

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

May 2011

BOUQUETS

May 1-7 is Youth Week. We salute all those in our Youth Employment Program for their interest in developing skills for future employment opportunities and volunteer service.

We wish all moms the very best on Mother's Day, May 8th.

A heartfelt thank you to all the Volunteers who helped to make our Big Spring Craft Fair such a great success: Gail Latta and Yolande Krasevich, Isabelle Yoxall and all the YEP students.

Su Cameron was the winner of the Hummingbird plate. A big thank you to Russ who donated the artwork to help raise funds for a new kiln for SHOAL's Clay Works Department.

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

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Upcoming Special Events

Emergency Preparedness Presentation

Everyone Welcome

Date: Thursday, May 5th **Time:** 2pm **Cost:** Free

Join us at SHOAL for a presentation by the Town of Sidney Chief Administrative Officer, Murray Clarke and Fire Chief, Dan Holder on the Town's Emergency Management Program.

Mothers Day Luncheon & Japanese Tea Ceremony

Date: Tuesday, May 10 **Time:** Doors open 12:30 **Cost:** \$14.50

This lovely plated luncheon created by our Chef and Food Services Team will be followed by an authentic Japanese Tea Ceremony conducted by the Urasenke Nagomi Tea Circle. Gift someone with a ticket to this very special occasion, or treat yourself.

A Mystery Musical Evening At The SHOAL

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

Be prepared to be surprised at May's Evening At The SHOAL. It's fun to wonder who will be playing at this event, so buy a ticket and discover who will be your entertainers for the night. A delicious buffet, as usual, will be prepared by Chef Don and the Food Services Team. Tickets on sale May 2-24. Mastercard and VISA accepted. Wine for sale by the glass at the event.



From the Manager's Desk

Judy Wiggins, SHOAL Centre Manager

Phone: 250-656-5537 ext. 102

E-mail: jwiggins@beaconcs.ca

We survived a very busy April at SHOAL, more rain and the marriage of William and Kate. Speaking of survival, since the tragic events in Japan two months ago, there has been an increased awareness in the need to be as prepared as we can in the event of an emergency.

May 1st through 7th has been declared "Emergency Preparedness Week". We are pleased to welcome Murray Clarke, Administrator for the Town of Sidney, and Fire Chief, Dan Holder to SHOAL Activity Centre on Thursday, May 5th, to provide us with some helpful information on the topic of Emergency Preparedness. This discussion is open to the public. And speaking of Japan, our Mother's Day Tea on the 10th will feature a Japanese Tea Ceremony. "You may be taken by surprise, by a program that captures for eyes, in the merry, merry month of May."

Notices

Emergency Preparedness Presentation - Thursday May 5th at 2pm

Join us at SHOAL Activity Centre for a presentation by the Town of Sidney Chief Administrative Officer, Murray Clarke and Fire Chief, Dan Holder on the Town's Emergency Management Program. Everyone welcome.

Fire Drill

We will be having a fire drill during Emergency Preparedness Week at SHOAL Centre on Tuesday, May 3rd at 2pm.

Access Awareness Day 2011

Join the Sidney Healthy Communities Commission for Access Awareness Day celebrations on Saturday, June 4 from 10am to 2pm at Beacon Waterfront Park.

Membership

Did you know that a SHOAL Activity Centre membership of only \$45 per year can save you money on drop-in activities and registered programs, and open a world of opportunities for you to become an active participant at the Centre? If you are not currently a member, we would be happy to give you a tour of the Centre, provide you with activity schedules and show you what you might be missing. To those who are members, we appreciate your support and encourage you to keep your membership current.

SHOAL Centre's Best Kept Secret

Did you know that deep in the heart of the SHOAL Activity Centre is a fully equipped Woodworking Shop? For the cost of a SHOAL Centre membership plus \$5 per month, you could have unlimited access to the Shop during SHOAL Centre Reception hours. If you would like more information or an orientation to the Shop and the equipment, we would be happy to arrange it with one of our "Woodworkers".

