

# Tidelines

Spring 2026



## Featured in this issue:

Beacon Bits – March 26

FREE Spring concert by  
Via Choralis

Easter dinner at SHOAL

**Cruisin' & Groovin':**  
Set Sail for a Night of Music, Dancing &  
Community on May 1<sup>st</sup>

Robert Duquette, Beacon Volunteer

# From the SHOAL Activity Centre

Spring brings a renewed sense of energy and possibility, and the Spring edition of Tidelines reflects that spirit!

This spring, Beacon continues its commitment to fostering healthy aging through a wide range of SHOAL Community Centre programming, including fitness and movement classes, creative and educational opportunities, social gatherings, and special events.

We're pleased to introduce new and returning programs designed to inspire movement, creativity, learning, and social connection, and we welcome new volunteers and instructors with fresh ideas and a passion to make a difference.

This edition highlights upcoming activities, special events, and program enhancements shaped by the interests and feedback of our community. Thank you for telling us what you'd like to see at SHOAL, we truly value your input and love working together to keep the Centre a thriving community hub.

We invite you to explore what's new this spring and join us in making the most of the season ahead.



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



**Tracy Levy**, Manager  
SHOAL Centre  
tlevy@beaconcs.ca



**Richie Gardner**, Activity Centre Coordinator  
778-426-8769  
rgardner@beaconcs.ca



**Elizabeth Yole**, Office Administrator  
778-351-4652  
eyole@beaconcs.ca



**Ewa Ardiel**, Evening Administrative Assistant  
250-656-5537  
eardiel@beaconcs.ca



## SHOAL CENTRE

10030 Resthaven Drive  
250-656-5537

## Spring OFFICE HOURS\*

### Mon - Wed

8:30am - 6:00pm

### Thurs and Fri

8:30am - 4:30pm

### Sat

10:00am - 4:30pm

### Sun & Statutory Holidays

Closed

\*Subject to change

## CENTRAL SAANICH COMMUNITY RESOURCE OFFICE

Central Saanich Cultural Centre  
1209 Clarke Road, Brentwood Bay  
centralsaanich@beaconcs.ca

Mon, Wed, Fri

10:00 am - 2:00 pm

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

**SHOAL Membership - \$55 per year, as of April 2026\***

Enjoy member pricing for fitness and activities - 10% off room rentals  
Free coffee and cookies on your birthday - Chances to win prizes throughout the year.

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



# Spring Events

## Access Awareness Day

On behalf of the Town of Sidney, we present an event to promote accessibility and inclusion in Sidney and on the Peninsula. Join us to learn how to access resources to help navigate and overcome barriers to accessibility.

**Fri, May 29 – More Info soon**

## Movie DAY

Join us for a free movie afternoon! Enjoy great company, treats, and a relaxing break as we screen a featured film. Beverages, Popcorn and snacks for purchase.

**Sat, March 28, April 25 & May 30, 1:30pm**

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

## Easter Dinner

Enjoy a beautifully prepared Easter turkey dinner and celebrate the season surrounded by friends, family, and community.

**Sun, April 5, 5pm – 6:30pm  
Cost \$28M and \$36NM**

Call 250-656-5537 or go to SHOAL's reception to make a reservation.

## Via Choralis Spring Concert- Gloria!

Welcome spring in song with Via Choralis as they present Vivaldi's Gloria. Enjoy vibrant harmonies in this uplifting afternoon performance. Donations are welcome to support SHOAL programs.

**Fri, April 17, 2pm – 3pm**

## Mother's Day Tea

Enjoy a delightful afternoon at our social tea for sweet treats and live music as we celebrate Mom's in style.

**Sat, May 9, 2pm – 4pm.  
Cost \$35 M & \$42 NM**

Call SHOAL reception for your reservation.

# Registered Activities

## Table Tennis Lessons:

This class is ideal for those seeking to learn the fundamentals of this sport or refine their skills. Whether you're a beginner or a pro, 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! **May 4 – July 27 (12 sessions). \$96 M and \$125 NM**

## Understand Tech Lingo: Scam & Fraud Prevention

Build digital confidence by understanding common technology vocabulary! Jordan Fish, Digital Bridge Society, will break down everyday tech "lingo" into clear, plain language to help you understand how your devices work. From downloads to QR Codes, this session will focus on tech terms you need to know, as well as recognizing situations or requests that don't seem quite right. Don't miss this free educational presentation designed to lay the foundations that will help you protect yourself from many forms of scams and fraud.

