

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

September 2011

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BOUQUETS

A big thank you to Irene Harvey for her generous donation of several complete skeins of wool for our Knitting group.

Much appreciation to Irene Phillips of Victoria for her donation of a grinder/polisher "Genie" and enameling materials for the Lapidary, Silversmithing and Faceting Activity area. They will be put to good use.

To Nicole Barrett, our fabulous Summer Student, for all her excellent work in the Activity Centre and the Assisted Living area. We will miss Nicole, but wish her all the best with her future studies and career, which promise to be bright.

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Upcoming Special Events

An Evening At The SHOAL September

Date: Thursday, September 29

Time: Doors open 5:30pm

Cost: \$25

The Victoria Ballroom Society will bring their team of dancers to perform at the launch of our new 2011-2012 Evening At The SHOAL season. A regular monthly feature, these dinner and entertainment events are very popular in the community. Buy tickets early, by phone using VISA or MasterCard. Wine available for purchase by the glass. Hope to see you there!

Active Aging Open House (see back cover for full details)

Date: Saturday, October 1

Time: 10am-2pm

Cost: Free

Join us for this wrap-up to Active Aging Week and introduction to many of the activities we will be providing at SHOAL Activity Centre this fall. There will be a series of short educational sessions, Activity Leaders on hand to provide demonstrations, informational booths, music, door prizes, refreshments and tours of the Centre. Watch for a schedule of week long events. See you here!

New! Cardio Conditioning Drop-In (see details on page 3)



From the Manager's Desk

Judy Wiggins, SHOAL Centre Manager

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It seems that summer arrived just in time for fall. Luckily, we are ready and waiting for you, with an action-packed line-up of activities, both new and old favourites. Our theme moving into the fall is Active

Aging. In addition to the special events planned during this year's Active Aging Week, starting on September 26th and ending with our Open House on October 1st, we celebrate Active Living year round. What's new this fall? Try Cardio Conditioning, FallProof, Novice Sketching, Recycled Jewellery, Quilling, Clay Bead Making. What old favourites are still available? Try Yoga in a Chair, Stretch and Strength, Chair Fit, Still Life with Mixed Media and Collage, Calligraphy, Beginner French Conversation. There will be no excuse not to be aging actively this fall. In between classes why not enjoy lunch in the *Tides* at SHOAL Dining Room. It's open to the public, daily. Enjoy the final days of summer; those lazy, hazy dog days.

Notices

Labour Day Holiday Hours

The SHOAL Centre Reception Office will be closed on Labour Day, Monday, September 5th. The Activity Centre will close at 7pm that evening.

Bingo

Bingo will resume on Tuesday, September 6th at 6:30pm sharp!

BCAA Mature Drivers Workshops

Dates: Friday, September 30 or Friday, 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.

Blood Donor Clinic: "It's in you to give."

Canadian Blood Services is holding Blood Donor Clinics Wednesday, September 21 and Thursday, September 22 at SHOAL Activity Centre. Appointments are required so please call their organization at 1-888-2Donate (1-888-223-6283).

Order Your 2012 Entertainment Coupon Books (Vancouver Island Edition)

For many years, the Volunteer Services area of Beacon Community Services has sold Entertainment Coupon Books. You'll find coupons for Dining Out, Casual & Family Dining, Fast Food & Carryout, Entertainment & Sports, Travel and Hotels as well as Retail & Services.

Money raised helps to support the many wonderful BCS programs and services our community has come to depend upon – all delivered by volunteers. These books still sell for only \$30.00 (cash or cheque only please).

We are now taking orders for the 2012 issue. Please leave your name and phone number with Kathryn Mason at 250-656-5537, ext. 106. She will contact you as soon as the books are delivered to SHOAL Centre.

The books make great 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.

Membership Checks

Membership checks will take place at random during the fall. If you are participating in an activity that requires you to have a SHOAL Activity Centre Membership or paying the membership rate for a drop-in or registered program, please have your membership card ready and be prepared to show it when asked. Your cooperation is appreciated.



