

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 2010

BOUQUETS

To Lisette Cheng, Summer Student Extraordinaire for all the excellent work she did at SHOAL Centre this summer. Lisette made quite an impression and will most certainly be missed. We wish her all the best with her future studies and career. We know you will do well, Lisette, and please don't forget to come back and visit us.

Many thanks to Tony Housdorff for donating a Computer to SHOAL Centre. Thank you for thinking of us.

Special thanks to Elders Lunt and Jensen who gave us six weeks of volunteer help in our Thrift Shops as part of their Missionary service.

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Upcoming Special Events

Beacon Community Services 2010 Annual General Meeting and Luncheon

Date: Thursday, September 9 **Time:** 12:30pm **Cost:** Free

Location: SHOAL Centre Auditorium, 10030 Resthaven Drive, Sidney

Beacon Community Services Members are invited to join us and Guest Speaker, Pat Nichol for the 2010 Annual General Meeting and light luncheon. Pat is a columnist for Senior Living Magazine and author of **Power of Positive Linking!** and **Becoming Courageous and Outrageous**. As a Speaker, Writer and Coach she is dedicated to helping others speak from the heart. Please RSVP by phone message at 250-658-7222 or by email to srussell@beaconcs.ca by 12 noon, Monday, September 6th.

An Evening At The SHOAL Goes Country!

Date: Thursday, September 23 **Time:** Doors open 5:30pm **Cost:** \$25

Get on those country duds and com' on down for an evening of great music with the Chick Wagon Band, two Nashville-caliber female singers from Victoria, who entertain with true western flair. The food services team will serve up a tasty buffet menu (see Chef's Korner, page 4) and offer wine for sale by the glass. Tickets on sale September 7- 20. Visa/Mastercard/Debit accepted.



From the Manager's Desk

Judy Wiggins, SHOAL Centre Manager

Phone: 250-656-5537 ext. 102

E-mail: jwiggins@beaconcs.ca

The number and variety of programs offered at the Centre continues to grow with each passing season. This fall we are offering more programs at SHOAL than ever before with Supervised Bridge Drop-in with an Instructor, Calligraphy with a Pointed Pen, Hawaiian Hula Dancing, Clay Sculpture, Genealogy and a host of daytime Computer Courses, including Twitter and Facebook, added to the old favourites; Stretch and Strength, Keep Fit, Chair Fit, Tai Chi, Table Tennis, Yoga in a Chair, Acrylic and Watercolour Painting the list goes on. So, enjoy the last few lazy days of summer because you will need all the energy you can muster to meet the fall at SHOAL



Notices

Labour Day Holiday Hours

The SHOAL Centre Reception Office will be closed on Labour Day, Monday, September 6th.

No Smoking Please

Please note that smoking on the Patio area or close to the Centre near windows and doorways is prohibited, by way of the CRD Bylaw. We request your cooperation in moving well away from the building if you wish to smoke. Thank you.

Easy Membership Renewal

Did you know you can renew your SHOAL Centre Membership by phone, from the comfort of your own home? Of course, we would also love to see you in person.

Bingo will resume on Tuesday, September 7th at 6:30pm sharp!

NEW Catering Menu Available

We have developed a Rental and Catering Information Package to assist those who wish to take advantage of our great venue for catering and rental space for groups of all sizes and interests. You can find it on our website at www.beaconcs.ca or drop into the Centre and pick one up. We would love to help plan your next event.

The TideLines is Going Green

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. More information will be available in the coming months.

Fall Computer Classes

The flyer outlining all the Daytime Computer Classes scheduled in the SHOAL Computer Lab this fall is now available at the Reception Desk and on our website at www.beaconcs.ca. Also see page 8 for a list of classes. Get your copy today.

Join the SHOAL Computer Club Today

The SHOAL Computer Club resumes on Friday, September 10th. You can join for only \$6 per month, or \$50 for the ten months September 2010 through June 2011. Choose from either Friday mornings from 9:30-11:30am or Friday afternoon from 1:30-3:30pm. A Volunteer Attendant will be on hand to assist you and answer your questions as you work at your own pace in the company of other members. These sessions are non-instructional, and you may wish to register for one of our great new computer classes for fall if you require more instruction in one area. The Lab is equipped with Windows 2007. You can work at one of our machines, or bring your own laptop if you wish.



