

# 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

November 2010

## BOUQUETS

To Maureen Brotherton, for donating a large and beautiful oil painting of a snow scene, and a colourful print, both of which will adorn the walls of the Centre.

### Welcome New Volunteers!

#### Take the Pressure Down:

Toni and Frank MacDonald  
Brian Lawrence

#### Brentwood House:

Kayleen Rischmiller  
Alberto Galleguillos  
Aurora Maser  
Carli Freisinger

#### Thrift Shops:

Carole Butler  
Merna McMorrان  
Wendy Street



## What's Inside

Special Events	Pg. 1
Notices	Pg. 2
Activity Office News	Pg. 3-4
Food Services/ Chef's Korner	Pg. 4
Assisted Living News	Pg. 5
Volunteer Services News	Pg. 6
Youth Employment News	Pg. 7
Volunteer Profile	Pg. 7
Wellness Programs	Pg. 8
Panorama Partners	Pg. 8
Computer Classes	Pg. 8



## Upcoming Special Events

### 4th Annual Christmas Craft Fair & Bake Sale

**Date:** Saturday November 20      **Time:** 10am-2pm      **Cost:** \$1 Admission

You can't miss this one! Door prizes, jewellery draws, demonstrations, delicious home-made baking and plenty of lovely hand-crafted items to choose from for Christmas gift giving. When you want a break, stop by the coffee station for a hot beverage and shortbread cookies – a great treat for \$2. All proceeds go to support SHOAL Centre Activity Programs.

### Kiwanis Pancake Breakfast with Santa

**Date:** Saturday, November 27th      **Time:** 8:30-11am      **Cost:** Adults \$7 Children \$5

It just wouldn't be Christmas without a visit from Santa. Santa arrives at SHOAL Centre for photos with the kids (young and old) at 9:30am. Meanwhile, the Kiwanis Club will be serving up a generous portion of pancakes and sausages.

### November Evening At The SHOAL Celebrates the Navy



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

A tribute to the Navy is this month's entertainment with the delightful sounds of Euphoria, a Quartet from the City of Gardens Chorus. A scrumptious buffet will be served by the Food Services Team. Wine for sale by the glass. Tickets on sale November 1 – 22. \$25 Credit card/debit accepted.



## ***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)

New members are arriving daily now, and what a thrill it is for us to welcome them. Some come to play cards, some to exercise, some to enjoy a meal in the *Tides at SHOAL* Dining Room, some wish to express their creativity in an art or craft activity, many are looking for the lifelong learning opportunity that a Computer Class offers, while still others are looking for educational information found in one of our many seminars and workshops covering a variety of health and wellness topics. No matter what the reason, all seem to enjoy the opportunity to socialize with friends or meet new ones at the Centre. I think that is the business we are really in! Don't be alone with nothing to do, when there are so many things here waiting for you. November can be a bright month, if you choose to make it so. Take a moment on November 11th to remember those who fought so bravely and gave so much, for the rest of us. Lest We Forget.

**Beacon Community Services Volunteers' Survey** Volunteer Services Coordinator, Kathy Mason and I are pleased to report that the Board has approved a survey of our volunteers. The survey will be conducted by Malatest and Associates in the last two weeks of November. They will be attempting to reach as many volunteers as possible – so please expect a phone call. Through this survey we are hoping to learn how we can continue to attract valuable volunteers and see what you think about some of our new initiatives. This confidential survey will respect your privacy, and although it is optional, your cooperation will be extremely valuable in providing us with a useful planning tool. Thank you very much.



## ***Notices***

**Remembrance Day Hours** The SHOAL Reception Office will be closed on Thursday, November 11th, so that Staff and Volunteers can observe Remembrance Day.

**Lost and Found Policy** Valuable items will be held in a safe place at SHOAL Centre for 24 hours and then turned over to the RCMP. All other items will be held for a longer, yet reasonable length of time, then donated to Beacon Community Services Thrift Shops. Please check at the Reception Desk if you believe you have lost an item at the Centre.

