

TideLines

Fall at SHOAL

SHOAL Kitchen

Pumpkin Pie, Warm Cider, and Autumn Smiles (page 3)

Dance & Music Fun

An Autumn Night to Remember: Dance with Fine Spirits (page 4)

All About Beacon

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Save the Date!

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Welcome from SHOAL Centre Team

Fall is always an exciting season at SHOAL. As many of our members return from summer adventures, the energy picks up and the space comes alive once again. Programs that took a summer pause resume, and we're thrilled to welcome new faces into our community. Thank you to each of you for helping to create such a warm, welcoming, and vibrant environment - we truly couldn't do it without you.

We're getting ready for our Annual Open House!

This special day is a great opportunity to showcase everything our centre has to offer, including programs and services that support seniors in our community. We'd love for you to join us - and don't forget to spread the word to friends and neighbors!

We Want to Hear from You! We're reviewing our programs and services for seniors, including the recreational activities at the centre, and your input is essential. This fall, watch for a short survey in your inbox. Don't have email? No worries! Printed copies will be available at the centre. Your feedback helps us enhance what we offer, making sure our programs continue to inspire, connect, and bring joy to everyone who visits.

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



Tracy Levy, Manager
SHOAL Centre
tlevy@beaconcs.ca



SHOAL CENTRE

10030 Resthaven Drive
250-656-5537

FALL OFFICE HOURS*

Monday - Wednesday

8:30 am - 9:00 pm

Thursday - Friday

8:30 am - 4:30 pm

Saturday

10:00 am - 4:00 pm

Sunday & Holidays

Closed

*Subject to change

HOLIDAY CLOSURES

> Labour Day weekend: Aug 30-Sept 1

> National Day for Truth and
Reconciliation: Sept 30

> Thanksgiving weekend: Oct 11-13

Remembrance Day: Nov 11

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

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

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.



SHOAL NEWS

Our Open House is Fast Approaching!

Open house day is here! The exciting event is the perfect way to learn more about what goes on at our centre. Discover our programs, activities, volunteer services, dining room and much more. Enter to win fabulous **door prizes** and have fun!

Do you know someone who would benefit from joining? Be sure to invite them to pop in for this special day.

On Open House day only, **first time members may purchase an annual membership for half price at just \$25.** If you bring someone who purchases a membership, you will be entered into a draw for a free membership.

We look forward to seeing you at our open house!

DATE: Friday, Sept 5

TIME: 10am - 2pm

Fall Favorites at Tides Dining Room

Our Dining room is a welcoming and social place open 356 days of the year! We are updating our menu this fall to offer fresher meals, crisp salads and hearty soups. Come give us a try!

Thanksgiving Dinner **\$25**

Sunday, October 12

4:30 - 6 pm

Turkey Dinner with all the trimmings.

Call 250-656-5537 to reserve a table.

Lunch: 12:00 - 1:30 pm

Price: \$14 (15 meal card \$187.50)*

Dinner: 4:30 - 6:00 pm

Price: \$17 (15 meal card 232.50)*

**Price includes coffee or tea, lunch or dinner entree and dessert. Tax and gratuities included.*

SHOAL Cafe

Monday - Friday 9:00 am - 3:00 pm

Hot and cold drinks, baked goods and treats available.

Amilia SmartRec

We're excited to introduce our new online platform, Amilia SmartRec, your one-stop shop for viewing program details and registering for activities at the centre!

With SmartRec, you'll enjoy:

- Up-to-date program information
- Last-minute class updates
- Easy, streamlined registration

Need Help? Join a Training Session!

Third Thursday of the month from 1 - 3 pm.

Staff and volunteers are hosting free training sessions so you can feel confident with this new online platform. Register at the front desk, or by calling 250-656-5537.

Welcome

Welcome Elizabeth & Richie!

We're happy to welcome Richie and Elizabeth, our new SHOAL office staff! Be sure to say hello next time you're at the centre!



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

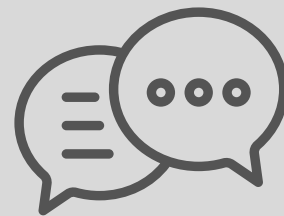
Set on the threshold of the Viking afterlife.

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

To register call 250-656-5537



ThePeninsulaPlayers.ca



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.



Fitness, Yoga, Pilates & 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.

Mon / Wed / Fri

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.

Mon / Wed / Fri

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.

Tues / Thurs

11:30 am – 12:30 pm

Is cost getting in the way of attending our classes?

