

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

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 or
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



Connect with us

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

Sarah Baidoo
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.