**TideLines OnLine Commencing in January 2011** Effective January 2011, in an effort to reduce the number of printed copies and the cost of postage, we will no longer be mailing out the TideLines newsletter. We will still have plenty of copies available for pick up at various locations within the community, and of course at the Centre. You will also be able to "subscribe" to the TideLines via our website and receive a copy each month by email. Next month we'll tell you how.

**"Who Let the Dogs Out, Woof, Woof, Woof"** For the safety of all, dogs brought into the Centre must be leashed and under the control of the handler at all times.

**Your Call is Important to Us** Sometimes, as hard as we try, we cannot decipher a name or phone number left on our telephone voice mail system. Please help us by speaking slowly and clearly when leaving messages for us to return. We wouldn't want to miss you.

**Christmas Gift Ideas** If you are looking for a special something, for that special someone this Christmas, why not give a gift that keeps on giving, like a SHOAL Centre Membership, a Lunch or Dinner Card, a 2011 Entertainment Coupon Book, or an opportunity to learn a new skill or attend fitness classes. We make your shopping easy.

**Deck the Halls – Friday, November 26th Commencing at 8:30am** With the generous assistance of members from the Peninsula Celebrations Society, all Centre members are invited to help "Deck the Halls" in preparation for a SHOAL Centre Christmas season, starting at 8:30 am on Friday, November 26th. In addition to the large Christmas tree in Auditorium A, we decorate smaller trees and hang lights and garland in other locations within the Centre. Chef Russ will be providing hot chocolate, hot mulled apple cider and cranberry shortbread cookies for all the "Volunteer Elves".



## News from the Activity Office

**Anna Cibulak, Activities and Rental Coordinator**

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

The Christmas pre-season always seems to kick-off with wonderful craft fairs throughout the Peninsula, so we hope you plan to attend SHOAL Centre's 4th Annual Christmas Craft Fair and Bake Sale. This is our main fundraiser of the year, offering a great way to do some gift shopping while supporting SHOAL programs and activities. This year we are spotlighting our Silversmithing/Faceting and Lapidary Activity groups by offering a draw for some beautiful pieces of hand-crafted jewellery. The groups will be demonstrating their skills during the fair. Come take a look.

### Win Beautiful Silver & Stone Jewellery!

A large lapis-lazuli pendant set in silver, a beaten silver bracelet and sets of silver and crystal earrings are now on display in our Lobby cabinet. There will be three draws made at the Craft Fair on November 20. Tickets are now available at our Reception Desk.

### Flu Clinic

**Date:** Thursday, November 2      **Time:** 1:30-3:30pm

**Cost:** Free for Seniors

Held in Auditorium A, this is the second of two free clinics offered by the Saanich Peninsula Health Unit, at SHOAL. Date is subject to change.

### Watercolour Plus 1

**Date:** Fridays, Nov 12, 19, 26 Dec 5      **Time:** 9:30am-12:30pm

**Cost:** \$67.50 SHOAL Members \$73 Non-Members

Offered by Instructor Janet Remmer, this creative class gives everyone, from beginners to long-time painters, the opportunity to learn more about this fluid medium.

### The Healthy Brain

**Date:** Thursday, November 16      **Time:** 1:30      **Cost:** Free

Presented by the Alzheimer's Society of BC, this workshop explains how to work on brain health. Suitable for everyone, including people with dementia and caregivers, and the public.

### BCAA Mature Drivers Workshop (limited registration)

**Date:** Friday, November 19th      **Time:** 1:30-3:30pm

**Cost:** Free SHOAL Centre Members / \$3 at the door for Non-Members

Learn how you can continue to drive safely by identifying areas that may need improving. Pre-registration is required by calling 250-656-5537.

