

# 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 2011

## BOUQUETS

To the Sidney B.C. Liquor Store for their generous donation of Christmas decorations that “Decked the Halls” at SHOAL Centre so beautifully.

Thank you to everyone who purchased Entertainment Coupon Books! Your purchase will support Volunteer Services in our community.

Thanks to Joyce Bezusko of Tidewaters Inspiration. Once again Joyce generously donated some of the proceeds from the First and Last Chance Craft Shows to Beacon Volunteer Services.

A huge bouquet to students and staff from North Saanich Middle school for their delightful Christmas concert. We hope this will be an annual tradition.

A big thank you to YEP Students for all their help throughout the year at SHOAL and community events. You are wonderful.

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Happy New Year!

## Upcoming Special Events

### An Evening at the SHOAL Robbie Burns Dinner

**Date:** Thursday, January 27      **Time:** 5:30pm      **Cost:** \$25

This is our annual ‘Rabbie’ Burns Day tribute, featuring the Scottish humour and entertainment of George McDowell and Mary Ross. Haggis and bagpipes highlight the event. This is usually a sold out dinner so buy tickets early. Tickets on sale from January 4 – 24.

### Hearts of the Community Volunteer Awards 2011

**Date:** Tuesday, February 15      **Time:** 11am      **Cost:** Free

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.

### Nominate An Outstanding Volunteer You Know Today!

**Fill out the enclosed nomination form and return it to the SHOAL Centre Reception Desk.** Plan to attend the event on February 15th, 2011, featuring live music, special guests and a complimentary luncheon. Watch for more information, including where to pick up your ticket, in the TideLines and the Peninsula News Review.



## From the Manager's Desk

Judy Wiggins, SHOAL Centre Manager

Phone: 250-656-5537 ext. 102

E-mail: [jwiggins@beaconcs.ca](mailto:jwiggins@beaconcs.ca)

And here we go into another brand new year; although the last one didn't seem to stick around long enough to get very old! Happy New Year to each and every one of you. After all the fun of the holidays, the extra food and libations, it's time to get back to business. We would like to mind your business in 2011, by opening up a world of new opportunities for you to learn, be creative, be healthier, and meet new friends. If you have an idea for a new program you would like us to offer at SHOAL Centre, please let us know. See you in the New Year! And, as long as you are coming our way, why not make it a resolution to bring a friend for lunch; or introduce them to a membership.

## Notices

### New 2011 SHOAL Centre Membership Cards

As you renew your membership in 2011 we will be exchanging your blue 2010 membership card for a new peach coloured one for 2011. We appreciate you renewing your membership promptly when it expires. The cost for 2011 remains the same at \$45, valid for one year from the date of purchase

### Bingo

Bingo will resume on Tuesday, January 4th at 6:30pm sharp! Why not try your luck. Perhaps you could use some help paying off those Christmas bills?

### Subscribe to the TideLines by Email

Effective January 2011, to reduce the number of printed copies and the cost of postage, we will no longer be mailing out the TideLines newsletter. Copies will still be available for pick up at various locations within the community, and of course at the Centre. Now you can have the newsletter emailed right to your home. Just go to the SHOAL Centre page of our website at [www.beaconcs.ca/pages/SOAL.html](http://www.beaconcs.ca/pages/SOAL.html). Under the heading **TideLines Newsletter**, enter your name and email address and hit the **Subscribe button**. It's that easy!



### New Kiln Fundraiser

Clay Works at SHOAL is now underway with both Clay Sculpture classes and a Clay Works drop-in. With so much happening in this Activity Department we are now in need of a new small kiln and hope to raise funds through a number of projects this year, including a Spring Craft Fair in April. If you wish to donate to the "Buy a New Kiln Fund" please contact Anna or Judy. A tax deductible receipt will be issued.

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

**Date:** Wednesday, January 19    **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 tea or coffee is served.

### Turkey Trivia

The SHOAL Centre Kitchen prepared over **600 pounds** of Turkey between December 1st and 21st!