News from the Activity Office

Anna Cibulak, Activities and Rental Coordinator

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

While summer comes to a close, autumn begins a brand new season. New courses are ready to start, many of our activity departments are back after summer break, fitness classes are in full swing and the aroma of fresh baked scones and muffins floats from the Tuck Shop throughout the Centre. This fall, SHOAL has something to offer adults of all ages. Choose a course in Clay Sculpture, Calligraphy or Acrylic Painting, take the new Hawaiian Dance class on Saturday mornings, sign-up for one of several new Computer courses, or just come by to say hello. Drop-in schedule and flyers outlining our complete line-up are available at the Reception Desk.

NEW! Supervised Bridge Drop-In (with Instructor)

Date: Thursdays beginning September 9

Time: 1:30-3:30pm **Cost:** \$4.50 SHOAL members (includes HST)

New to bridge, want to improve your game or confidence, or do not have a partner (partners encouraged but not mandatory), Delma Murray will be on hand to answer your questions and give advice.

NEW! Yoga in a Chair

Date: Fridays September 17, 24 October 1, 8, 15, 22, 29 November 5

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

A wonderful way to calm, energize, strengthen and relax. Through deep breathing combined with gentle yoga poses, this class will help to increase balance, improve circulation and the immune system, and even lower blood pressure. Instructor Kathleen Fournier, Certified Yoga Instructor, specializes in Chair Yoga.

NEW! Hawaiian Hula Dancing

Date: Saturdays, September 18, 25 October 2, 9, 16, 23, 30 November 6

Time: 10-11am **Cost:** \$76 (includes HST)

Dance is a perfect way to stay fit and have a lot of fun. This is a gentle and beautiful form of movement that improves flexibility, helping to keep the back, joints and muscles more supple. For women of all ages, it brings an awareness of grace and sensuality. Instructor Belle Perez de Tagle has an extensive background in dance, having managed her own dance studio, and taught dance for several years at the YWCA.

Calligraphy with a Pointed Pen - Kathie Guthrie

Date: Tuesdays September 14, 21, 28 October 5, 12, 19

Time: 9:30 – 12noon **Cost:** \$80.75 (includes HST)

Want to try your hand at this functional yet creative lettering technique? Sign-up early for this popular and practical form of artistic expression.

October Preview

NEW! Beginners Clay Sculpture

Date: Thursdays, October 14, 21, 28 November 4, 18, 25

Time: 10am – 2:30pm **Cost:** \$90 plus \$35 supplies (includes HST)

Learn the basics of handbuilding in clay, including preparation of material, design, building a three dimensional bas-relief or wall sculpture, finishing, glazing and presentation/mounting. Instructor Barbara Hirano was a founding director of the Victoria College of Art and Design. Hurry, class size is limited to 10.

NEW! Genealogy

Date: Mondays, October 18, 25 November 1

(plus optional November 8 Computer Lab) **Time:** 1:30 – 2:30pm

Cost: Members - \$35 plus optional class \$12; Non Members - \$50 plus optional class \$17 (includes HST)

Interested in researching your family history but don't know how to get started? Like to learn about what resources are available? Join Michael Kellogg, Retired Educator and Past President of the Victoria Genealogy Society, for this exciting 3 part classroom introduction to genealogy. A 4th session (optional) will be offered in the Computer Lab for hands on research.

Acrylics Plus 1

Date: Fridays, October 15, 22, 29 November 5

Time: 9:30am -12:30pm **Cost:** \$67.50 Members; \$73 Non members

It's always challenging to learn something new about colour, design or materials. Whether you are a beginner or experienced painter, Instructor Janet Remmer welcomes you to explore this creative medium.

An Evening At The SHOAL Oktoberfest!

Date: Thursday, October 28

Time: Doors open 5:30pm

Cost: \$25.00

Our annual Oktoberfest is almost here. Last year this event was a sellout. Fashioned after a German beer haus, we will feature a great menu of authentic German food, beer and some rousing German entertainment. See you there! Tickets on sale October 1 - 23.

Flip to page 4 for more great activities ...

News from the Activity Office *continued*

BCAA Mature Drivers Workshop

Date: Thursday, October 21 **Time:** 1:30-3:30pm

Cost: Members Free; Non-Members \$3 admission at the door.
Please pre-register by calling 250-656-5537.

Drop In Activities Resume...

