalfoothealth@gmail.com.

**\*\*NEW\*\***

## Pop-Up Info Booth at Summergate

This fall our community services team will be at Summergate every month to offer services, give out information, resources, and referrals. We can also issue parking permits and sign you up for needed services.

**Starts September 3rd**

Summergate Club House

First Tuesday: 9:30 – 11:00 am



Deb Greenaway  
Manager,  
Community  
Services  
778-426-8768  
dgreenaway@beaconcs.ca



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



Amelie Pomphrey  
Community  
Connector  
778-351-3469  
apomphrey@beaconcs.ca





SHOAL Satellite Office

**Central Saanich Community Resource Office**

Resources & Services, Referrals, Income Taxes, Disability Parking Permits, Wellness Programs  
1209 Clarke Road.  
Brentwood Bay,  
centralsaanich@beaconcs.ca  
Monday / Wednesday / Friday:  
10:00 am - 2:00 pm

**Community Dinners**

Weekly free dinners for seniors 65+ who are seeking to make new connections in their community.

Tuesdays or Thursdays:

4:30 - 5:30 pm

Registration: 250-656-5537

**Parking Permits**

Visit SHOAL to purchase parking permits for people with ongoing or temporary disabilities. Please bring your expired permanent permit or completed application (signed by your doctor) to SHOAL or the Central Saanich 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.

*Note: Must have low-moderate income and tax situation must be simple.*

**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.

Register/Order: 250-656-5537

**Housekeeping**

If you're needing support 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 join.*

**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!

**SHINE Seniors Housing Navigation Program**

Contact us if you are an older adult at risk of homelessness and needing help to navigate housing, mental health, and addiction services. Housing navigators can assist seniors with information on tenant rights, applying for housing, and filling out forms, and mediation and conflict resolution with landlords.

Contact 250-514-3057 or jcochrane@beaconcs.ca

**SHINE Updates**

SHINE has teamed up with the Saanich Peninsula Literacy for an exciting computer literacy project. Computer literacy goes hand in hand with the housing search in order to respond to online rental ads, getting in touch with housing references, and communicating with potential landlords.

New Landlord/Tenant laws recently came into effect that say when a landlord needs to evict a tenant for landlord use, they must give four months notice instead of two, which helps displaced tenants have more time to find adequate housing.



Lori Campbell  
Meals Coordinator  
778-426-8766

lcampbell@beaconcs.ca



Jessica Cochrane  
Seniors Housing Navigator  
250-514-3057

jcochrane@beaconcs.ca

# Wellness Programs & Support Groups

## Caregivers

### Family & Friend Caregivers Support

Are you looking after a 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](mailto: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! 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

### Movement for Caregivers

Caregiving is stressful, physically and emotionally. Movement is a proven natural mood booster and stress reducer. This class is a mindful Pilates based workout that will work the body from head to toe and use breath work to calm yourself. Please wear loose clothes and socks.

**1st & 3rd Thursday:** 1:30 to 2:30 pm

**Location:** Nel Horth Room, Sidney Library)

**Register:** 250-656-5537

## Emotional Support

### 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 - 2:30pm

**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

### Friendly Visitor Program

Are you a senior who is isolated and would like some social interaction? Volunteers visit on a regular basis to provide companionship and support for seniors living on their own.

**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

## Wellness Wednesdays

### Let's Talk About Vaccinations

Dr. Patricia Gunton returns to talk about Vaccinations. While vaccines have been a controversial topic in the last few years, Dr. Pat will bring a medical view of vaccines and their role in our society. Bring your questions to this informative seminar.

**Wednesday, September 25th**

**2:00 - 3:30 pm**

**\$3 Members \$5 Non-Members**

**Register:** 250-656-5537

### Staying Strong: Nutrition

Taking care of your health and nutrition is essential at every stage of life, including as a senior. Good health allows you to enjoy all the wonderful experiences life has to offer. We will cover the different aspects of nutrition and ways that you can implement easy and effective strategies today. Every positive choice you make adds up and makes a difference in the long run.