**Tues, May 5, 1:30pm, Register at SHOAL.**

## CARP Senior's Beginners Technology

Technology Tutor Charles Martin will lead the workshop on personal devices. Bring your questions and your own hand held device ( Apple or Android) for one on one support.

**Tues, March 21, 9:30am – 11:30am, in person, at SHOAL \$10, Limited spots. Register at SHOAL reception.**

## Better Balance Registered Program

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, 10:15am – 11:15am**

## Cruisin' & Groovin'

All Aboard for an evening you won't forget. Join us at the SHOAL Centre for Beacon Community Services' Cruisin & Groovin event; a cruise themed dance that begins with an exclusive Captain's Cocktail Reception. Enjoy a fun night of live music performed by local band Take Cover, dancing, cruised themed activities, tasty bites and good company, All proceeds support programming at the SHOAL Centre!

**Fri, May 1, 2026, at the SHOAL Centre –Early Bird tickets available until April 1 for \$75 – Regular price \$100 after April 1.**

**Register: 250-656-5537. Payment is required at registration.**

Refund Policy: Full refund if a class or event is cancelled. No refunds within 48 hours of the start date. Withdrawals made more than 48 hours in advance receive a full refund minus a \$5 admin fee. All activities list Member (M) and Non-Member (NM) pricing.



# SHOAL Adventures

## Beacon Shopping Bus Trips

Beacon bus trips take seniors from SHOAL to shop at various shopping centre locations in Greater Victoria on the following Weds:

- **March 11, April 8, May 6 – Hillside Shopping**
- **March 25 – Mayfair Shopping Centre**
- **April 22 – Sandown Park Shopping Centre**
- **May 20 – The Shops at Mattick's Farm**

**Check in: 11:15am – Trip Time: 11:30am – 3:30pm**  
**\$5 per trip**

## Have an Idea for a Bus Outing?

We're always looking for new adventures for our SHOAL Community! If you have a fun trip idea, let's make it happen. **Contact Linda** at 778-351-1993 or [lighthouse@beaconcs.ca](mailto:lighthouse@beaconcs.ca).

## Updates from our Tides Dining Room

We are making some operational changes in our dining room to better serve you.

**Beginning March 1**, the dining room will be open to the public at 12:15pm – 1:30pm for lunch and 5:00pm – 6:00pm for dinner service.

**Beginning March 15**, please come to SHOAL Reception to pay for your meal. you will receive a ticket with your order to provide to your server. We also accept take-out orders. Please call SHOAL Reception at 250-656-5537 at least one hour prior to service to place your order. Payment must be made at Reception at the time of order, and you will receive a ticket to present at the kitchen entrance for pick up.

Planning to dine with a group? We kindly ask that you call or visit our reception desk in advance to make a reservation. This will allow us to prepare your table and ensure prompt service.

Thank you for your understanding and support as we implement these changes.

## Victoria Royals Hockey Nights



Join us for an exciting evening of hockey action as we cheer on the Victoria Royals take on Prince George Cougars! Check in at SHOAL Reception 15 minutes before departure – buses leave at 5pm for the 6:05pm games. Transportation and game tickets are included.

**Cost \$41 – Sat, March 21**

## Truth and Reconciliation Series

Join us for a journey of Truth and Reconciliation. Monthly meetings explore a range of topics through documentaries, storytelling, and education, creating space for connection and deeper understanding in a safe environment for all.

**Third Sat of the month, 1–4 pm**

## Spring Favorites

Fresh offerings in our dining room and SHOAL Café. Enjoy fruit flavored sparkling water, fruit tarts, cinnamon buns and loaves.

**Easter Holiday Dinner – \$28 M, \$36 NM**

**Sun**, April 5th, 5pm – 6:30pm

Call 250-656-5537 to reserve a table.

**New! Sunday Dinner special – \$25 M, \$32 NM**

Enjoy homestyle Sun night dinners: includes starter, main, dessert, beverage. Weekly rotation of Prime Rib, Chicken Supreme, BBQ Ribs and Lamb. Reservation required.

**Lunch: \$15 – 12:15pm – 1:30PM**

Member only 15 lunch punch card for \$210

**Dinner: \$18 – 5:00pm – 6:00pm**

Member only 15 dinner punch card for \$252

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

## SHOAL Café

**Mon – Fri 9am – 3pm**

Hot and cold drinks, baked goods, treats and seasonal specials.





**Sidney's NEWEST Brunch Spot!**  
Offering savoury and sweet Belgian Waffles, paired with warm beverages. On Wednesdays, seniors 65+ enjoy 15% off their entire order.



