

# *TideLines*

Beacon



COMMUNITY  
SERVICES

## SHOAL Centre Program Guide

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

**Summer 2025**

June / July / August

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

# Summer at SHOAL

**Amilia SmartRec Online Store** (page 3)

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Saturday, June 14th

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Find the support and services you need

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# From the Director's Desk



## Summer is here, it is the perfect time for getting outside and enjoying the sunshine!

Did you know a daily walk can boost heart health, strengthen bones and muscles, improve mobility, and even reduce the risk of dementia. Early mornings or evenings are ideal for

walking when temperatures are lower, and take some water to keep hydrated. Walking with a friend adds social connection and motivation. Why not walk to SHOAL, grab a coffee, or join one of our activities?

This summer we have some fun events planned, including a birdwatching seminar and a Sidney Song Circle Sing-a-Long held in partnership with Sidney Rotary by the Sea.

Our burger lunches will be held every Wednesday in July and August. Come enjoy a meal on the patio surrounded by flowers lovingly maintained by our Independent Living residents, another great time to socialize with a friend.

In partnership with the Town of Sidney Fire Department, SHOAL will host a cooling centre if we experience an extreme heat event. If this happens, we will post cooling station information at [www.beaconcs.ca](http://www.beaconcs.ca), or at [www.sidney.ca](http://www.sidney.ca).

Please take the time to read TideLines to learn about what we do. If you have any questions or concerns, call us at 250-656-5537, or drop in to the centre. If you are in need of support and cannot get here, we can book a time to come and see you in your home.

We are putting out a SHOAL Activity Centre survey soon! It will be hitting your inbox this summer. We look forward to hearing from you!

**Jennifer Van Es**

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



## SHOAL Centre

10030 Resthaven Drive  
250-656-5537

### SUMMER OFFICE HOURS\*

Monday - Tuesday

8:30 am - 5:00 pm

Wednesday

8:30 am - 8:30 pm

Thursday - Friday

8:30 am - 5:00 pm

Saturday

10:00 am - 4:00 pm

Sunday & Holidays

Closed

\*Subject to change

### HOLIDAY CLOSURES

Canada Day

July 1st

BC Day Weekend

August 2nd - 4th

### CENTRAL SAANICH COMMUNITY RESOURCE OFFICE

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

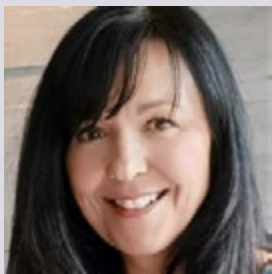
Monday / Wednesday / Friday

10:00 am - 2:00 pm

*Unless stated otherwise, all activities have Member (M) and Non-Member (NM) pricing.*



# SHOAL News



## Introducing Tracy Levy, SHOAL's New Manager

Tracy brings over 10 years of management experience from Shoppers Drug Mart and first joined Beacon as a dedicated volunteer. Tracy worked at SHOAL as the office coordinator

before joining the HR team. Over the past three years, Tracy has been an integral part of the Beacon team as an HR Advisor, providing strong leadership and support—most recently guiding our Long-Term Care facilities through important transitions.

Tracy's skills, experience, and deep commitment to Beacon's mission and the communities we serve make her a fantastic fit for this role. Please welcome Tracy back to the SHOAL Centre!

## Tides Dining Room

Join us every Wednesday in July and August for BBQ Lunch, featuring classic hamburgers, hot dogs, and potato salad.

Open 365 days

**Lunch:** 12:00 – 1:30 pm

Price: \$14.00 (15 Meal Card: \$187.50)  
\$1.50 off per meal

**Dinner:** 4:30 – 6:00 pm

Price: \$17.00 (15 Meal Card: \$232.50)  
\$1.50 off per meal.

*Reservations required for groups of more than six. No taxes or gratuities charged. Meal cards are non-refundable.*

## SHOAL CAFE

Monday to Friday: 9:00 am – 3:00 pm  
Coffee, Tea, Hot Chocolate, baked goods, chocolate and treats available!



## SHOAL Centre's new database & online store

As many of you know, we are bringing in an online database and store to the SHOAL Centre. This new software is called Amilia SmartRec and it will help the SHOAL Centre to track all purchases, send out receipts, and will allow everyone to find activities and make purchases online!