## November Computer Classes

### Computers Don't Byte (Level 1)

**Date:** Tues/Thurs, Nov 23 & 25      **Time:** 9:30am-noon      **Cost:** \$110

### Introduction to Outlook

**Date:** Wed. Nov. 24      **Time:** 10am-noon      **Cost:** \$32

### Picasa (Level 2)

**Date:** Tues/Thurs, Nov. 23 & 25      **Time:** 1-3:30pm      **Cost:** \$110

### Introduction to Facebook

**Date:** Wed. Dec. 1      **Time:** 9:30-11:30am      **Cost:** \$67

### Introduction to Twitter

**Date:** Wed. Dec. 8      **Time:** 9:30-11:30am      **Cost:** \$67

## December Preview

### Christmas Concerts Are Coming...

Watch the December issue for dates and times of Christmas Concerts by North Saanich Middle School and more. 'Tis the season for much music with lots of singing!



## Members' Birthday Party and Meet n' Greet

**Date:** Wednesday, November 17      **Time:** 2pm      **Cost:** Free

Happy Birthday to all our members celebrating a birthday in November! Please come celebrate with us and enjoy an hour of live music. Birthday cake and coffee or tea will be served. This is time for new members to meet other SHOAL members. Join SHOAL Centre for only \$45 per year.

## A Christmas Evening At The SHOAL

**Date:** Thursday, December 16      **Time:** 5:30pm      **Cost:** \$25

Our first Christmas Evening At The SHOAL! In the past we have offered a Christmas Lunch but this year we are changing the tradition to follow the regular format of our monthly dinners. A superb Christmas buffet with all the trimmings will be served, followed by festive Christmas music with the group "Remember When", that reminds us of the joyfulness of this special season.

Tickets on sale  
December 1-13.

Flip to page 4 for more great activities ...

## News from the Activity Office *continued*



### Calling All Volunteers: Get Out Your Aprons!

This year we are planning something different for our Bake Table at the Christmas Craft Fair and Bake Sale which we hope will be a huge fundraising success. We are calling on all volunteers (or as many as possible!) to bake something for our table – and/or perhaps donate one or two jars of your homemade 2010 jam or jelly. We will schedule both adult and Youth Employment Program volunteers to work together at the Bake Table. This should be lots of fun! So please consider supporting us this year. We hope to have a plethora of luscious baked goods to offer. If you have any questions please call Kathryn. So, circle November 20 on your calendar - and get out your aprons! Thank you very much for your support.



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

#### **Chef Russ Hudson**

Phone: 250-656-5537 ext. 107

E-mail: rhudson@beaconcs.ca

Well it was another outstanding Oktoberfest this year with us selling out all

the tickets in an amazing four days; another record! Thank you all for supporting the event.

November is upon us and I am wondering where the year 2010 has gone. It has been another amazing year for the Food Services team with an increase in the number of functions over last year.

With our new catering menu now complete, we invite those of you who are considering a catered event to pop in and see us. We are certain you will be impressed with what we have to offer.

### **What's for Dinner?**

If you would like to plan ahead to enjoy a meal in the *Tides* at Shoal Dining Room, copies of the weekly menus are available at the Reception Desk.

### **Tuck Shop Fall Hours**

The Tuck Shop is open from 9am to 3pm Monday through Friday and from 10am to noon on Saturdays for "Tuck and Trivia".

## ***Food Services***

### **November Evening at the SHOAL Celebrates the Navy**



#### ***"Our Nautical Menu"***

Brown Sugar Crusted Roast Loin of Pork  
Apple Cranberry Stuffing  
Red Current Jus Lie

Parmesan Baked Lemon Chicken

Dilled Buttered Parisienne Potatoes  
Vegetable Fried Rice  
Orange Glazed Carrots with Fresh Basil  
Steamed Wax Beans

Coleslaw

Warmed Dinner Rolls

Cherry Streusel Cake with Almond Cream

Cost for the function will be \$25 per ticket. We look forward to seeing you on the 25th of November!