## News from the Activity Office

**Anna Cibulak, Activities and Rental Coordinator**

Phone: 250-656-5537 ext. 117  
E-mail: acibulak@beaconcs.ca

There is something invigorating about the start of a new year. We set our sights on new goals, new accomplishments and new ventures! And that's exactly what we are doing at SHOAL Centre. We hope to top our membership numbers over last year, offer more and varied courses and drop-in sessions, and provide increased information on a variety of topics for adults of all ages. Why not come down to the Centre and see if we can help energize your new year.

### Yoga in a Chair for Seniors

**Date:** Fridays, Jan 21, 28, Feb 4, 11, 18, 25, Mar 4, 11 (8 sessions)  
**Time:** 12:30-1:30pm **Cost:** \$90.00 (includes HST)

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 even lower blood pressure. Instructor Kathleen Fournier, Certified Yoga Instructor, specializes in Chair Yoga. This class is proving to be popular at SHOAL.

### Mixed Media and Collage

**Date:** Fridays, Jan 21, 28, Feb 4, 11 **Time:** 9:30am-12:30pm  
**Cost:** \$67.50 SHOAL Members; \$73 Non-Members (includes HST)  
Register early for this popular class by Instructor, Janet Remmer. Explore some of the many techniques that make mixed media so exiting. Includes staining papers and printing your own original designs.

## February Preview

### Genealogy

**Date:** Tuesdays, February 1,8,15 Computer Lab option March 1  
**Time:** 10:30 – 11:30am  
**Cost:** \$35 Members (Optional class \$12); \$50 Non Members (Optional class \$17) (includes HST)

Back by popular demand, Michael Kellogg is offering methods to research your family history. Like to learn about what resources are available? Join Michael, Retired Educator and Past President of the Victoria Genealogy Society, for this exciting 3 part class room introduction to genealogy. A 4th session (optional) will be offered for direct hands-on computer research.

### Daytime Computer Programs at SHOAL

SHOAL Activity Centre is offering a number of computer programs in winter and spring of 2011. Computers Don't Byte (Level 1) is coming up on January 24 and 26 from 9:30am-Noon. Computers Don't Byte Level 2, Photography Courses, Web Page Design and Word 2007 will also be offered. The Computer Club will continue to be offered on Fridays. Pick up a flyer at Reception to find out about these programs and details on booking the Computer Lab.

### Clay Mask Sculpture

**Date:** Tuesdays, Feb 22, Mar 1,8,15,22, 29 **Time:** 1:30-4pm  
**Cost:** \$100 (includes HST) plus supplies \$25

This class will cover basic concepts of clay construction, concept, composition and design by constructing a mask based on Aboriginal design (African & Pacific cultures). Includes discussion of ceremonies that inspire these designs. Instructor Barb Hirano, an accomplished sculptor, potter and painter, holds degrees in Anthropology and Archaeology specializing in Cultural Art Forms.

### Calligraphy - Lettering and Watercolour

**Date:** Tuesdays, Feb 22, March 1,8,15,22, 29 **Time:** 9:30am – noon  
**Cost:** \$95 for SHOAL Members; \$115 for Non-Members

New Instructor and Artist Connie Furgason comes to SHOAL Centre offering her professional experience in this unique art form. Sign-up early and discover how to incorporate colour into both the text and backgrounds for a variety of projects.

### Colour Plus – Working in Watercolour

**Date:** Fridays, February 25, March 4,11,18 **Time:** 9:30-12:30pm  
**Cost:** \$ 67.50 Members; \$73 Non-Members (includes HST)

This is your chance to concentrate on colour. Instructor, Janet Remmer provides the opportunity to explore colour in depth by tinting and shading with a limited colour range. Students can gain more control and understanding of how to find the colors they really want while painting. Limited seating so register soon!

## A Magic Evening At The SHOAL

**Date:** Thursday, February 24 **Time:** 5:30pm **Cost:** \$25

Come one, come all to see the comedy magic and antics of one of Victoria's top comedy magic acts, Tricky Magic, with Rosco The OK & Jordano The Great! This should be an evening of great fun, and of course, great food from our SHOAL Centre Food Services Team. Check out the menu on the Chef's page. Wine for sale by the glass. Tickets are \$25, on sale February 1-21.