Stay tuned for online registrations coming this fall! If you've ever bought anything on Amazon, this store will function similarly where you can add your classes and activities to your cart and then purchase them when you are ready!

As we get ready to launch this store, we will be putting together training and support for everyone in the community. So please stay tuned. And if you want to be part of the beta testing group of online registrations, please email [kshauer@beaconcs.ca](mailto:kshauer@beaconcs.ca) for more information.

# Registered Activities

## 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 to the instructor.

**Mondays, June 2nd – July 21st**

12:30 – 1:30 pm

\$58.80 M \$73.50 NM

## Richard Wong “European Robins” Watercolours

Richard Wong is a local watercolour artist/instructor who will guide you with step-by-step instructions. His classes are fun & stress-free.

**Saturday, June 14:** 1:00 – 4:00 pm

\$42 M \$52.00 NM

*Bring your own supplies or bring \$5.00 cash to class for rental.*

## Sidney Song Circle

A free concert for everyone and is presented by the Sidney Song Circle, a program of Rotary Club Sidney-By-The-Sea. You can sing along, tap your feet, or dance! The main thing is to enjoy and have fun. A songsheet will be provided.

**Tuesday, June 17:** 1:30 – 2:30 pm

*If you need a ride, please let us know. Rotary is providing a bus for anyone needing transportation.*

## CARP Technology Workshop

Gavin Koh, local Seniors Tech Tutor will be here to answer the most common technology questions, such as: What is the cloud? Is my password strong enough? Android & Apple users welcome

**Saturday, June 21st**

9:30 – 11:30 am

\$10.00 *Space is limited.*

## Birding on Vancouver Island

Join us for an exciting afternoon with Rocky Point Bird Observatory as we explore the incredible birding opportunities on Vancouver Island!

From the raptors to vibrant songbirds, this engaging presentation will highlight common birds, rare sightings and the elusive local owl. You'll receive insider tips on top birding locations, learn about seasonal migrations, and discover critical conservation efforts protecting these habitats. This session is for everyone from birdwatchers to curious newcomers.

Complimentary refreshments.

**Tuesday, July 8th**

1:30 – 2:30pm, Auditorium A

Free but registration required.



## 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. Activities

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

**3rd Wednesday:** 2:00 PM

More information:

Gail Smith 250-893-9764 or

Marguerite Lybbe 250-654-0454

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. All activity prices have Member (M) and Non-Member (NM) pricing.

**EASY ORDER BUNDLE - 32004**

**Try and taste us**  
If you've never tasted our tempting meals made for seniors, **our 7 favourites will certainly make your mealtime easy and enjoyable.**

**This bundle includes:**



Salisbury Steak with Onion Gravy



Spaghetti and Meatballs



Chicken Fried Rice



Tortellini Marinara



Honey Mustard Chicken



Pork with Ginger Garlic Sauce



Battered Haddock and Tots

• No contract • No subscription • Free delivery

**All 7 dishes for \$71.50**

Locally owned and operated by Scott and Debra Downton




**Get your FREE Menu**  
**778-486-9889**  
HeartToHomeMeals.ca  
Subject to stock availability.

## SHOAL Membership

**\$50 per year\***

- Support SHOAL Centre
- Reduced fees for activities and classes
- 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

*\*Non-refundable. Memberships are valid for 365 days from purchase.*



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## Thank You!

**A BIG thank you to our 22 income tax volunteers who have completed over 1550 tax returns for low to modest income earners so far this year.**

These volunteers also helped (some of the) Saanich Peninsula Hospital Extended Care Unit residents, as well as other Island Health clients file their returns and continue to get the services and benefits they need.



# Fitness, Yoga, & Line Dancing

## Drop-In Fitness & Line Dancing

\$6 Member (M)

\$8 Non-Member (NM)

10 Punch pass: \$60 M; \$80 NM

\*non-refundable.

### Bootcamp

LEVEL 4 CHALLENGE

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 MODERATE CHALLENGE

This full body, self paced class is a low impact aerobic workout with strengthening exercises and stretching.

**Monday / Wednesday / Friday**

**Sr. Fit 1:** 9:20 – 10:20 am

**Sr. Fit 2:** 10:30 – 11:30 am

\*Max of 20. Please arrive 15 mins early.

### Chair Fit Plus

LEVEL 2 MODERATE

This class combines traditional seated strength exercises with walking, balance and body awareness exercises. Exercises can be modified to suit.

