

# *TideLines*

SHOAL Centre Program Guide

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

Beacon



COMMUNITY  
SERVICES

**Spring 2025**

March / April / May

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

# Spring at SHOAL

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Monday, March 3rd - Wednesday, April 30th

**Shaping the Journey Dementia**

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# From the Director's Desk



Did you know that Beacon Volunteer Drivers drove clients to over 2300 vital medical appointments last year?

This program is a lifeline for many providing enhanced access to essential healthcare services and increased social connections. It builds community by fostering a sense of engagement and connection. We are grateful to our Beacon volunteers who make a difference in people's lives.

Join us on May 15th for the next **Community Gathering**; we look forward to hearing from you once again! This is **your** centre; regular community gatherings will help us listen to your needs and identify ways to support healthy aging and to decrease isolation for older adults. We want to update you on **Amilia SmartRec**, our online registration software, that we are launching this spring, and on our **Red Thread** project. Bring your thoughts, ideas and questions. Let's work together to keep SHOAL a warm and welcoming community hub.

Thank you to the **North Saanich Rod & Gun Club**. This year, the North Saanich Rod & Gun Club raised over **\$17,000** to support our food programs for seniors. We are grateful for the support from this club, over the past 5 years they have raised over **\$40,000** for meals for older adults. These meals offer critical benefits to support health, social well-being and independence of older adults. We can't thank you enough!



**Jennifer Van Es**

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



## SHOAL Centre

### SPRING OFFICE HOURS\*

Monday & Friday  
8:30 am - 5:00 pm

Tuesday - Thursday  
8:30 am - 9:00 pm

Saturday  
10:00 am - 4:30 pm

Sunday & Holidays  
Closed

\*Hours are subject to change

### HOLIDAY CLOSURES

Easter Holiday  
April 18 - 21st

Victoria Day Weekend  
May 17 - 19th

### TIDES DINING ROOM

Open 365 days

Lunch  
12:00 - 1:30 pm

Dinner  
4:30 - 6:00 pm

SHOAL CAFE  
Monday to Friday  
9:00 am - 3:00 pm

## District of North Saanich News



### Emergency Preparedness

If you are a senior resident of North Saanich and want to learn how you can prepare yourself for emergencies, join us for this session. Beacon Community Services and the North Saanich Fire

and Emergency Services Department are partnering to provide this valuable, lifesaving information. The session will be held at the Municipal Hall on Tuesday, **April 29th** at 1:30 pm. Register: 250-656-5537



# 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

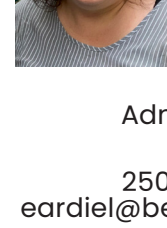
The theme for this year's Access Awareness week is "Inclusion From The Start." Community and spaces that are inclusive of all abilities should lead the conversation, not be an after thought.

**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



# 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.*

## Table Tennis Lessons

Learn how to play this engaging sport or brush up on your skills! These fun lessons introduce the basic strokes for beginners and a variety of strokes for all levels!

*\*Please bring your own paddles. Not sure what to bring? Contact us to be connected with the instructor.*

**Mondays: March 3 – April 21**

12:30pm – 1:30pm

\$56.00 Member;

\$70.00 Non Member

## Polish Your 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: March 4 – 18th**

2:00 – 3:00 pm

\$30 Members

\$37.50 Non-Members

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

## Estate Planning Tips & Traps (CARP Chapter Meeting)

Everyone is welcome to the VI CARP Chapter Meeting. Guest speaker Del Elgersma, B.A., J.D., Beacon Law Centre.

## Wednesday, March 12th

2:00 – 3:00 pm (Doors: 1:30 pm)

Free Registration

[vancouverislandcarp.ticketleap.com/](http://vancouverislandcarp.ticketleap.com/)

## Service Canada & CRA Workshop

Tzena Russell (Service Canada) and Sarah Bennett (CRA Outreach) will be on hand to give information about credits and benefits (including the Disability Tax Credit, BC Renter's Tax Credit, etc.) as well as tips to ensure benefit payments are not interrupted, how to maximize GIS payments in situations where there is involuntary separation, how to apply for the new Canada Dental Care Plan, and information about a range of programs and services. They will also be available for individual consultation following the presentation.