News from the Activity Office

Anna Cibulak, Activities and Rental Coordinator

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

We're off to a running start! A new fitness class, FallProof and Yoga courses, new fun Mini Craft workshops, Painting, Sketching and Clay Works sessions, and the return of all of our regular Drop-in Activities are offered this month to adults of all ages. Come by for a flyer outlining details, dates and times. And why not enjoy a fresh scone and coffee from the Tuck Shop at the same time? Come in and see us!

NEW Cardio Conditioning Drop-In

Dates: Every Monday, Wednesday, Friday (starting after Labour Day)

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

Join us for this mild to moderate low-impact aerobic workout combined with strengthening exercises, floor work, and ending with a stretch. Taught by a PRC Certified Fitness Instructor.

Yoga In A Chair

Dates: Fridays, September 9, 16, 23, 30 October 7, 14, 21, 28

Time: 12:30 – 1:30pm **Cost:** \$90

This is a very popular class. Instructor Kathleen Fournier, Certified Yoga Instructor, works with seniors to improve quality of breath by increasing lung capacity and strengthening the respiratory system. Gentle postures will help to improve circulation, flexibility and balance, as well as strengthen muscles and nerves.

FallProof

Date: Mondays and Fridays, September 12 to October 7

Time: 1–2pm **Cost:** \$99 plus HST

Afraid of falling? The FallProof program teaches strategies for improved standing posture, better walking ability and improved ability to recover from a loss of balance. Taught by two Registered FallProof Instructors who offer individual attention in a small group setting.



Still Life with Mixed Media & Collage

Date: Fridays, September 23, 30 October 7, 14

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

Working with watercolour paint, acrylics and paper as a base to sketch simple still life shapes, students will create their own paintings by experimenting with design, texture and colour. Janet Remmer, Instructor.

NEW! Mini Workshops with Wendy Franklin

Take each workshop separately or sign-up for all three for a discount price of \$70 plus HST Members; \$80 plus HST Non-Member.

✂ Novice Sketching

Date: Monday, September 12

Time: 1-3pm

Cost: \$25 plus HST Members; \$30 plus HST Non-Members

Learn the basics of sketching in this two hour workshop, designed for those with limited sketching experience. Take home two completed projects matted and ready to frame.

✂ Recycled Jewellery

Date: Monday, September 19

Time: 1-3pm

Cost: \$25 plus HST Members; \$30 plus HST Non-Members

Using recycled jewellery items, create new unique pieces, from earrings and brooches to boxes and bottles.

✂ Quilling

Date: Monday, September 26

Time: 1-3pm

Cost: \$25 plus HST Members; \$30 plus HST Non-Members

A very creative technique using long narrow strips of coloured paper to create flowers and birds. You will decorate a small jewellery box which can be used as a gift box, and other wonderful creations.

Clay Bead Making & Design

Date: Tuesdays, September 27, October 4, 11, 25 (No class Oct 18)

Time: 10am-12noon **Cost:** \$70 Members; \$76 Non-Members

Bring \$10 on the first day for clay and all other supplies.

You will be thrilled at the jewellery you create guided by Instructor Janet Remmer in this four week course.

October Preview

Calligraphy – Lettering and Watercolours – Part Two

Date: Wednesdays, October 5, 12, 28; November 2, 9, 16

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).

Beginner French Conversation Course

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

Time: 10am to 12 noon **Cost:** \$90 Members, \$115 Non-Members

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

Fall Computer Programs

Stop by SHOAL Activity Center 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 will return on September 9th. Sign up today!

October Preview:

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.

Members' Birthday Party and Meet 'n' Greet

Date: Wednesday, September 21 **Time:** 2pm **Cost:** Free

Happy Birthday to all our members celebrating a birthday in September! Please come celebrate with us and enjoy some live music, Birthday cake 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

Leftovers

Food cannot always be purchased or prepared in the exact amount that will be used at one meal, and it's difficult to estimate the amount of food that will be eaten. So there will be leftovers. With a little imagination and care they can be turned into tempting dishes.

