

TideLines

News from SHOAL Centre

Beacon
Community
Services

10030 Resthaven Drive, Sidney, BC V8L 3G4
Monday – Friday: 8:30 – 4:30, Saturday: 9:30 – 4:00
Phone: 250-656-5537 Web: www.beaconcs.ca

January 2012

Subscribe to the TideLines at www.beaconcs.ca
and receive it in your email inbox each month.

* BOUQUETS

To Chef Don and the Food Services staff for the many, many outstanding turkey dinners they prepared over the holiday season. “Chef Hats” off to you.

To Joyce and Warren Bezusko for once again donating a portion of the proceeds from their First and Last Chance Craft Shows to support BCS Volunteer Services.

To the Sidney By The Sea Rotary Club for their generosity in paying SHOAL Activity Centre membership bursaries during 2011.

To all those who purchased tickets for our Christmas Raffle in support of Activity Centre programs. *

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Coming Events

An Evening At The SHOAL 'Rabbie' Burns Day

Date: Thursday, January 26 **Time:** Doors open 5:30pm **Cost:** \$25

This is our annual 'Rabbie' Burns Day tribute, featuring some new entertainment this year, as well as the traditional features of Haggis and bagpipes. This has been a sold out event in the past so buy tickets early, on sale from January 3 – 23.

Hearts of the Community Volunteer Awards 2012 Nominate An Outstanding Volunteer You Know

On Thursday, February 16th, Beacon Community Services and the Peninsula News Review will once again be sponsoring the Hearts of the Community Volunteer Awards. This heartwarming event honours volunteers who contribute so much to the Saanich Peninsula Community. Fill out the enclosed nomination form and return it to the SHOAL Centre Reception Desk by Monday, January 30th. Plan to attend the event on February 16th, featuring live music, special guests and a complimentary luncheon. Watch for more information, including where to pick up your complimentary ticket, in the TideLines and the Peninsula News Review.





From the Manager's Desk

Judy Wiggins, SHOAL Activity Centre Manager

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To health and happiness!



Welcome to 2012. We ended the year 2011 with a Centre membership count of close to 600, which is not only a record for us, but over 100 more than our 2010 total. We are delighted by the great response we are getting from the community to the programs and services being offered at SHOAL, and hope that 2012 will be no exception, as we continue to build on what is already offered. We hope you join us soon and often as we embark upon a new year of active living at SHOAL Centre. Let us help you enjoy good health and happiness in 2012. Happy New Year to you all!

Notices

New 2012 SHOAL Centre Membership Cards

As you renew your membership in 2012 we will be exchanging your peach coloured 2011 membership card for a new yellow one for 2012. We appreciate you renewing your membership promptly when it expires. The membership is valid for one year from the date of purchase.

BINGO

Bingo will resume on Tuesday, January 3rd at 6:30pm sharp! Why not try your luck. Perhaps you could use your winnings to pay off some of those Christmas bills?

New! Tuck Shop Coffee Cards

Commencing January 3rd, Coffee Cards will be available for the Tuck Shop. Pay \$12.50 for 10 cups and get your 11th cup for free! Coffee at the Tuck Shop is now priced at \$1.25 per cup.

Alzheimer Resource Centre Family Caregivers Series

Watch for this five-session series for family members who are caring for a person with dementia coming in February. Learn about dementia, practical coping strategies, and early planning. Participants are encouraged to attend all five sessions as the knowledge builds for the next session. The Family Caregiver Series covers the following topics:



- Tuesday, February 7 – Understanding Dementia
- Tuesday, February 14 – Understanding Communication
- Tuesday, February 21 – Understanding Behaviour
- Tuesday, February 28 – Planning for the Future
- Tuesday, March 6 – Self-Care for Caregivers

Stretch and Strength - Monday Class

Due to its popularity, the Monday 10am Stretch and Strength class has reached its maximum capacity of 24. Unfortunately we cannot accept additional participants at that time. The Wednesday and Friday 10am Stretch and Strength class and the Monday/Wednesday/Friday, Balanced Strength class at 9am are still available. Have a fit and healthy New Year!

New! Activities to Watch For



We continue to offer exciting new programs at SHOAL Activity Centre. Watch for these:

- Acrylic Painting, starting March 2nd
- Beads, Pendants, and Other Small Things, starting March 6th
- Calligraphy – Foundational Hand, starting March 7th

Canasta Anyone?