All of our regular programming is back, so drop in for Fitness classes; games of Table Tennis, Cribbage, Biliards and Mah Jong; activities such as Crafts, Ceramics, Weaving, Knitting, Lapidary, Faceting, Silversmithing and Woodworking. Oil Painting, Woodcarving, and Singing with the Serenaders are back too! Times and dates are listed on our Drop-In Schedule at the Reception Desk.

Members' Birthday Party and Meet n' Greet

Date: Wednesday, September 15

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 great time to socialize with friends and for new members to meet other SHOAL members. Get in on the fun by joining SHOAL Centre for only \$45 per year.



Chef's Korner

Chef Russ Hudson

Phone: 250-656-5537 ext. 107

E-mail: rhudson@beaconcs.ca

Greetings everyone and welcome back from the summer of 2010. As usual,

Sidney has played host to many tourists and our beautiful community is now ready for the arrival of fall and the many activities that will be starting up at SHOAL.

As many of you know, on the fourth Thursday of each month we host our special event called "An Evening at the SHOAL". This function is planned around a different theme each month from both a food and entertainment perspective. This buffet dinner has become a huge hit with the community and my column will now feature the menu for each of these upcoming events. So plan to come and join us. Please note that tickets must be purchased in advance.

Tuck Shop Fall Hours Resume

The regular Tuck Shop hours will resume on Tuesday, September 7th. The Tuck Shop will be open from 9am to 3pm Monday through Friday and from 10am – noon on Saturdays for "Tuck and Trivia".

Food Services

September Evening at the SHOAL

"SHOAL GOES COUNTRY"

The Menu:

Bulls Eye BBQ Baked Pork Spareribs
Maple and Walnut Crusted Roast Chicken
Home Style Country Baked Beans
Skillet Fried Potatoes
Buttered Seasoned Corn on the Cob
Rangeland Coleslaw
Hot Biscuits and Butter
Deep Dish Apple Pie with Fresh Spiced Cream

Cost for the function will be \$25 per ticket. We look forward to seeing you on the 23rd of September.

Welcome Maria!

We would like to welcome new staff member, Maria Kirley to our SHOAL Food Services Team.

NEW Catering Menu Available

We have developed a Rental and Catering Information Package to assist those who wish to take advantage of our great venue for catering and rental space for groups of all sizes and interests. You can find it on our website at www.beaconcs.ca or drop into the Centre and pick one up. We would love to help plan your next event.



Active Bodies, Active Minds

Jennifer Wear, Manager SHOAL Assisted Living

Phone: 250-656-5537 ext. 111

E-mail: jwear@beaconcs.ca



Wendy Hall, Activities Coordinator, SHOAL Assisted Living

Phone: 250-656-5537 ext. 119

E-mail: whall@beaconcs.ca

Happy September!

Residents have been enjoying afternoon teas and delicious barbecues this summer on our colourful patio. We are sad to have to say good bye to our wonderful Summer Student, Lisette, who has been assisting with activities and finalizing the Life Celebration Project. We wish you all the best Lisette, with your continued studies.

Music

We've had lots of fun and music to entertain us this summer! Rey brought his Karaoke machine and residents enjoyed a fun afternoon of singing with the microphone. Ian Robinson and Michael Majocha entertained us with their wonderful guitar playing and sing-alongs. We were also privileged to have the "Sunshine Singers" and hope to have them back soon. Music Therapist, Allan Slade, from the Victoria Conservatory of Music continues his weekly sessions with the residents. Bellydancers, Norma and Brenda gave a fun performance.

Activities

Residents enjoyed two afternoons of baking, one making gingerbread men and the other, shortbread cookies. Many stories of times baking in the past were exchanged. Twice weekly chair exercises are well attended and we are now incorporating some "Chair Dance". The "Yoga in a chair" is very popular. SHOAL Member Birthdays are celebrated in the Dining Room on the 3rd Wednesday of each month which is always a popular event and we continue to hold an Ecumenical Service each month with the Rev. Canon Penelope Black officiating. Family members are always welcome to join in activities.

Presentations

As part of our "Falls Prevention" series we welcomed Dr. Marc Bordeau from "Lifetime Eyecare" who gave a very interesting and informative presentation. Christine from First Memorial Funeral Services discussed the importance of "Pre-planning".

Outings

Our bus trip in August took us to the Shaw Ocean Discovery Centre in Sidney. What a colorful array of local marine life! Well worth a visit!

I would like to welcome all new residents and wish those residents who have moved to other facilities all the best in the next phase of their lives.