[scoopandwaffle.ca](http://scoopandwaffle.ca)  
778-351-5006

106-2423 BEACON AVE,  
SIDNEY, BC

OPEN 6 DAYS A WEEK (CLOSED MONDAYS)

### **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 Wed: 2:00pm - SHOAL, Aud A

#### **More information:**

Gail 250-893-9764 or

Marguerite 250-654-0454

### **Men's Shed**

The Men's Shed is a community-based initiative that provides space for men to come together, share skills, and engage in various activities. They aim to combat social isolation, particularly among older men, who may experience loneliness due to retirement, widowhood, or other life changes.

#### **Wed & Sat; Email**

**[billmcintyre0828@gmail.com](mailto:billmcintyre0828@gmail.com) for details and meeting times.**



Thank you! This edition of Tidelines was printed with partial sponsorship from Better Print Victoria.

### **Assisted Living at Beacon**

**SHOAL** Assisted Living and Parry Place Assisted Living are managed by LPN Manager Rebecca White, providing leadership and coordinated care across both communities. Residents benefit from a wide range of recreational opportunities, lead by Recreation Coordinator, Jasmine Rayburn and supported by hospitality staff.



#### **Rebecca White**

Manager of Assisted Living  
250-652-0635  
[rwhite@beaconcs.ca](mailto:rwhite@beaconcs.ca)



#### **Jasmine Rayburn**

Recreation Coordinator  
236-638-3246  
[jbzdell@beaconcs.ca](mailto:jbzdell@beaconcs.ca)



# Fitness & Line Dancing

## Drop-In Fitness & Line Dancing

New Prices in effect April 6, 2026

**\$6 M \$8 NM**

10 punch pass with one free  
\$60M and \$80NM

No classes April 3-6, May 18

Maximum class size 20. Schedule subject to change due to instructor availability.

## Bootcamp

### LEVEL 4 CHALLENGE

A challenging bootcamp, circuit-style, full-body fitness class. It's sure to get your heart pumping!

**Mon & Fri, 8am – 9am**

## Morning Mobility

An energizing exercise class designed to improve flexibility, strength, and balance, with different levels to suit every ability.

### Advanced

Starts Mon, February 9

Wed 8:10am – 9:10am

### Beginners-Moderate

Mon & Wed 9:20am – 10:20am

### Beginners-Moderate

Mon & Wed 10:30am – 11:30am

## 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, 11:30am – 12:30pm**

## Beginners' Balance

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

**Tues & Thurs, 12:45 – 1:30pm**

## Total Body 1

Beginner total body workout focused on building strength, balance, and cardiovascular fitness through safe, low-impact movements in a confidence-building environment.

**Fri, 9:20am – 10:20am**

## Total Body 2

Builds on Total Body Workout 1 with added intensity, combining cardio, strength, and functional training to improve endurance and coordination in a supportive, adaptable setting.

**Fri, 10:30am – 11:30am**

## Cardio Plus

A fun, low-impact cardio and strength class that supports heart health, balance, and mobility, with adaptable movements for all fitness levels.

