

TideLines

News from SHOAL Centre

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

Beacon
Community
Services



October 2011

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

BOUQUETS

A big thank you for the donation of various painting and craft supplies from the estate of Audrey Gibb. They will be put to good use!

To Keith Roberts for generously donating his time as the Computer Club Volunteer Attendant for the past year. Keith has helped many Club members with their computer challenges and questions. Many thanks, Keith!

Mark your calendars for the Christmas Craft Fair on November 12th from 10am-2pm.

*Happy
Thanksgiving!*

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Coming Events

Legends of Country Music Tribute with "Country Blend"

Date: Sunday, October 16 **Time:** 1:30pm **Cost:** Tickets in Advance \$20

Join us as we pay tribute to the "Legends of Country Music" including Dolly, Patsy, Jeannie, Kitty, Jim Reeves, Johnny Cash, Hank Williams Jr., Willie Nelson and more, performed by "Country Blend". Tickets available at the SHOAL Centre Reception Desk or by phone at 250-656-5537. Listen to their music at www.countryblend.ca

An Evening At The SHOAL Oktoberfest!

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

It's our annual Oktoberfest, featuring the rousing German music of Ron Sera, the setting of a German beer haus, and the taste of authentic German food. This event is always a sellout, so purchase tickets early. Beer and wine for purchase. Tickets on sale October 3 while quantities last. Purchase tickets by phone using Visa/MasterCard.

ShakeOut - The Great British Columbia Earthquake Drill

Date: Thursday, October 20 **Time:** 10:20am

Flu Clinics

Dates: Fridays, October 21, November 4 **Time:** 9:30-11:30am **Cost:** Free to Seniors

Held in Auditorium A, these free clinics are offered by the Saanich Peninsula Health Unit. (Dates are subject to change.)

4th Annual Hallowe'en Hot Dog Day

Date: Monday, October 31 **Time:** noon – 1pm **Cost:** \$2.75 per hot dog

It's hard to resist a Halloween hot dog with all the trimmings, as was proven during our 1st, 2nd and 3rd annual Hot Dog Days. Follow the aroma of the fried onions all the way to the Tuck Shop. There will be an additional treat for those in costume.

Fall Computer Programs

Stop by SHOAL Activity Centre to pick up the Fall 2011 Computer Lab flyer for information on upcoming daytime courses, including: Computers Don't Byte, Digital Photography, Picasa, Excel, Word and more. The Friday afternoon Computer Club has returned. See back page for more details.



From the Manager's Desk

Judy Wiggins, SHOAL Activity Centre Manager

Phone: 250-656-5537 ext. 102

E-mail: jwiggins@beaconcs.ca



There is always lots happening at the Centre in October, and this year will be no exception. Starting with safety and ending with Halloween, with lots in between. The theme for Fire Prevention Week, from October 9th to 15th this year, is "Protect Your Family from Fire". On October 20th we will be participating in the Province wide ShakeOutBC Earthquake Drill. For fun this month we bring you the ever-popular Oktoberfest, a Tribute to the Legends of Country Music Concert featuring "Country Blend", and our 4th Annual Halloween Hot Dog Day. BINGO is back each Tuesday evening to help improve your personal economy. With all this plus educational workshops and new recreational courses, you won't want to miss a minute of October at SHOAL. Read on.... and remember to "Drop, Cover and Hold On on October 20th at 10am!

Notices

Thanksgiving Holiday Hours The SHOAL Centre Reception Office will be closed on Thanksgiving Monday, October 10th. The Activity Centre will close at 7pm that evening.

Bingo is held each Tuesday evening at 6:30pm sharp! You could be a winner!

BCAA Mature Drivers Workshops

Date: Wednesday, November 30

Time: 1:30pm

Cost: Free for SHOAL Members; \$3 at the door for Non-Members

The BCAA Traffic Safety Foundation will once again be offering the Living Well, Driving Well Workshops at the Centre. These popular workshops teach you how you can continue to drive safely by identifying areas that may need improving. Please pre-register by calling 250-656-5537.