## Lapidary/Silversmithing/Faceting

**Date:** Every Tuesday and Thursday **Time:** 9am-noon

**Cost:** \$5 per month plus SHOAL Centre Membership required

This unique group of men and women at SHOAL work with sliver, stones, semi-precious and precious gems. Last year they created some beautiful stone and silver pieces which were raffled to raise funds for programs at the Centre. Whether you are a beginner in the craft, or experienced, this program has much to offer. SHOAL Centre wishes to acknowledge the passing of one of the group's active members, Ann Krieger, who died in December. Her warm, friendly personality will be missed. We extend our sincere sympathies to her family.



### ***Chef's Korner***

#### **Chef Russ Hudson**

Phone: 250-656-5537 ext. 107

E-mail: rhudson@beaconcs.ca

Greetings everyone from the SHOAL Kitchen once again. Can you believe that another year has come and gone? I hope that you have had a chance to sit back and relax over this holiday period.

It is with mixed emotions that I write this final column for the Tidelines. After 45 years in the industry I have come to the realization that it is time to retire from the Food Services world and maybe look at "real retirement" or another career path.

I have enjoyed my time with all the readers; the phone calls to ask for recipes and the wonderful comments that have come my way. That is what makes writing this column all that more enjoyable.

Thank you for your support over the past couple of years, and I trust that you will continue to follow this wonderful publication that keeps you in touch with Beacon Community Services and the SHOAL Centre. Happiness in cooking.

### **Call for Tuck Shop Volunteers**

If you can spare one morning or one afternoon per week, we would love to have you help serve coffee, tea and goodies from the Tuck Shop. Please call Kathryn Mason, Vounteer Services Coordinator at 250-656-5537 ext. 106.

### **A Special and Heartfelt Thank You**

To Theresa and John Imhoff, who are saying farewell to their Tuck Shop responsibilities here at SHOAL. John was the Tuck Shop Volunteer Activity Leader, and both he and Theresa have contributed many extras to help our Tuck Shop become such a success. Their energy, enthusiasm and friendliness will be greatly missed. We wish them well as they move on to new endeavors.

## ***Food Services***

### **January Evening at the SHOAL Menu**

#### ***"Robbie Burns Dinner"***

Garlic Roasted Baron of Beef  
with Burgundy au Jus

Traditional Steak and Kidney Pie

Haggis

Mashed Potatoes

Buttered Peas and Carrots

Mashed Parsnips and Turnips

Winter Green Mandarin Salad

w/ Orange lemon Vinaigrette

Buns and Butter

Cherry Streusel Cake with Almond & Vanilla Sauce

### **Food Services Staff Comings and Goings**

It is with regret that we announce that **Chef Russ Hudson** retired from his position as Chef on December 31st.

Russ has worked at SHOAL Centre for 3 years, during which time he has guided the food services area through many changes. Russ brought a standard to the catering services that we are extremely proud of, and has served the Residents and Members with care and excellence. We wish Russ the very best of good health and happiness during his well deserved retirement years.

Congratulations to **Shaun Abbott**. We are pleased to announce that Shaun will be assuming the Chef's role at SHOAL effective January 4 on a temporary basis before returning to Dawson City where he works as an Executive Chef during the cruise ship season. We are sure you will continue to enjoy great cuisine prepared by Shaun and the rest of the Food Services Team at SHOAL

We are pleased to welcome Rose Van Bodegom as a Dining Room Server and Don Bottcher as a casual Cook. Rose is also a Volunteer at the Beacon Thrift Shop and in her spare time does window decorating during the Christmas season. Don is the former Food Services Manager for Amica at Beechwood and brings a wealth of cooking knowledge to the team.



## Active Bodies, Active Minds

**Jennifer Wear, Manager SHOAL Assisted Living**

Phone: 250-656-5537 ext. 111

E-mail: [jwear@beaconcs.ca](mailto:jwear@beaconcs.ca)



**Wendy Hall, Activities Coordinator, SHOAL Assisted Living**

Phone: 250-656-5537 ext. 119

E-mail: [whall@beaconcs.ca](mailto:whall@beaconcs.ca)

December was a fun and very busy month with lots of Christmas activities.

