

## Movember for Men's Health



You may notice more men when you are out and about growing Tom Selleck type moustaches this month. This craze is more than just a fad, the intent is to send a powerful message about Men's Health – it is **Movember**! Part fundraiser and part awareness building, the goal is to help all men live happy and healthy lives at any age. At one time (and for some, maybe still) men seemed to take an “if it ain't broke, don't fix it” attitude to their own health. They would not enter a health professional's office until their pain or condition was completely unbearable and perhaps un-repairable too. It is becoming more commonplace though for men to take a more active role in their own health and a more prevention based approach. This includes being screened for prostate and testicular cancers, having regular checkups, monitoring blood pressure, eating right and getting regular exercise.

At the Victoria Centre there is a **Men's Only Balance and Mobility** Exercise class that is a good starting point for senior men who are looking to increase their physical strength. Improving balance is also a key strategy in reducing injuries related to falls and fall prevention. This ongoing class will run on Thursdays, beginning November 5<sup>th</sup> from 2:15 till 3:15pm. The **Co-ed Fun & Fitness** program is offered at the Saanich Centre on Tuesdays and Thursdays from 11:00am to 12:00noon, for singles or couples, men will not feel out of place.

Other ways to manage your health – good prevention is to get a Flu Shot. Free clinics provided by Rexall Drugs are being held Wednesday, October 28<sup>th</sup>, 9:30am to 11:30am at the Victoria Centre and Monday, November 2<sup>nd</sup>, 9:30am to 11:30am at Saanich also check your Blood Pressure at the free clinic on Monday, November 9<sup>th</sup>, 10:00am to 1:00pm at Saanich. **Movember** – time to think and act to improve Men's Health!

*“A man's health can be judged by which he takes two at a time – pills or stairs.”*

### Guess Who's Coming to Dinner in November 2015

#### Wednesday, November 4th

Chicken Breast with Mushroom Sauce, Spanish Rice and Mixed Vegetables and Bumbleberry Pie for Dessert.  
Entertainment provided by Rosie & Corrine: Just Us

#### Wednesday, November 18th

Roast Beef, Garlic Mashed Potatoes, P.E.I. Vegetables and Lemon Love Cake for Dessert.  
Entertainment provided by the Saanich Songmen and the Hampton Singers.

**Reserve by 4:00 pm the Monday before.** Doors open for the dinner at 4:30 pm so come early to get a seat and socialize before the food service begins at 5:00 pm.

## October Highlights

### Silver Tsunami

October 1<sup>st</sup> was National Seniors Day and we commemorated it with the 2<sup>nd</sup> Annual Silver Tsunami.

In the morning our members created a spectacle at the intersections by our centres and got great response from the community.

We now have more seniors in Canada

– 31,500 more than there are children under the age of 14. Fully 16% of the population is over the age of 65. We are proud to support seniors and of course, celebrate with cake!



### Outing to Government House

At the end of September we did an outing to the grounds of Government House where we wandered through the magnificent gardens and explored the Cary Castle Mews - which comprises a Costume Museum, Interpretive Centre and Tea House. One of the highlights was seeing an original flapper dress from the 1920's that member Gayle had donated to the museum.



### Thanksgiving Dinner

We had a wonderful Thanksgiving Themed Guess Who's Coming to Dinner in August. Chefs Brian P&P served 6 turkeys with all the trimmings and pumpkin pie for

dessert. Thank you to Silver Threads Board Member, Barbara Harwood, and her husband Allan for their donation of adorably decorated mini pumpkins, which one lucky person at each table won as a door prize. The pumpkins were grown and decorated by the Jack Family at Firbank Farms and proceeds of the pumpkin sales went to Saanich Peninsula Hospital Foundation.

### Book for Group Christmas Lunches

Bookings are now being taken for Christmas Events and catering for December. See the front desk at the Saanich Centre to make your booking. Book early to avoid disappointment!

## Upcoming Events

### Saanich Centre

### Christmas Theatre Production with the Monterey Senior Players



Following the success of their performance at the Volunteer Appreciation party, we are pleased to have the Monterey Senior Players back to perform a Christmas theatre production, which will be accompanied

by afternoon tea service. The theatre troupe will be performing a holiday classic to start off your holiday season: "The Christmas Cat" is a one-act play based on a story by Lucy Maud Montgomery and will be performed at the Saanich Centre on Friday November 27th.

Afternoon tea will be served at 1:30 followed by the play.

Tickets are \$5 for members and \$7 for non-members.

To book your seat phone 250-382-3151.

### Victoria Centre

### Silver Christmas Craft Fair

It is here! Saturday November 7<sup>th</sup>, stop by between 10:00am and 4:00pm to shop shop shop at Silver Christmas: A Christmas Craft Fair. There will be a wide array of lovingly, handmade merchandise to browse and purchase. Call 250-388-4268 for more information.

### Hampton Concert Orchestra

Charles Encell – Conductor

Fall Concert

Johannes Brahms Tragic Overture, Op 81  
Domenico Cimarosa Concerto in G Major for  
Two Flutes and Orchestra Soloists:  
Kristina Stevens, Carolyn Furnalle, Jean Sibelius  
The Swan of Tuonela, Op 22, Nr 2

Sunday, November 22<sup>ND</sup> 2:00 pm

Monday, November 23<sup>RD</sup> 7:30 pm

Saanich Centre

(Refreshments at intermission)

Admission by Donation

[www.hamptonconcertorchestra.ca](http://www.hamptonconcertorchestra.ca)

## Don't forget your Flu Shot!

Silver Threads has clinics sponsored by Rexall  
Drugs from 9:30 to 11:30am.

