

NEWSLETTER

Happy Canada Day!

"July 1, 1867 was a sunny day right across the country. At midnight of June 30th, the order was given to let the bells loose and the church towers across Nova Scotia, Quebec, Ontario and New Brunswick rang out. In all of the major centres the Queen's proclamation was read out followed by parades and celebrations. An 101 gun salute shook the area around Ottawa in honour of the occasion." Reference: Canadahistory.com website

That's how the birth of our country began and we are still celebrating today. We have certainly grown from 1867. How fortunate we all are to live in this great country and to have the benefits and freedoms of a democracy.

"What does Canada Day mean to you?" was asked of our members and the following quotes were some of their replies:

"I'm a Canadian – a 7th generation Canadian".

"Very lucky to live here – wouldn't want to live anywhere else".

"Thankful I live in Canada".

"A day to appreciate Canada".

"A Holiday! Everybody gets together and celebrates".

"Very lucky to be a Canadian".

"A celebration that we can say, think and do whatever we want as long as we respect others".

"Burton Cummings!!!"

The main theme seems to be how lucky we are to live in this vast country so let's celebrate!



The Saanich Shuffle Boarders celebrate!

Guess Who's Coming to Dinner in July

Our July Guess Who's Coming to Dinner will be the annual summer BBQ, Wednesday, July 15, 2015.

The menu will be BBQ Ribs and Chicken, Baked Potato with Sour Cream and Corn.

Dessert will be Apple Pie with Ice Cream. Entertainment will feature the Nutones. \$15.00

Book your seat by 4:00 pm the Monday before. Doors open for the dinner at 4:30 pm

Celebrate Summer at Silver Threads Service!

The Saanich and Victoria Centres will be open regular hours July and August. A special calendar of day trips, events and programs are planned. Visit www.silverthreads.ca, stop by our centres or call for more information!

Summer Events and Programs

The Victoria and Saanich Centres including the Kitchen will be open regular hours during July and August. We have planned new Special Summer Activities and many of the regular programs are continuing as usual. If one of your regular activities is taking a short break perhaps this is an opportunity for you to try out something new? Check out the calendar for times.

Canada Day Birthday Celebration!

Join us for some delicious cake to celebrate Canada's birthday (a little early) on **June 30th** at both Centres!

Travelogue with Cliff and Diana Cunningham—Saanich Centre

Cliff is an airline retiree who, during his career, spent a number of years as an instructor, teaching ground staff, flight attendants and travel agents. He has travelled extensively, both on business and for pleasure. With his wife Diana, they have visited 47 countries and all 7 continents. He now volunteers at the Shaw Ocean Discovery Centre aquarium in Sidney when not putting in his workshop or giving presentations for Elder College.

July 8th South America and Antarctica

Scenic Day Trips and Picnics

Sign up for a fun day of exploration as we explore beautiful countryside and popular destinations. Space is limited and preference will be given to members.

July 15th Fairburn Farms, Duncan—leaving from the Victoria Centre

July 22nd Exploring the Peninsula—leaving from the Saanich Centre

For more information and to sign up please contact the office.

Resumes That Work—Victoria Centre

This workshop will give you the information and tools that you need to create an eye-catching, professional resume that will get you that interview. Please bring in your current resume for critiquing. Instructed by Marilyn Henigman BSW, MPA - Career Counsellor **Price:** Members \$5.00, Non-Members \$10.00

July 24th, 9:00 am - 1:00 pm

Fun Opportunity to Try Lawn Bowling—Saanich Centre

Have you ever wondered if Lawn Bowling might be something you would like to try? Silver Threads and the Burnside Lawn Bowling Club are providing two opportunities to give this great sport a try. No experience necessary. Sign up at the office.

July 29th

Memory PLUS continues throughout the summer!

Try out Memory PLUS this summer. This program is ongoing and new participants can join at any time during the year.

July Summer Movies

If it is too hot, come put your feet up and watch a movie on our new large screen TV's.

Both Centre's now have Netflix!