Membership Data Base Update

In an effort to maintain an accurate list of the SHOAL Activity Centre Members, we have revised our procedure. Close to the first day of each month, those whose memberships expired during the previous month, and are still outstanding, will receive a reminder telephone call. Those whose membership remains outstanding on the 15th of the following month will be removed from the membership list. Thank you for your cooperation in keeping your membership current.

Fire Prevention Week - October 9 - 15

The theme this year is Protect Your Family from Fire. The focus is on things such as cooking safety, escape planning, Stop, Drop and Roll, and smoke alarms. Escape planning also involves determining issues such as hearing loss, which may affect an occupant's ability to hear a smoke alarm or fire alarm. Did you know why Fire Prevention Week is held each year during the week of October 9th? It's in recognition of the Great Chicago Fire of 1871 that burned from October 8th to October 10th.

ShakeOut BC – Thursday, October 20th at 10:20am

The Great British Columbia ShakeOut happens October 20th at 10:20am. **"Drop, Cover and Hold On"**. **DROP** to the floor as the shaking starts so that you are not thrown to the floor. Take **COVER** under a desk, table, or even a chair, anything to protect yourself from flying objects. **HOLD ON** to what you are cowering under, so it does not dance away from you during the shaking. If you are in a wheelchair, lock the wheels and protect the back of your head and neck with a pillow or your arms, and bend over to protect yourself if you are able. If you are in bed stay there and hold on; protect your head with a pillow. The drill on October 10th is a chance for us to practice, so that in the event of a real earthquake we know what to do. The SHOAL Centre fire bells will sound to indicate the start and end of the drill.

Privacy Matters

As the Activity Centre is located adjacent to private residences, we ask that you respect the privacy of those living in the building, both Independent Living and Assisted Living residents, by remaining in the Activity Centre during coffee breaks etc. and not wandering down the hallways into the residential areas. We appreciate your cooperation.



News from the Activity Office

Anna Hudson, Activities and Rental Coordinator

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

Please note that I am now using my new married name, Anna Hudson. Our lovely September has come and gone and October is here with its harvest richness and Thanksgiving themes. There is much to be thankful for at the Activity Centre as programs continue to grow. Here is some of the harvest we're offering:

Cardio Conditioning Drop-In

Dates: Every Monday, Wednesday, Friday

Time: 8:45 – 9:45am **Cost:** \$4 Member; \$5 Non-Members

Drop in for this early morning fitness class, a moderate low-impact aerobic workout combined with strengthening exercises and floor work.

Beginner French Conversation Course

Date: Tuesdays, October 4, 11, 18, 25 November 1, 8, 15, 22

Time: 10am to 12 noon **Cost:** \$90 Member; \$115 Non-members

Back by popular demand, this course is designed for beginners who have some French basics. Reception can connect you with French Tutor Beatrice Van Winden to make sure that this class is the right fit for you before you register. It's a fun and stimulating way to prepare for traveling, or just keeping your mind active.

Calligraphy – Lettering and Watercolours – Part Two

Date: Wednesdays, Oct 5, 12, 28; Nov 2, 9, 16 (no class Oct 19)

Time: 1-3:30pm **Cost:** \$95 Members; \$115 Non-Members

Instructor Connie Furgason will build on skills learned last spring - the art of beautiful lettering, incorporating colour into both text and background. Newcomers are welcome. Full supplies and tools can be purchased on the first day for \$20, but please bring a pencil, ruler and eraser (white or kneaded artist's eraser).

Advance Health Care Planning – Representation Agreements and Living Wills

Date: Thursday, October 13 (call to register)

Time: 2pm **Cost:** Free Members; \$3 Non-Members

Have you thought about who would make health care decisions for you if you were unable to speak for yourself? Would you like to learn more about this topic? Emma Kelly, RN, Advance Care Planning Nurse with Seniors At Risk Integrated Network (SARIN) can help.

Adventures in Growth Workshop Series with Nancy Gray-Hemstock & Annie Klein

Dates: Monday, October 17 – “Wild Wonderful Women”

Monday, October 31 – “Friendship and Community”

Monday, November 7 – “Say YES to Life”

Times: 1:30 – 3:30pm **Cost:** \$10 Members, \$12 Non-members

Take all three and save! \$25 Members, \$30 Non-members

These workshops will explore the concepts in the pioneering book, *From Aging to Sage-ing*, which teaches us to embrace the aging process with confidence and curiosity. *Sage-ing* is approaching aging as a positive journey filled with wisdom, learning and spirituality. An uplifting and fun experience.

