

SHOAL Activity Centre Fall 2011 Drop-in Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cardio Conditioning – 8:45am Ceramics – 10am Weaving – 10am Stretch & Strength – 10:15am	Faceting & Lapidary – 9am Chair Fit – 11:30am Family Caregivers Support Group (3rd Tuesday) – 10am	Cardio Conditioning – 8:45am Table Tennis – 9:30am Stretch & Strength – 10:15am Clay Works – 11am	Silversmithing & Lapidary – 9am Chair Fit – 11:30am	Cardio Conditioning – 8:45am Ceramics – 10am Table Tennis – 9:30am Stretch & Strength – 10:15am
Cribbage – 1pm Ceramics – 1pm Be Well Clinic – 1pm Mah Jong – 1pm Contract Bridge – 6:30pm <i>Singles Welcome</i>	Pacific Palettes – 1pm Crafts – 1pm Duplicate Bridge – 1pm Bingo – 6:30pm	Weaving – 1pm Contract Bridge – 1pm <i>Foursome Required</i> Happy Birthday Members' Party – 2pm <i>3rd Wednesday</i> Sidney Single Seniors <i>3rd Wednesday – 2pm</i> Duplicate Bridge – 6:30pm <i>Partner Required</i>	Esperanto – 1pm <i>Language Group</i> Games & Social (Former O.A.P) – 1:30pm <i>1st & 3rd Thursday</i> An Evening at the SHOAL <i>4th Thursday – 5:30pm</i>	Ceramics – 1pm Progressive Contract Bridge – 1pm <i>Singles Welcome</i> Knitting – 1pm Computer Club – 1:30pm Duplicate Bridge – 6:30pm <i>Partner Required</i>

The Billiards Room and the Woodworking Shop are open from 8:30am-4:30pm, Monday-Friday. The Tuck Shop is open from 9am-3pm Monday-Friday and 10am-12pm on Saturdays. Come for lunch in the *Tides* at SHOAL Dining Room from 11:30am-1pm or dinner from 4:30-6pm daily.

SHOAL Activity Centre Annual Membership - \$45 per year (.12¢ per day)

- Reduced rates on drop-in programs and registered classes.
- A 10% discount on facility rentals
- Free seminars and workshops
- Includes a Beacon Community Services Membership
- Use of Free Wireless Internet

Subscribe to the TideLines online at www.beaconcs.ca to receive information on the following registered fall courses:

- Calligraphy
- Watercolours
- FallProof
- Beginner French
- Novice Sketching and more...
- Mini-Craft Workshop
- Clay Bead Jewellery
- Computer Courses (PC & Mac)
- Mixed Media and Collage

AN EVENING AT THE SHOAL	Monthly dinner and entertainment event. See TideLines newsletter.
BE WELL CLINIC	Everyone welcome; by donation.
BETTER BREATHERS	Everyone welcome; by donation.
BILLIARDS & SNOOKER	Members (\$1.75); Non-members (\$3) Drop-in.
BINGO	Everyone welcome! Concession open for drinks and snacks throughout the evening. Cost per card per game.
BRIDGE	Members only. Please refer to Bridge Flyer for more details.
CARDIO CONDITIONING	Members (\$4 per session or Economy Card of 11 sessions for \$40) Non-members (\$5 per session). Try your first class for free!
CERAMICS	Free drop-in for Members only.
CHAIR FIT	Members (\$4 per session or Economy Card of 11 sessions for \$40) Non-members (\$5 per session). Try your first class for free!
CLAY WORKS	Free drop-in for Members only (Clay class experience required).
COMPUTER CLUB	Try your first session for free! Members (\$1.75); Non-members (\$5)
CRAFTS	Free drop-in for Members only.
CRIBBAGE	Members (\$1.75); Non-members (\$3) Drop-in.
ESPERANTO	Language Group. Free drop-in for Members only.
FAMILY CAREGIVERS	Free support group. Everyone welcome.
HAPPY BIRTHDAY MEMBERS	Cake, coffee or tea and entertainment. Free for Members and guests.
KNITTING	Free drop-in for Members only.
LAPIDARY	Members only. Shop fee is \$5/month.
MAH JONG	Members (\$1.75); Non-members (\$3) Drop-in
OIL PAINTING	Members only. \$1.75 drop-in fee.
PACIFIC PALETTES	Members only. \$1.75 drop-in fee.
SIDNEY SINGLE SENIORS	Call Kathryn Mason at 656-5537 for more details.
STRETCH & STRENGTH	Members (\$4 per session or Economy Card of 11 sessions for \$40) Non-members (\$5 per session). Try your first class for free!
TABLE TENNIS	Members (\$1.75); Non-members (\$3) Drop-in.
WEAVING	Free drop-in for Members only.
WOODWORKING	Members only. Shop fee is \$5/month.