We have had a request by a few of our members to start a Canasta Club. If you are interested in learning or playing this game please let us know.



News from the Activity Office *

Anna Hudson, Activities and Rental Coordinator

Phone: 250-656-5537 ext. 117
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It's hard to believe another year has gone by. This is my fifth year at SHOAL, and it's gratifying to see the growth that the Activity Centre has achieved since Beacon Community Services began operating the Centre in 2007. Our membership continues to grow steadily, many new programs have been introduced, drop-in activities have increased, the Tuck Shop and Dining Room are thriving, and our rental facilities are more and more in demand. If you have not been part of this busy hub of Sidney, now is a great time to join.

New! Carving Drop-In

Date: Thursdays from January 12 **Time:** 9am-4pm
Cost: SHOAL Membership (\$45) plus \$30 annual Shop Fee
First time out? Your first visit is free! Sign up if you wish to continue. Whether you are new to carving or experienced, join other carvers to practice your craft in either stone or wood in our downstairs workshop.

Added! Weekend Table Tennis Drop-In

Date: Sundays **Time:** 2pm **Cost:** \$1.75 Members, \$3 Non Members
Table Tennis has become so popular at SHOAL, we've added a third session. Now you can come in Sunday afternoons and enjoy this fun form of fitness.

FallProof

Date: Mondays and Fridays, January 6, 9, 13, 16, 20, 23, 27, 30.
Time: 1:30-2:30pm **Cost:** \$99 plus HST
Afraid of falling? The FallProof program teaches strategies for improved standing posture, better walking ability, and improved ability to recover from a loss of balance. Taught by two registered FallProof Instructors who offer individual attention in a small group setting.



Absolute Beginner (Only) Bridge Lessons

Date: Thursdays, Jan 12, 19, 26, Feb 2, 9, 16 **Time:** 1-4pm
Cost: \$30 SHOAL Members, \$35 Non-Members
Bridge Tutor Helen Mansfield teaches this class for those with no bridge experience. Small class size so sign-up early.

Coming to SHOAL! Minds In Motion

Date: Thursdays, January 12, 19 February 2, 9, 16 March 1, 8, 15
Time: 1:30-3pm **Cost:** \$50.40 for 2 people
Minds in Motion™ is designed for people diagnosed with Alzheimer's disease or a related dementia and a friend, family member or caregiver. Enjoy light exercise conducted by a certified fitness instructor, followed by activities or games and social time in a relaxed atmosphere. Light refreshments will be provided.

Yoga in a Chair for Seniors

Date: Fridays, January 13, 20, 27 February 3, 10, 17, 24 March 2
Time: 12:30 - 1:30pm **Cost:** \$90.00
A wonderful way to calm, energize, strengthen and relax. Through deep breathing combined with gentle yoga poses, this class will help to increase balance, improve circulation and the immune system, and help to lower blood pressure. Instructor Kathleen Fournier, Certified Yoga Instructor, specializes in Chair Yoga.

February Preview

Sketching Series

Date: Mondays, February 6, 13, 20, 27 **Time:** 1-3 pm
Cost: \$45 SHOAL Members, \$54 Non-Members
Instructor Wendy Franklin returns, bringing her talent and creativity to teach the basic techniques of perspective, shading and drawing in both black and colour. You will be surprised at how quickly you gain confidence in this enjoyable art form. Register early.

Aging to Sage-ing Series

Date: Mondays, Feb 6, 13, 20, 27 Mar 5, 12 **Time:** 1:30-3:30pm
Cost: \$80 SHOAL Members, \$90 Non-Members
Are we just living longer or living better? In this six-week course we will explore a profound new vision of growing older. Using contemplative techniques and the latest breakthroughs in brain/mind research, learn how to review your life, reflect and come to terms with your mortality, and harvest the wisdom of your years. We will discover how to embrace the aging process with confidence and curiosity rather than fear and regret.

Genealogy for Beginners

Date: Mondays, February 20, 27 March 5 **Time:** 10:30-11:30am
Cost: \$35 SHOAL Members, \$50 Non-Members
Genealogy expert Michael Kellogg returns, offering this interesting course in researching family history using available resources. Michael is the Past President of the Victoria Genealogical Society.

All program fees include HST except where noted.