Bridge Lessons - Absolute Beginners Only

Date: Thursdays, October 13, 20, 27, November 3, 10, 17

Time: 1– 4pm **Cost:** \$30 members; \$35 Non-Members

Instructor Helen Mansfield teaches those with no bridge experience. Small class size, so sign-up early.

FallProof

Date: Mondays & Fridays, Oct. 17 to Nov. 14 (No class Nov 11)

Time: 1:30 – 2:30pm **Cost:** \$99 plus HST

Continuing by popular demand, this 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.



November Preview

Watercolours Plus White

Date: Fridays, November 4, 18, 25 December 2

Time: 9:30am – 12:30pm **Cost:** \$70 Members, \$76 Non-Members

This class is about using Gouache (pronounced GWASH), giving the painting a creamier look and texture. The results are quite different from pure watercolours and for those who want to experiment, this is a brand new class.

5th Annual Christmas Craft Fair & Bake Sale

Date: Saturday November 12

Time: 10am-2pm **Cost:** \$2 Admission

Yes, already Christmas planning is upon us! This is a good way start on unique gift shopping while also stocking up on some home-made Christmas baking. Door prizes, demonstrations and more!

November Preview:

An Evening At The SHOAL with the Victoria Police Choir

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

The Victoria Police Choir will sing for the first time at SHOAL! Much in demand, this group will bring in the crowd, so call early to purchase tickets by phone when they go on sale November 1, while quantities last. Enjoy SHOAL's famous buffet dinner, with wine for sale by the glass.

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

Date: Wednesday, October 19 **Time:** 2pm **Cost:** Free

Happy Birthday to all our members celebrating a birthday in October! Please come celebrate with us and enjoy some live music, a Birthday cupcake and coffee or tea. This is a time for new members to meet other SHOAL members.



Chef's Corner

Chef Don Bottcher

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

Healthy Meals Away from Home

Dining out can be a treat, especially if enjoyed with a friend. By making wise choices you can easily follow a healthy meal plan. The following tips may help you to watch your fat and sugar intake.

- Choose broiled, roasted, steamed or poached rather than fried or sautéed meat, fish and poultry
- Ask for small portions of meat {4 ounces or less}
- Skip the french fries and have a green salad
- Ask for gravy, sauce or salad dressing to be served on the side
- Use a small amount of Becel margarine on bread
- At a buffet, choose lower fat items such as roasted meat, plain rice and vegetables, green salad and raw vegetables, whole wheat rolls and fresh fruit or fruit salad for dessert

Tangy Vegetable Dip serves 2

3/4 cup plain yogurt

1 tablespoon mayonnaise

1/2 tablespoon sweet pickle relish

Method

Combine yogurt, mayonnaise and relish and mix well. Use with your favourite raw vegetables: carrots, celery, peppers, cherry tomatoes, broccoli or cauliflower.

Food Services

OKTOBERFEST Menu

Sauerbraten: Marinated Roast Beef

Gebackene Lachs: Baked Salmon Dijon

Bratkartoffeln: German Fried Potato

Spaetzel: Homemade German Fried Noodle

Braised Red Cabbage

German Style Coleslaw

Warm Dinner Rolls

Black Forest Cake

*Think of SHOAL for your next event!
See our new Event Catering Menu and
Memorial Tea Package on our website at
www.beaconcs.ca/pages/shoal.*

4th Annual Hallowe'en Hot Dog Day

Date: Monday, Oct 31 **Time:** noon-1pm **Cost:** \$2.75 / hot dog

It's hard to resist a Halloween hot dog with all the trimmings, as was proven during our 1st, 2nd and 3rd annual Hot Dog Days. Follow the aroma of the fried onions all the way to the Tuck Shop. There will be an additional treat for those in costume.