**Tuesday, March 18th: 2-4 pm**

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

## New!

## The Sacred Work of Dying

Gather with others interested in preparing for dying and death. Explore what has shaped our understanding of death; what allows for healing and releasing

burdens and generate compassion for ourselves and others. You will be supported by clinical medical Spiritual Health Practitioners. *Participants must commit to the full 4 weeks.*

**Mondays: March 24 – April 14th**

Time: 1:00-3:00 pm

Register 250-656-5537

## Getting Old Ain't for Sissies

Katheleen Fournier, RYT, Victoria's most sought-after Chair Yoga teacher, offers her insights on aging with pizzaz. Aging brings many gifts – and it can be fun! Kathleen will share her stories and insights on aging and the importance of a positive attitude. Be prepared to listen, laugh, and stretch, while seated.

**Tuesday, April 8th: 10 – 11 am**

\$3 Member \$5 Non Member

## Richard Wong Watercolours

Richard Wong is a professional wildlife artist/instructor here in town. His classes are fun, stress-free and open to all.

**Saturday, April 12: 1pm – 4pm**

\$40 Member; \$50.00 Nonmember if students bring own art supplies; plus \$5 cash in class if students want to rent art supplies.



Alzheimer Society

## Shaping the Journey Dementia 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. *Registration must be in pairs (spouses, partner or friends). Must commit to all 5 sessions.*

**Thursdays: April 3rd – 24th**

1:00 pm – 3:00 pm

Register: 1-800-936-6033

Run by the Alzheimer Society.

# 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 10-week program to support older adults to BECOME and STAY more active!

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

\*\*Spring 2025 Classes are at the SHOAL Centre\*\*  
10030 Resthaven Drive

## INFO SESSION

Thursday, March 20th  
11:00 am - 12:30 pm

## 10-WEEK CLASS

Thursdays, March 27th  
to May 29th  
11:00 am - 12:30 pm

For more information  
[choosetomove@beaconcs.ca](mailto:choosetomove@beaconcs.ca)  
or call (250) 656-5537  
[www.choosetomove.ca](http://www.choosetomove.ca)



# Spring Income Tax Clinic

Monday, March 3rd - Wednesday, April 30th

Drop in. No appts. Low to moderate income. Simple taxes.

The Community Volunteer Income Tax Program (CVITP) has been active for over 35 years. In 2024, over 1700 Income Tax returns were completed through the SHOAL Centre by 20 volunteers. All Income Tax Volunteers are registered and screened by the Canada Revenue Agency (CRA) then trained free of charge.

Income Tax Volunteers can file taxes up to 10 years back. You should file taxes even if you have no income. If you don't file, you are not entitled to receive many benefits or credits such as GST/HST, Canada Pension Plan (CPP) and other government benefits.

Beacon Community Services has the capacity to grow this program to better serve the

## SHOAL Centre (Sidney)

Monday - Friday 9 - 4 pm  
Saturday 10 - 2 pm

## Central Saanich Resource Office, Brentwood Bay

Tuesday & Thursday  
10 am - 12 pm

needs of the community. We encourage community groups, churches, schools and other organizations to learn about the program and share it with their communities.

If you wish to find out more about the CVITP, please contact Linda Lightbody at 778-351-1993. *The program is designed to help modest income recipients who qualify under the following: single person up to \$35,000 annual income; couples up to \$50,000. Tax situation must be simple.*



# Thank You!

Staff and volunteers of the Community Resource Office in Brentwood Bay. Photo c/o Debra Greenaway.

Thank you to Brentwood Elementary and Girl Guides for the handmade cards delivered to local seniors over the holidays.

Thank you to our awesome team of volunteers for contributing over 850 volunteer hours!

The Community Resource Office in Brentwood Bay celebrated their one year anniversary on January 12, 2025.