Assistance is here for you. Contact Tracy Levy, SHOAL Centre manager for more information.

Beginners Balance

LEVEL 1 BEGINNER

A balance and fall-prevention class that is aimed at improving coordination, muscle strength, and reactive postural control. You can take some exercises home!

Tues / Thurs

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

Absolute Beginners Line Dance

A slow introduction to the line dance. We will start with the basic steps and gradually add more dance. Learn in a fun and friendly environment. It's movement, memory and music!

Thursdays

7:00 – 8:30 pm

Better Balance

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.

Tues/Thurs

10:15 – 11:15 am

Drop-In Yoga

Yoga cards are purchased 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

Gentle Evening Yoga

Wind down your day with gentle movements. This class will leave you feeling relaxed and take all the worries of your day away.

Tuesdays: 4:00 – 5:00 pm

September 2 – November 4

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!

Mon: 11:45 am – 1:00 pm

Fri: 12:30 pm – 1:30 pm



Drop-In Pilates

Pilates cards are purchased at SHOAL reception.

\$13 M; \$15 NM 10 Punch Pass:
\$120 M \$144 NM *non-refundable.

Level 1 – Beginner Seated Pilates

A fun level one class that leaves you feeling happier and stronger. The focused breathing and guided movement tones core muscles. You will stretch, expand and flow to work muscles from head to toe.

**Thursdays | Starts Oct 23 |
10:00–11:00am | Nel Horth Room**

Level 2 – Advanced Seated Pilates

For those with Level 1 seated Pilates experience, this class builds strength, balance, and flexibility through guided movement and focused breathing. It will bring the same focus and joy to more advanced movement sequences for those who have completed one year of level 1 work.

**Wednesdays | Starts Oct 22 |
1:30–2:30pm | Nel Horth Room**



A Simple Plan to Improve Your Walking

You're never too old to walk with strength and confidence. Here's a simple weekly plan to get you started today:

Step 1: Stand Tall (Daily)

Practice standing tall for 1 minute—shoulders back, chin level. Good posture builds balance.

Step 2: March in Place (3x/Week)

Lift knees high for 30 seconds, rest, repeat 3 times. This boosts hip strength and coordination.

Step 3: Heel-to-Toe Walk (2x/Week)

Take 10 slow steps in a straight line, heel touching toe. Improves balance and stride control.

Step 4: Take a Purposeful Walk (3x/Week)

Walk for 10–20 minutes at a comfortable pace. Swing your arms and breathe deeply.

Step 5: Stretch (Daily)

After walking, stretch calves and hamstrings for 30 seconds each.

Small steps lead to big gains. Every stride is a celebration of your strength and independence!
*Remember safety first! If you need support, use it! (chair, walker, etc).



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



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: 11:15am – 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

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

Hand & Foot

Canasta

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

Thursdays: 4:30 – 8:30 pm

Scrabble

Join us for this timeless (10 points) word game.

Saturdays: 11:00 am – 2:00 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

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

Artists welcome to sketch or paint a live model. Volunteer models needed – keep 2+ finished portraits.

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.

3rd Wednesday: 10 – 11 am

Write Easy Writing Group

Join this writing group to spark creativity, write short stories, poems, or creative non-fiction – and read your work aloud.

Wednesdays: 1:30 pm – 3 pm

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

Evening Table Tennis

For those who can't make it during the day, or if you crave more game play, we offer an evening drop-in session.

Tuesdays: 6:30 – 8:30 pm

ARTS & CRAFTS

SHOAL Membership required. Additional membership and 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

Wed 10 am – 2 pm

Pottery

Mon: 10am – 2pm & Fri: 1 – 4 pm
Clayworks membership additional \$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 – 3 pm

Knitting Fridays: 1 – 3 pm

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 am – 12 pm

Thursdays: 1 – 4 pm

Fridays: 1 – 4 pm

Lapidary Membership additional \$40 per year

Wood Shop

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

Monday – Friday: 9 am – 4 pm
Woodshop Membership additional \$40 per year

Carving Group

SHOAL Carving Group is back!

Thursdays: 1:30 – 3:30 pm

Wood Shop Membership might be required.

Men's Shed

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

Wednesdays: 4 – 8 pm

Saturdays: 10:15 am – 4 pm
Wood Shop membership required.

Contact SHOAL for details.