Saturday Tuck Shop Closure

Regrettably, effective October 1st and ongoing, the Tuck Shop will be closed on Saturdays due to lack of interest. We regret any inconvenience this may cause.



SHOAL Assisted Living

Deborah Carney,
Manager
SHOAL Assisted Living

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Wendy Hall,
Activities Coordinator
SHOAL Assisted Living

Phone: 250-656-5537 ext. 119
E-mail: whall@beaconcs.ca

Welcome to our new residents! We are happy you have chosen to live at SHOAL Assisted Living and hope you will be very happy in your new home. Here's what we offer at SHOAL Assisted Living:

- Thirty Assisted Living suites with personal alarm system and 24hr on-site 'Vigil' emergency response
- Personal homecare services and weekly linen and housekeeping service
- Bathrooms have walk-in showers and are fully accessible
- Beacon operated kitchen provides lunch and dinner daily
- Excellent activity program

It's Thanksgiving! Take time this season to be grateful, look for every opportunity to acknowledge the good in other people and open your eyes to the beauty that is all around. We are thankful for scarves and sweaters on crisp cool days, for laughter and fun, for costumes and decorating, for two hearty meals every day in our dining room, for the wonderful people who work and live at SHOAL, for good friends and family and to God for His many blessings.

Music

- Residents enjoyed Ian Robinson on his guitar and we look forward to Graham McCallum playing "Show Tunes" on our newly donated piano.
- A Bunch of Thyme" will also be back to entertain us.
- Allan Slade from the Conservatory of Music continues his weekly "Music Exploration" classes.

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

Activities

- Residents enjoyed an afternoon of sharing favorite photos, which led to much discussion and laughter as they took a walk down memory lane.
- Our September bus outing was a scenic drive to Beacon Hill Park, complete with a stop for Ice cream.
- Our monthly 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.
- In October we will celebrate "International Day of Older Persons". This will be an opportunity for residents to display their hobbies and collections with their neighbors.
- We look forward to hosting a group from Japan who will be able to see activities our residents are involved with and hopefully take back some new ideas.



Happy Thanksgiving to all!

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

Never jump into a pile of leaves with a wet sucker.

- Linus, from Charlie Brown

As Autumn swings into focus, we find ourselves once again moving at a faster pace in Volunteer Services. Drive requests have increased and monthly meetings, both in house and throughout the community, are being marked on each page of the calendar. How is it possible to be stepping into Autumn on the one hand and planning Spring and Summer 2012 meetings and events on the other? I can't help but wonder if retirement is any different? Although from what I hear from all the busy and involved people at SHOAL, I suspect not!

Welcome New Volunteers!

SHOAL Office: Sylvia Maddocks

Assisted Living: Pauline Bruckel-Mills, Chester Fitzzaland

Basic First Aid with CPR 'A'

We are pleased to be able to offer BCS volunteers, who work with Volunteer Services clients in a 'one to one' situation, a 4 hour First-Aid course. We are offering two morning classes. There is still room in the Thursday, November 17th class. This course is offered at no charge to BCS volunteers. For more information or to add your name to the class lists, please call SHOAL at 250-656-5537.

Condolences

We offer our sincere condolences to long time Thrift Shop Volunteer, Eve Mitchell on the recent death of her husband. Our thoughts are with Eve and her family at this time.

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 a variety of activities such as morning walks, regular coffee get-togethers, bowling, golf (both 9-hole and putting), lunches or dinners out, ferry trips, picnics and barbecues, weather permitting. *Please remember, no perfumes or after shave!*

Next Meeting: Wednesday, October 19, 2011, 1:45 pm, SHOAL Activity Centre – Auditorium A.
For more information, please contact Kathryn Mason at 250-656-5537 ext. 106.

Annual Fundraiser

Entertainment 2012 Coupon Books

For many years the sale of coupon books has helped to support the many wonderful BCS programs and services has come to depend upon - all delivered by volunteers.

For just \$30 (cash or cheque only please) find great savings on dining out, casual & family dining, fast food & carryout, entertainment & sports, travel and hotels, and retail & services. Pick one up today! They make great holiday gifts!