Thank you to all who bought gifts for our Heartfelt Holidays tree. With your generosity, we provided holiday cheer to over 70 seniors in our community.



# 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

## 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 to 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.*

## 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 including chair only.

**Tuesdays / Thursdays:**  
11:30 am - 12:30 pm

## 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

# Drop In Yoga & Pilates

*Yoga Cards are purchased 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

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!

**NEW\*\* Mondays:** 12:00 - 1:00 pm

**Fridays:** 12:30 pm - 1:30 pm

# 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*

**Tuesdays / Thursdays:**

10:15 am - 11:15 am

**March 4 - 27:** \$88 Member & \$110 Non-Member

**April 1 - 29:** \$99 Member & \$123.75 Non-Member

**May 1-29:** \$99 Member & \$123.75 Non-Member



# Stress and Your Mindset

How you think about stress REALLY matters.



Turns out, there's a huge difference between...

"Ugh, why does everything in my life have to be so HARD!?"  
And... "This sucks, but I can learn and grow from it."

In fact, research shows that people with healthier stress mindsets cope better when confronted with stressors and progress may take WAY less time than you might think, according to a study published in *Emotion*. The scientists found that right after people did a short journaling exercise, they immediately—and for two weeks after—experienced a better attitude about stress.

**Want to try a similar experiment? Do one of these visualization activities:**

Come up with a list of common stressors and write down what someone might learn from them. Imagine the top three stressors you think you'll deal with in the

next month. Then detail how you might tackle them and grow from them.

## The 5-5-5 Gratitude Reset.

1. Take 5 deep breaths to calm your nervous system.
2. Write down 5 things you're grateful for right now (big or small).
3. Spend 5 minutes visualizing the positive outcomes you want to see.

If you feel like you're benefiting, keep it up. After all, for mindset changes to take hold long-term, they likely need to be consistently reinforced!

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



## 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.

*Reservations 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!



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

Chef Steve  
Mugridge  
Executive Chef  
smugridge@  
beaconcs.ca



# Drop-In Activities

Drop-in activities are run on a first come, first serve basis.

Drop in rates apply to all activities unless stated otherwise. Drop-In Fee: \$3 Member; \$5 Non-Member 10 Punch pass (non-refundable): \$30 Member \$50 Non-Member. All newly purchased Member Activity Punchcards will receive 1 free punch after 5 punches.

## Bridge

*SHOAL membership required. To join, contact SHOAL for details.*

### Duplicate Bridge

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

## 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

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

### \*\*LOOKING TO START Hand & Foot Canasta

We are looking to start a Canasta Group! If you are interested in learning, or already know how to play: "Caliente Hand & Foot Canasta."

Please leave your name and contact details with the reception desk or call 250-656-5537 or email: shoalreception@beaconcs.ca

## Line Dancing

### Beginners Line Dancing

This Level 2 fun dance class is excellent for coordination, cognitive recognition and repetitive sequence. You will create a beautiful and in-sync choreographed dance routine, as a group collective.

**Tuesdays:** 7 pm - 8:30 pm

\$6 Members \$8 Non-Members

### 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!

**Thursdays:** 7:00 - 8:30 pm

\$6 Members \$8 Non-Members

## Music

**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, or play with this one-of-a-kind group of musicians.

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

### 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

## 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 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

Models wanted! Anyone wishing to paint or sketch a sitting model is welcome. 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



## Table Tennis

### Recreational Table Tennis

This morning group is a lively one. Pair up in rotating doubles teams against another double team across the table.

**Mondays / Wednesdays / 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 session.

**Tuesdays:** 6:30 - 9:30 pm

## Reading/Writing

### \*\*NEW The Any Book Book Club

There is no assigned book to read - we get together and discuss what we've been reading and what we plan to read next.

Our book club meetings are very casual. Everyone will have a chance to talk about what they've been reading. And it is also fine to just come and listen.