February Preview:

An Evening At The SHOAL presents:

A Night at the Oscars! *

Date: Thursday, February 23 **Time:** 5:30pm **Cost:** \$25

You cannot miss this one. Students from Stelly's Secondary School music program will be entertaining with Oscar winning songs. We'll have the red carpet rolled out so come dressed to walk the runway. You might even want to come as your favorite movie star! Tickets \$25, on sale February 1st while quantities last. Wine for sale by the glass. Purchase tickets by phone with VISA/MasterCard.

Members' Birthday Party and New Members Meet 'n' Greet

Date: Wednesday, January 18 **Time:** 2pm **Cost:** Free

Happy Birthday to all our members celebrating a January (New Year!) birthday. Please come celebrate with us and enjoy some easy listening music with Michael Preece at the piano. Birthday cake and coffee or tea are served.



Chef's Corner

Chef Don Bottcher

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

Tip from the Chef - Bulk Buying

Whenever possible, buy foods which store well in bulk, or larger quantities. Find a wholesale club or restaurant supply outlet in your area, and plan a monthly trip to save on staples which can be purchased and stored in bulk such as potatoes, rice, butter, onions, eggs, flour, dry beans and grains, pasta, beverages, cases of canned foods. If you have a large freezer, frozen foods may be purchased in 3-5 lb bags for greater savings.

Be careful, however, in dividing them into smaller freezer bags for storage, as this can become expensive and your savings will be lost. Pack frozen vegetables in a cooler with ice, if possible to keep them from thawing on the trip home.

January Evening At The SHOAL 'Rabbie' Burns Night

Garlic Roasted Baron of Beef
with Brandied Brown Gravy



Vegetarian Lasagna



Scottish Haggis



Mashed Potatoes and Roast Brown Potatoes



Buttered Peas and Carrots
Mashed Parsnips and Turnips



Winter Green Mandarin Salad
with Honey Yogurt Dressing



Dinner Rolls and Butter



Scottish Toffee Cake with Coffee or Tea



New! Tuck Shop Coffee Cards *

Commencing January 3rd, coffee cards will be available for the Tuck Shop. Pay \$12.50 for 10 and get your 11th cup for free! Coffee at the Tuck Shop is now priced at \$1.25 per cup.

New! Menu Board

Watch for our new Menu Board that will be displayed outside the Dining Room in the New Year.

The following day's menu will be posted each evening; including, the "Soup of the Day", "Sandwich of the Day", "Dessert of the Day", "Salad of the Day" and the Entree choices. Bon Appetit!



SHOAL Assisted Living

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SHOAL Assisted Living

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Happy New Year from all of the SHOAL Assisted Living Staff. Words to live by in the coming year;
“Together lets make each day count.” ✨

December was filled with music and celebrations and we are looking forward to new Activities and exciting Entertainment in 2012. The Survey we conducted will be used in our planning activities for the coming year. We encourage diversity of choice and your suggestions of new activities is always encouraged.

Music

Residents were delighted to be entertained by the North Saanich Middle School band and choir Christmas Concert. Thank you so much for all your hard work in putting together this special afternoon of music.

Graham McCallum’s monthly “Sunday Concert Hour” was enjoyed. We were also delighted to have Graham join us on a different day to play his “Show Tunes” on the piano.

Residents enjoyed the guitar sing-a-long with Michael Majocha and our visit from “A Bunch of Thyme” who played Christmas music with their variety of instruments. Belly Dancers “Nayla” and “Breela” also performed to a delighted audience.

Allan Slade from the Conservatory of Music is so appreciated, the “Music Exploration” classes are a firm favorite with our Residents.

Activities

Chair Fit exercise sessions continue twice a week, followed by “Mental Aerobics”. Once a month residents test their skills at Carpet Bowling, assisted by Jaci, Riley and Payton.

Our monthly “dog” visits from “Pats” are greatly appreciated.

SHOAL member Birthdays are celebrated in the Dining Room on the 3rd Wednesday of each month which is always a popular event.

Resident’s enjoyed a very special “Afternoon Tea at Government House”. Lieutenant Governor, Steven Point personally shook hands with all the residents who attended this outing.