**Tuesdays / Thursdays**

11:30 am – 12:30 pm

### Beginners Balance

LEVEL 1 BEGINNER

A balance and fall-prevention class that is aimed at improving one's coordination, muscle strength, and reactive postural control. There are exercises that you can take home!

**Tuesdays / Thursdays**

12:45 – 1:30 pm

### Beginners Line Dancing

This fun dance class is excellent for coordination, cognitive recognition and repetitive sequence. Create a beautiful and in-sync choreographed dance routine.

**Tuesdays:** 7:00 – 8:30 pm

*No classes June 26 – Aug 29th*

### Absolute Beginners Line Dance

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

*No classes June 26 – Aug 29th*

## Drop-In Yoga

Yoga Cards are purchased and punched at SHOAL reception.

\$13 M; \$15 NM 10 Punch Pass: \$120

M \$144 NM \*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

### \*\*New Intro Classes

#### Gentle Evening Yoga

Wind down your day with gentle movements.

**Tuesdays:** 4:00 – 5:00 pm

Intro: May 6th – June 17th

Intro Price: \$6 M \$8 NM

*No classes June 18 – Aug 30th*

### Elements – Seated Pilates

A fun class that leaves you feeling happier & stronger. 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!

**Mondays:** 11:45 am – 1:00 pm

**Fridays:** 12:30 pm – 1:30 pm

# Spring Into Wellness



## Boost Your Health this May

**Ah, May! The month when the world wakes up, the days get longer, and the sun starts to feel warmer on your skin.**

If you've been cooped up, now is the perfect time to get moving and refresh your health routine. Here's how you can make the most of this beautiful season:



**Embrace Outdoor Activity:** There's something about the crisp air and blooming flowers that makes you want to get outside. Whether it's a leisurely walk around the block or tending to your garden, or using the outdoor fitness park next to SHOAL, outdoor activities are not only great for your body, but they also do wonders for your mood. Aim for at least 30 minutes a day. Reach out to us if you need help with learning how to use the equipment next to the library!

**Seasonal Foods for Health:** With spring comes an array of delicious, nutrient-packed foods. Think fresh strawberries, leafy greens, and tender asparagus. These foods don't just taste good—they're packed with vitamins that help support heart health and strong bones, which is more important as we age.

**Stay Hydrated:** Dehydration can sneak up on you during the warmer months especially as we get older. So, be sure to drink plenty of water throughout the day, and for a fun twist, try adding some cucumber, lemon or blueberries to your water. It's a great way to keep things refreshing.

Let the sunshine and gentle breeze be your invitation to take better care of yourself. A bit more time outdoors, healthy meals, and staying hydrated are all it takes to boost your energy and vitality for the season ahead!



Justine & Joshua Sutherland  
Founders of Benecore Training,  
Registered Kinesiologist  
& Registered Strength &  
Conditioning Specialist, Bachelor  
of Physical & Health Education,  
Bachelor of Sport Fitness

Leadership with an Exercise and Wellness Diploma,  
FMS Level 1 & 2, Precision Nutrition Level 1, Senior Fit,  
Online Trainer Academy

## Registered Fitness

### Balance Booster®

A blend of strength exercises, brain fitness, and body awareness training. Focused on fall prevention, but the class is suitable for all who want to stay mobile and active. Must be able to walk and sit/stand on their own.

**Tuesdays / Thursdays:** 10:15 – 11:15 am  
**June:** \$88 Member & \$110 Non-Member  
**July:** \$99 Member \$123.75 Non-Member  
**August:** \$88 Member & \$110 Non-Member

# Drop-In Activities

*Drop-in activities are run on a first come, first serve basis. Fee: \$3 Member (M); \$5 Non-Member (NM) 10 Punch pass (non-refundable): \$30 M(includes two free punches) and \$50 NM.*

## 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 regular deck of cards. Players play at one table and rotate partners after a number of hands.

**Wednesdays:** 1:00– 4:00 pm

### Ladies Wednesday Duplicate Bridge

It is a competitive trick-taking card game in its most basic form. Played in foursomes only. Choice to have lunch prior to our game. Ladies only.

**Wednesdays:** 11:15 am – 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

**on hiatus June 30th – Sept 8th**

### Mahjong

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

### **\*\*NEW** Hand & Foot Canasta

A twist on the classic game of Canasta, this Rummy-style card game is fun and easy to learn.