**Thurs 2pm – 3pm**

## 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.

**Tues, 7pm – 8:30pm**

## 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!

**Thurs, 7pm – 8:30pm**

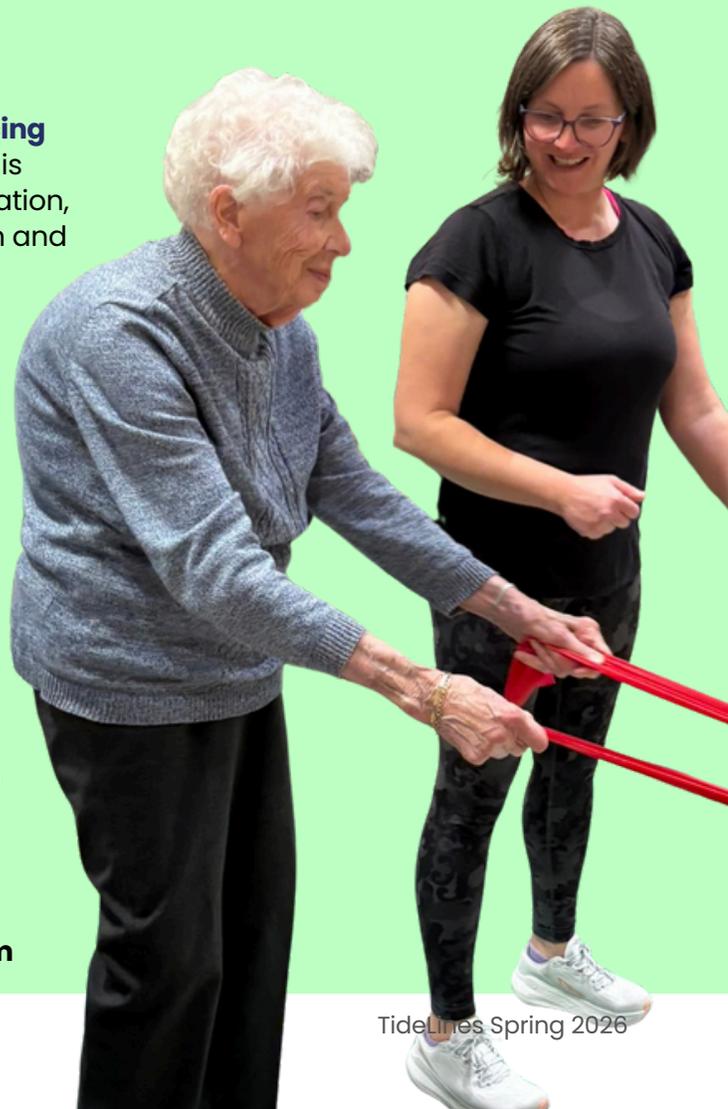
## Strength: Total Body Conditioning

A full-body workout focused on building strength, balance, and functional movement using bodyweight and light weights. Exercises are adaptable for all levels—move at your own pace and leave feeling stronger and energized.

**Tues, 2pm – 3pm**

### Is cost getting in the way of attending our classes?

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



# Yoga & Pilates

## Drop-In Pilates

Pilates cards are purchased at SHOAL reception.

\$13 M; \$15 NM

\$130 M punch pass with one free punch

\$150 NM punch pass with on free punch

### Level 1 – Beginner Seated Pilates

A fun level one class that leaves you feeling happier and stronger.

The focused breathing and guided movement tone core muscles. You will stretch, expand, and flow to work muscles from head to toe.

**Tues, 10:15am – 11:15am – 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.

**Wed, 1:30pm – 2:30pm – Nel Horth Room**

### Beginners Mat Pilates

An introductory Pilates class designed for absolute beginners. Learn the fundamentals in a supportive, welcoming environment. Participants must be able to get up and down from a mat.

**Tues 10:30am – 11:30am**

**Thurs 11:30am – 12:30pm**

**Class times varies, please call SHOAL centre for more info.**

### Men's Pilates Power Hour

A strength-focused Pilates class designed for men, building core power, stability, flexibility, and functional movement in a dynamic, full-body workout.

**Tues, 11:45am – 12:45pm**

## 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.

**Tues, 9:30am – 10:30am**

**Thurs, 5:45pm – 6:45pm**

### 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, 11:45am – 12:45pm**

**Fri, 12:30pm – 1:30pm**

### Meditation Classes

Find peace and balance through guided meditation and Buddhist teachings with Krista Schlosser from Kadampa Meditation Centre Victoria. Suitable for everyone—no experience needed. More info: [MeditateInVictoria.org](http://MeditateInVictoria.org)

**\$15 drop-in**

**Mon, 10:30–11:45am**



## The Sacred Work of Dying

This free series offers space to explore dying as sacred work. Each 90-minute session includes guided practices, reflection, and group sharing, supporting participants in exploring death, connection, and compassion. Open to anyone living in BC.

**Tues March 10, 17, 24, 31**

**1pm – 2:30pm – Register at SHOAL reception.**

## NEW! The Art of Feeling Alive – Free Info Session

Join us for a gentle introduction to Embracing Sensuality for Seniors, exploring how breath, movement, touch, and mindful awareness support wellbeing and vibrant living. A warm, simple session to help you stay connected and energized.

**Mon, May 4, 10am–11am**

Beacon COMMUNITY SERVICES

SCRAMBLE FORE SHOAL

**GOLF TOURNAMENT**

**SEPT 6, 2026**

We're teeing up our first-ever Golf Tournament at **Ardmore Golf Course** and looking for committee members to help bring it to life. **Experience planning golf tournaments? Let's talk!**

☎ 250-507-5680

✉ [yrampuri@beaconcs.ca](mailto:yrampuri@beaconcs.ca)

# 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 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.

**Tues, 12:30pm - 4:00pm**

**Wed, 6:15pm - 9:30pm**

**Sun, 12:30pm - 4:00pm**

### Contract Bridge

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

**Wed, 1:00pm - 4:00pm**

### Ladies Wed

#### 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.

**Wed, 11:15am - 4:00pm**

### Progressive Contract Bridge

This variant rotates partners every four hands with the winners moving to the next table. Singles welcome.