**November 27th: 2:00 - 3:30 pm**

**\$3 Members \$5 Non-Members**

**Register:** 250-656-5537



Jane McIntosh & Margo James  
Support Programs Coordinators  
778-351-1446

[jmcintosh@beaconcs.ca](mailto:jmcintosh@beaconcs.ca) or  
[mjames@beaconcs.ca](mailto:mjames@beaconcs.ca)





# Development at Beacon

Thelma was a local senior who was feeling isolated and lonely after the passing of her beloved husband and the subsequent COVID-19 pandemic. Reluctantly, Thelma agreed to move into SHOAL Centre Assisted Living.

On Thelma's first day there was a sign on her door that read "Welcome Home, Thelma." Looking at her family with joy in her eyes, Thelma pointed to the sign with pride.

Thelma's family would call and visit regularly. One week after moving, Thelma abruptly ended a phone conversation because "Dominos is about to begin, and the gang is all waiting for me." Thelma's move into Assisted Living is where her smile and sense of purpose finally returned.

In the spring of 2024, Thelma's health took a turn for the worse. She was brought to Saanich Peninsula Hospital and passed away in May 2024.

Thelma's family said: "Thank you to everyone at SHOAL, you turned Mom's final weeks and months from a constant string of dark nights into consecutive bright days. We are eternally grateful for that."

Thelma's story is a testament to the power of community and the support that Beacon offers for seniors. Consider supporting our mission to bring purpose to isolated seniors.

Donate today,  
[beaconcs.ca/donate](https://beaconcs.ca/donate)



## Connect with us

Shaun Cerisano  
[scerisano@beaconcs.ca](mailto:scerisano@beaconcs.ca)  
236-638-6867

Sarah Baidoo  
[sbaidoo@beaconcs.ca](mailto:sbaidoo@beaconcs.ca)  
250-216-5439

## 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

## Grief & Loss

### 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

## Vision Impairment

### White Cane Club

If you or someone you know would benefit from meeting with others sharing the challenge of vision impairment, 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

## Thank You

to everyone who donated in the campaign for Wellness Programs. The funds raised will go towards the Wellness Programs and the support they bring to the community.

If you are looking for support, please reach out to Jane and Margo at 778-351-1446.

# Lighting the Way for 50 years!

**T**his year marks Beacon Community Services' (BCS) 50 years of service - Helping People, Empowering Communities, Improving Lives. This is the first of a series of articles to highlight the evolution of the organization and the services it has offered over the years.



The society was first registered on April 24, 1974. It was founded with the objective of establishing a network of community services on the Saanich Peninsula in the region defined by School District 63.

Sue Langlois, shown in the photo on the right, was the first Chair of the Board and Barry Wyckham was the first Treasurer.

Many of you know about the Thrift Shops and SHOAL Centre. Did you know BCS also provides services for children, youth, and families, and adults seeking employment? Did you know BCS provides assisted living, dementia, and homeless prevention housing and supports?

Would you like to hear about the first program offered in 1974 and its connection with Mary Winspear?

Aren't you a little bit curious to know when Volunteer Services started, and when homemaking services, volunteer drives and phone check-ins were first offered?

Would you like to know how teens, a fire, and the Sidney Thrift Shop grand opening are connected?

Well that's what we're going to talk about in future articles, that and much, much more!

<sup>1</sup> The Sidney Review Jan 31 1979

Maureen Dale,  
Beacon Historian



*Thank you so much, to Tom and his cockatoo "Sprint" who came to our last White Cane Club meeting. The participants found so much joy in having a cockatoo joining our meeting!*

## SHOAL ASSISTED LIVING **BASKET RAFFLES**



**SHOAL Assisted Living's monthly raffle returns!**

Tickets available at SHOAL Centre from  
Sept 3rd  
**\$2 each or \$5 for 3**

Winners will be drawn at the start of each month! Previous baskets have featured local produce, art, and other delightful gifts valued at over \$200. All proceeds go towards recreational activities for our residents!

