

## Fall Events

### Free Hot Dogs on National Seniors Day

Join Saanich Peninsula Community Response Network and SHOAL Centre for a free Hot Dog Lunch & Music in appreciation for the richness older adults bring

**Wed, Oct 1 | Starts at noon.**

Call 250-656-5537 or go to SHOAL's reception to register



### October Dance - Live Band: Fine Spirits

Put on your dancing shoes and join us for a fun evening of music, laughter, and community! Celebrate with friends, old and new, as we enjoy classic tunes, light refreshments, and a festive autumn atmosphere. Whether you love to dance or just enjoy the company, this is a night you won't want to miss!

**Fri, Oct 24 | 7-9:30 pm**  
**(doors open at 6:30 pm)**



\$45 M | \$54 NM

*One drink & appetizers included in the ticket price; cash bar for additional drinks*

### Craft Fair Saturday

Get into the holiday spirit at our festive Craft Fair! Browse a beautiful selection of handmade gifts, seasonal decorations, and one-of-a-kind treasures created by our very own talented SHOAL crafters. Enjoy our cozy cafe, holiday music, and a warm, cheerful atmosphere. It's the perfect place to find unique gifts and support our creative community!

**Sat, Nov 22 | 10 am-2 pm**

**\$2 Admission** - all proceeds to go to SHOAL Wellness Programs

## Registered Activities

### Table Tennis Lessons:

This class is perfect for anyone looking to learn the fundamentals of this exciting sport or refresh their existing skills. Whether you're a beginner or more experienced, you'll be guided through essential strokes and techniques tailored to all skill levels. The focus is on learning through play, building confidence, and most importantly, having fun!

**Sept 15 - Dec 1 | No class**

**Oct 13 | 12:30-1:30 pm**

\$110 for Non-member

\$88 for Member

### Sidney Song Circle

The Sidney Song Circle, a program of Rotary Club, Sidney-By-The-Sea was such a hit in the spring, they are coming back! You can sing along, tap your feet and dance, whatever you do you will leave feeling uplifted!

**Tues, Oct 28 | 1:30 - 2:30 pm**

*If you need a ride, please let us know, as Rotary will provide transportation.*



### CARP Workshop Series: Aging in Place

Join us for this informative 4 week session to enhance your aging in place journey. Resources and information about how you can ensure you have your plan mapped out will be provided. Sessions include:

- Safety at Home
- Personal Health
- Financial Health
- Advocating for Yourself

**Tuesdays, Oct 7, 14, 21, 28**

**Time: 9:30 - 11:30 am**

*\$40.00 for all sessions. Pre-registration required/space is limited.*

### Watercolor Wine\* & Cheese

Join local watercolor artist Richard Wong for a fun, stress-free festive painting class with step-by-step guidance. Each class includes a glass of wine, plus a selection of meats, cheese, and artisan crackers. \*Non-alcoholic options available, please let us know when booking. Bring your own supplies or \$5 cash to class for a rental.

**Sat, Nov 8 | 1-4 pm**

\$72 M | \$82 NM

**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



# 3 Short Sketch Comedies

Directed by  
Melanie Ehrlich

## All This Time...

By  
Jack Hutchinson

Two rivals have auditioned for the same role.

## Banter

By  
Robert Scott

John and Angie have a conversation before breakfast. Luckily for us, they each have an interpreter on hand.

## SHOAL Community Centre

## AT THE GATES OF VALHALLA

By  
Damian Trasler, David Lovesy and Steve Clark

Set on the threshold of the Viking afterlife.

**Sunday October 19  
@10:30am**

To register call 250-656-5537

[ThePeninsulaPlayers.ca](http://ThePeninsulaPlayers.ca)



## 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. Join us at a monthly meeting and learn more about our group.

## Monthly Meetings:

3rd Wednesday: 2:00 pm  
SHOAL Centre, Aud A

More information:

Gail 250-893-9764 or  
Marguerite 250-654-0454



A heartfelt thank you to Robert and the wood workshop team for the beautifully handcrafted children's book box and cedar planter at Salt Spring Child Care Resource and Referral Centre. From the thoughtful design to the flowers and carefully chosen books, every detail reflects Robert's joy in creating something special for children and families. Thank you, Robert!

## Thank you!

Thank you to the Independent Living Residents who took care of the flowers on the patio. We were able to enjoy the lovely flowers while sitting on the patio all summer long. We are so grateful for the effort you put into making our centre look warm and welcoming and full of vibrant colors and smells.