The “Resident and Family Annual Christmas Luncheon” was a great success. Special thanks to Thrifty Foods for their generous donation of 100 Christmas Crackers and Candy canes. ✨

We are always grateful for donations of:

- Simple Musical Instruments are always welcome
- Do you have spare time? We would love you to assist in our Activities program
- Are you a talented musician? We are looking for volunteers with musical talents, especially piano players

Beacon Community Services is a community-based, non-profit, social, employment, health, recreational, housing and volunteer services agency, offering a wide range of programs and services to thousands of clients in the CRD. Since 1974, we have been promoting independence and self-sufficiency with dignity, respect and compassion. The generosity of our volunteers – their willingness to make a contribution – plays a vital role in improving the quality of life for many people in our community. If you would like to offer thanks for Volunteer Services through a donation to Beacon Community Services, an Income Tax Receipt will be issued. Please make cheques payable to Beacon Community Services or click ‘Donate Now’ on our website at www.beaconcs.ca.



Volunteer Services News

Kathryn Mason, Volunteer Services Coordinator

Phone: 250-656-5537 ext. 106
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New Year's Day - Now is the time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual. Mark Twain

Many of us will smile as we read the words above. After all, we're only human. But might it be possible that this is the year when we finally decide to make some changes? Oh, I don't know, maybe spend more time with loved ones and friends instead of tearing around like crazy people. None of us will be around forever, and the years melt away so quickly. Perhaps we could remember to use kinder words when we speak to each other. Or offer a hug more readily. Or say 'thank you' and 'I love you' to those who long to hear those words. Even mend a hurt, before it's too late.

So if I may, I would like to paraphrase George Carlin. Why don't we all try to make some different choices this year? Let's choose to keep learning. To laugh more. To enjoy the simple things in life. To cherish our cheerful friends and keep the grouchy ones at arm's length. And once and for all, to throw away the regret and guilt many of us carry from year to year to year. I have a hunch we would be a whole lot healthier and happier. Happy New Year everyone! I look forward to your company, as we step into 2012 together.

Entertainment Coupon Books Sold Out!

A huge thank you to all our loyal customers. Our fundraising efforts were successful! We have sold every last copy of the 2012 coupon books. All monies raised will be used to support BCS Volunteer Services programs. If you missed your chance to buy one this year, please drop into Volunteer Services in September, when we will be selling the Entertainment 2013 Coupon Books.



Welcome New Volunteers!

Janice Farrell – Sluggett House
Bill Bartsch – SHOAL Activities
Dennis Green, Elder Reynolds, Elder Hall, Joyce Vezina,
Anne Bartsch – Thrift Shops

Volunteer Drivers Reminder



When you have accepted a drive assignment, please call the client that same day, confirming the details you were given about his or her appointment. And then the night before, or the morning of the day of the medical appointment, please call again – with one more reminder. If you wait until the night before their appointment, or wait until the Friday before a Monday drive, we are kept busy here in the office responding to clients who are left unsure if they have a driver or not. Thank you for your understanding.



Santa (a.k.a. Lloyd Gale) with Volunteers Joyce Parker and Marija Orlickas at the December 9th Christmas Lunch.



Thank you Joyce and Warren Bezusko

For many years Joyce and Warren of Tide Water Inspirations have supported Beacon Community Service. Once again, they have donated a portion of the proceeds from their First and Last Chance Craft Shows, held at Mary Winspear Centre. Thank you! Your donation helps support the very valuable Volunteer Services programs Peninsula residents depend upon.

Do you have a little time to make a big difference?



Volunteer Services will soon be offering a 6 part training course (12 hours total), at no cost, to those interested in becoming a Volunteer Visitor. One hour of your time a week could make such a tremendous difference to someone's life. On completion of the 'Active Listening' training, you will have a chance to meet someone in the Peninsula area who could benefit from a friendly face and a warm heart. For more information, please call Kathryn Mason at 250-656-5537 ext 106.



Youth Employment Program News

Sarah Cameron, YEP Coordinator

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E-mail: scameron@beaconcs.ca

Happy New Year Everyone! I hope everyone had a wonderful holiday season.

2011 has flown by in a flash and we are on to a New Year! YEP students are back at school on January 3rd and will be studying hard for exams scheduled for the end of this month. Good luck to all students who will be taking exams! *

Wishing you a bright New Year filled with health, happiness and opportunities!



YEP Opportunities



I encourage all youth to sign up for the following courses and events! For more information, please call the YEP Office.