NEW! Truth and Reconciliation Series

Please come and join us for a journey of Truth and Reconciliation. Monthly meetings will touch on many topics and give space to create connections and expand our understanding, in a safe space for all. These unique meetings will include documentaries, storytelling and education about our indigenous neighbours and the land we live upon.

Third Saturday of the month:
Sept 20, Oct 18 & Nov 15
1:00 – 4:00 pm



Wellness Programs & Support Groups

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

CAREGIVERS

Family & Friend Caregivers Support

Caring for a loved one with a chronic or terminal illness? Get support, coping tips, and connect with others who understand.

1-1 support & caregiver groups.

Time: Various

Family Caregivers of BC

Run 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

Central Saanich Caregivers Support Group

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

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

Centre for Active Living, 1229
Clarke Rd., Brentwood Bay.

Movement for Caregivers

A head-to-toe Pilates workout with breathwork to calm the mind. Wear loose clothes and socks.

1st & 3rd Thursday:

1:30 - 2:30 pm

Drop-in Nel Horth Room

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.

2nd Thursday: 2:00 - 3:30 pm

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. Call for more information.

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.

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

Many of our programs are provided through generous support from United Way BC.



United Way
British Columbia

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.

Senior Peer 1 - 1 Support

Facing a life change, loneliness, grief, or health challenges? Connect with a trained listener for free, confidential, one-on-one support.

Friendly Visitor Program

Feeling lonely or isolated? A friendly volunteer can visit for a chat, game, or tea.

Senior's Mental Health Wellness

Are you 65+ and facing depression, anxiety, or loneliness? A facilitator will contact you for a confidential intake interview.

Mondays / Thursdays: 1:00 - 2:30 pm

Yes! We Can Cope with Depression

Drop-in support group for those with depression. Learn ways to cope, connect, and thrive.

1st Wednesday: 1:00 - 2:00 pm



Jane McIntosh

Wellness Programs Coordinator
778-351-1446
jmcintosh@beaconcs.ca



Margo James

Wellness Programs Coordinator
& Community Connector
778-351-1446
mjames@beaconcs.ca



Fundraising at Beacon

Planned Giving: A Legacy That Lights the Way

At Beacon, we walk with individuals and families through every chapter of life—from the first steps to the final journey. Our mission is to shine a light in life's darkest moments and be a Beacon of hope, healing, and transformation.

Planned Giving is a powerful way to sustain this mission far into the future. By including Beacon Community Services in your will, trust, or estate plan, you create a legacy that ensures the light never dims for those who need it most.



Shaun Cerisano

Director of Development
scerisano@beaconcs.ca
236-638-6867



Sarah Baidoo

Development Associate
sbaidoo@beaconcs.ca
250-216-5439

Every Planned Gift:

- Helps provide emergency support for families in crisis
- Sustains vital services for seniors, children, and vulnerable populations
- Supports sustainable programming and stability for our community

Unlike immediate donations, Planned Gifts offer you the opportunity to make a lasting impact without affecting your finances today. Whether large or small, every legacy gift is a statement of belief in a brighter future.

Your light can shine far beyond your lifetime. Join our Beacon Legacy Makers Society and help guide the way for generations to come.

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 that uses a science-based approach to support older adults (55+) 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
- Have fun

INFORMATION SESSION

Thursday, Oct 9 | 11am-12:15pm

10-WEEK PROGRAM

Thursdays | Oct 16 – Dec 11

Special topic Thursday | Dec 18

All times are 11am-12:30pm

Contact for more information

250-656-5537 choosetomove@beaconcs.ca
or www.choosetomove.ca



**Choose
to Move**



Beacon



COMMUNITY
SERVICES



Senior Support & Community Services

Better at Home

This service helps seniors 65+ on the Saanich Peninsula with simple day-to-day tasks to support independent living and community connection.

Please call 250-656-5537 or drop by the SHOAL Centre to sign up.

Beacon Mobile Meals

Weekly meal delivery for low-income, isolated seniors. If you or someone you know would benefit from this meal delivery service, **contact: Lori Campbell at lcampbell@beaconcs.ca**

Community Meals

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

Tuesdays / Thursdays:

12:30 - 1:30pm

Register w/ Lori 778-426-8766

Soup Social

Join us for free hearty soup, activities, and guest speakers. A great way to connect and make friends!

Registration: 250-656-5537

3rd Friday: 12 - 2pm

Grocery Shopping

If you can't shop yourself, volunteers will shop and deliver from Thrifty Foods or Save-On-Foods. Buy a gift card from us and place orders

Monday afternoons.