Help with the Dishes

Please do not remove dishes from the *Tides* at SHOAL Dining Room or Activity Centre. China mugs taken from the Tuck Shop should not leave the Activity Centre, and must be returned to the tray outside the Tuck Shop. Take-out cups with lids are available if you wish your beverage "to go", or to prevent spills. We appreciate your cooperation.

Victoria Day Hours

The SHOAL Centre Reception Office will be closed on Victoria Day, Monday, 23rd.



News from the Activity Office

Anna Cibulak, Activities and Rental Coordinator

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May is such a sweet month! A perfect time to celebrate Mother's Day, so we invite you to treat your moms, daughters, sisters, aunts, and grandmothers to this very special annual event. This year's featured entertainment is an authentic Japanese Tea Ceremony. And to keep life sweet, we are offering a strong emphasis on health and wellness at SHOAL Activity Centre in the months ahead. Read on...

Yoga in a Chair for Seniors

Date: Fridays May 20, 27, June 3, 10, 17, 24, July 8, 15

Time: 12:30-1:30pm **Cost:** \$90.00 (includes HST)

Ever popular, this very beneficial course continues at SHOAL Activity Centre, providing seniors with helpful exercises that work to calm, energize, strengthen and relax. Instructor Kathleen Fournier, Certified Yoga Instructor, specializes in Chair Yoga.

Table Tennis

Date: Every Wednesday and Friday **Time:** 9:30-11:30am

Cost: \$1.75 SHOAL Members; \$3 Non-Members

If you are having fun, it's a lot easier to get out and exercise. Table Tennis is a great way to get arms and legs moving, plus lots of friendly people to play with, too!

Enhance your Well-being with VitalityPlus!

Date: Wednesday, May 18 **Time:** 11:30am **Cost:** Free

Maintaining your physical and emotional health is key to healthy aging and quality of life. We are pleased to offer VitalityPlus, a unique new chair massage program for seniors of all ages and mobility levels, at SHOAL Activity Centre. To find out more about how this program can help you strengthen stability and mobility, reduce chronic pain, improve circulation, enhance relaxation and sleep and increase your enjoyment of daily activities, attend this free information talk. Please call 250-590-2220 for more information.

June Preview

FALLPROOF Introduction and Demonstration

Date: Monday, June 6 **Time:** 1:30pm **Cost:** Free. Call to Register.

Are you afraid of falling? Are you sometimes unsteady on your feet? Have you experienced one or more falls in the past year? If you answer yes to any of these questions, this presentation is for you. Most falls can be prevented if you can learn to improve balance and mobility. The FallProof program is a series of classes designed to teach strategies for improved standing posture, better walking ability, and improved ability to recover from a loss of balance. Registered Fallproof classes to start this fall at SHOAL Centre.



Alzheimer's Society of BC Series for Family Caregivers

Dates: Thursday, June 2; Tuesday, June 7; Thursday, June 9;

Tuesday, June 14 and Thursday, June 16 **Times:** 1 - 3:30pm

Cost: \$1.75 Members; \$3 Non-Members per session - Call to Register

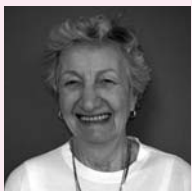
This series is open to family caregivers, friends, volunteers and health care professionals who are caring for a person with dementia. Learn about dementia, practical coping strategies, end early planning. Pick-up a copy of the topics for the entire series, at Reception. Participants are encouraged to attend all 5 sessions.

An Evening At The SHOAL presents a Mexican Fiesta!



Date: Thursday, June 30th **Time:** Doors open 5:30pm **Cost:** \$25

Our last dinner and entertainment evening before the summer break. A touch of Mexican flair will be the theme for this dinner, with Spanish musicians Marcelina Stanton and Thomas Axmann, bringing a unique blend of voice and guitar. Come dressed in the relaxed and colourful spirit of Mexico! Tickets on sale June 1 - 22. VISA/Mastercard and Debit accepted. Wine available for sale by the glass. Please note the date change to the 5th Thursday for the month of June.