**Fri, 1:00pm - 4:00pm**

## CARDS & GAMES

### Cribbage

Nobody likes to be skunked. Join us on Mons for this classic card game to get your 15's for 2 sorted!

**Mon, 1:00pm - 4:00pm**

### Mahjong

Mahjong is a game of skill, strategy and luck. This tile clacking game keeps your brain in fine form.

**Mon, 1:00pm - 4:00pm**

### Chess

Whether new or an old pro, drop in and engage in the game of kings (and queens!)

**Tues, 1:00pm - 4:00pm**

### Euchre

Euchre is a fun and sociable game. New members are always welcomed, but you must know the basic rules of the game.

**Wed, 6:30pm - 8:30pm**

### Canasta

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

**Fri, 10:00am - 12:30pm**

### Scrabble

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

**Sat, 11:00am - 2:00pm**

## 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.

**Mon, 1:30pm - 3:00pm**

### Sidney Acoustic Jam

Drop in to listen or join in with this one-of-a-kind group of local musicians!

**Wed, 7pm - 9:30pm**

### Uke Jam

Bring your ukulele and start your day off with a smile on your face. All skill levels are welcome.

**Thurs, 9:30am - 11:00am**

## PAINTING

### Mon Morning Painting Group

For experienced artists looking to create and connect. To join, contact SHOAL, and the facilitator will follow up.

**Mon, 10:00am - 1:00pm**

### Portrait Painters

Artists paint or sketch a live model. Volunteer models welcome & keep two finished portraits!

**Tues, 1pm - 4pm. More info:**

Joanne 250-885-7142

Marjorie 250-658-5461

## READ & WRITE

### The Any Book Book Club

No assigned reading: come share what you've been reading or plan to read next, or simply listen and enjoy the discussion.

**3rd Wed, 10am - 10:30am**

### Write Easy Writing Group

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

**Wed, 1:30pm - 3pm**

## TABLE TENNIS

### Morning Table Tennis

Pair up in rotating doubles teams.

**Mon/Wed/Fri, 9:30am - 11:30am**

### Afternoon Table Tennis

Singles practice and advanced doubles for fun.

**Mon/Wed/Fri, 1:30am - 3:30pm**

### Open Play Table Tennis

Non structured practice. Get comfortable with the rules before joining the morning and afternoon crew.

**Wed & Fri, 12:30pm - 1:30pm**



## 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 hand building and slab work techniques.

**Clayworks Wed, 10am – 2pm**

**Pottery Mon, 10am – 2pm & Fri: 1pm – 4pm – \$40 annual fee**

### Wood Shop

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

**Mon – Fri, 9am – 4pm  
\$40 annual fee**

### Carving Group

SHOAL Carving Group is back!

**Thurs, 1:30pm – 3:30pm**

Wood Shop Membership might be required.

### 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 Tues, 1pm – 3pm**

**Knitting Fri, 1pm – 3pm**

### Lapidary

Learn to cut & polish rocks and create pieces with silver or wire.

Contact SHOAL Reception to arrange an orientation or for more information.

**\$40 annual fee**

Beacon COMMUNITY SERVICES

# CRUISIN' & GROOVIN' DANCE

Set sail for an unforgettable evening! Join us for a cruise-themed event with a Captain's Cocktail Reception, live music by Take Cover, dancing, and cruise-themed activities. All proceeds support the vital programs at the SHOAL Centre.

*Save the Date* **FRIDAY, MAY 1ST**

Tickets on sale now! Available at SHOAL Reception (in person or by phone) and online at <https://cruisin-and-groovin.raiselysite.com>

## Heart to Home

Heart to Home Meals offers delicious, nutritious meals made with lifestyle and taste in mind. Order online from this proudly Canadian company and enjoy convenient home delivery. Learn more at [hearttohomemeals.ca](http://hearttohomemeals.ca). Ready to get started? Try one of our easy order bundles, with plenty of combos to choose from!