**Music** Michael Majocha came to play his guitar and residents enjoyed a fun sing a long to Christmas songs.

Allan Slade from the Conservatory of Music held his weekly “Music Exploration” classes. Residents are in the process of creating their own CD with songs they have written.

The students from North Saanich Middle School performed their Christmas Concert at SHOAL which was greatly enjoyed. Thank you to you all.

**Activities** The Christmas Tree was carefully decorated and we even created our own “SHOAL Santa”. Christmas crafts made by residents have been much admired.

“Chocolate” Bingo leads to much laughter as does our Carpet Bowling. Our monthly visits from dogs from “Pats” bring a lot of smiles and 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.

We continue to hold an Ecumenical Service each month with the Rev. Canon Penelope Black officiating.

Twice weekly “Chair exercises” and “Chair Dance” are well attended. The “Yoga in a chair” is very popular. Thank you to Kathleen.

**Educational Seminars** Residents attended a very informative presentation on “Stress Reduction” and “Biofeedback Techniques” by Trevor May. Trevor is certified in these techniques and works at Wellness by the Sea Healing Centre in Sidney.

Laura Good also gave an interesting presentation on “Healthy Legs” and the use of Compression Stockings.

**Christmas Luncheon** A luncheon for residents and families was held on Dec 21st. with a special visit from Santa. A big thank you to Chef Russ Hudson and all who helped in putting on this amazing Christmas event.

**Thank You** We would like to thank all the wonderful volunteers who have offered their time with the residents during the year. You are all very special and greatly appreciated.

On behalf of the residents we would like to wish you all a very healthy and happy New Year!

### We are always grateful for donations of:

- Simple musical instruments such as bongo drums
- Piano - in excellent condition
- Spare time to volunteer with our residents, especially with piano playing for sing-a-longs

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**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.](#)

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## Volunteer Services News

**Kathryn Mason, Volunteer Services Coordinator**

Phone: 250-656-5537 ext. 106  
E-mail: kmason@beaconcs.ca

*For last year's words belong to last year's language  
And next year's words await another voice  
And to make an end is to make a beginning. T.S. Elliot*

January is here. A new beginning. Another chance. My wishes for you, as we begin anew, would be no less than what I wish for myself. To make healthier decisions. To make kindness and understanding more frequent companions. To push judgment aside. To choose to forgive. To really live each day, with less worry about what tomorrow might bring. To laugh more. To remember how fortunate most of us really are. Happy New Year everyone.

### Welcome New Volunteers!

#### Medical Drivers:

Bob Fenn  
George Bridson  
Peter Chance

#### Brentwood House:

Joel Petersen  
Kauiya Grundmanis

#### Sluggett House:

Emily Crosbie

### Parking Permits for People with Disabilities

As a service to Peninsula Residents, we offer people the choice of purchasing parking permits from our SHOAL office. Please note: your doctor's office may not have the most up to date parking permit application forms on hand. To get a current application please phone or visit the Disability Resource Office at 817A Fort Street, Victoria (250-595-0044). The DRC office charges \$20.00 for each permit or \$22.00 if processing an application by mail. If you purchase a permit from the SHOAL office, it will cost \$22.00 (\$2.00 administration charge included) and we accept cash or cheque only. For any other information, please call the DRC office or our office at 250-656-5537.

### Heads Up Tax Volunteers!

Revenue Canada will be here at SHOAL Centre on Monday, January 24 to instruct all BCS Tax Volunteers in the 2010 filing procedures. We will be holding a morning only training session on that date. Further information will be sent to you. Thank you Volunteers for your continued assistance with this vital service. Remember everyone - if you or anyone you know files a simple tax return and has a low income, you may qualify for free tax filing. Please call 250-656-5537 and ask for Kathryn, if you would like to know more.

### Volunteer Profile: Barbara Soley and T.J. Schouten



Volunteer Services is very fortunate to have among our many volunteers several husband and wife teams. We are happy to profile one such 'team' this month. In fact, Barb and T.J. met each other

while volunteering with Beacon Community Services.