**3rd Wednesday:** 10 - 11 am

### 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.

**Wednesdays:** 1:30 pm - 3:00 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 in effect. Drop in fees \$40/year*

#### Clayworks

**Wednesdays:** 10:00 - 2:00 pm

#### Pottery

**Monday:** 10:00 am - 2:00 pm

**Fridays:** 1:00 - 4:00 pm

### Crafts & Knitting

Create a variety of fun items to be sold at SHOAL to 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 in effect. No drop-in fees.*

**Crafts Tuesdays:** 1:00 - 3:00 pm

**Knitting Fridays:** 1:00 - 3:00 pm

### Wood Shop

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

*Drop In Fees \$40 per year*

**Monday - Friday:** 9:00 - 4:00 pm.

### \*\*NEW Carving Group

SHOAL Carving Group is back! If the SHOAL woodshop is being used to cut wood for carving, then an orientation and additional \$40.00 woodshop fee will apply.

**Thursdays:** 1:30pm - 3:30pm

Contact SHOAL: 250-656-5537

## Annual Spring Mini Craft Fair

Find some craft and art treasures and get puzzles and books.

April 8th: 10-2pm  
SHOAL Lobby

### \*\*NEW Men's Shed

Connection. Camaraderie. Community. Join this dedicated group of men as they work on projects together and foster social connections.

**Wednesdays:** 4:00 - 8:00 pm

**Saturdays:** 10:15 am - 4:00 pm

Contact SHOAL for details.

### 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 Reception to join.

*Drop-in Fees \$40 per year*

**Tuesdays:** 9:00 am - 12:00 pm

**Thursdays:** 1:00 - 4:00 pm

**Fridays:** 1:00 - 4:00 pm

## 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

Please contact for more information: Gail Smith 250-893-9764 or Marguerite Lybbe 250-654-0454

# 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

## Disability 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.

## Grocery Shopping

If you are unable to shop for yourself, 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

## SHOAL Satellite Office

### Central Saanich Community Resource Office

Resources & Services, Referrals, Income Taxes, Disability Parking Permits, Wellness Programs

Central Saanich Cultural Centre, 1209 Clarke Road, Brentwood Bay, [centralsaanich@beaconcs.ca](mailto:centralsaanich@beaconcs.ca)

Monday / Wednesday / Friday 10:00 am - 2:00 pm

### Spring Income Tax Clinic

Monday, March 3rd - Wednesday, April 30th

Drop in. No appts. Low to moderate income. Simple taxes.

#### SHOAL Centre

Monday - Friday: 9:00 - 4:00 pm

Saturday: 10:00 - 2:00 pm

#### Central Saanich Office

Tuesday & Thursday

10:00 am - 2:00 pm

## 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. There is a waitlist; contact us to join.

## Income Tax Services

Tax Services are 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 simple tax situation.

## 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 and max two drives per week.

## Seniors Housing Support

SHINE is a collaborative province-wide initiative that supports older adults aged 60+ at risk of homelessness to navigate housing, mental health, and addiction services.

SHINE housing navigators can assist seniors with housing needs such as advising on tenant rights, applying for housing, and filling out forms, and mediation and conflict resolution with landlords.

Contact Jessica Cochrane:

250-514-3057 or

[jcochrane@beaconcs.ca](mailto:jcochrane@beaconcs.ca)

## 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!



# Introducing our new Community Connector

Community Connectors are available at SHOAL to help our community of older seniors to find the resources and support that they need to thrive.

Helen Wale is the new Community Connector covering part of the maternity leave of Amelie Pumphrey.

Originally from the UK, Helen now lives on the Peninsula and brings a background in health services, human resources, and coaching. Helen loves the outdoors and spends as much time as possible hiking, skiing, and kayaking across Vancouver Island. On colder days, you'll find her researching her family history and playing the ukulele.

With a passion for supporting older adults and helping them thrive through connections and referrals, Helen is committed to reducing social isolation and improving overall well-being. Bringing her coaching skills, particularly her active listening abilities, to the role, Helen uses a social prescribing approach to make a difference in the lives of older adults.

## What is Social Prescribing?

Social prescribing is a holistic, person-centred, non-medical approach to health and well-being that bridges the gap



between clinical healthcare services and social support.