Tuesday, July 14th Les Misérables 1:00 to 3:00pm—Victoria Centre

Wednesday, July 15th Sideways 1:00 to 3:00pm—Saanich Centre

Wednesday, July 29th Paddington 1:00 to 3:00pm—Saanich Centre

June Highlights

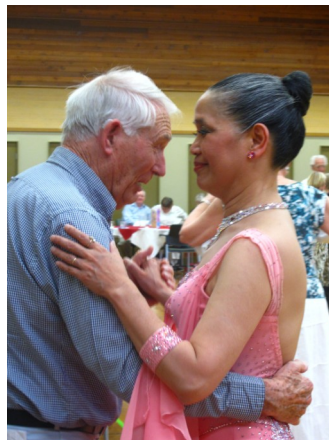
RBC Day of Service

Thank you to the staff of RBC Royal Bank Day of Service who chose Silver Threads Service for their annual Day of Service. Ten members of the team came and served at our Guess Who's Coming to Dinner on June 3rd and made a \$1,000 donation. Thank you to RBC for being great neighbours and for their wonderful community service!



Annual General Meeting

The AGM was held on June 17th, after the business meeting and election of Board of Directors guests enjoyed dinner and a special performance by the Victoria Ballroom Dance Society. Thank you for a spectacular show!



Oak Bay United Church

Thank you for letting us have an information table at the Friday Bazaar. We appreciate all the interest!



How you get here



The modes of transportation to Silver Threads are as diverse as our members.

A Day in the Park

Brydon Park is essentially a wide open field in Saanich, flat, trees only on the perimeter and lining the creek. So you have lawns for long-legged dogs to chase whipped balls, paved walks for the serious walkers counting laps, for retirees on bikes, for the beginning and accomplished skateboarders, and for some who like to walk with bearded dignity and billowing pantaloons to follow. On those special afternoons that inspire everybody and I cannot define, the park resembles a promenade of stylishly relaxed people and pets.

The park is easily surveyed, a glance will tell you where it's populated, where it's quiet. There are enough comfortable benches for baby-slinging moms and dads and for me. On a good day you have teens throwing hoops or a group of young women doing lawn exercises. Cats don't like the park space, because of their arch enemy, the crows. Cats shouldn't be let out in the first place.

But the real big attraction here is the sand box (the best kids toy, in my book). This one is large, a multi-family affair. But not a place for parents. Viewed from my own careful and protected life, it does have a number of hazards: an unbalanced balancing beam, a wind-swept Mount Everest, a space spinner with too many g-forces and a suicide slide into an alligator swamp. But our brave orphaned athletes, the motherless explorers, and undaunted U-4 astronauts however, who face these perils day in, day out don't seem to mind.

The only thing missing is water from a garden hose for building sand castles, creating rivulets for the leaf flotillas and for messing around. On a schmuddely day, the playground is almost lifeless, almost. Abandoned in a downpour, a fleet of wheeled Little Tikes, Tonkas and Fisher Price equipment is still busy digging, hauling, piling and rescuing. The work is completely unsupervised, well into the evening and through the night until the owners return the next sunny day of construction. Amazing.

By: Peter Z (Silver Threads Member)

Meet the Silver Threads Service 2015-2016 Board of Directors

At the Annual General Meeting on June 17th, 2015, the Board of Directors was elected. The two main purposes of the Board of Directors are to direct and protect the Society. The Board directs STS by ensuring the goals of the Strategic Plan are implemented and attained. The Board protects the Society by following the Constitution and Bylaws of Silver Threads Service and ensuring that the Society always acts within all applicable statutes and laws of British Columbia and Canada.



Andy Robinson
President



Barbara Harwood
Vice President



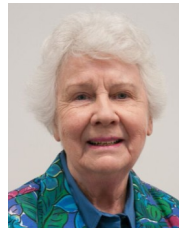
Norm Tatlow
Secretary



Doug Crowder
Treasurer



Kathy Ajas
Director



Margaret Jacobson
Director



Nelles Shackleton
Director



Dr. Marjorie Moulton
Director



Sara Pash
Director



Don Monsour
Director

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