## 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)

I hope you all had a very Happy Thanksgiving! Residents had lots of fun creating a scarecrow, surrounded by sheafs of corn and many varieties of squash. We do indeed have so much for which we are thankful. After Thanksgiving the scarecrow was magically transformed for Halloween and decorations artfully created.

**Music:** Michael Majocho entertained the residents with a great hour of guitar music and singing. Rey led a Karaoke afternoon which was lots of fun. Residents tested out their singing voice into the microphone. We were also entertained by the wonderful local quartet, known as “Strait Up.” Allan Slade from the Conservatory of Music continues his weekly “Music Exploration” classes.

**Activities:** “Chocolate” Bingo leads to much laughter as does our Carpet Bowling. We are very thankful to Jacki and her boys, for helping out with this activity. Our monthly visits from dogs from “Pats” bring a lot of smiles.

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 are well attended and we are now incorporating some “Chair Dance”. The “Yoga in a chair” is very popular. Thank you to Kathleen.

Oct 1st is designated by the U.N. as “**International Day of Older**

**Persons”**. We honoured our residents with a special Afternoon Tea.

Residents brought along many interesting personal treasures that were unique to them, to share with everyone. We were able to catch a deeper glimpse into each other’s lives and achievements. We have amazing artists, crafters and collectors in our large family at Shoal.

**Christmas Luncheon:** This family event for the residents in the Assisted Living and Independent Living will be on December 21 this year. Chef Russ is planning an amazing and tasty Christmas menu for this special Christmas Luncheon. Please watch for posters regarding this event to let you know how to register. Family and friends are welcome to attend and we heard that Santa will be there!

**Educational Seminars:** We had 2 excellent presentations in October.

- “Cold and Flu Prevention” presented by Dr. M.J. Atkins from Peninsula Naturopathic Clinic.
- “Understanding Dementia” presented by Christine from Alzheimer Society, British Columbia. This is the first of a series coming to Shoal Centre.

**Family members are always welcome to join in activities.**

### 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](http://www.beaconcs.ca).



## Volunteer Services News

**Kathryn Mason, Volunteer Services Coordinator**

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

*November always seemed to me the Norway of the year.  
.... Emily Dickinson*

### Canada's 28th Governor-General, David Johnston

emphasized service to country, family and community when he delivered his speech, during his October 8th swearing-in. He outlined three pillars he believes are essential to achieving a "smart and caring nation" -

1. Supporting families and children
2. Reinforcing learning and innovation
3. Encouraging philanthropy and volunteerism.

Thank you Sir - we could not agree more!

### Attention all BCS Medical Drive Clients

If you receive Volunteer Medical Drives from us, please note that you will now need to give us a minimum of one week notice in order for us to be sure of scheduling a Driver for you. We hope that by increasing the booking time, we will be able to fill more of your Medical Drive requests. We will continue to fill Emergency Medical Drive requests, if at all possible - but cannot guarantee that we can do so. Also, please note: the BCS Volunteer Services office is always recruiting volunteers for this wonderful program! Thank you.

### Advanced Notice!

### BCS Volunteer Christmas Lunch

Please consider this a holiday 'heads up'. We will be hosting our annual Christmas Lunch at SHOAL Centre for BCS Volunteers, on Wednesday, December 8. Invitations will arrive soon.

**Thanks for the Memories** After volunteering for Beacon Community Services since 1992, Jack Vaughan has decided to say 'adieu'. This is going to take awhile to sink in - for both Jack and ourselves! Jack will continue with some of his other community volunteer work, but he wants to slow down a little. Jack, you certainly deserve that, and more! Recently Jack was nominated for a 2010 VERA award (Valued Elder Recognition Award). Each year, The Centre on Aging, University of Victoria recognizes and honours individuals who, over their lifetime, have given exemplary service in helping others. While volunteering with BCS, Jack has been involved with many programs; the Youth Employment Program, Thrift Shops, Visiting and the Medical Drive program. We wish you the very best in what lies ahead, Jack. Although we are counting on you popping in to say 'howdy' as often as you can. Thank you very much.