Please note - if you have a 2011 Coupon Book, all coupons found in that book are valid until November 1, 2011. When you purchase a 2012 Coupon Book, all the coupons found in that issue will be immediately valid until November 1, 2012.

Advance Notice – Mark your Calendars!

BCS Volunteer Christmas Lunch

Every year we celebrate and honour our tremendous BCS Volunteers with a Christmas Lunch at SHOAL Centre. This year the Christmas Lunch will be held on Friday, December 9th at 12 noon. Invitations will be mailed to all BCS Volunteers closer to the date.

Reminder! Criminal Record Check Updates

If you are a BCS Volunteer and have received a letter requesting that you update your Criminal Record Check, but have not had a chance to do so yet, please proceed with the process. If you need more information or would like to ask any questions, call Kathryn at 250-656-5537. All BCS staff and volunteers are required to have a CRC every 5 years. Thank you for your attention to this matter.

BCS Volunteer Staff

Mileage Reimbursement Rate

Just a reminder that the mileage reimbursement rate for volunteer staff was increased from \$0.41 per KM to \$0.43 per KM on May 1, 2011. If you have submitted mileage claims since May rest assured that your claim was calculated at the new rate.



Youth Employment Program News

Sarah Cameron, YEP Coordinator

Phone: 250-656-5537 ext. 118

E-mail: scameron@beaconcs.ca

October is a month full of fun activities, good food and laughs; but as we gear up for Thanksgiving, Halloween and Oktoberfest, we can't help but wonder how September flew by so fast!

Although busy with back-to-school commitments, our YEP Students continued to help at the Peninsula Country Market on Saturdays, volunteered at the Rotary Games during the Saanich Fair and served and cleared at our Evening at the SHOAL on September 29th. We are so thankful for the volunteer help that the YEP Students provide for all of our Evening at the SHOAL events from September through June each year. They play a big role in making these monthly dinners so special! Expect to see them in their yellow shirts at Oktoberfest on October 27th!

Are you between the ages of 14 and 18?

Sign up for the Youth Employment Program! We are always accepting applications and provide paid work, volunteer opportunities, courses and training all year round. Call 250-656-5537 ext. 118 for more details.



Volunteer Profile: Patricia and Hans Brygger

Beacon Community Services is fortunate to have many 'couples' who volunteer with us to help deliver our programs and services. Once such couple is Patricia and Hans Brygger. Hans has been a volunteer Medical

Driver since 1997. Patricia started volunteering with BCS in 1998 and over the years has volunteered as a Visitor, Driver, Drive Desk Volunteer and, on occasion, filled in for one of the SHOAL exercise instructors. Not to mention modelling in our BCS Thrift Shop Fashion Shows! Patricia continues to be a Driver and still comes in every Tuesday morning to work the Drive Desk. In earlier years Patricia and Hans helped with many Craft Fairs.

Fall Youth Employment Program Courses

Our fall courses began on September 23rd with YEP students getting their FOODSAFE Certifications. This month, our Employment Preparation Workshops will begin on October 8th. We encourage all youth to register for these workshops to get some expert advice on resume writing, cover letter writing, interview skills training and job search strategies. Call and register for these classes today because courses can fill up!

Employment Prep Courses

*Attend all three courses for \$25 or separately for \$10 ea.

• Resume and Cover Letter Writing

Date: Saturday, October 8 **Time:** 12-3pm **Cost:** \$10*

• Interview Skills

Date: Saturday, October 22 **Time:** 1-3pm **Cost:** \$10*

• Job Search Strategies

Date: Saturday, November 5 **Time:** 1-3pm **Cost:** \$10*

Microsoft Office Overview

Date: Friday, October 21 **Time:** 9am-3pm **Cost:** \$150

Many employers seek candidates with a background in Microsoft Office. Take this one day course to refresh your computer skills and to get an overview of Microsoft Office Programs used in the workplace.

Emergency First Aid with CPR-C

Date: Monday, November 14 **Time:** 8:30am-4:30pm **Cost:** \$58

Please note: course prices are for active YEP students. Call Sarah to find out more about registering for courses as a non-YEP student.

