

PANORAMA RECREATION FITNESS PROGRAMS AT SHOAL CENTRE

The drop-in morning fitness classes, held in partnership with Panorama Recreation Centre, continue all summer long at SHOAL Centre. The drop-in nature of these classes allows you the flexibility to attend when you can, and pay only when you attend. Maintain the benefit that you have gained throughout the fall, winter and spring by continuing to participate in the classes during the summer. Build your strength and flexibility, improve your balance and feel great. New participants are always welcome.

Cost: **\$3.50 drop-in Members**
 \$4.50 drop-in Non Members

Economy Card: **11 classes for \$35.00 available for Members only**

Membership Fee: **\$45 per year**

	Monday	Tuesday	Wednesday	Thursday	Friday
10:15	Strength & Stretch		Strength & Stretch		Strength & Stretch
10:30		Chair Fit		Chair Fit	

Wellness Park Orientation

13 yrs+

Sidney's new Community Wellness Park brings the best of the gym to the great outdoors! This introductory session will acquaint you with the park and teach you proper use of the outdoor fitness equipment. All fitness levels are welcome! Registration is required.

Location: SHOAL Centre Lobby

51851	Th	10:30am - 11:30am	Jul 15	1/\$6
51852	Th	10:30am - 11:30am	Aug 19	1/\$6



SHOAL (Sidney's Healthy Options for Active Living) Centre A Place for Adults in the Community to Learn and Play

We now accept Visa,
Mastercard & Debit.

10030 Resthaven Drive, Sidney, BC V8L 3G4 250-656-5537

Monday - Friday 8:30am - 4:30pm, Saturday 10am- 4pm except statutory holiday weekends

SHOAL Activity Centre is located just a few blocks off Beacon Avenue, across from the Library. Within the Centre you will find a Dining Room, Woodworking Shop, Computer Lab, Crafts Room, Ceramics Room, Lapidary and Silversmithing Room, Billiards Room, two Auditoriums and several multi-purpose activity rooms of all sizes. SHOAL Centre also houses the Beacon Community Services Volunteer Services Program, the Youth Employment Program and Assisted Living residences. There is no place like it! Whether you choose to become a member or not, there are many benefits waiting for you.

Membership at SHOAL Centre (no minimum age requirements)

For a fee of \$45 per year (just 12 cents per day) you will be entitled to:

- Reduced rates on registered and drop-in classes.
- Become a SHOAL Computer Club Member
- Special admission rate on drop-in programs; bridge, crafts, woodcrafting, games.
- Celebrate your birthday with others born in the same month, and free cake.
- A 10% discount on facility rentals for your private function.
- Participate in special events, socialize with friends, and meet new ones.
- Attend free seminars and workshops.
- Volunteer opportunities with SHOAL Centre.
- Beacon Community Services membership included (a value of \$10)

For those who are unable to meet the membership fee due to financial restrictions, the Sidney By The Sea Rotary Club sponsors a limited number of bursaries.

Food Services at SHOAL Centre

The Dining Room at SHOAL is open daily from 11:30am-1pm for lunch and from 4:30-6pm for dinner. The Dining Room is open to all members, residents and visitors from the community. Come and enjoy the daily specials that Chef Russ and crew have prepared. If lighter fare is what you have in mind, why not delight in a homemade muffin, cookie or scone and coffee, available from the **Tuck Shop**.

Lunch and Dinner Economy Cards

Meal cards, available in quantities of 15 and 30, are a convenient and cost-effective way for you to enjoy lunch or dinner in the SHOAL Dining Room. Each meal includes a main course (choice of 3), tea or coffee and dessert. The more you purchase the less it costs per meal.

Rentals and Catering Services at SHOAL Centre

SHOAL Centre is the perfect venue for business meetings, reunions, memorial teas, receptions, community group meetings, family gatherings or whatever else you have in mind. We welcome groups of all sizes and Chef, Russ Hudson would be happy to assist you with menu planning for your private lunch or dinner, special buffet or tea. There is lots of free parking available.

SHOAL Centre "TideLines" Newsletter

The monthly newsletter is loaded with upcoming events and information for you. Pick up your copy today.

Volunteer Services

You can be a volunteer!

Enjoy people? Have one or more hours a month to spare? Consider becoming a Beacon Community Services volunteer!

Volunteering is a great way to get involved with your community, put your skills to work, get to know other people and learn something new. The diversity of our volunteer programs means you can choose from numerous options, and match your skills to your area of interest. Call Kathryn 250-656-5537 ext. 106 or email kmason@beaconcs.ca for more information.



Youth Employment Program

This is a unique community sponsored program for youth from School District #63. YEP provides youth with paid work and volunteer opportunities, certificate courses and workshops. Through these opportunities, YEP helps youth develop skills to build a resume and gain employment. If you are interested in employing a YEP student or want more information about our program, please contact 250-656-5537 ext. 118 or YEP@beaconcs.ca.



Special Events at SHOAL Centre

Mother's Day Tea

Date: Thursday, May 6th **Time:** 1 - 3pm **Cost:** \$23

It is our pleasure to offer this annual event. Come with your mom, daughter, aunt or grandmother and enjoy a lovely plated tea created by Chef Russ and the Food Services Team. This year's event will combine with a fashion show of "thrifty" clothing, plus a few surprises. Tickets on sale until May 3rd.

Wine and Roses At The SHOAL

Date: Thursday, May 27th **Salon Orchestra**
Time: 5:30pm **Cost:** \$23/per event (Tickets in Advance)

The Ladies Salon Orchestra will be here once again. Last year we promised we would have wine and roses for this event and we've kept that promise. Elegant dress is encouraged (but not required). Accompanying the entertainment will be a delicious buffet dinner created by Chef Russ Hudson. Tickets will be on sale until May 24th.

Beach Night At The SHOAL

Date: Thursday, June 24th **Time:** 5:30pm **Cost:** \$23

Let's wrap up this season's Evenings At The SHOAL with a Beach Night to take us into the summer. Join us for tropical punch, a summertime buffet and entertainment to put us in the summertime mood. Dress in your "coolest" summer wear and don't forget your hat and sunglasses.

Programs at SHOAL Centre

Drop-in or Pre-Registered: Ceramics, Woodcarving, Woodcrafting, Mah Jongg, Bridge, Cribbage, Serenaders Singing Group, Table Tennis, Poker, Painting in Watercolour, Oil and Acrylics, Drawing, Beading, Calligraphy, Weaving, Knitting, Silversmithing, Computer Learning, Fitness, Health and Wellness, Digital Photography, Spanish, Yoga, Tai Chi and Ballroom Dance

Daytime Computer Programs at SHOAL Centre

Register in advance at SHOAL Centre for these daytime classes now being offered by Beacon Community Services @ SHOAL:

Computers Don't Byte (Levels I & II), Internet Security Basics, Organizing Photos with Picasa and Surf the Net.

Pick up a flyer at SHOAL Centre for more information on these classes, the NEW SHOAL Computer Club or Computer Lab rentals.

We welcome your comments and suggestions for new programs that you would like to see offered at SHOAL Centre. For further information please call 656-5537 and speak with the Manager, Judy Wiggins, at ext.102; or the Activities and Rental Coordinator, Anna Cibulak at ext. 117. Please drop in for a tour of the Centre; we would love to show you around.