A fond farewell and immense thank you to Barbara Brock who retires at the end of June as the Volunteer Instructor for the Monday and Friday morning Keep Fit exercise class. Barbara has volunteered her time at SHOAL Activity Centre for many years, both with Beacon Community Services and previously with Silver Threads. She has been tireless in her efforts to keep seniors active and enjoying life, and has made an invaluable contribution to SHOAL Centre. She will be greatly missed as an instructor, but we hope Barb will drop by often and say hello. Thank you Barbara, it's been a pleasure working with you.



Chef's Corner

Chef Don Bottcher

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

Granola Bars

- 3 cups Rolled Oats (not instant)
- ¼ cup Sunflower Seeds
- ¾ cup Pumpkin Seeds
- 2 Tbsp. Sesame Seeds
- 1 cup Wheat Bran
- ¼ cup Chopped Cashews
- ¼ cup Chopped Pecans
- ¾ cup Sliced Almonds
- ½ cup Raisins (regular or golden)
- 1 tsp. Cinnamon
- ¼ cup Powdered Milk
- ¾ cup Honey
- ¾ cup Canola Oil
- 2 Tbsp. Fancy Molasses

Preheat oven to 375 degrees. Mix oil, honey and molasses together in a heavy sauce pan. Bring to a boil. Remove from heat and let cool slightly. Mix all the dry ingredients together in a large bowl. Pour liquid over dry ingredients and mix thoroughly (hands work well here). Press mixture out on a shallow rimmed baking sheet that has been lightly oiled or lined with baking parchment paper. Bake at 375 degrees for 12 minutes. Allow to cool. Cut into squares and wrap in plastic wrap.

This is a very forgiving recipe, so cooks can substitute their favourite combination of nuts and seeds, dried cranberries, chopped dates or even chocolate chips.

Makes 12 – 4 inch squares.

Food Service Price Increases

Effective May 1st, these new prices will be in effect:

Small Portion Lunch \$6.50 / 15 for \$97.50 / 30 for \$195

Small Soup \$2.50 Large Soup \$3.50

Additional Dessert \$1.25 Additional Beverage \$1.25

All other food service prices remain as is.

Food Services

May Evening at the SHOAL Menu

"Mystery Night"

May 26, 2011

*Roasted Pork Loin with
Sauce Normadine*



Chicken Cacciatori



Herb Roasted Potatoes



Minted Peas and Carrots



Spinach Salad

with Honey Dill Dressing



Hot Dinner Rolls



Tiramisu

Welcome New Staff

We welcome Darla Wicker to the SHOAL Centre Kitchen as a new Cook.

Members' Birthday Party and Meet n' Greet

Date: Wednesday, May 18 **Time:** 2pm

Cost: Free

Happy Birthday to all our members celebrating a May birthday! Please come celebrate with us this month, and listen to live music while enjoying cake and coffee or tea. This is a great time for new members to have a great "taste" of SHOAL Centre.



Help with the Dishes

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We appreciate your cooperation.



Active Bodies, Active Minds

Deborah Carney,
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SHOAL Assisted Living

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Activities Coordinator
SHOAL Assisted Living
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Gardens are a form of autobiography. ~Sydney Eddison

It's time for all our gardeners to get their green fingers ready for planting. We will hold our annual **"Swap n' Shop"** on May 11th to raise money for beautiful plants for our patio planters. So clean out your closets and bring your donations to Wendy's office by May 5th. Admission to the Swap n' Shop is by donation and you can take home any item/items you like - for free! Anything left over will be donated to the Beacon Thrift Shops.

Music and Dance *You are the music while the music lasts. ~T.S. Eliot*

Michael Majocha entertained us with his guitar. "Grandview Trio" was greatly enjoyed. Allan Slade from the Conservatory of Music continues his weekly "Music Exploration" classes. Belly Dancers, "Nayla and Breela" treated us to a wonderful afternoon of dancing and music.

Activities

We waited with anticipation to join in the excitement of the Royal wedding and celebrated in style with our own afternoon tea.