Patricia was born in Edmonton but grew up in Morinville, Alberta. She is the 10th of 13 children. During earlier years, Patricia worked in retail sales, as a stenographer and, while living in Calgary, worked as a model. In fact, Patricia once won 1st place in a Canadian pageant – where over 800 contestants had entered. If you know Patricia, you can easily believe this! During the 50's, Patricia and a friend hitchhiked and worked around much of the world, traveling and working in New Zealand, Australia, England, Wales and Scotland. Arriving in Europe they found that language became more of an issue in finding employment, and they returned home.

Hans was born in Skive, Denmark – an only child, unlike his wife Patricia! He worked as a heavy duty mechanic in Denmark on the Danish Faroe Islands and Greenland. In 1954, Hans moved to Canada. He landed in Edmonton, where Immigration had arranged for him to travel directly to Camrose, Alberta. Being a Danish trained mechanic made Hans extremely employable! He worked both in Alberta and the North West Territories and

...continued on page 8

Volunteer Profile continued ...

while working at Northern Transportation in Edmonton, he met another company employee – the future Mrs. Brygger! They married in 1962 and now have 2 children and 4 grandchildren. Patricia volunteered at Rockyview Hospital and at the Glenbow Museum as a docent while living in Calgary.

Patricia had a sister living in Sidney, so in 1995 Hans and Patricia moved here. Hans has been a sailor all his life so together Patricia and Hans have enjoyed many years of happy sailing as well as playing tennis, cycling, swimming, hiking and playing bridge. They are one active couple! Working with them brings us much pleasure and we know that you will want to say 'hello' when your paths next cross. Thanks Patricia and Hans for all that you do!

SHOAL Wellness Programs

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

Better Breathers Program for those with breathing difficulties is held on the 4th Monday of every month in Auditorium B. Next meeting is Monday, October 24. For information call Kelly Ablog-Morrant 1-800-665-5864.

Family Caregivers' Support Group This group now meets on the 3rd Tuesday of each month, 10am – 12 noon in the SHOAL Activity Centre Lounge. Next meeting is Tuesday, October 18.

Panorama Partners

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

Night Club Slow Dancing

Fridays Oct 28 – Dec 2 8:15 – 9:30pm 5/\$47

Painting in Oils

Mondays Oct 3 - Nov 28 7 - 9pm 8/\$120

Before the Click - Digital Cameras

Saturday Oct 15 9am - noon 1/\$59

After the Click - Digital Cameras

Saturday Oct 29 9am - noon 1/\$59

Computer Essentials

Sundays Oct 16 - Oct 30 1 - 4pm 3/\$175

Picasa Essentials

Saturday Oct 15 1 - 4pm 1/\$59

Picasa the Next Step

Saturday Oct 29 1:30 - 4pm 1/\$49

Power Point 2010 Essentials

Saturday Nov 5 9am - noon 1/\$59

The Art of Writing and Self- Publishing Creative Non-Fiction

Saturday Oct 29 10am - 3pm 1/\$45d

Kobudo - Okinawan Weaponry 19 yrs+

Wednesdays Nov 2 - Dec 14 7pm - 9pm 7/\$70

Chronic Pain Management Workshop

Thursday Oct 20 1 - 3pm FREE

SHOAL Computer Lab

Pick up a copy of the Daytime Computer Programs Flyer:

Microsoft Word 2007	Date: Tuesday, October 4	Time: 9am-3pm	Cost: \$150
Macs for Beginners	Date: Thursday, Oct. 6-Oct.27	Time: 1-3:30pm	Cost: \$166.88
Computers Don't Byte (Level 2)	Date: Tuesday, October 11	Time: 9am-12 noon	Cost: \$54
Fun with Photos – CREATE*	Date: Tuesday, October 11	Time: 1-3:30pm	Cost: \$54
Microsoft Office 2007 Overview	Date: Friday, October 21	Time: 9am-3pm	Cost: \$150
Fun with Photos – MORE*	Date: Tuesday, October 25	Time: 1-3:30pm	Cost: \$54
Outlook Express	Date: Tuesday, October 25	Time: 9:30am-12 noon	Cost: \$54

*Fun with Photos - BASICS will run again November 23rd - take all three Fun with Photos courses for \$145.

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.