

NEWSLETTER

You belong at Silver Threads!



Our **Spring Membership Drive** will begin April 1st, 2016. Starting this year, all Annual Membership will be valid April 1st, 2016 to March 31st, 2017. By taking out a membership in Silver Threads Service you are showing your support for the organization while giving yourself the gift of belonging. Here's a great incentive to take an annual membership – everyone who signs up between April 1st and June 15th will be entered to win:

Round trip airfare to Vancouver on Helijet

Overnight stay at the Rosedale on Robson and more!

Prize Package valued at \$800

The winner will be announced at the Annual General Meeting on June 15th, 2016.

What are the benefits of membership?

Complimentary coffee and a bakery treat upon sign up

Access to programs at both Saanich and Victoria Centres

Reduced fees for programs and Guess Who's Coming for Dinner

First priority for programs with limited registration, special events and outings

Monthly newsletter

Reduced rates when renting rooms at both Saanich and Victoria Centres

Please visit one of the Silver Threads Centre to sign up as a new or returning member and you will be automatically entered in the draw! Membership is \$50 per year.

"I long, as does every human being, to be at home wherever I find myself."

Maya Angelou

Guess Who's Coming to Dinner in March

Wednesday, March 2nd

Salmon Florentine, citrus rice, mixed vegetables

Strawberry ambrosia for dessert

Entertainment provided by the Hampton Singers and Saanich Songmen

Wednesday, March 16th

Chicken breast in a mushroom and roast pepper sauce,

Mashed potatoes with beans and carrots

Chocolate mousse

Entertainment provided by Steve Peabody

Dinners are \$12. Book early to avoid disappointment. All Reservations required by 4:00pm on the Monday before.

Doors open at 4:30pm. Dinner service begins at 5:00pm.

Memory PLUS Practice, Laughter, and Useful Strategies Corner

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

Try this fun game: You can play it by yourself, taking turns with a friend or in a group.
This is a favourite game with the Memory PLUS group.

Say a word (any word)
Now say a new word that begins with the last letter of the word before it.
Continue.
Rule: try not to use a word more than once.

Example: **W**ord, **D**oor, **R**adish, **H**omework, **K**angaroo, **O**lympics, **S**tile.

Current Sessions of The Memory PLUS Program

Program Times and Locations:

Monday 1:00 – 3:00pm

Location: Oak Bay United Church

Tuesday 1:00 – 3:00pm

Location: St. George's Anglican Church in Cadboro Bay

Thursday 9:30 – 11:30am

Location: St. Lukes' Church Hall in Saanich

Thursday 1:00 – 3:00pm

Friday 1:00 – 3:00pm

Location: Saanich Silver Threads

Spaces available at some locations. For more information on this program please contact Lisa Coulson at 250-382-3151 or lisacoulson@silverthreads.ca

Upcoming Events and Programs

Income Tax Clinics

It is that time of year again!

Both Centres will have volunteers preparing Income Tax returns for seniors with a maximum single income level of \$30,000 (\$40,000 couples). The clinics will run for the months of March and April. Times and days vary so call the centres for details and to book an appointment.

Saanich Centre, 250-382-3151

Victoria Centre, 250-388-4268

Victoria Centre

Line Dancing

A great way to get moving in this group class with supportive and enthusiastic instruction and catchy music.

Date: Thursdays,

Time: 3:30 – 4:45pm

Cost: 8 Sessions: Members \$64, Non-Members \$88

Clarinet Club

Join this casual group for brushing up your skills and making beautiful music in a social setting.

*Must have own Clarinet

Date: Fridays

Time: 1:30-3:30pm

Cost: Members \$1.25, Non-members \$4.25.

Saanich Centre

A Taste of Ireland

On Thursday, March 17th, We will be offering a St. Patrick's Day Lunch at the Saanich Centre.

Come and celebrate all things Irish with a delicious lunch prepared by the Chefs at the Saanich Centre. The menu will feature Irish stew with braised cabbage and tea biscuits. No reservations required, come early to avoid disappointment.