We are always grateful for donations of :

- Simple musical instruments such as bongo drums
- 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

*“Try to remember the kind of September
when life was slow and oh so mellow
Try to remember the kind of September
when grass was green and grain so yellow...”*
- lyrics by Tom Jones and Harvey Schmidt

Lovely words indeed Tom and Harvey, but I am willing to bet September days at SHOAL will be anything but slow and mellow. We are up and running again folks. Full speed ahead! We hope that you all had a lovely, safe and happy summer. Fingers and toes are crossed here at SHOAL, as we continue to wish for many more weeks of sunshine. We won't hurry autumn along.

We have enjoyed having Lisette, our Summer Student, working along side us these past months, and we will miss her. Thank you Lisette for all the help you gave the Volunteer Services area. You are one terrific young woman!

Now, where were we – ah, yes - slow down, stay mellow...

Volunteer Visitors and Senior Peer Counsellors Note:

There will be no monthly support meeting in September. The next meeting will be Thursday, October 7 from 10am to noon in the Board Room at SHOAL Centre.

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 dinner out, golf, go on ferry and/or shopping trips – and, weather permitting, picnics and barbecues.

Next Meeting: Wednesday, September 15, 2:00 p.m., SHOAL Centre. Guest Speaker: George Spong. Note: 2011 membership dues fast approaching. (Still only \$10.00.)

Please remember no perfumes or after shave lotion to be worn to meetings.

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

Volunteer Medical Drivers

We are happy to report that we were able to add a couple of names to our Volunteer Medical Driver roster (thank you!). However, we still need more Volunteers for this popular and, oh, so valuable program. If you, or anyone you know, might be interested in providing one drive a week to one of your Peninsula neighbours, please call Kathy for details. Remember – your mileage costs will be reimbursed.

Welcome New Volunteers!

- SHOAL Assisted Living:** Marilyn Curnow de Haan, Wendy Hall, Shannon Youson
- Brentwood House:** Brynna Hardy
- Sluggett House:** Miranda Pedro, Rebekah Cunningham
- Medical Driver:** Dieter Weichert

Special thanks to **Elders Lunt and Jensen who gave us 6 weeks of volunteer help in our Thrift Shops** as part of their Missionary service.

Volunteer Services Fundraiser!

Once again, we are very pleased to be able to offer for sale the 'Entertainment 2011' coupon books. We will have these books in our office by September.



If you would like to support the programs and services we offer the community, and are interested in ordering a book (or more than one! - they make great Christmas gifts) we are taking names now.

The cost is still only \$30 and using only a couple of coupons usually pays for your purchase. Please see Kathryn for more information.



Youth Employment Program News

Sarah Cameron, YEP Coordinator

Phone: 250-656-5537 ext. 118

E-mail: scameron@beaconcs.ca

The students in the Youth Employment Program have had a very busy summer. Wait, is summer almost over? That was quick!

The Youth Employment Program has received over 65 job requests from members of the community since June. This has been the busiest time for YEP students all year. The students are thrilled with the amount of work that needs to be done so please continue to think of us when you need an extra set of hands around the house or yard. Call 250-656-5537 to find out about hiring a student.

A big **"Thank You"** goes out to our volunteer job coaches Rick Gilmore and Karl Fuss. Rick and Karl assess job sites year round but have been particularly busy over the past few months.

Tuck and Trivia returns on September 11th! Our YEP students provide trivia on Saturday mornings at the Tuck Shop. Come by to enjoy a cup of coffee and fun trivia themes! Everyone is welcome. Refer to the Activities page for Tuck Shop hours.

September marks the beginning of the school year for YEP students. September is also the time we say goodbye to our graduating YEP students. A number of recent graduates are starting semesters at post-secondary schools or beginning new full time jobs. Thank you to all students who have volunteered and worked with YEP during your time at high school. We wish you all the best in your future endeavours.

YEP Fall Courses

YEP will be offering a number of courses this fall. These courses are open to the public; however, active YEP students receive a subsidized rate.

FOODSAFE

September 27, 9:00am-5:00pm at SHOAL Centre

St. John Ambulance- Emergency First Aid

October 22, 8:30am-4:30pm at Nell Horth Room

Food and Beverage Service

November 12 at SHOAL Centre

Resume/Cover Letter Writing

November 12 at SHOAL Centre



Youth Volunteer Profile: Jasleen Tung

Jasleen is an energetic grade 10 honour roll student at Stelly's Secondary School who enjoys swimming and running and attends an Aquafit class at Panorama with her mother twice a week. She enjoys

a number of honours classes such as Science, Math, English and Social Studies. In February 2011 Jasleen will go to France on an exchange program for three months.