Barb began volunteering at SHOAL in September 2007 and works on Reception or at the Drive Desk – wherever we need her most on Thursday afternoons!

Barb was born in Edmonton, Alberta and was the youngest of 4 children. For 30 years, Barb had a career as a professional rider and coach in the equestrian show jumping world. She competed at the Grand Prix level and

coached many students to championships all over North America. Barb has trained and sold jumping horses to riders of all levels, including Olympic and international team riders. She continues to give jumping clinics and seminars around the country and works with her business partner, a former Olympic champion.

Barb has many interests and enjoys reading, exercise, dogs (especially her own!) and gardening. In years past, Barb volunteered for a Crisis Line in Edmonton.

T.J. (Teunis Jan) began volunteering for BCS in April of 2008 and is one of our terrific Volunteer Medical Drivers. T.J. was born in Zweindrecht, Netherlands. He was one of 2 sons born into a farming family and he and his brother ran the family's vegetable farm for 10 years. He has also been a Property Manager and owned and leased his own properties in Holland and England. T.J. loves to travel and has been fortunate to see much of the world, including Africa, Asia and Europe. He has actually lived in Australia for 5 years and England for 12 years.

## Volunteer Profile continued

T.J. has volunteered for many organizations throughout the years such as the Raincoast Conservation Foundation, the Heiltsule First Nation's Koeve River Youth Camp, Help at Home in the U.K. and the Sanccob Sea Bird Rehabilitation Centre in Cape Town. He has many interests too, and enjoys snow boarding, renovating and building. We have it on good authority (thanks Barb) that T.J. is a wonderful cook!

Recently Barb and T.J. purchased a 20 acre farm in North Saanich. T.J. is busy renovating the old farm house that stands on the property, where they soon hope to explore a mutual interest in gardening and growing food. Barb and T.J. truly love their community and we are so fortunate to have them working along side us.

Thank you both for all that you do!



## Youth Employment Program News

**Sarah Cameron, YEP Coordinator**

Phone: 250-656-5537 ext. 118

E-mail: [scameron@beaconcs.ca](mailto:scameron@beaconcs.ca)

Happy New Year everyone!

It is hard to believe that 2010 has come and gone already. I hope that everyone had a good year and an enjoyable holiday! I hope our YEP students enjoyed their break from school as well. They will be heading back to school on January 4. Many of our students will be studying hard to prepare for exams at the end of January. Best of luck to those students!

We have a number of opportunities coming up in the next few months for our YEP students. Please register in advance for the following opportunities:

### Toastmasters International Youth Leadership Program

**Date:** Saturdays, Jan 15-Mar 5      **Time:** 1-3pm

**Location:** SHOAL Centre      **Cost:** Free

This is a great opportunity for any students who are looking to improve on their public speaking, leadership, listening and evaluation skills.

### FOODSAFE

**Date:** Friday, Feb 18

**Time:** 9am-5pm

**Location:** SHOAL Centre

**Cost:** \$42 for YEP Students

FOODSAFE is a necessary certification for many employment opportunities in the food and beverage industry. Students are encouraged to receive this certification to add to their resume.

### Job Fair Prep Workshop

**Date:** Saturday, Mar 5

**Time:** 10am-Noon

**Location:** SHOAL Centre

**Cost:** Free

This workshop will prepare students for the upcoming job fair. It will involve a review on resumes, cover letters and interview skills. It will also focus on how to approach employers at the Job Fair and seek opportunities that match individual interests and skill sets.

### 2nd Annual Youth Job Fair

**Date:** Monday, Mar 7 (Pro-D Day)

**Time:** 10am-2pm

**Location:** at SHOAL Centre

**Cost:** Free

The Fair is for youth of all ages and businesses in the community. Youth who are interested in coming are encouraged to RSVP to me by Tuesday, March 1st. We encourage any businesses and organizations that are interested in sharing information on employment, volunteer or educational opportunities to participate in the Fair. Please contact the YEP office for more information on this opportunity.

