

# Registered Events

## Eurosa Farms Day Trip

Come tour the Eurosa Farms Greenhouses and see their 80,000 rose plants. They harvest 2.3 million roses per year! Leaving from the SHOAL Centre, take a scenic bus trip to the Eurosa Farms Greenhouses in Central Saanich and get a tour of the facilities (and maybe a chance to buy some beautiful flowers) before returning to the SHOAL Centre.

**Saturday, March 15:** 1:15 - 3:30pm  
Register: 250-656-5537  
\$32.22 Members  
\$40.27 Non-Members

## St. Patrick's Hot Dog Day

Enjoy tasty hot dogs with caramelized onions and chips from the SHOAL Cafe. Only \$3.50 per hot dog. Or \$5 for Hot Dog & Chips

**Monday, March 17th**  
11:15 am - 1:00 pm

## Easter Dinner

Bring your family to Easter Dinner at SHOAL. It will be a roast ham dinner with salad and dessert.

**Sunday, April 19th**  
4:00 pm & 5:30 pm sittings  
\$25.00 Member  
\$31.25 Non Member

## Community Gathering

Connect with your community! Enjoy cozy coffee & cookies as we implement online registration with Amilia SmartRec, hear about how it's going and answers any and all questions you might have. Bring all of your comments and questions.

**Thursday May 15th**  
1:00 - 2:00 pm  
FREE RSVP: 250-656-5537



## Current Issues for BC Seniors with The Seniors' Advocate

Exciting News! Beacon Community Services at the SHOAL Centre will be hosting Dan Levitt, the Seniors Advocate on Wednesday May 7th. Learn more about the Seniors Advocate office and what they do, get up to date on pressing topics for Seniors and have your questions answered. Invite your friends and neighbours to attend with you to hear this special presentation!

**Wednesday, May 7th:** 1:00-2:30 pm  
Free Registration: 250-656-5537

## Bounce Back Lunch & Learn

BounceBack® is a free, skill-building mental health program for BC residents interested in improving their wellbeing. BounceBack® is grounded in evidence-based Cognitive Behavioural Therapy (CBT). Learn strategies and take action to manage low mood, worry, inactivity, unhelpful thinking, avoidance and mild to moderate anxiety and depression.

**Tuesday, May 6th:** 1:00 pm  
Free Registration; Max 50 people.  
Must register by Friday, May 2nd.

## Mother's Day Dinner

Celebrate Mother's Day at SHOAL. Bring your family to dinner at SHOAL. Guests will be treated to a roast chicken dinner with salad and dessert.

**Sunday, May 11th**  
4:00 pm & 5:30 pm sittings  
\$25.00 Member  
\$31.25 Non Member  
Register: 250-656-5537

## Access Awareness Lunch & Learn

The theme for this year's Access Awareness week is "Inclusion From The Start." Community and spaces that are inclusive of all abilities should lead the conversation, not be an after thought.

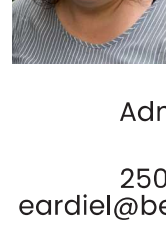
**Thursday, May 29th**  
**Time:** 12:00 - 2:00 pm  
Doors @ 11:30 am  
**Free Registration.** Max 50 people.



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