- Cool leftover food quickly and store in the refrigerator. Use refrigerated leftovers within two or three days after cooking.
- When freezing leftovers, wrap them tightly to keep them in good condition and to save the nutrients.
- Frozen leftovers should be used within a month.
- Leftovers can be the basis for many economical, time saving meals such as soups, sandwiches [hot or cold] creamed or scalloped dishes, casseroles, main dish salads and puddings.

Tuck Shop Fall Hours

Tuck Shop fall hours will resume effective Tuesday, September 6.

Food Services

Chicken Waldorf Salad serves 6 to 8

Great recipe for leftover chicken!

- 1 cup of cooked chicken breast
- $\frac{3}{4}$ cup of diced celery
- $\frac{1}{4}$ cup raisins
- 3 apples peeled, cored and diced
- $\frac{1}{2}$ cup of salad dressing or mayonnaise
- $\frac{1}{2}$ cup plain yogurt
- $\frac{1}{3}$ cup toasted and chopped walnuts

Method

In a large container toss together the chicken, celery and raisins.

Mix the diced apples, mayonnaise or salad dressing, and the yogurt. Combine the dressing with chicken, celery and raisins, sprinkle with the chopped walnuts.

Chill for 2 hours and serve.

Staff Comings and Goings

This summer we said goodbye to Cook, Moe Mimouni; and Server, Colleen Clancy. We wish them both well!



Active Bodies, Active Minds

**Deborah Carney,
Manager
SHOAL Assisted Living**

Phone: 250-656-5537 ext. 111
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**Wendy Hall,
Activities Coordinator
SHOAL Assisted Living**
Phone: 250-656-5537 ext. 119
E-mail: whall@beaconcs.ca

We hope you all had a wonderful Summer and that this beautiful sunny weather continues for September. Residents have been enjoying afternoon teas on the patio amongst their beautiful flowering boxes and baskets.

Music

At last we have a beautiful piano which was generously donated by Helen Johnston and her daughter, Carol. We are so thankful and look forward to many hours of music. Residents enjoyed Michael Majocha on his guitar, always a delightful afternoon. We were fortunate to have three volunteer students, playing instruments, during afternoon tea on a Sunday and hope they will return. Allan Slade from the Conservatory of Music continues his weekly "Music Exploration" classes. We would like to congratulate Allan and Marie on the birth of their daughter, Elly.

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 playing piano

Activities

Our Hawaiian BBQ was lots of fun with a special appearance by Chef Don dancing the "Hula". Residents enjoyed activity and laughter at a "Mock Track Meet" along with our regular activities of "Chocolate" Bingo and Carpet Bowling. Twice weekly "Chair exercises" and "Chair Dance" are also well attended. Residents also enjoyed baking with Summer Student, Nicole. Our monthly visits from "Pats" always 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. Our quarterly "Resident's Discussion and Tea" was held again in August. This is an opportunity for residents and staff to discuss any concerns and upcoming events. There are several new groups being formed, including crib, cards, poetry reading and a News and Current events discussion group.

Outings

Our bus trip in July was to the Sidney Lavender Farm. What a beautiful farm, with fields of aromatic lavender. A trip to Beacon Hill Park complete with a stop for Ice cream was enjoyed in August.

Thank you

We would like to thank our amazing Summer Student, Nicole for all her assistance and for completing the "Life Celebration Project" with the residents. She will be greatly missed and we wish her all the best with her studies and future career. We hope she will come back and visit us.

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

Welcome New Volunteers!

Thrift Shops: Eileen McConville, Ann Mills, Edward Leshok
Sluggett House: Dana Jackson, Dorothy Sly
Strong Start: Steph Phillips, Melissa Pistone

It has always seemed to me that September arrives just as I am finally settling into summer. The calendar page has been turned, and here at SHOAL we are off to the races once again. We want to thank Nicole Barrett for all the assistance she gave the Volunteer Services area over the summer. She will be missed.