- "Chocolate" Bingo always leads to much laughter and fun
- Carpet Bowling is good exercise, thank you to Jaci and her boys for assisting.
- Our monthly visits from "PATs" is so appreciated, dogs are such wonderful friends.
- SHOAL Member birthdays are celebrated in the Dining Room on the 3rd Wednesday of every month.
- We hold our Ecumenical Service each month with the Rev. Canon Penelope Black officiating.
- Twice weekly we have "Chair exercises" and "Chair Dance" and they are well attended. The "Yoga in a chair" is also very popular. Thank you to Kathleen.
- Residents created crafts and decorated for Easter with the assistance of our wonderful volunteer, Danika.
- Our annual "Easter Bonnet Parade" was great fun. Thank you to everyone in the Craft Room who helped to make this event such a success and also to the "Easter Bunny" who made a surprise visit. Our thanks also goes to the judges and other organizers

Education

A very informative presentation was given on "Footcare" by nurse Jan Kokelj. Are you prepared for an Earthquake? An Emergency Preparedness Presentation will be held on May 5th at 2pm at The SHOAL, everyone is welcome. DUCK or DROP down to the floor with your head covered. Take cover under a sturdy desk, table or other furniture.

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

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
E-mail: kmason@beaconcs.ca

Be like a flower and turn your face to the sun.

... Kahlil Gibran

Welcome New Volunteers!

SHOAL Activities:

Hella Irvine

Thrift Shops:

Sandy Wilson
Armand Norman

Take the Pressure Down:

Irene Holbrook
Mary Ann Romeril
Paul Lancaster
Vanessa Johnson

Medical Driver:

Trevor Hallam

As May arrives I can't help but feel the happy anticipation of warm, sunny months to come. This is often my favourite month. Yes, we do live in Paradise – but things have felt just a little soggy this past while. Bring on the sun! Dust off your wide brim hats and dig out your sandals. Blue skies ahead everyone.

Honouring Our Volunteers

Please help me salute the Beacon Community Services volunteers who were recently honoured during National Volunteer Week. The service and dedication that each and every one of you provides is staggering. The following volunteers are the men and women who celebrate 'benchmark' years of volunteer service with our agency:

5 YEARS

Dorothy Orr
Mariana Smart
Patricia Haugland
Carol Heard
Neville Atkinson
Nancy Wilson
Lindy Deas
Jack Spencer
Sheila Nunney
Pally Pillay
Allan Collier
Halldora Hampton
Gerald Donaldson
Margaret Hackett
Patricia Fenn
Helen Pazitch
Ivelina Zahariev
Jane Mason
Joyce Wautier
Sandy Bumpus
Bob Cronin
Zillah Schumph
Lenore English
Doris Lehnert-Mayer
Gail Foreman
David Fisher
Gordon Schnell
Joan Cooper
Pamela Panter
Mary Anne Spencer-Jackson
Gillian Else
Irene Moreshead

10 YEARS

Wendy Stone
Patricia Macgregor
Carol Stanwick
Pat Currie
Pamela Harte
Doreen Hunter
Joe Rigby
Barb Whittington
Etta Connor
Gail Byers
Beverly Harknett
Dee Bois
Sally Turner
Barbara Brock
June Temple
Yvonne Hodgson
Jean Atkinson
Joanna Campbell
Sally Fisher
Cecily Overall
Margaret Russell
Penny Church
Jacqueline Haigh
Shirley Jones
Doreen Hilgemann
Marie Reid
Norah Franklin
Muriel Hunt

15 YEARS

Norman Stoddart
Lorraine Kessler
Carolyn Kornatz
Kathie Black
Ann Rogers

20 YEARS

Joyce Parker

25 YEARS

Tony Clarke

26 YEARS

Jean Jackson
Lucy Ditlevson

27 YEARS

Joan Ethier

30 YEARS

Donna Godwin

32 YEARS

Edna Laprairie
Rene Laprairie



Youth Employment Program News

Sarah Cameron, YEP Coordinator

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E-mail: scameron@beaconcs.ca

The first week of May is Youth Week. Youth Week is an international celebration that recognizes the positive contributions youth are making in their communities. Take the time to acknowledge the youth in your community this week! Many thanks to YEP members for their commitment to the program, volunteering, school, work, extracurricular activities and more!