Beacon Bus Trips

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

- **Sept 10 & Oct 8, 22 | Nov 19 & Dec 17 | Hillside Mall**
- **Sept 24, Nov 5 & Dec 3 | Mayfair Mall**

Check in: 11:15am

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

\$5 per trip

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 9am - 1pm

Tuesdays: 1 - 3pm

Two weeks' notice required and max two drives/week.

Foot Care Clinic

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

Appointment: 250-888-7758
coastalfothealth@gmail.com

Navigation Service

Volunteers help with navigating the health care system, financial hardship, and submitting forms or correspondence.

Wednesdays: 9am - 12pm

Contact: 250-656-5537



United Way
British Columbia

SHINE Housing Support (65+)

Our housing navigator assists with tenant rights, housing applications, forms, and landlord mediation. Contact: jcochrane@beaconcs.ca or call 250-514-3057

Income Tax Services

Free tax services are available year round. Must have low-moderate income and simple tax situation. Pick up a form at reception.

Computer Support

Get one-on-one help using your smartphone, tablet, or laptop with more confidence. \$3 Member; \$5 Non-Member DROP IN (iOS & Android)

Tuesdays: 9:30am - 12pm
BY APPOINTMENT (iOS)

Wednesdays: 9am - 1pm

Disability Parking Permits

Purchase permits for ongoing or temporary disabilities at SHOAL. Bring your expired permit or completed doctor-signed application.

Free Legal Clinic

Beacon is partnering with **Senior Services Society of BC** and **Seniors First BC** to host this clinic for low income seniors. It will focus on planning, tenancy issues and other civil legal matters (excluding family and criminal law).

To register contact Jessica @ jcochrane@beaconcs.ca



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 in obtaining affordable food or preparing your own meals; family and caregiver support; transportation assistance, advocacy and more.

"One spouse's surgery and long hospital stay, left the other overwhelmed with caregiving. Their social worker referred them to the Community Connector, who arranged housekeeping, shared caregiver support group details, and offered respite resources—reducing stress and restoring resilience."

Community Connectors will listen, collaborate, help connect you to services, and offer on-going support as needed. Contact: hwale@beaconcs.ca or mjames@beaconcs.ca. Phone: 250-656-5537.

Easing the Journey: A Trusted Guide Through Life Transitions

Feeling overwhelmed by life's transitions? Join us to explore the emotional and practical challenges that come with aging, caregiving and planning for the future – and how the right support can make all the difference.

Thursday, October 16 at 2:00 pm

Heart at Home Medication Service

Need a little help with medications? Heart at Home offers reliable and friendly medication support services with daily visits. Some costs are covered by Pharmacare. Join us to learn about how this program can support you!

Thursday, October 2 at 2:00 pm

Meet the Team



Deb Greenaway
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Lori Campbell
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Jessica Cochrane
SHINE Seniors Housing Navigator
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Heather Welsford
Administrative Assistant
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Welcome, Heather! With 10+ years of healthcare admin experience in midwifery clinics and a background as a Beacon volunteer, she's excited to support Better at Home with her organizational skills.



Fun Facts About Beacon's History

This first edition highlights fun facts from the opening chapters of Beacon: 50 Years of Service and Community Connection, a commemorative book filled with stories, photos, and reflections from staff, volunteers, and community members. **Answers on page 16.**

A few of the logo variations Beacon had along the years



1974

1998

1999

2002

2013

Today

1. In what year was Beacon Community Services officially incorporated? Bonus: On what date was it registered?

2. Who was the first Chair of the Board of Directors?

3. How many individuals have served as Chair of the Board?

4. Are Beacon's Board members volunteers or paid staff?

5. Who was the first Executive Director or Chief Executive Officer of Beacon?

6. Who was the first paid Executive Director/Chief Executive Officer at Beacon?

7. In what year was the first Executive Director/CEO appointed?

8. How many different people have held the Executive Director/CEO position at Beacon? Bonus: Who served the longest in this role?

9. What was the original name of Beacon Community Services when it was founded?

10. How many different names has Beacon operated under since its founding?

11. Why did the organization change its name over the years?

12. Why was the word "Beacon" chosen as part of the organization's name?



By Maureen Dale
Beacon Volunteer Historian



New Volunteer Database Coming This Fall

We are delighted to let you know we are hard at work configuring our new database for volunteers over the 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

Stay tuned for information and training opportunities to be provided to all existing volunteers to help with navigating the site and all you will be able to do!



Always Recruiting!