### Volunteer Survey

SHOAL Centre Manager, Judy Wiggins and I are pleased to report that the Board has approved a survey of our volunteers. The survey will be conducted by Malatest and Associates in the last two weeks of November. They will be attempting to reach as many volunteers as possible - so please expect a phone call. Through this survey we are hoping to learn how we can continue to attract valuable volunteers and see what you think about some of our new initiatives. This confidential survey will respect your privacy, and although it is optional, your cooperation will be extremely valuable in providing us with a useful planning tool. Thank you very much.

### A Fun Way to Support BCS Volunteer Services

For many years Joyce Bezusko (Tidewater Inspirations) has held the First Chance (November 6 and 7) and Last Chance (December 10, 11, and 12) Craft Shows at Mary Winspear Centre. Generously, Joyce donates some of the proceeds from these shows to Beacon Community Services, Volunteer Services. Admission is \$3 for a weekend pass, children under 12 are free. Please support BCS Volunteer Services programs by attending.

## Volunteer Services Fundraiser! Entertainment Coupon Books 2011

The 2011 coupon books have arrived! Please stop by the Reception Desk and look at our sample copy. You will find that one of these books (or more - they make great holiday gifts!) will provide you with wonderful savings. Not only do people purchase these books for 'dinners out' but they delight in using coupons for such places as the Art Gallery of Victoria, Seattle Victoria Clipper, Victoria Symphony, Belfry Theatre, Imax Theatre, Chemainus Theatre Festival and much more. The books are still just \$30, and we accept cash or cheque. Support Volunteer Services by purchasing one today.

**Condolences:** We extend our deepest condolences to Sandy Bumpus, Thrift Shop Volunteer, on the recent death of her husband. We offer heartfelt thoughts and prayers to Sandy and her family at this time.



## Youth Employment Program News

**Sarah Cameron, YEP Coordinator**

Phone: 250-656-5537 ext. 118

E-mail: scameron@beaconcs.ca

It is November 2010; that means I have been at SHOAL Centre for one full year! What a wonderful year it has been. I feel fortunate to have met so many wonderful volunteers, members, residents and guests at SHOAL Centre. The year has flown by, just like October...

### YEP Courses and Workshops

In October, YEP students were able to take a **Community Volunteer Certificate Workshop** which assists youth in finding meaningful volunteer opportunities based on their interests. Students can complete the workshop and 30 volunteer hours to receive their certificate.

YEP students also had the opportunity to take an **Emergency First Aid** course on October 22. This is an important certificate to obtain for personal safety and ensuring the safety and well being of others. It is also an important certification to have on your resume. Congratulations to those students who are now EFA certified!

On November 12th, YEP is offering the **Food and Beverage Service Certificate** course from 1-5pm at SHOAL Centre. This course is open to anyone who is interested in employment in the food and beverage industry. YEP will also be offering a three part course this month on finding employment. These sessions will help to prepare YEP students for the 2nd Annual Youth Job Fair in March 2011. Dates and topics include:

<b>Resume Writing</b>	Saturday, November 13	1-3pm
<b>Cover Letter Writing</b>	Saturday, November 20	1-3pm
<b>Interview Skills</b>	Saturday, November 27	1-3pm

Although it is only November, Christmas celebrations seem to be in full swing – and I love it! It seems like long ago that my siblings and I would wake up at 5am to see if Santa came, but I still feel that same excitement around Christmas. Look for our YEP students in their yellow shirts volunteering at numerous Christmas events.

**The “Blinkies” are back!** For the past few years YEP has sold blinking Christmas pins to raise funds for the program. Funds raised support training opportunities for youth, cover travel expenses for YEP volunteer job coaches and assist with costs for the Youth Job Fair. The blinkies, as well as gift tags made by our YEP students, will be sold at the Christmas Craft Fair (Nov 20) and Breakfast with Santa (Nov 27). They will also be available at the Tuck Shop. I hope to see you all there!