On May 9th, the Youth Employment Program is offering Emergency First Aid. The cost is \$58 for YEP students. Call the YEP Office for more details.

Congratulations to our Outstanding Youth Volunteers

The following youth volunteers were recognized at the April 13th Volunteer Appreciation Luncheon for contributing over 50 hours of volunteer work to the Youth Employment Program since April 2010.

Morgan Bacheldor
Sara Djukastein
Aliya Hosie
Stephanie Shepherd
Steph Smith

Thanks to each of you!

Hire a Student!



As summertime nears and the weather continues to get warmer, attention turns to the garden. I encourage you to contact the YEP office to hire a student to help with your garden or yard work. A fresh crop of YEP students just completed the Gardening Basics Program at Glendale Gardens and are eager to practice their new gardening skills on your yard maintenance, gardening, weeding and watering. Youth workers are also keen to assist with indoor chores or projects.

If you do not need to hire a student, but would like to support the Youth Employment Program, charitable donations are graciously accepted. Your donation will help provide training as well as special events like the Youth Job Fair and our Acts of Kindness Program. The Acts of Kindness Program assists families and individuals who could not normally afford YEP services with small jobs or projects. Community members can anonymously request our services for a neighbour or friend who may need some extra help. To find out more about the Youth Employment Program and the services we offer, call Sarah at 250-656-5537.

YEP Bottle Drive Fundraiser at SHOAL Centre

Date: Saturday, June 25th

Time: 9am-12 noon (ONLY)

Please donate your refundable beverage containers to the Youth Employment Program.

We WILL accept:

alcoholic and non-alcoholic cans and bottles and tetra juice packs

We WILL NOT accept:

non-refundable items such as dairy containers, aluminum food cans and glass food jars

SHOAL Wellness Programs

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

Take The Pressure Down Blood Pressure Clinic, held every first and second Thursdays until June 16, 10am-1pm at SHOAL Activity Centre, and the second and fourth Fridays until June 10, 10am-1pm at the Sidney/North Saanich Library. Pick up a flyer for times and locations on the Saanich Peninsula.

Family Caregivers' Support Group This group now meets the 3rd Tuesday of each month, 10am-12pm in the SHOAL Activity Centre Lounge. Next meeting is Tuesday, May 17.

Better Breathers Program, for those with breathing difficulties is held on the 4th Monday of every month in Auditorium B. Please note meetings are now over for the summer. Call Roberta Ferguson at 250-656-3176. Next meeting is Monday, September 26.

Panorama Partners

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



Ballroom Dance for your Wedding (or other formal occasion) (16+ yrs)

Fridays May 27 - Jun 24 8:15 - 9:30pm 5/\$45

Before the Click - Digital Cameras (16+ yrs)

Saturday May 21 1 - 4pm \$59

After the Click - Digital Cameras (16+ yrs)

Saturday May 28 9 am - noon \$59

Computers for the Novice Level 1 (16+ yrs)

Saturdays May 14 - 21 9:30am - noon 2/\$120

Picasa Essentials (16+ yrs)

Saturday May 14 1 - 3:30pm \$49

Picasa the Next Step (16+ yrs)

Saturday May 28 1 - 3:30pm \$49

Kripalu Yoga (15+ yrs)

Mondays May 2 - Jun 27 5:30 - 7pm 8/\$96

Yoga Core & More

Mondays May 2 - Jun 20 7:30 - 8:30pm 7/\$69

Sidney Single Seniors 55+

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

Next Dinner: Mary's Blue Moon, Wednesday, May 11, 2011 at 5pm,

Next Meeting: Wednesday, May 18, 2011 at 2pm at SHOAL Centre. Guest Speaker: Pat Nichol

For information call Kathy Mason: 250-656-5537 ext. 106.

Beacon Community Services' Vision and Mission

Our Vision: A safe, diverse and healthy community where people can meet their needs.

Our Mission: Beacon Community Services is a community based organization of volunteers and staff committed to the efficient innovative delivery of programs and services focused on promoting and maintaining individual independence.

Our Motto: Helping People Help Themselves