### Taste of Asia

Asia's culinary traditions are rich and diverse:

- Butter Chicken
- Sweet and Sour Chicken
- Beef Teriyaki
- Chicken Fried Rice
- Sesame Chicken
- Asian Style Beef and Broccoli

All 6 dishes for \$65.45

### Hearty Bundle

Satisfy your big appetite:

- Hearty Sweet & Sour Chicken
- Hearty Turkey Dinner
- Hearty Beef Stew Gratin
- Hearty Macaroni & Cheese
- Hearty Hunters Chicken
- Hearty Chicken a la King

All 6 dishes for \$82.55

### Soup Bundle:

If lighter dinners are for you try our:

- Beef and Vegetable Soup
- Chicken Noodle Soup
- Cream of Corn and Bacon Soup
- Cream of Potato and Leek Soup
- Cream of Tomato Soup
- Italian Wedding Soup

All 6 Soups for just \$26.15!



# 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 Wed: 1:30pm - 3:30pm**

**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.

**4th Mon, 2:30pm - 4:00pm**

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 & socks.

**Drop in 1st & 3rd Thurs:**

**1:30pm - 2:30pm**

**Nel Horth Room**

## GRIEF & LOSS

### Good Grief! Peer to Peer Bereavement

Have you lost your spouse or partner? This closed group offers support, understanding, and guidance as you navigate life after loss. 1-1 support available.

**Spring session: Tues, Apr 7-May 26. Call for details.**

### Bereavement & Loss

Don't grieve alone. For anyone who's lost a loved one, our compassionate facilitators offer support and guidance through one of life's most difficult times.

**2nd & 4th Fri, 2pm - 3:00pm**

### Returning! Death Cafe

End-of-life conversations can be meaningful and even surprising. The Death Café offers a safe, open space for honest discussion, facilitated by a Clinical Specialist in Palliative Care at Island Health.

**Mon, Mar 2, 2pm - 3pm**

**Must register for each session: 250-656-5537**

## 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 Thurs, 2:00pm - 3:30pm**

## 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.

**Mon / Thurs: 1:00pm - 2:30pm**

### Yes! We Can Cope with Depression

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

**1st Wed, 1:00pm - 2:00pm**



**United Way**  
British Columbia

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

**March 26, 2026**  
Victoria Scottish Community Centre

**Tickets on Sale Now!**  
[beaconcs.ca](http://beaconcs.ca)

**A Beacon event in support of local food security.**



# 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. **Call 250-656-5537 or drop by the SHOAL Centre to sign up.**

## Community Meals

Weekly low-cost lunches for seniors 65+ who are seeking to make new connections in their community.  
**Mon / Thurs: 12:30pm - 1:30pm - Contact Deb at [dgreenaway@beaconcs.ca](mailto:dgreenaway@beaconcs.ca)**

## 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 Deb at [dgreenaway@beaconcs.ca](mailto:dgreenaway@beaconcs.ca)**

## Soup Social

Join us for free hearty soup and guest speakers. A great way to connect and make friends!  
**Please register with Deb at [dgreenaway@beaconcs.ca](mailto:dgreenaway@beaconcs.ca)**

## Mon, March 16

AGING, Kathleen Fournier, RYT – 2025 Torch Award winner, Seniors Health and Wellness.

## Thurs, April 30

Boost your Brainpower as you Get Older, Dr. David Docherty. David Docherty, professor emeritus, School of Exercise Science, Physical and Health Education at UVic.

## Thurs, May 21

Holistic Nutrition, by Angela Cuscianna, RHN. Understand how what we eat and drink has a major effect on our health.

## SHINE Housing Support (60+)

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

## 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)  
**Tues**, Drop in - Apple and Android - 9:30am - 12pm  
**Wed**, By Appt - 9am - 1pm  
No sessions on Dec 17 and 24<sup>th</sup>.

## 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:  
**Mon-Fri, 9am - 1pm**  
**Tues, 1pm - 3pm**  
Two weeks' notice required and max two drives/week.

## Foot Care Clinic

Debbie Roper from Coastal Footcare operates the footcare clinic, for nursing care (not a pedicurist) out of SHOAL.  
**Appointment: 250-888-7758**  
[coastalfothealth@gmail.com](mailto:coastalfothealth@gmail.com)

## Navigation Service

Volunteers help with navigating the health care system, financial hardship, and submitting forms or correspondence.  
**Wed, 9am - 12pm**  
Contact: 250-656-5537

## Hearing Loss information Session

Do you have questions about hearing aids? Join us for an informative presentation by Edward Storzer, a renowned audiologist with Island Deaf and Hard of Hearing Centre, who will discuss what this assistive technology can, and cannot, do.  
**Sat, March 30, 10am - 11am**  
**\$5 registration, includes coffee and cookies**