In January 2010 Jasleen joined the Youth Employment Program to take advantage of YEP's work, volunteer and training opportunities. She's been active in all three components, especially volunteering. Her first and favourite volunteer experience at SHOAL Centre was the Robbie Burns Evening at the SHOAL Dinner. Since then she has volunteered at four other Evenings at the SHOAL.

This year Jasleen completed both the Gardening Basics Certificate and the Community Volunteer Certificate Workshop. Since receiving these certificates, she has completed numerous gardening jobs for clients in the community and completed far more than the required 30 hours of volunteer work.

Jasleen says she feels a sense of accomplishment when she volunteers her time at SHOAL Centre. She loves the volunteer opportunities there are for young people. Most of all, she enjoys the "community feel" around SHOAL.

Jasleen has been a shining star in the Youth Employment Program. We are thankful for all she does and look forward to seeing her at upcoming Evenings at the SHOAL. Also, look for Jasleen hosting Tuck and Trivia on Saturday mornings at the Tuck Shop. She and other YEP students share their time by picking a theme and developing trivia questions for participants to enjoy.

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 each month in Auditorium B. Next meeting is September 27 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 is Monday, September 13.

Panorama Partners

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



The Groove Method *Free Trial Class Wed, Sep 8th 5:45-6:45pm

Wednesdays, Sep 15 – Oct 27 5:45pm-6:45pm 6/\$36

Power Yoga

Wednesdays, Sep 8 – Oct 27 7:30pm-8:30pm 8/\$79

Yoga Core & More

Mondays, Sep 13 – Oct 25 7:30pm-8:30pm 6/\$59

Nordic Walking Workshop

Saturday, Sep 18 10am-12pm 1/\$29

Nordic Walking for Balance & Stability

Mondays, Sep 13 – Oct 25 11:30am-12:30pm 6/\$42

Bridge Play of the Hand (Diamond Series)

Thursdays, Sep 9 – Nov 4 9am-11:30am 9/\$112

Before the Click – Digital Cameras

Saturday, Sep 25 9am-12pm 1/\$59

Picassa Essentials

Saturday, Sep 18 1pm-3:30pm 1/\$49

Picassa the Next Step

Saturday, Sep 25 1pm-3:30pm 1/\$49

Finances in a New Light

Wednesday, Sep 29 10am-12pm 1/\$9 single, 1/\$15 couple

Jive & Swing (Eastcoast) – Beginner

Mondays, Sep 20 – Oct 25 8:15pm-9:30pm 5/\$45

Social Ballroom Dance – Level 1

Mondays, Sep 20 – Nov 29 7pm-8:15pm 10/\$90

Social Ballroom Dance Practice Sessions

Fridays, Sept 24 – Nov 26 7- 8:15 pm 10/\$42.50
Drop-in \$5 (Cash Only) *Last 2 (Nov 19/26) @ Kelset School Gym

Painting in Oils

Sep 27 – Nov 15 7 – 9 pm 8/\$120

Fall Daytime Computer Courses at SHOAL

The flyer outlining all the Daytime Computer Classes scheduled in the SHOAL Computer Lab this fall is now available at the Reception Desk and on our website at www.beaconcs.ca. Here's a sneak peek at what we're offering:

Computers Don't Byte (Level 1) with Sharon Wiegand
Computers Don't Byte (Level 2) with Sharon Wiegand
Microsoft Excel (Level 1) with Sharon Wiegand
Email Basics with Sharon Wiegand
Picasa (Level 1) with Sharon Wiegand
Picasa (Level 2) with Sharon Wiegand
MAC – Transition from Windows to MAC with Janet Epps
MAC – Essentials with Janet Epps
MAC – iWork '09 with Janet Epps

Internet Security Basics with Michael Horie
Digital Photography with John Bourne
Introduction to PowerPoint with John Bourne
Introduction to Outlook with John Bourne
Social Media for Beginners with Michelle Buchanan
Introduction to Facebook with Michelle Buchanan
Twitter with Michelle Buchanan

Watch for 'Genealogy for Beginners' coming in October!