Victoria Centre, Wed., October 28th

Saanich Centre, Mon., November 2nd

## Intergenerational Physical Activity Leadership (IPAL)

Silver Threads is participating in an Intergenerational Physical Activity Leadership (IPAL) program in partnership with Ecole Marigold Elementary, Spectrum Community School, Action Schools! BC, the University of Victoria and Saanich Parks and Rec. The aim of the program is to increase physical activity, promote leadership training, and encourage community connectedness and relationship building. A team of Silver Threads members have been assisting with games and activities on the playground of Ecole Marigold during lunch recess. Activities include skipping games, hopscotch, 4-square, tag and Chuck the Chicken. It is a real pleasure working with the leaders of the future.



**Volunteer Peter gets ready for the set up.**

## Meet Brian - Saanich Volunteer

Brian first discovered Silver Threads when he came to the Better Breather's group at the Saanich Centre in 2002 with his wife, Sylvia. Once at Silver Threads, they started attending the Guess Who's Coming to Dinner evenings, which they really liked. In 2008, Brian was asked if he would like to volunteer in the kitchen for the dinners, which he did and has been doing so ever since. He is an invaluable help, keeping up with washing all of the dishes from the dinners which serve about 100 people twice a month.



Brian has also done handyman duties around the Saanich Centre. He has a real knack for coming up with solutions to problems. Brian has also been involved with the weaving group at the centre, having had his own loom at home. Brian's other interests include woodworking and gardening. He has a garden at home that he likes to putter in. He comes by his love of gardening having grown up on a farm outside of Calgary.

Brian's father was in the army while Brian joined the navy in 1967. He was posted to Esquimalt where he spent much of his 30-year career as a Naval Electrician. Brian also had postings to bases across Canada and deployments overseas. His most memorable deployment was with NATO in 1990 where he ended up in England, France, Spain, Germany, Norway, Denmark and many other European countries. He said it was a, "Thoroughly enjoyable trip", except for the fact that he was away from home for 6 months.

After his retirement from the navy, Brian and Sylvia enjoyed a wonderful motor home trip across the United States in 2004. Unfortunately, Sylvia died in 2010. Brian has always enjoyed being out with people and enjoys coming to Silver Threads, where he knows he can always get a cup of coffee and find someone to talk to. Brian also stays busy with his daughter and three grandchildren who live locally.

We thank Brian for his many years of dedication and volunteerism at Silver Threads.

*"Life expectancy would grow by leaps and bounds if green  
vegetables smelled as good as bacon."*

## MEMORY Practice, Laughter, and Useful Strategies Corner

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

### Remembrance - 1939-1945 - DO YOU REMEMBER?

1. On what date did Canada declare a state of war?
2. Name the ferry that was sunk between Nova Scotia and Newfoundland during the Second World War.
3. Who wrote In Flanders' Fields?
4. On what beach did the Canadian 3<sup>rd</sup> Division land on June 6, 1944?
5. How and why did women's role in society change dramatically during the Second World War?
6. What was the Second World War battle for which Canadians are most remembered?
7. What goods had restrictions placed on them?
8. Using what material to help with the war effort were children admitted to movie theatres during the Second World War?
9. What did women use to look as if they were wearing stockings?
10. Can you name five wartime songs?

### Midlife Crisis

Thank you to the Cedric Literary Awards for donating tickets to the Midlife Crisis Show held in October at the Victoria Conference Centre. The winners were drawn on National Seniors Day and were members Beryl, Lina, Barb, Earl and Gary.

We hope they enjoyed the show and comedian Brett Butt.



Smiling draw winner Gary W.

## Silver Surfers Computer Club

As you may have noticed the Victoria Centre has been offering all types of technology inspired workshops and classes with an emphasis on mobile devices such as tablets, smart phones and iPads. Our members have decided to form a computer club: The Silver Surfers! Members in this club are there to support each other as they learn more about using computers, technology, and devices. Won't the grand kids be shocked when they get a Skype call from you or when you seamlessly ask Siri to identify the song playing on the radio (if you do not know what any of this means – join the Silver Surfers and find out!) Our Workshops and Classes are geared towards seniors. Our amazing instructor Jennifer is patient, fun, and extremely knowledgeable and an expert in teaching older adults. Technology can be an extremely useful tool for accessing information, utilizing health services, and connecting with family and friends. Instead of drowning in confusion, as a Silver Surfer, you can ride this technology wave into new opportunity and adventure - with your club members by your side.

## Italy Slideshow

Join Lisa Coulson as she shares stories and photos of her trip to Italy with her daughter Emma. Emma is part of Team Canada Hip Hop and was representing Canada in the 90 Nation Dance Competition in Rimini, Italy.

Saanich Centre

1:00 to 2:00pm

Wednesday, November 25th

Session is free

Reserve your spot today!



## Silver Threads Services Staff

**Tracy Ryan** - Executive Director

**Debbie Erb** - Victoria Centre Director

**Dustin Lockhart** - Victoria Centre Assistant

**Jo-Anne Silverman** - Victoria Senior Outreach

**Anne Nelson** - Saanich Centre Director

**Julie McGaghey** - Saanich Assistant Director

**Jean Birtwistle** - Saanich Centre Assistant

**Lisa Coulson** - Program Coordinator

**Brian Penner** - Saanich Centre Chef

**Brian Peterson** - Saanich Centre Cook

**Debi Stoness** - Bookkeeper

## 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