Toastmasters Youth Leadership Program

Date: Saturdays, Jan 21-Feb 11 **Time:** 1-3pm **Cost:** Free!

Beginning on January 21st, YEP will be offering Toastmasters Youth Leadership sessions over 4 consecutive Saturdays from 1-3pm. If you are interested in getting more experience with public speaking, listening, evaluating and other valuable skills, call the YEP Office to sign up.

FOODSAFE

Date: Friday, February 17 **Time:** 9am-5pm **Cost:** \$42
for YEP students

FOODSAFE trains participants in safe food handling procedures. Add a FOODSAFE certification to your resume.

3rd Annual Youth Job Fair - Register Today!

Date: Monday, March 5 **Time:** 11am-2pm **Cost:** Free

Youth: The Job Fair is a free event for youth of all ages. Youth can attend the Fair to receive information on employment, volunteer and post-secondary opportunities. Register for the Fair by contacting the YEP Office.

Businesses: We encourage all businesses and organizations to participate in the Fair. Book a free table to inform youth attendees of any career, employment or volunteer positions within your business. Call Sarah at 250-656-5537 for more information or to book your free space.

There are a number of volunteer opportunities associated with this event. Contact Sarah to find out how you can get involved!

SHOAL Wellness Programs*

Be Well Clinic checks blood pressure and glucose every Monday in Auditorium A, 1 – 2pm. Admission by donation.

Take the Pressure Down Blood Pressure Clinics continue. For free clinic locations and heart health information, please visit the SHOAL Reception Desk or check their website at www.takethepressuredown.ca.

Better Breathers Program for those with breathing difficulties, is held the 4th Monday of each month in Auditorium B. Next meeting is January 23 at 1:30pm. For information call Kelly Ablog-Morant at the BC Lung Association: 1-800-665-5864.

Family Caregivers' Support Group meets on the 3rd Tuesday of each month, 10am – noon in the SHOAL Activity Centre Lounge. The next Support Group takes place Tuesday, January 17th.

New! Chair Massage Enjoy the healthful benefit of a chair massage. Call Eric at HealthWise Chair Massage, 250-888-3400 to learn about private sessions starting at SHOAL Activity Centre in January.

Panorama Partners

Panorama Recreation, in partnership with SHOAL Activity Centre, is offering the following programs starting in January. Stop by the SHOAL Reception Desk or call Panorama at 250-656-7271.



Dance Refresher Courses

Fridays Jan 20 - Feb 17 8:15 - 9:30pm 5/\$47

Spanish for Beginners

Thursdays Jan 19 - Mar 8 10 - 11:45am 8/\$95

Conversational Spanish and Reading Comprehension

Thursdays Mar 29 - May 17 12 - 1:45pm 8/\$91

Singing in Spanish Cantemos Juntos

Thursdays Jan 19 - Mar 8 2 - 3:45pm 8/\$91

Social Ballroom Dance Practice Sessions

Fridays Jan 13 - Jun 22 7 - 8:15pm \$5 drop in/\$42.50 10 sessions

Before the Click - Digital Cameras

Saturday Jan 28 9am - 12noon 1/\$60

Picasa Essentials

Saturday Apr 21 1 - 4 pm 1/\$60

Kobudo - Okinawan Weaponry

Wednesdays Jan 11 - Feb 29 7 - 9 pm 8/\$80

Computer Club Volunteer Attendant Needed!

We are looking for a person who is knowledgeable about computers and has a few hours to spare on Friday afternoons. If you are interested in sharing your knowledge with our Club members, please give us a call at 250-656-5537.

Sidney Single Seniors * * * * *

Open to men and women age 55 and over. You must be single to belong to this group, or be a caregiver of a loved one who is at home, in hospital or in a care home. Members may choose to take part in morning walks, join coffee get-togethers, bowl (Miracle Lanes in Sidney at 3pm on the 2nd and 4th Monday of each month), play darts, shoot pool, join others for lunch or dinner out, golf, go on ferry and/or shopping trips and, weather permitting, picnics and barbecues. January 12th, 2012: Lunch (restaurant to be determined)

Next Meeting: Wednesday, January 18, 2012 at 2 pm, SHOAL Activity Centre. *Please remember, no perfumes or after shave to be worn to meetings.*

For more information, please contact Kathryn Mason at 250-656-5537 #106.