Date: Thursday March 17th

Time: 11:30am until the stew runs out.

Cost: 6\$

February Highlights

Chinese New Year

The Victoria Centre hosted a Chinese New Year Celebration with Traditional Chinese Dancing and

Thai Chi performance by the Chinese Seniors Association.

2016 is the year of the monkey.

People born in the sign of the monkey are curious and clever.

Birth years that are under the sign of the monkey include :

1920, 1932, 1944, 1956, 1968,
1980, 1992, 2004.



Be a Sweetheart to a Senior Valentine's Day Concert

Maureen Washington and the Village Squires gave spectacular performances at our Second Annual Be a Sweetheart to a Senior Valentine's Day Concert. There were 51 people in attendance who were feeling the love, and they received handmade Valentines from the School Children of St Joseph's School. It was a wonderful afternoon. Thanks to Chartwell Ross Place for sponsoring the event and providing the delicious treats. It really was a Happy Valentine's Day!



Changes to Program Fees effective April 1st, 2016

As of April 1st, there will be some changes to both program fees and meal costs at Silver Threads Service. We are very aware of keeping our services affordable to all and as such there have been no changes in prices for a number of years now. The increases in April will be minimal but are necessary in order for us to keep up with the financial reality of our times.

Drop-in program fees will increase to \$1.50 for members and \$4.50 for non-members. Programs with a fee attached to them will have both a member rate and a non-member rate, including exercise programs which will be \$3.25 for members and \$5 for non-members. Starting April 1st there will be member and non-members rates introduced for the Guess Who's Coming to Dinner as well. Members will pay \$12 and non-members will pay \$15.

The new fees will be listed in our April Program Guide and be posted on the menu board at the Saanich Centre as of April.

If you have any questions, please feel free to ask any of the staff and we would be pleased to give you more information.

Volunteer Profile

Meet Peter

Peter has been volunteering as a driver for our Guess Who's Coming to Dinner program for over two years now. He found out about Silver Threads from Saanich Volunteer Services Society (SVSS). Peter had received volunteer drives and some dog walking after ankle surgery and decided when he was well again, that he would like to pay it forward.

Once he found Silver Threads, Peter threw himself into many realms – volunteering, table tennis, chess, scrabble and most recently our Intergenerational Physical Activity Leadership (IPAL) program. Peter says that Silver Threads “suited him”, and he really likes the members and staff here.

Before retirement, Peter had not had much time to pursue all of the activities that he now does as he was too busy with his exceedingly varied career. Peter started his work life in his country of birth where he did a 3-year apprenticeship in Hamburg, Germany with Esso Oil. Peter wanted more adventure in his life so decided to leave Germany, and chose Canada as his new home.

Peter landed in Calgary where he continued work in the oil industry. His English was initially not good enough to work for an oil company, so, after a series of immigrant jobs, he landed with United Geophysical. Seismic work took him all over Alberta, Saskatchewan, BC and the Yukon. Living in remote villages, dude ranches and bush camps for three years certainly gave Peter the adventure he had been seeking when he left Germany.

Then, after 21 years with Union Oil, Peter moved to BC.

Following a year's stint at the Bamfield Marine Station, where he managed the physical plant, then two hard years of Camosun College, Peter bought a deli and catering business in Victoria. Serving meals for seven years was enough, and Peter moved into real estate and sold residential and recreational properties for the next 18 years until his retirement in 2009.

After such a busy work life, Peter said that he just couldn't “sit and do nothing”. He was happy to find Silver Threads and says that it is now his “home”. We are certainly glad that Peter found Silver Threads to continue the adventure with us!



Silver Threads Services Staff

Tracy Ryan - Executive Director

Debbie Erb - Victoria Centre Director

Dustin Lockhart - Victoria Centre Assistant

Anne Nelson - Saanich Centre Director

Ro Fife - 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