In addition to these scheduled opportunities, YEP students will continue to have access to volunteer opportunities in the Retail Training Program and for SHOAL Centre events and activities. Best wishes for a happy and healthy 2011!

## Springboard to Success

is an employment program for the Peninsula and Gulf Islands run by Beacon Community Services. This ten week paid program offers life skill and job skill training for youth ages 15 to 30. Springboard is a great program for youth who are struggling because they are unemployed and out of school. The next Springboard group starts on January 17, 2011 and we are actively recruiting participants. For more information about this program please call (250) 655-5303. The Government of Canada has contributed to this initiative.

## SHOAL Wellness Programs

**Be Well Clinic** checks blood pressure and glucose every Monday, 1 -2pm. Admission by donation.

**Take The Pressure Down** is the new name for CHIP Blood Pressure Clinic held every Thursday, 10am-1pm at SHOAL Centre, and Fridays, 10am-1pm at the Sidney/North Saanich Library. Drop by to pick up a flyer for times and locations in Brentwood Bay and at Panorama Recreation Centre.

**Better Breathers Program**, for those with breathing difficulties is held on the 4th Monday of each month in Auditorium B. Next meeting is Monday, January 24 at 1:30pm. Call Roberta Ferguson at 250-656-3176.

**Family Caregivers' Support Group** meets on the 2nd Monday of each month, 10am-noon in the SHOAL Centre Lounge. The next Support Group takes place Monday, January 10.

### Panorama Partners

Panorama Recreation, in partnership with SHOAL Centre, is offering the following programs in January. For a full schedule of classes and fees, or to register, stop by the SHOAL Centre Reception Desk or Panorama Recreation Centre.



#### Latin, Ballroom & Swing Line Dances 16 yrs+

Fridays 8:15pm - 9:30pm Jan 21 - Feb 18 5/\$45

#### Social Ballroom Dance Practice Sessions 16 yrs+

Fridays 7pm - 8:15pm Jan 21 - Mar 25 10/\$42.50

#### Oil Painting with Brushes and Palette Knives 12 yrs+

Mondays 7pm - 9pm Jan 31 - Feb 21 8/\$120

#### Painting the West Coast of BC in Acrylic 16 yrs+

Mondays 9:30am - 11:30am Jan 31 - Feb 28 8/\$120

#### Singing in Spanish Cantemos Juntos 16 yrs+

Thursdays 2pm - 3:45pm Jan 20 - Mar 10 8/\$86

#### Conversational Spanish and Reading Comprehension 16 yrs+

Thursdays 12pm - 1:45pm Jan 20 - Mar 10 8/\$86

#### Before the Click - Digital Cameras 16 yrs+

Saturday 9am - 12pm Jan 8 \$59

#### Computer File Management 16 yrs+

Sunday 1pm - 3:30pm Jan 9 \$59

#### Google Calendar - Organize Your Life To Save

##### Stress And Money 16 yrs+

Saturday 10am - 12pm Jan 15 \$39

##### Picasa Essentials 16 yrs+

Saturday 1pm - 3:30pm Jan 8 \$49

##### Bridge Defence (Heart Series) 19 yrs+

Thursdays 9:30am - 12pm Jan 20 - Mar 10 8/\$100

##### Spanish for Beginners 16 yrs+

Thursdays 10am - 11:45am Jan 20 - Mar 10 8/\$95

##### Texas Hold'em 21 yrs+

Thursdays 7pm - 9pm Jan 20 - Feb 10 4/\$55

##### Yoga Core & More 13 yrs+

Mondays 7:30 - 8:30pm Jan 10 - Feb 21 7/\$69

##### Power Yoga 13 yrs+

Wednesdays 7:30 - 8:30 pm Jan 12 - Feb 23 7/\$69

### Sidney Single Seniors 55+ *For more information, please contact Kathryn Mason at 250-656-5537.*

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, play darts, shoot pool, join others for lunch or dinner out, golf, go on ferry and/or shopping trips and weather permitting, picnics and barbeques.

**Next Meeting:** January 19, 2011 at 2pm, SHOAL Centre. Special Guest: Dr. Sandra Taylor.

*Please remember no perfumes or aftershave to be worn to meetings.*

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