**Fridays:** 10:00 – 12:00 pm

## Music

**VIPUGS** (V. 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

**on hiatus June 12th – Sept 9th**

### 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

This group is for established artists, comfortable in their craft. Contact SHOAL to sign up and the facilitator will contact you.

**Mondays:** 10:00 am – 1:00 pm

### Portrait Painters

**on hiatus until September**

Anyone wishing to paint or sketch a sitting model is welcome. Volunteer models are wanted. *More information:* Joanne: 250-885-7142 or Marjorie: 250-658-5461

**Tuesdays:** 1:00 – 4:00 pm



## Read & Write

### 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. You can talk about what you've been reading or just listen.

**3<sup>rd</sup> Wednesday:** 10:00 – 11:00 am  
on hiatus until September

### Writing For Everyone

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  
on hiatus until October 1st

## Table Tennis

### Morning Table Tennis

Pair up in rotating doubles teams.

**Mondays:** 9:30 – 11:30 am  
**Wednesdays:** 9:30 – 11:30 am  
**Fridays:** 9:30 – 11:30 am

### Beginner Table Tennis

Get comfortable with game tactics and practice so you can join other groups.

**Wednesdays:** 12:30 – 1:30 pm  
**Fridays:** 12:30 – 1:30 pm

## Afternoon Table Tennis

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

## Arts & Crafts

*SHOAL Membership required. Additional membership & orientation may be required. Capacity limited. Contact SHOAL at 250-656-5537 to join.*

### Clayworks & Pottery

Make ceramics using handbuilding and slab work techniques.

**Clayworks Wednesdays**  
10:00 – 2:00 pm  
**Pottery**

**Monday:** 10:00 am – 2:00 pm  
**Fridays:** 1:00 – 4:00 pm  
Clayworks membership \$40 per year

### 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) Knit items from slippers to sweaters to whatever you would like to create. You can work on your own projects too. *No 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.

**Monday – Friday:** 9:00 – 4:00 pm  
Woodshop Membership  
\$40 per year

### \*\*NEW Carving Group

SHOAL Carving Group is back!  
**Thursdays:** 1:30 – 3:30 pm  
Wood Shop Membership might be required.

### \*\*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  
Wood Shop membership required.  
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.

**Tuesdays:** 9:00 am – 12:00 pm  
**Thursdays:** 1:00 – 4:00 pm  
**Fridays:** 1:00 – 4:00 pm  
Lapidary Membership  
\$40 per year

# Wellness Programs & Support Groups



Most groups require registration. Please call 778-351-1446 for more information or to register.

## Caregivers

### Family & Friend Caregivers Support

Are you looking after a family member or friend with a chronic or terminal illness? Receive coping strategies, support and discover new friends who care and understand your journey. 1-1 support and caregiver groups.

**Time:** Various

### Family Caregivers of BC

Run by Family Caregivers of BC. This drop-in group requires pre-registration.  
**4<sup>th</sup> Wednesday:** 1:30 – 3:30 pm  
**Register:** 1-877-520-3267 or [cgsupport@familycaregiversbc.ca](mailto:cgsupport@familycaregiversbc.ca)

### C. Saanich Caregivers Support Group

A trained facilitator will connect you to like-minded caregivers for tips, support, and information.

**4<sup>th</sup> Monday:** 2:30 – 4:00 pm  
Centre for Active Living  
1229 Clarke Rd., Brentwood Bay

### Movement for Caregivers

A mindful Pilates based workout that will work the body from head to toe and use breath work to calm yourself. Wear loose clothes and socks.

**1<sup>st</sup> & 3<sup>rd</sup> Thursday:** 1:30 – 2:30 pm  
Nel Horth Room, Sidney Library, 10091 Resthaven Drive

## 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.

### 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  
**2<sup>nd</sup> & 4<sup>th</sup> Friday:** 2:00 – 3:00 pm

## 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

The fall 2025 session will be at the SHOAL Centre. Contact for more information (250) 656-5537, [www.choosetomove.ca](http://www.choosetomove.ca) or [choosetomove@beaconcs.ca](mailto:choosetomove@beaconcs.ca).