The SHOAL Centre uses social prescribing to assist older adults who are largely independent and self-motivated but may be experiencing isolation, challenges with well-being, or disconnection from the community.

Social prescribing works as an early intervention tool that empowers individuals to maintain their health, age in place, and retain their independence. This program has been made possible through the United Way of BC.

Helen Wale  
Community Connector  
hwale@beaconcs.ca



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



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



Helen Wale  
Community  
Connector  
778-351-3469  
hwale@beaconcs.ca



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? Discover new friends who care and understand your journey. 1-1 support and Caregiver groups.

**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)

### Central Saanich Caregivers Support Group

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 Monday:** 2:30 - 4:00 pm

**Register:** 778-351-1446

### Movement for Caregivers

Caregiving is stressful, physically and emotionally. Movement is a proven natural mood booster and stress reducer. A mindful Pilates based workout that will work



Jane McIntosh & Margo James  
Wellness Programs Coordinators  
778-351-1446  
[jmcintosh@beaconcs.ca](mailto:jmcintosh@beaconcs.ca) or  
[mjames@beaconcs.ca](mailto:mjames@beaconcs.ca)

the body from head to toe and use breath work to calm yourself. Wear loose clothes and socks.

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

*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

### 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

### 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, lonely, and/or would like some social interaction? Volunteers visit regularly to provide companionship and support for such seniors.

**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

## 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.

Must commit to all 8 sessions.

**Tuesdays:** April 8- May 27th

**Time:** 10:30 am-12:00 pm

**Register:** 778-351-1446

### Bereavement & Loss

Don't grieve alone. For those who have experienced the death of a loved one. The compassionate facilitators will walk alongside you through one of life's most difficult experiences. Drop-in

**2nd & 4th Friday:** 2:00 - 3:00 pm

### Death Cafe

Talking about end-of-life matters and death can be an enriching conversation. Death Café provides a safe space to have an open, honest and at times hilarious discussion about death and dying. Facilitated by Oceanna Hall (*Clinical End of Life Specialist*)

**March 7th & May 2nd.**

**Time:** 2:00-3:00 pm.

**Register:** 250-656-5537



# SHOAL Centre Woodworking Shop

The Woodshop's refit has been a labour of love for Volunteer coordinator, Robert Duquette. "We find great pleasure in looking after equipment, keeping the shop as clean as possible, arranging group programs and helping new members on how to use the machines properly and

safely." The Woodworking Shop has gone from roughly 15 members to just under 50 now. The refit has allowed SHOAL to provide an improved and modern work shop; and it's not just the items we make but of more value is the social aspect of our facility with a great mix of male and female members.

a \$5000 piece of equipment called a Laguna vacuum system. It is large and we had quite a time moving things around to fit it in but now we have this machine set up with all the vacuum tubes etc., and the change in our air quality along with the collection of sawdust is remarkable.



Photo of Michael McGeough next to donated machine. Photo c/o Robert Duquette

The workshop's team doesn't just build things for SHOAL. Through donations they've built and donated nine little libraries for the Saanich Peninsula Literacy Society and they have also built lawn games for the Saanich Farmer's Market.

## THANK YOU

The entire success of SHOAL workshops depends on the volunteers and donations that keep the shop fresh and safe. Canadian Tire Stores, Slegg Lumber, KMS Tools, Cloverdale Paint, Sidney Home Hardware, Lowe's/Rona, Plexi Klass Ind. and Cook Street Castle Lumber have given so much and these programs would not have taken place without their support.

Michael also donated a floor model commercial band saw that allowed us to sell our old dilapidated one and what a huge difference in usage. We will be ever thankful to Michael for this unexpected donation.



Photo of Michael McGeough next to donated machine. Photo c/o Robert Duquette

## 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**

Recently we even got a donation from DL's Bins on Oldfield Road. They allow us to dispose of our scrap items once a month; all free of cost. We reciprocate by having shop members patronize those companies whenever possible.