BCS Volunteer First Aid Training – Fall 2011

We are pleased to offer BCS Volunteers who work with Volunteer Services clients a 4 hour 'one to one' First-Aid course. Letters with all the details were mailed out in July. If you received a letter and are interested in taking a class, but have not called in to reserve a spot, please do so now. We are offering two morning classes (8:30am – 12:30pm) for you to choose from: Thursday, October 13th or Thursday, November 17th. 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 were shocked and saddened to learn that Derek King had died. Derek had been a Volunteer Medical Driver with BCS since July 2009. We always looked forward to a visit from Derek here at SHOAL. Derek was always so jolly, positive and friendly. It was a real pleasure to work with him. Our thoughts and prayers go out to Derek's family and friends at this time. We will miss him.

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, September 21, 2011, 1:45 pm, SHOAL Activity Centre – Auditorium B.
For more information, please contact Kathryn Mason at 250-656-5537 ext. 106.

Volunteer Medical Drive Program

Do you enjoy driving? Do you have a couple of hours to spare? Do you want to make a difference?

If so, you might want to consider becoming a member of a very exclusive team. Join the BCS Volunteer Medical Drivers! You will not be asked to sign your life away. You will not be asked to commit more time than you have to give. You will not even be asked to pay for your own gas (well, maybe initially – but we will reimburse you!). Many people on the Peninsula have difficulty in getting to their medical appointments. Some of these people might even be people you know – perhaps your friends or neighbours. We would be happy to work around any schedule that you might throw our way. Even if you live or travel out of the country for part of the year, you could still be a valuable part of the Beacon Team. Interested? If so, please call Kathryn at 250-656-5537. She would be very happy to speak with you.



Attention: BCS Volunteer Visitors and Senior Peer Counsellors

After our summer break, we resume the monthly support meetings on Thursday, September 8 at 10am, SHOAL Activity Centre, 2nd Floor Board Room. We will resume meeting on the 1st Thursday of the month in October.

BCS Volunteers Criminal Record Check (CRC) Update

Please consider this a reminder - 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.



Youth Employment Program News

Sarah Cameron, YEP Coordinator

Phone: 250-656-5537 ext. 118

E-mail: scameron@beaconcs.ca

It seems like the summer just started and already we are moving on to the fall. YEP students have been busy all summer long helping clients in their yards and gardens. Students are now getting ready to go back to school, but they are always looking for paid work opportunities. If you want to hire a YEP student to help around your home this fall, please give us a call!

The fall is going to be a busy time for the Youth Employment Program as students will continue to face paint at the Peninsula Country Market every Saturday until October 8th. There will also be a number of volunteer opportunities, courses and training opportunities for youth. Keep checking the TideLines for information about Squirrel Systems training and our next Toastmasters Youth Leadership Program! Call the YEP office anytime for more information.



We recently celebrated a very special wedding at SHOAL. Anna Cibulak (Activities and Rental Coordinator) and Russ Hudson (former Chef) were married on August 6th. Please join us in congratulating Mr. and Mrs. Hudson, and wishing them many years of happiness together.

Anna and Russ met four years ago, shortly after both began working at SHOAL. Russ, who retired in January this year, was the Chef, while Anna was assistant to Cheryl Driscoll, the Activities and Rental Coordinator. Both Russ and Anna have many interests and values in common – they are best friends who love traveling, spontaneous fun, and being part of their community.

Russ, a retired Air Force veteran, has a passion for aviation, having worked in and around airplanes for most of his life, both in the Military and in corporate aviation. He now volunteers at the BC Aviation Museum in Sidney, does volunteer medical drives for BCS, and continues to use the woodworking shop at SHOAL for his creative hobby of scroll sawing. Russ was born in Manitoba and

Fall Youth Employment Program Courses

FOODSAFE

Date: Friday, September 23 **Time:** 9am-5pm **Cost:** \$42
FOODSAFE Certification is required for almost all jobs that involve food handling. Having this certificate will open the door to several employment opportunities.

Employment Prep Courses

Learn what employers are looking for on a resume, how to write a professional cover letter, how to find job opportunities that fit your interests and how to have a successful interview. *Attend all three courses for \$25 or separately for \$10 each.