# Fundraising at Beacon

## Be a Beacon of Hope - Light the Way

For over 50 years, Beacon Community Services has supported individuals through life's toughest challenges. Now, through the **Be a Beacon of Hope** campaign, we are showcasing our impact across all phases of life in a moving video series:

- Youth facing homelessness find safety, support, and a path forward.
- Families struggling with care demands, stress, and financial strain receive the vital support they need to build stability and resilience.
- Seniors battling isolation and mobility issues gain access to food, transportation, and connection.

The need has never been greater—and your support is crucial. Double your impact! For a limited time, Tecnet Canada Inc. will match the first \$10,000 in donations, and an anonymous donor will match the next \$5,000.

Watch the video series and make a difference today: [beaconcs.ca/light-the-way](https://beaconcs.ca/light-the-way).

Every dollar brings hope.



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



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

## Vision Impairment

### White Cane Club

Meet with others sharing the challenge of vision impairment. Join us for this social time together with occasional guest speakers.

**2<sup>nd</sup> Thursday:** 2:00 – 3:30 pm

## Emotional Support

### Phone Check-Ins

Would you like a daily or weekly check-in/ wellness phone call from a friendly volunteer? Call for more information.



Jane McIntosh  
Wellness Programs Coordinator  
778-351-1446  
[jmcintosh@beaconcs.ca](mailto:jmcintosh@beaconcs.ca)

Margo James  
Wellness Programs Coordinator &  
Community Connector  
778-351-1446  
[mjames@beaconcs.ca](mailto:mjames@beaconcs.ca)



## Senior Peer 1 – 1 Support

Are you experiencing a life transition, loneliness, loss, sadness, grief, a health challenge or loss of connection to community? A trained listener can provide empathetic, confidential, 1 to 1, no cost support as you navigate these challenges.

## Friendly Visitor Program

Are you an older adult who is lonely, isolated and/or has mobility challenges that prevent you from socializing? A friendly volunteer can visit for a chat, play a game, or have tea.

## Senior's Mental Health Wellness

Are you 65+ and have been diagnosed with depression, anxiety or feel at risk because of isolation or loneliness? The facilitator will follow up with an intake interview. Confidentiality will be maintained.

**Mondays / Thursdays:** 1:00 – 2:30 pm

## 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.

**1<sup>st</sup> Wednesday:** 1:00 – 2:00 pm



# Senior Support & Community 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.

Our services are available to all seniors in Sidney and on the Saanich Peninsula. Please call 250-656-5537 or drop by the SHOAL Centre to sign up.

## Computer Support

If you are wondering how to successfully use your smart phone, tablet or laptop, we can help you navigate this with more confidence in these one-on-one sessions.

\$3 Member; \$5 Non-Member

### Drop-in (iOS & Android)

on hiatus July & August

**Tuesdays:** 9:30 am - 12:00 pm

### By Appointment (iOS)

continuing through summer

**Wednesdays:** 9:00 am - 1:00 pm

## Community Meals

Weekly low-cost lunches for seniors 65+ who are seeking to make new connections in their community.

Contact: Lori Campbell

### Monday / Thursdays

12:30 - 1:30 pm

## 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

**Contact:** 250-656-5537

## Beacon Bus Trips

Beacon bus trips take seniors from SHOAL to shop at various shopping centre locations in Greater Victoria.

**Hillside Mall: June 18th, July 16th, & August 13th**

Check in: 11:15 am

Trip Time: 11:30 am - 3:30pm

\$5 per trip

## 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 a doctor) to SHOAL or the Central Saanich Office.

## Foot Care Clinic

Debbie Roper from Coastal Footcare operates a footcare clinic out of SHOAL.

**Appointment:** 250-888-7758 or coastalfoothealth@gmail.com

## Medical Drives

Need to go to the doctor or dentist? We can assist with drives to medical appointments.

Contact: 778-426-8770

### Drive Desk Hours

#### Monday - Friday

9:00 am - 1:00 pm

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

*Two weeks notice is required and max two drives per week.*

## 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.

## Housing Support (60+)

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

**Contact:** Jessica Cochrane

## 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.

*Must have low-moderate income and simple tax situation.*

## Community Connectors

Do you find yourself lonely and/or needing help connecting to any of the following: social activities, arts, and recreation programs; exercise programs and physical activities; challenges with food insecurity and meal prep; family and caregiver support; transportation assistance, advocacy and more.

Recently, a woman came in overwhelmed by her partner's diagnosis. We connected her to counselling, caregiver support, home help, and check-ins. With these supports, she's now coping better and building resilience.