## Income Tax Services

Beacon Community Services has completed over 1,800 returns in 2025 with trained, CRA-registered volunteers. The program supports modest-income individuals with simple tax situations (singles up to \$40,000; couples up to \$55,000), can file returns up to 10 years back, and helps ensure access to benefits like GST/HST credits and CPP. Drop-in clinics run in March and April with no appointment required; **Contact Linda at 778-351-1993 or [incometax@beaconcs.ca](mailto:incometax@beaconcs.ca)**

## SHOAL CENTRE: 10030

Resthaven Dr - 250-656-5537  
Mon - Fri, 9am - 4pm  
Sat, 10am - 2pm

## CENTRAL SAANICH RESOURCE

**OFFICE: 1209 Clarke Rd**  
Tues & Thurs, 10am - 2pm

## Disability Parking Permits

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



# Beacon Bits: A Global Tasting Event Supporting Local Food Security

We're excited to invite our community to a very special evening of flavour, connection, and purpose. Beacon Bits: A Global Tasting Event in Support of Local Food Security takes place on Thursday, March 26, 2026, at the Victoria Scottish Cultural Centre, and promises to be an exciting evening filled with great food and meaningful impact right here at home.

Beacon Bits is a vibrant new fundraiser that brings people together through the universal language of food. Guests will enjoy an around-the-world tasting experience, sampling small bites from talented local chefs, caterers, and food trucks across Greater Victoria. Each dish represents a different culture or region, offering a wonderful opportunity to explore new flavours while connecting with like-minded people in your local community.



**Shaun Cerisano**, Director  
Philanthropy & Partnerships  
scerisano@beaconcs.ca  
236-638-6867



**Sarah Baidoo**, Associate  
Philanthropy & Partnerships  
sbaidoo@beaconcs.ca  
250-216-5439

Most importantly, every ticket purchased helps support Beacon's vital food security programs in our community. Your generosity directly supports initiatives that deliver nutritious meals and expand access to food for people who need it most. Beacon proudly supports three groups facing urgent food insecurity:

- Children and Families
- Isolated Seniors
- At Risk Youth

By attending Beacon Bits, every bite you take strengthens food access right here in our community.

Beacon Bits brings food, community and music all under one roof for one magical evening. We hope you join us in supporting local food security, one delicious bite at a time. Tickets are on sale now!

**Access [beaconcs.ca](https://beaconcs.ca) to guarantee your tickets!**

## Do you Choose to Move?

Being active can help you feel better, be stronger, and keep your independence.

Choose to Move is a FREE 9-week program that uses a science-based approach to support older adults to BECOME and STAY more active!

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

### INFORMATION SESSION

**Thurs**, March 5, 11:00am – 12:15pm

### 9 WEEK PROGRAM

**Thurs**, March 12, – May 7 11:00am – 12:30pm

### PROGRAM DATES AND LOCATION SPRING 26:

Sessions are at the SHOAL Centre, located at 10030 Resthaven Dr.

### Contact for more information

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



# Community Connectors

As community connectors, we help link people with a wide range of local services and programs that make a real difference in everyday life. Over the last 6 months, we supported 172 community members by connecting them with caregiver support groups, shared meals, and practical help like housekeeping. And that's just the start.

There are many other activities and supports available that can boost quality of life, reduce feelings of isolation, and help people continue living well at home. These include walking groups, book clubs, and informal discussion groups, to name just a few. For those who prefer something quieter or more personal, we can also arrange friendly visitor connections or introduce people to small groups of like-minded individuals. Our goal is simple: to help people feel supported, connected, and part of their community.

Need support or want to get connected?  
**Call 250-656-5537 or email**  
**[mjames@beaconcs.ca](mailto:mjames@beaconcs.ca)**.

## Meet the Team



**Deb Greenaway**  
Manager, Community Services  
778-351-3469  
[dgreenaway@beaconcs.ca](mailto:dgreenaway@beaconcs.ca)



**Linda Lightbody**  
Coordinator, Community Services &  
Income Tax  
778-351-1993  
[llightbody@beaconcs.ca](mailto:llightbody@beaconcs.ca)



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



**Heather Welsford**  
Administrative Assistant  
250-656-5537 Ext 104  
[hwelsford@beaconcs.ca](mailto:hwelsford@beaconcs.ca)



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



**Jane McIntosh**  
Family & Friend Community &  
Program Coordinator  
778-351-1446  
[jmcintosh@beaconcs.ca](mailto:jmcintosh@beaconcs.ca)



# Fun Facts About Beacon's History

We're back with round two of 50 Fun Facts About Beacon's History! Inspired by our upcoming commemorative book celebrating 50 years of service, connection, and community spirit, this quiz dives into stories from Beacon's head office and beloved Thrift Shops. Check our Winter and Fall issues for the first two sets of questions of this quiz. Think you know Beacon? Let's find out - Find the answers below.