Mr. Michael McGeough donated two large machines to SHOAL this past year. One of our problems in the workshop was ventilation. He has donated

Thank you Jim and Joel Fair for the donation of many workshop tools. We gave some to SHOAL maintenance staff, managed to sell a few and also donated some to the Beacon Thrift Shop; but most are now in use at the workshop.

# Beacon History: Let's Dig into it!

2024 marked Beacon's 50th year of service - Helping People, Empowering Communities, Improving Lives. This is the second installment of articles highlighting the evolution of the society. These articles are published on the Beacons.ca website (scroll down to the history stories in About Us/Our Story) and printed out at the SHOAL reception.

In 2024, over 500 volunteers, ranging in age from 12 to over 90, are engaged in delivering programs that support children, youth, families and seniors. In fact, the very first person to deliver a program was the volunteer youth recreation coordinator, Camille Martin. To find out how volunteers have been involved, check



Camille Martin.  
Photo c/o The Review Feb 15, 1984

out the article titled "Volunteers - Thank you for all you do".

Anne Johnston played a key role in opening the first Thrift Shop. Do you know who helped her? Do you know when the first store opened? Did you know they were originally called Peninsula Old and New (PON) Shops? To learn more about the history of the thrift shops, check out the article titled "Thrift Shops - What a Success Story".



Anne Johnston  
Photo c/o The Review Dec 05, 1984

comfortably and safely in their home for as long as it makes sense since 1974? Would it surprise you to know that medical drives and reassurance phone calls have been provided since 1977? To find out how the services for seniors have evolved, check out the article

titled "Helping Seniors Live Independently".

There are many more stories to share about the history. Do you have stories you'd like to share about Beacon's history? If so, let us know. Drop off details of your story at the SHOAL reception desk or email us at [shoalreception@beacons.ca](mailto:shoalreception@beacons.ca).

Maureen Dale  
Beacon Historian

Did you know Beacon has been providing services that enable seniors to live independently,

## Fundraising at Beacon

**Our First Holiday Campaign focused on supporting at risk youth, seniors, and young children.**

Even though our holiday campaign has ended, the need to support these vital programs is ongoing, and we still have the opportunity to make a difference together. Your generous support continues to drive impact for Youth Homelessness Prevention, Senior Years, and Early Years including:

- Pillow and pillowcase for

- the Youth Shelter
- Holiday gifts for youth at Mirrors Supportive Housing
- Meals for seniors through our Social Meals Program,
- Grief books to help seniors
- Food cards for immigrant families
- Art supplies for children in our Nature Art Club

We invite you to continue being a part of our work—creating lasting change for those who need it most. Your donation can make a world of difference, no matter the season.

Visit [beacons.ca/donate](https://beacons.ca/donate) to continue supporting our work.

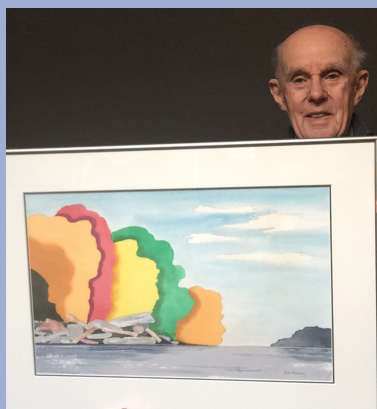
Connect with us.

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

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







## Volunteer Profile

“My introduction to watercolour painting was through brief watercolour lessons in the foyer of SHOAL Centre. I did a simple painting of a Blackberry branch, and I was hooked. A

couple of years later I met a woman who was ‘part of a group that painted every Monday’ and before long I was invited out.

I took over this 30+ year group as leader around 5 years ago. Belonging to the group brought me several benefits, getting me out of the house, painting regularly, learning from others, and social interaction. The pressure is on, because your peers are there to see how you progress or otherwise, and there is an obligation to show up. There is nothing quite so useful as a steep learning curve.

The group is for people who are serious about painting. It is focused on the advancement of one’s painting skills in any medium. There is no instruction; members help each other. Volunteering at SHOAL has been a good experience. The staff are a great bunch of people dedicated to making life better for us.