Community Connectors will listen, collaborate, help connect you to services, and offer on-going support as needed.

Phone 250-656-5537 and ask for a community connector or email [hwale@beaconcs.ca](mailto:hwale@beaconcs.ca) or [mjames@beaconcs.ca](mailto:mjames@beaconcs.ca).



Deb Greenaway  
Manager, Community Services  
778-426-8768  
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Linda Lightbody  
Coordinator, Community Services & Income Tax  
778-351-1993  
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Helen Wale  
Community Connector  
250-656-5537  
[hwale@beaconcs.ca](mailto:hwale@beaconcs.ca)



Lori Campbell  
Meals Coordinator  
778-426-8766  
[lcampbell@beaconcs.ca](mailto:lcampbell@beaconcs.ca)



Jessica Cochrane  
SHINE Seniors Housing Navigator  
250-514-3057  
[jcochrane@beaconcs.ca](mailto:jcochrane@beaconcs.ca)

## Soup Socials

Enjoy a free soup social! Hearty soups, engaging activities, and stimulating speakers; a perfect opportunity to forge new friendships and strengthen connections within our vibrant community.

**3<sup>rd</sup> Monday: 12:00 - 2:00 pm**

**June 16th: Community Connectors**

**Registration: 778-426-8766**

*Space is Limited. Register Early.*



United Way  
British Columbia

Many of our programs and services are made possible

through the generous support from the Town of Sidney, and the United Way of BC.

# Beacon History: Let's Dig into it!

**2024 marked Beacon Community Services' 50th year of service – Helping People, Empowering Communities, Improving Lives.** This is the third installment of articles highlighting the evolution of the society and the services it has provided over the years. Articles are published on the Beaconcs.ca website (scroll down to the history stories in About Us/Our Story) and are available as printouts at the SHOAL reception desk.

Did you know Beacon provides many programs to empower children, youth and families to succeed? Did you know there are programs focused on early years learning, youth, adult and family counselling, restorative justice, licensed child care, and homelessness



Laurel House 2023. Source: Beacon photograph archive. Used with permission.

prevention and shelters? The evolution of these programs was made possible through collaborative partnerships with like-minded agencies and school districts who wished to make a difference for children and their families. To find out more about the programs, check out the article titled "Strengthening Families And Futures Together".

Based on the success of the Sidney Teen Activity Group's program called JAM (Jobs are Money), Employment Services started with a pilot in 1982. Over the years, a number of different programs were offered for job seekers



Job Finding Club 1985.  
Source: Beacon photo archive.  
Used with permission.

in Victoria, on the Saanich Peninsula and on the Southern Gulf Islands. To find out about these programs and how they were tailored to assist different cohorts in their job search, check out the article titled "Yes We Can Help You Find A Job!"

Since 2001, Beacon has provided comfortable, affordable, and secure living options in partnership with BC Housing and Island Health for independent adults 55+ and/or with disabilities. In 2024, Beacon operates two housing facilities in Sidney and three housing



SHOAL Centre Assisted Living April 2024.  
Source: Maureen Dale. Used with permission.

facilities in Victoria, and leases two dementia long-term care facilities in Brentwood Bay. To find out more about these housing options, check out the article titled "Yes We Have Housing Solutions for Seniors".

Maureen Dale,  
Beacon Historian



# Volunteers Make Waves



Our two longest serving volunteers, Jill Harrison and Margaret Frew, with MP Elizabeth May and our CEO Tricia Gueulette.



Tsawout Elder Earl Claxton speaking, photo credit, Bob Orchard

## NOW RECRUITING!

### Volunteer Visitors

Would you enjoy a flexible volunteer position? Are you friendly and compassionate? If so, we would love to have you join our Friendly Visitor team! You can help by visiting a lonely senior, walking with, meeting for coffee, or calling people who need more social contact. Volunteers in this program are well supported and gather monthly.

### Senior Peer 1-1 Volunteers

Are you 55+, compassionate, empathetic, a good listener, non-judgmental and have a warm heart? This is an opportunity to provide emotional support for seniors as they face life's challenges and transitions. You will be provided with FREE training to become a Senior Peer Support Listener. This training is 48 hours in length and will begin in September 2025. Contact Margo James at 778-351-1446 or [mjames@beaconcs.ca](mailto:mjames@beaconcs.ca).