### **DONORS NEEDED!**

Recreation plays a significant role in well-being, and brings a lot of joy to our residents. This raffle is made possible by local businesses and individuals who graciously donate items or baskets to support our community—and gain exposure! If you or your business are interested in donating baskets, products, or gift cards, please email [afreitag@beaconcs.ca](mailto:afreitag@beaconcs.ca).



# Volunteer with Beacon



*Beacon Volunteer  
at SHOAL Centre Reception*

## Beacon is a great place to volunteer.

Beacon programs rely heavily on the work our volunteers do. We want to ensure that diversity and choice are respected to build resiliency in all of our programs, and we do this by getting to know you!

## Connect With Yasmin

Our Volunteer Engagement Manager, Yasmin Rampuri looks forward to meeting with you and discovering your talents to find where you fit best at Beacon. To find out about all opportunities at Beacon please email [yrampuri@beaconcs.ca](mailto:yrampuri@beaconcs.ca), or visit [www.beaconcs.ca](http://www.beaconcs.ca) and click Volunteer! An interview and criminal record check is required. Orientation and training is provided for all roles.

## SHOAL Is Your Centre

At SHOAL, we also want to make sure the strengths of our volunteers are supported, as well as their skills and expertise. SHOAL Centre is Your Centre! Our volunteers keep the Centre and our programs running—we could not do what we do without all of you! With continued growth of programs and services at SHOAL, we are looking to strengthen our volunteer base by recruiting volunteers who bring a diverse skill set, experience and an eagerness to be involved and help the Centre grow and thrive.

## Do You Want To Connect With Your Community?

**This centre is yours – we want it to be run for and with seniors!**

Our Red Thread project has identified the need for a team of skilled volunteer to support SHOAL staff in a variety of ways. We want the Centre to be sustainable and successful with programs and services that promote health and wellness and meet the needs of our community. We are looking for volunteers willing to contribute to the operation of the centre and have expertise with:

- Marketing / Communications
- Cost Accounting
- Creative Activity Leaders
- Fitness/Yoga Instructors
- Office Support / Data Entry
- Reception Coordinators



## VOLUNTEER OPPORTUNITIES

### Caregiver Cafe Facilitator

We are looking for someone with good conversation skills to run our Caregivers Cafe. Knowledge of the caregiver role is essential. Enjoying coffee helps too! This coffee break provides space, conversation and complimentary refreshments to caregivers looking after loved ones or friends at home. 1st Tuesday: 1:30-3:30 pm. More Information: 778-351-1446

### Community Volunteer Income Tax Program (CVITP)

Do you have a background in bookkeeping or accounting? Then the CVITP program might just be for you. We need volunteers to prepare and file returns electronically for our clients. All Income Tax Volunteers are registered and screened by the Canada Revenue Agency (CRA) and trained free of charge.



Yasmin Rampuri  
Manager,  
Volunteer Engagement  
778-426-8767  
[yrampuri@beaconcs.ca](mailto:yrampuri@beaconcs.ca)

# SHOAL CENTRE

Monday to Friday: 8:30 am – 9:00 pm  
 Dining Room: 12:00 – 1:30pm and 4:30 – 6:00 pm  
 10030 Resthaven Drive, Sidney, BC | 250-656-5537 |  
 shoalreception@beaconcs.ca

## Weekly Activities

Please see inside for more information. 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

**Sr Fit 1:** 9:20 – 10:20 am  
**Rec Table Tennis:** 9:30 – 11:30 am  
**Sr Fit 2:** 10:30 – 11:30 am  
**Seated Pilates:** 1:30 – 2:30 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

### Sunday

**\*Duplicate Bridge:** 12:30 – 4 pm

**\*Members Only Drop-In\***

## SHOAL Membership

\$50 per year\*

- Support 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.*

### 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

### WEDNESDAY

**\*Woodwork Shop:** 9 am – 4 pm  
**Boot Camp:** 8:10 – 9:10 am  
**Advocacy/Computer Support**  
 9 am – 1 pm (by appt)



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

Email Kyla: kshauer@beaconcs.ca



@shoalcentre  
 @beaconcommunityservices



/beaconcommunityservices  
 /SHOALCentreBeaconCommunityServices