- 21.** What was the first program to support children, youth, and families? Bonus: When was it founded and who led it?
- 22.** Where was the first program located? Bonus: What is at this location today?
- 23.** What programs has Beacon offered in the field of justice and when were they offered? Bonus: What is the purpose of these programs?



Out of the Rain Youth Shelter



Spring 1983 Open House in the clubhouse

- 24.** When did Beacon first offer a program to support students who faced challenges in traditional school settings?
- 25.** What alternative education programs do Beacon's counsellors support today?
- 26.** When did Beacon roll out its first early years learning services?

- 27.** When did early years drop-in programs start? Bonus: Where can you go to find out more about these programs?
- 28.** When did Beacon offer its first licensed child care program? Bonus: What was it called?
- 29.** Where can you go to find out more about child care options and other resources for parents?
- 30.** When did Beacon begin providing shelter services for the under-housed? Bonus: What is the shelter called?

By Maureen Dale  
Beacon Volunteer Historian

**25.** Children's Development Centre for kindergarten to Grade 5, Alternate Learning Program for Grades 6 to 8, and Individual Learning Centre campuses for high school students.  
**26.** 1980 - Bonus: Special Services for Children  
**27.** 1987 - Bonus: Peninsula Early Years Centre  
**28.** 1988 - Bonus: Teen Education and Motherhood (TEAM)  
**29.** Beacon's Child Care Resource and Referral Centre  
**30.** 2006 - Bonus: Out of the Rain Youth Shelter

**21.** Sidney Teen Activity Group (STAG) - Bonus: 21, 1974, Camille Martin.  
**22.** Clubhouse on Oakville Avenue - Bonus: Public parking lot by Mary Winspear in Sidney.  
**23.** Diversion program (1976-circa 1989) and Restorative Justice since 1999 - Bonus: To carefully guide victims, offenders, and community members in sharing their experiences, taking responsibility, and seeking ways to heal.  
**24.** 1977 - Bonus: Multiple Choices - Alternative Education



# UN INTERNATIONAL YEAR OF THE VOLUNTEER

2026 marks a once-in-a-generation opportunity to celebrate the power of civic participation and invigorate

Canada's culture of volunteering. The Ignite Volunteerism campaign will serve as a celebration of Canada's volunteers while inspiring a new generation of participation—creating a stronger, more resilient and inclusive Canada for everyone.



Aligning with this theme, we host our volunteers during National Volunteer Week April 17–25.

## SAVE THE DATE: Fri, APRIL 24<sup>TH</sup>

Our annual Long Service Recognition Ceremony and Luncheon will be held at SHOAL Centre. All volunteers are welcome to attend this beautiful afternoon – formal invitations go out mid-March.

## Now Recruiting

### Family Caregiver Group Facilitators

Bring your background in leading and listening, and benefit from 15 hours of online training to host a group of individuals caring for a loved one at home. Facilitate weekly support for these caregivers by encouraging sharing of experiences among peers and providing helpful resources for folks on this journey in a safe, nurturing space. Training available in February/March.

### Volunteer Receptionists

Are you an organized soul with a strong customer service focus? We are seeking volunteers for the vibrantly busy SHOAL Reception Desk, weekday mornings in particular. Tasks include answering the phone, registering individuals for programs, taking payments, and fielding inquiries from members of the public. Excellent training and support is provided, and there is no better way to learn about the resources and programs in our community. Join the SHOAL Support Team!

Our vacancies are not limited to the above – we have choices to suit everyone! **To apply**, email [yrampuri@beaconcs.ca](mailto:yrampuri@beaconcs.ca) or visit [beaconcs.ca](http://beaconcs.ca) and click Volunteer. Interviews, criminal record checks, and orientation are required.

### Beacon Charity Golf Tournament

We're gearing up for a day on the green in support of Beacon and we are looking for volunteers to help bring it to life. From event support to on-course fun, it's a great way to get involved, meet people, and be part of a memorable community event.

**Sun, Sept. 6 – More Info soon!**



Lorre on the SHOAL Reception desk



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

**Better Impact:** We're transitioning to Better Impact, a new system that enhances how we connect with volunteers and report to our board and funders. Thank you for embracing this change and learning with us!