### Volunteer Profile: Paralee Hallum

Paralee has volunteered with BCS since June 2008. During this time she has helped at SHOAL Reception and the Medical Drive Desk, and has worked as a Job Coach with the Youth Employment Program.

Paralee was born in Zeballos, BC where her grandfather owned and ran the General Store. Her father and uncle followed in their Dad’s footsteps and went into business there themselves. For a period time during her early years, Paralee moved back and forth from BC to Alberta with her family. She graduated from school in the Vancouver area. She continued to live in both provinces in later years, working in such businesses as banks and hotels. Paralee is mother of one son and has one grandchild.

Travelling is something that Paralee has been very fortunate to be able to do – exploring Europe, Morocco

and Mexico. She once drove from Denmark to the tip of Greece and still nurtures a love for the Yucatan Peninsula.

The Arts have played a big part in Paralee’s life. She has turned her hand to many artistic disciplines over the years. Many of you will be familiar with two of Paralee’s acrylic paintings, as her work has been chosen two years in row to be one of the Gallery of the Sea Painters. Her delightful paintings were displayed, both this summer and last, at the Sidney Fish Market on the pier and her 2010 painting is on display now at the Tulista Gallery. Paralee is a participant in SHOAL Clay Sculpture group, which began in October. She tells us that she once took a Clay workshop in Wales. As well, over the years, Paralee has studied Karate and has taught Yoga.

Recently Paralee moved from a waterfront home in Central Saanich to a Sidney condo and is now busy with renovations. We welcome the opportunity to have Paralee living closer to us, and look forward to working with her for a long time to come. Please say ‘Hello’ the next time you see her (and her beautiful smile!) behind our Reception Desk. Thank you Paralee for all that you continue to do!

## 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 the CHIP Blood Pressure Clinic, now offered weekly until December 17. Join us 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, November 22 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 meeting takes place Monday, November 8.

### Panorama Partners

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



#### Digital Scrapbooking (18 yrs+)

Location: SHOAL Centre Computer Lab

Wednesdays, Nov 10 - 17      7-8:30pm      2/\$115

#### Jive & Swing

Location: SHOAL Centre Auditorium B

Mondays, Nov 1 - 29      8:15-9:30pm      5/\$45

#### MAC - Essentials

Location: SHOAL Centre Computer Lab

Saturday, Nov 13      9:30am-12:30pm      1/\$59

#### Bridge: Improving Your Judgement in Opening the Bid

Location: SHOAL Centre Card Room

Thursdays, Nov 18 - Dec 19      9-11:30pm      4/\$50

#### Texas Hold'em

Location: SHOAL Centre Card Room

Thursdays, Nov 4 - Dec 2      7-9pm      4/\$55

#### Nutrition for You

Location: SHOAL Auditorium A

Friday, Nov 5      10-11:30am      1/\$5

#### Osteoarthritis & Osteoporosis - Common But Different

Location: SHOAL Centre Auditorium B

Thursday, Nov 18      10am-12pm      Free

#### Power Yoga

Location: SHOAL Centre Auditorium B

Wednesdays, Nov 3 - Dec 15      7:30-8:30pm      6/\$59

#### Yoga Core & More

Mondays, Nov 1 - Dec 14

7:30-8:30pm      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:** Wednesday, November 17, 2pm, SHOAL Centre. Speaker: Pat Nichol, who will get you laughing for your health! Please note: 2011 membership now due. (Still only \$10.00.) *Please no perfumes or aftershave to be worn.*

**Attention all Bakers!** Baked goods needed for the SHOAL Craft Sale: November 20 – 10am-2pm.

**Christmas Party!** Sunday, November 28. Tickets \$20 (Cut off date: November 23 at 5pm).

**Note:** There will be no meeting in December.