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

We celebrated National Volunteer Week in grand style with a capacity crowd on May 2nd at SHOAL Centre. With the theme "Volunteers Make Waves" reflected throughout, we honoured about 40 of our 90+ long-serving volunteers this year, and enjoyed a delicious meal provided by Truffles Catering.

A huge thank you to many Beacon staff and the corporate volunteer team from QuadReal who were indispensable in putting on this event, and to Thrifty's Flowers and More in Sidney for their generous donation and discount towards the centrepieces and flower bouquets.

### NEW VOLUNTEER DATABASE COMING SOON!

We are delighted to let you know we are transitioning to a new database for our volunteer teams this summer!

This is going to be a game-changer administratively for us, but more importantly what it means for our volunteers is:



- Better and easier communication
- Access to their own profiles for the first time
- Access to training resources and documents
- More choice and autonomy in signing up for events, shifts and/or training

# SHOAL Weekly Drop-in Activities



## MONDAY

**Wood Shop:** 9:00 am – 4:00 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**  
 10:00 am – 1:00 pm  
**Sr Fit 2:** 10:30 – 11:30 am  
**Chair Yoga:** 11:45 am – 1:30 pm  
**Int Table Tennis:** 1:30 – 3:30 pm  
**VIPUGS:** 1:30 – 3:30 pm  
**Cribbage:** 1:00 – 4:00 pm  
**Mahjong:** 1:00 – 4:00 pm

## TUESDAY

**Wood Shop:** 9:00 am – 4:00 pm  
**Lapidary:** 9:00 am – Noon  
**Hatha Yoga:** 9:30 – 10:30 am  
**Computer Support**  
 9:30 am – 12:00 pm  
**Chair Fit:** 11:30 am – 12:30 pm  
**Duplicate Bridge:** 12:30 – 4:00 pm  
**Crafts:** 1:00 – 3:00 pm  
**Chess:** 1:00 – 4:00 pm  
**Portrait Painters**  
 1:00 – 4:00 pm  
**Beginners Balance**  
 12:45 – 1:30 pm  
**Table Tennis:** 6:30 – 9:00 pm  
**Line Dancing:** 7:00 – 9:00 pm

## WEDNESDAY

**Boot Camp:** 8:10 – 9:10 am  
**Wood Shop:** 9:00 am – 4:00 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  
**Contract Bridge**  
 1:00 – 4:00 pm  
**Canasta:** 4:30 – 8:30 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:** 9:00 am – 4:00 pm  
**Lapidary:** 1:00 – 4:00 pm  
**Uke Jam:** 9:30 – 11:00 am  
**Chair Fit:** 11:30 am – 12:30 pm  
**Beginners Balance**  
 12:45 – 1:30 pm  
**Woodcarvers:** 1:30 – 3:30 pm  
**Beginner Line Dancing**  
 7:00 – 9:00 pm

*Some activities require SHOAL membership or other membership prior to dropping in. Please see pages 8–9 for more information.  
 All activities subject to change.*

## FRIDAY

**Boot Camp:** 8:10 – 9:10 am  
**Wood Shop:** 9:00 am – 4:00 pm  
**Sr Fit 1:** 9:20 – 10:20 am  
**Knitting:** 1:00 – 3:00 pm  
**Prog Contract Bridge**  
 1:00 – 4:00 pm  
**Rec Table Tennis**  
 9:30 – 11:30 am  
**Sr Fit 2:** 10:30 am – 11:30 am  
**Beginners Table Tennis**  
 12:30 – 1:30 pm  
**Chair Yoga:** 12:30 – 1:30 pm  
**Lapidary:** 1:00 – 4:00 pm  
**Int Table Tennis:** 1:30 – 3:30 pm

## SATURDAY

**Men's Shed:** 10:15 am – 3:00 pm  
**Scrabble:** 11:00 am – 2:00 pm

## Sunday

**Duplicate Bridge**  
 12:30 – 4:00 pm



**WORLD ELDER ABUSE  
 AWARENESS DAY**  
**June 15, 2025**



BC ASSOCIATION OF  
 Community Response Networks  
*Stopping Adult Abuse and Neglect... Together*

#BeBold  
 #AgeWithAttitude  
 #WEAAD2025

**Be Bold : Age with Attitude**

**World Elder Abuse Awareness Day**  
 Let's stand together to celebrate aging and take a stand against elder abuse. Wear purple on June 15 to show your support and help shine a light on the importance of aging with dignity.