



June 2015

NEWSLETTER

Annual General Meeting

Silver Threads Service will hold the Annual General Meeting on **Wednesday, June 17th at 4:30pm** as part of the Guess Who's Coming to Dinner at the Saanich Centre.

The business meeting will be conducted from 4:30 to 5:00 pm and guests are welcome and encouraged to attend and learn more about the organization as well as meet the Board of Directors – old and new. Our 2014-2015 Annual Report will be presented and shared as we celebrate the past year and prepare for the next one!

The dinner will be Chicken with apple sage stuffing and cranberry glaze sauce, mashed potatoes and vegetables with ice cream for dessert.

Entertainment will be provided by the Victoria Ballroom Dance Society – for something new and exciting!

The dinner is \$12 and to reserve your space please contact the Saanich Centre at 250 382-3151.

“At 14, I discovered girls. At that time dancing was the only way you could put your arm around the girl. Dancing was courtship. “

Gene Kelly



Thank you volunteer Norma K. for 25 years of service, seen celebrating at the April Volunteer Appreciation Event.

Guess Who's Coming to Dinner in June

Guess Who's Coming to Dinner is our bi-monthly dinner program held the 1st and 3rd Wednesday of most months throughout the year. **Book your seat by 4:00pm the Monday before.** Doors open for the dinners at 4:30pm so come early to get a seat and socialize before the food service begins at 5:00pm.

Our June 3rd dinner will feature the musical group Used Goods, preceded by a dinner of Roast Beef with Mushroom Red Wine Sauce, Sour Cream Mashed Potatoes and Strawberry Short Cake. The menu for the June 17th dinner is Chicken with Apple Sage Stuffing and Cranberry Orange Glaze Sauce and Ice Cream. Entertainment will be the Victoria Ballroom Dance Society. Cost for each evening is \$12 per person.

MEMORY Practice, Laughter, and Useful Strategies Corner

Submitted by Lisa Coulson. Program Coordinator and Memory PLUS Facilitator.

Practice:

Next time you are a passenger in a car or bus try this game to keep your mind stimulated.

Licence Plate Game

The object is to make a word by adding letters before, between, and after the given letters, which must be kept in their original order.

Examples:

UHE could be pUsHEd

BLJ could be BLueJay

Laughter:

“A MAN KNOWS WHEN HE IS GROWING OLD BECAUSE HE BEGINS TO LOOK LIKE HIS FATHER.”

Gabriel Garcia Marquez

Useful Strategies:

Try to remember all the different cars your family has ever owned. Remembering the different cars from the various times in your life will often trigger other memories associated with that time in your life.

Memory PLUS Annual Lawn Bowling Picnic

Have fun watching or learning how to Lawn Bowl. Or show off your skill if you have played this fun game before. All 5 Memory PLUS groups will get together for a fun afternoon. Don't miss the fun!

Date: Friday, June 26th

Time: 1:00 pm - 3:00 pm

Place: Burnside Lawn Bowling (right beside Saanich Silver Threads)

Special Events

Afternoon at the Movies

Saanich Centre:

Wednesday, June 3rd—Best In Show
1:00 pm - 3:00 pm

Wednesday, June 17th—Mona Lisa Smile
1:00 pm - 3:00 pm

Victoria Centre:

Tuesday, June 9th—Quartet
1:00 pm - 3:00 pm

Enjoying My Community

Saanich Centre:

Monday, June 8, 2015

Urinary Tract Infections Information Session,
Presented by Wendy Campbell, RN, CGN (C)
1:30 pm - 2:30 pm

The Journey Program

Monday, June 15, 2015

Sleep - Presented by Wendy Campbell, RN, CGN (C)
At the Cook Street Village Activity Centre
10:00 am - 11:30 am

Speaker Series

Saanich Centre:

Wednesday, June 10th

Elder Abuse Prevention
Presented by Moira Tait, Senior Advocate
2:00 pm - 3:00 pm

Wednesday, June 24th

Is There a Right or Wrong Time to Move?
Presented by Wendy Campbell, RN, CGN (C)
2:00 pm - 3:00 pm

Victoria Centre:

Friday, June 19th

Buses and BC Transit

Come and learn the ins and outs of using the Victoria transit system. We will even have a Bus here for you to explore! Come and get comfortable with all the safety features and mobility aides during this information presentation.

2:00 pm - 3:00 pm

Spring Raffle Wraps Up!

Our Spring Raffle raised \$1140 this year! Thank you to all our sponsors and everyone who showed their support by purchasing tickets.

We appreciate it!

On Wednesday, May 20th at the Guess Who Dinner we conducted the draw and announced the winners. The first prize winner Tara Erb donated the Ted Harrison serigraph back and we subsequently drew again and the winner is Tiffany Pelletier! Congratulations Tiffany – the smile says it all!