Volunteer Visitors

Looking for a flexible volunteer role? Join our Friendly Visitor team! Help reduce seniors' isolation by visiting, walking, having coffee, or calling those in need of social contact. Monthly support meetings included.

Medical Drive Volunteers

Have a car and some time? Drive clients to medical appointments. Flexible, rewarding, and mileage reimbursed at government rates. Volunteer signage provided.

Thrift Shops

Our thrift shops are lively, welcoming places to volunteer. Tasks include sorting, pricing, cashiering, and customer service. Make new friends, see donations first, and support your community. Volunteers needed in Sidney, Brentwood Bay, Quadra Village, and Pandora.

Please note our available positions are not limited to the above. For more information visit our website: <https://beaconcs.ca/volunteer>



Yasmin Rampuri, Manager,
Volunteer Engagement
yrampuri@beaconcs.ca
250-507-5680


Save the Date!

The annual Volunteer Winter Festival will take place on Friday, December 5th (United Nations International Day of the Volunteer) at 12:00 pm at the SHOAL Centre.



SHOAL Weekly Drop-in Activities

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • 9:00 am – 4:00 pm Wood Shop • 9:30 am – 11:30 am Table Tennis • 10:00 am – 1:00 pm Painting • 10:00 am – 2:00 pm Pottery • 1:00 pm – 4:00 pm Cribbage • 1:00 pm – 4:00 pm Mahjong • 1:30 pm – 3:00 pm VIP Ukulele, Guitar, Strings • 1:30 pm – 3:30 pm Table Tennis 	<ul style="list-style-type: none"> • 9:00 am – 4:00 pm Wood Shop • 9:00 am – 12:00 pm Lapidary • 12:30 pm – 4:00 pm Duplicate Bridge • 1:00 pm – 3:00 pm Crafts • 1:00 pm – 4:00 pm Chess • 1:00 pm – 4:00 pm Portrait Painter • 6:30 pm – 8:30 pm Table Tennis 	<ul style="list-style-type: none"> • 9:00 am – 4:00 pm Wood Shop • 9:30 am – 11:30 am Table Tennis • 10:00 am – 11:00 am Book Club (3rd Wed) • 10:00 am – 2:00 pm Clayworks • 11:15 am – 4:00 pm Ladies Duplicate Bridge • 12:30 pm – 1:30 pm Beginner Table Tennis • 1:00 pm – 4:00 pm Contract Bridge • 1:30 pm – 3:00 pm Write Easy Group • 1:30 pm – 3:30 pm Table Tennis • 4:00 pm – 8:00 pm Men's Shed • 6:15 pm – 9:30 pm Duplicate Bridge • 6:30 pm – 8:30 pm Euchre • 7:00 pm – 9:30 pm Sidney Acoustic Jam 	<ul style="list-style-type: none"> • 9:00 am – 4:00 pm Wood Shop • 9:30 am – 11:30 am Uke Jam • 1:00 pm – 4:00 pm Lapidary • 1:30 pm – 3:30 pm Carving • 4:30 pm – 8:30 pm Hand & Foot Canasta 	<ul style="list-style-type: none"> • 9:00 am – 4:00 pm Wood Shop • 9:30 am – 11:30 am Table Tennis • 12:30 pm – 1:30 pm Beginner Table Tennis • 1:00 pm – 3:00 pm Knitting • 1:00 pm – 4:00 pm Prog. Contract Bridge • 1:00 pm – 4:00 pm Pottery • 1:00 pm – 4:00 pm Lapidary • 1:30 pm – 3:30 pm Table Tennis
				
SATURDAY			SUNDAY	
			<ul style="list-style-type: none"> • 10:15 am – 4:00 pm Men's Shed • 11:00 am – 2:00 pm Scrabble 	<ul style="list-style-type: none"> • 12:30 pm – 4:00 pm Duplicate Bridge

Answers to Fun Facts About Beacon's History

1. 1974 | Bonus: April 24, 1974
2. Susan Langlois
3. 28 individuals
4. Volunteers
5. Gerry Edwards
6. Jean Jones
7. 1982
8. 8 different people | Bonus: Isobel Mackenzie served 19 years
9. Saanich Peninsula District Community Resources Society
10. Four different names
11. As the range of services grew and the organization's reach expanded, the name was changed to better reflect its broader mission and community impact.
12. Beacon was chosen as it best reflects the organization's purpose – a source of light or inspiration, a way to illuminate a safe path, to act as a guide through difficult territory