• 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.

from the time he joined the Military at aged 17, has traveled extensively around the world.

Anna, a counselor and employment specialist for more than 20 years, was born and raised in Ontario where she started her first career as a reporter/photographer. Once she moved to the West Coast she travelled and lived in California, as well as Victoria and Vancouver, before settling in Sidney. Throughout her career she has volunteered in many capacities, including reading news on the radio, teaching creative dance to adults, working with children and facilitating a women's shelter.

Anna and Russ plan to enjoy a honeymoon cruise to Alaska next year, continuing their quest for new experiences. They feel well suited to face the future together, and feel extremely fortunate that they met at this time in their lives. Anna's parents are celebrating their 67th wedding anniversary this year and are a great example of a relationship based on the importance of friendship, the value of faith, and the ongoing work of commitment. Humour and fun are in that mix, too!

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, September 26. 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 – 12pm in the SHOAL Activity Centre Lounge. Next meeting is Tuesday, September 13.

Panorama Partners

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

Tai Chi Chuan & Qigong

Wednesdays Sept 28 – Nov 16 7–8:30pm 8/\$89

Nordic Walking Workshop

Saturdays Sept 17 2–4pm 1/\$29

Intermediate Jive and Swing (triple rhythm)

Fridays Sept 23 – Oct 21 8:15–9:30pm 5/\$47

Night Club Slow Dancing

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

*Note: Nov 18 will be held at Greenglade Community Centre Room 4

Singing in Spanish

Thursdays Sept 29 – Nov 17 2–3:45 pm 8/\$89

Conversational Spanish and Reading Comprehension

Thursdays Sept 29 – Nov 17 12–1:45 pm 8/\$89

Spanish for Beginners

Thursdays Sept 29 – Nov 17 10 –11:45 am 8/\$89

Kobudo – Okinawan Weaponry

Wednesdays Sept 14 7–9 pm Free

Wednesdays Sept 21–Oct 26 7–9 pm 6/\$60

Join us to celebrate Active Aging Week!!

We are celebrating Active Aging Week in partnership with Panorama Recreation Centre! Join us at SHOAL Activity Centre during Active Aging Week and at our **SHOAL Activity Centre Open House** on Saturday, October 1st. Keep your mind and body active with over 26 activities to choose from. Meet new people, gain new experiences and share your knowledge and abilities with others. During the week you can participate for free in a number of activities: Cardio Conditioning, Stretch/Strength, Table Tennis, Woodworking, Ceramics, Billiards/Snooker and Computers. Activity Leaders and Program Staff will be on hand to answer your questions and provide further information. We look forward to seeing you!

Meet the Panorama Fitness, Wellness and Program Instructors during the Active Aging Week **Open House at Panorama Recreation Centre**. This free event is a great opportunity to ask instructors and staff questions to help you find the program best suited to your individual needs. Enjoy a coffee, tea and healthy snacks while learning about facility access, program registration, the L.I.F.E program, transit options and the newly introduced Elder College.

Monday, Sept 26	Tuesday, Sept 27	Wednesday, Sept 28	Thursday, Sept 29	Friday, Sept 30	Saturday, Oct 1
Light & Easy Aquafit 2 – 3 pm Deep Water Aquafit 8 – 9 pm	OPEN HOUSE at Panorama Recreation Centre 9:30-11:30 am *Draw Prizes *Refreshments Pace Class 10:15 – 11:15 am	Cardio Conditioning 8:45-9:45 am Table Tennis 9:30 am Woodworking 1:30-3:30 pm	Movin' on Up 9 – 11 am Adult Only Skate 11:40 – 1 pm	Stretch/Strength 10:15-11:15 am Ceramics 10 am Table Tennis 9:30am Billiards/Snooker 1:30-3:30pm Computers 1:30-3:30pm	OPEN HOUSE at SHOAL Activity Centre 10am-2pm *Door Prizes *Refreshments *Membership Draws
Panorama Recreation Centre	Panorama Recreation Centre	SHOAL Activity Centre	Panorama Recreation Centre	SHOAL Activity Centre	SHOAL Activity Centre