Other winners are:

- Hotel Grand Pacific Package – Ross R.
- Quality Inn Package – Diana J.
- Car Care Package – Linda K.
- Absolute Therapy Package – Phyllis F.
- Life Excellence Coaching – Catherine I.
- Acacia Integrative Health Clinic – Gaylan R.
- Starbucks – Jean M.
- Brown's the Florist – Sandra T.
- Watercolour & Wine – George J.
- Watercolour & Wine – Joe B.



Tiffany Pelletier, thrilled to win the Ted Harrison serigraph

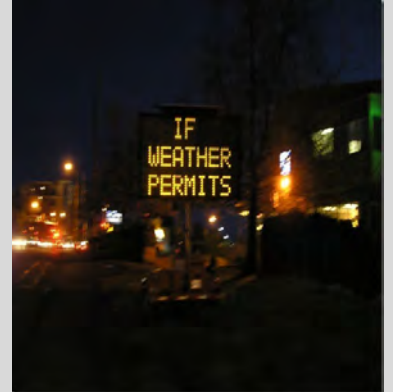
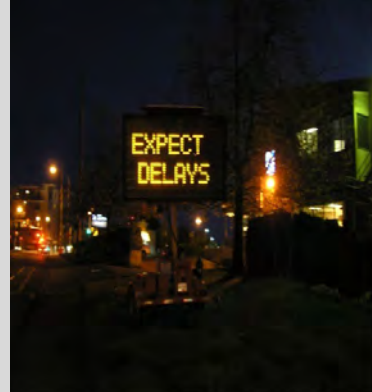
RBC Day of Service

We are pleased once again this year to have the staff from the Burnside and Tillicum Branch of RBC Royal Bank of Canada giving their Day of Service to Silver Threads. RBC staff will be working at our Guess Who's Coming to Dinner evening on June 3. Keep an eye out for your favorite teller or bank manager that evening; they just may be serving you dinner, clearing your plate or popping by your table for a chat!



Tillicum Road Work Project - Tired of traffic delays in Saanich? Just hope for a rainy day!

Submitted by: Peter Z.



Better at Home Comes to Saanich and the Peninsula!

Better at Home is funded by the Government of BC and managed by the United Way of the Lower Mainland. The program helps seniors with simple day-to-day tasks so they can continue to live in their home independently, and remain connected to their communities.

Broadmead Care is the lead agency in two separate partnerships to deliver this program to a population of over 30,000 seniors. Our shared vision is that not one senior will need to go without the supports and services that they need to live in their home and participate in their community in Saanich or on the Peninsula.

In Saanich, Broadmead Care, has partnered with Saanich Volunteer Services Society, and Silver Threads Service. On the Peninsula, the partnership is with Beacon Community Services. Both projects have built a program that utilizes the skills, expertise, and reputation of each organization involved in our partnership to deliver the best services possible.

Better at Home offers specific non-medical paid and volunteer services to seniors who are 65 and older and live independently.

Light Housekeeping, and In-Home Companion services are provided on a fee-for-service basis.

These two services are determined on a sliding scale based on the senior's household income. Some seniors may qualify for 100% subsidy. Volunteer services (free of charge) may include: supported transportation, visits, daily telephone reassurance calls, minor home repairs, or yard work.

In Saanich

**For Light Housekeeping or
In-Home Companion Services
and daily reassurance calls**

Contact 250-658-3264

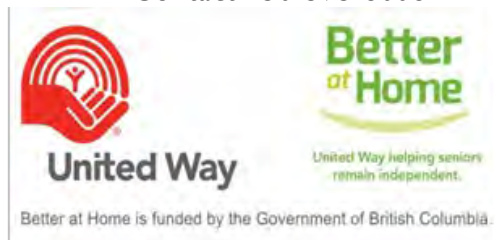
On the Peninsula

**For any Better at Home Services
(Paid or Volunteer)**

Contact 250-656-5537

For Volunteer Services

Contact 250-595-8008



Silver Threads Services Staff

Tracy Ryan - Executive Director

Debbie Erb - Victoria Centre Director

Dustin Lockhart - Victoria Centre Assistant

Anne Nelson - Saanich Centre Director

Julie McGaghey - Saanich Assistant Director

Jean Birtwistle - Saanich Centre Assistant

Lisa Coulson - Program Coordinator

Brian Penner - Saanich Chef

Silver Threads Services Locations

Saanich Centre

286 Hampton Road

Victoria, BC V8Z 1H1

Phone: 250 382-3151

Victoria Centre

2340 Richmond Road

Victoria, BC V8R 4R9

Phone: 250 388-4268

Our Mission

Silver Threads Service is a charitable, not-for-profit society that enhances social connections and well-being for seniors. We do this by providing programs and services that are accessible to all.

stay active • stay healthy • stay connected