I will continue to paint and maintain my other activities, and I will look for opportunities to replace the social contact I have given up by leaving Monday Morning Painting. I don’t expect to lose contact with SHOAL Centre, and I close by thanking everyone at SHOAL for your unwavering support.

John Moloney

## Now Recruiting

### Thrift Shops

Beacon Thrift Shops are a fun and exciting place to volunteer. Sorting through donations, pricing, cash and customer service are the main tasks in this role. A big benefit to working in the thrift shops are the friendships and connections made with other volunteers. See donated items early, and help our communities reuse perfectly good items! We are looking for help in Sidney, Brentwood Bay, Quadra and Pandora Street.

### Volunteer Drivers

If you like to drive, meet new people, and have a clean drivers’ abstract, we are seeking volunteer drivers to help us transport clients to their medical appointments. Some drives are short distance and some can be longer. We reimburse for mileage.

### Volunteer Visitors

Calling all people-people! If you are friendly and compassionate, we would love to meet you! We have many clients awaiting matches and you can help by walking with, meeting for coffee or calling people on the Saanich Peninsula who are in need of more social contact. Volunteers in this program are well-supported and gather monthly to learn, ask questions and find out about the latest resources available.

Our vacancies are not limited to the above; we will find a placement for you that fits! To apply, please email Yasmin or visit [beaconcs.ca/volunteer](http://beaconcs.ca/volunteer).

An interview and criminal record check are required. An orientation and training are provided for all our roles.



Yasmin Rampuri  
Manager,  
Volunteer Engagement  
250-507-5680  
[yrampuri@beaconcs.ca](mailto:yrampuri@beaconcs.ca)

## “VOLUNTEERS MAKE WAVES” EVENT FRIDAY, MAY 2nd

We are thrilled to host our annual Volunteer Long Service Recognition again at SHOAL Centre. This celebration honours our volunteers who

have achieved milestone years of service from 5 years all the way up into 30+ years with Beacon!! Each individual volunteer contribution, big or small, creates momentum and has the power to influence and inspire, joining a wave of positive change.

# SHOAL CENTRE

10030 Resthaven Drive,  
Sidney, BC  
250-656-5537  
shoalreception@beaconcs.ca  
Monday & Friday:  
8:30 am - 5:00 pm  
Tuesday to Thursday:  
8:30 am - 9:00 pm  
Saturday: 10 am - 4 pm  
Sundays & Holidays: Closed  
Dining Room (7 days/week)  
12:00 - 1:30pm and  
4:30 - 6:00 pm

## Central Saanich Community Resource Office

Central Saanich Cultural Centre, 1209 Clarke Road, Brentwood Bay  
centralsaanich@beaconcs.ca  
Monday / Wednesday / Friday  
10:00 am - 2:00 pm

## 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 take place the same month you purchased it the previous year.*

## SHOAL Weekly Drop In Activities

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

### MONDAY

- \*Wood 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
- 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

- \*Wood 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
- Table Tennis: 6:30-9 pm
- Line Dancing: 7:00 - 9:00 pm

### WEDNESDAY

- \*Wood 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
- Table Tennis: 9:30 - 11:30 am

### WEDNESDAY CON'T

- Sr Fit 2: 10:30 - 11:30 am
- Seated Pilates: 1:30 - 2:30 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

- \*Wood Shop: 9 am-4 pm
- \*Lapidary: 1-4 pm
- Uke Jam: 9:30 - 11 am
- Chair Fit: 11:30 am - 12:30 pm
- Beginners Balance: 12:45-1:30pm
- Woodcarvers: 1:30 - 3:30 pm
- Beginner Line Dancing: 7:00 - 9:00 pm

### FRIDAY

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

### SATURDAY

- Legion Meat Draw: 1 - 5:00 pm

### Sunday

- \*Duplicate Bridge: 12:30 - 4 pm

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



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

Email Kyla: kshauer@beaconcs.ca



@shoalcentre  
@beaconcommunityservices



/beaconcommunityservices  
/SHOALCentreBeaconCommunityServices