



August 2016

# NEWSLETTER

## Have an August Stay-cation with Silver Threads

We know that there is nothing better than being with friends and having a good time in the summer, and we have increased our summer programming to ensure you have lots of fun to choose from here in these hot summer months. Summer memories almost always include those family vacations or trips with our friends, and while not everyone can get away for a vacation in the summertime, that doesn't mean you cannot enjoy yourself to the fullest - try having a Stay-cation with Silver Threads!



At our Victoria centre, we have our community barbeque on August 5th complete with delicious, backyard burgers and entertainment. The Silver Surfers iPad and tablet courses have started back up, and a new walking group is exploring our neighbourhood on Mondays. Also, if you're feeling hungry, we will now be offering soup-de-jour and a fresh roll three days a week during lunch time .

Our Saanich Centre now has expanded pickle ball to Thursdays, too. (You can never have enough pickle ball!) The kitchen will remain open for lunch throughout the entire summer, and most of the regular programs are going on as usual if you want to take in an afternoon at the movies or join us for dinner and entertainment at our Guess Who's Coming to Dinner.

Whether you like good food, great entertainment, continued learning, arts or sports there is an activity for you this summer at Silver Threads. Let's make this summer a memorable one. ***"Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language."*** Henry James

### Guess Who's Coming to Dinners in August

#### Wednesday August 17th

Menu: Roast Pork with Herb Cream Sauce, Rice and Mixed Vegetables, Vanilla Ice Cream with Peaches

Entertainment: Andrew McCormack

#### Wednesday August 31st

Menu: Chicken with Mushroom Sauce, Roast Potatoes with Vegetables, Strawberry Ambrosia

Entertainment : Mark Davies

Take note that our dinner date pattern is slightly different for August, gathering on the third and fifth Wednesdays.

Dinners cost \$12 for members, \$15 for non-members. Please call in early to reserve and avoid disappointment.

**Call our Saanich Centre, 250-382-3151 to book your spot.**

Dinner reservation cut off is Monday at 4:00pm on the week of the dinner if space allows.

## July Highlights

### Ice Cream Parlors

A swell time was had by all at our Ice Cream parlors that took place at both of our Silver Threads' Centres. As always, thanks to our volunteer photographer Carol for all the great pictures!



### Moss Street Paint-in

The Victoria Centre's crafting group's mosaics were a big hit at the Moss Street Paint-In. Not only were these artistic mosaic bird houses on par with the other artists featured, but they were quite a conversation piece for the viewing public. We had a lot of fun. Thank you so much to Wendy and Melanie who volunteered at our booth for the full day.



### Intergenerational Art Show

Victoria Silver Threads hosted the first **START SHOW**: an intergenerational art show in which our Chinese brush



painters, mosaic class, and volunteer photographer all had their work featured, along with younger artists from the community.

The show had interactive art stations as well as entertainment provided by the Jesses.

## Upcoming Events and Programs

### Summer Barbeque



Do not miss our second Annual Community Barbeque held at the Victoria Centre. There will be delicious, backyard burgers with entertainment provided by the musical duo, Can Suite!

**Date:** Friday, August 5th

**Time:** 11:00am - 1:00pm

**Location:**

Victoria Centre

**Cost:** \$7.

### Pickle Ball

Join us for pickle ball now twice a week:

**Date:** Wednesdays and Thursdays

**Time:**

12:00pm-2:00pm

**Location:** Saanich Centre

**Cost:** \$3. members, \$5. non-members



### Silver Surfers: iPad and Tablet Class.

Confused or frustrated with all these new phones and tablets. In these professional, monthly classes learn to get the most out of you mobile device, and learn how it can improve your life, enhance your communications with family and friends, and support your hobbies and interests.

**Date:** Tuesday, August 23rd, 2016

**Time:** 10:45am—12:00pm

**Location:** Victoria Centre

**Cost:** \$12.50 for Members, \$18.50 for Non-members

Please register by calling 250-388-4268

Space is limited

## Volunteer: Wendy

Wendy is a talented crafter and knitter, and she loves donating her abilities to Silver Threads. Wendy always knew that she wanted to join Silver Threads both because of the activities that Silver Threads is a part of, but also in memory of her mother-in-law who had also wanted to join Silver Threads but passed away before having a chance to. What Wendy loves about Silver Threads is the opportunity to meet new and different people from all walks of life, and the friendships that are formed.



Wendy has donated her creations to Silver Threads over the last two years including Christmas balls, mosaics, and knitting. She is especially skilled at knitting sweaters, and donated numerous sweaters to our Silver Christmas Craft Fair last November. Recently a project contacted Silver Threads looking for knitters to create Sensory Muffs for people with dementia. These muffs have a soothing effect for these individuals who might otherwise be agitated. Wendy was particularly interested in this project because she gets to use her knitting for a good cause. Wendy was one of the volunteers who ran our booth at the Moss Street Paint-in and we couldn't have done it without her.

Thank you so much Wendy for everything you do with Silver Threads Service.



## Join the Intergenerational Physical Activity Leadership (IPAL) Program

Do you enjoy working with youth?

Would you like to help train the leaders of the future?

Do you like having fun?

Silver Threads will be working again this year with the leadership students from Spectrum Community and Marigold Elementary Schools. Seniors will support the students to run 3 different activities (training provided):



- Games and activities in the playground,
- Seniors exercise class and
- Health Fair

**Date:** October and November

**Time:** Approximately 1 hour a week

**Location:** Spectrum and Marigold Schools

**Cost:** FREE

To register for the program contact: Anne Nelson  
Saanich Silver Threads, 250-382-3151

## Memory PLUS

Practice, Laughter, and Useful Strategies Corner  
(Answers on the back page)

### Word Fun

Unscramble these Summer Olympic words:

ertniquaus

ninegcf

stycimnags

gxonbi

wngiro

idgvni

nlathirto

nohsigot

cehyarr

legitwrsn

nesint

miginwms

## New Programs Coming This Fall

Silver Threads Service will have some new programs starting this fall . Here is a taste of what's to come:

- Cell Phone Workshop
- Hans Kai Health Speaker Series
- Osteo Yoga
- Nordic Pole Walking
- Seated Exercise Class
- French or Spanish Lessons

Please inquire at the front desk for more information on these programs.

## The Olympic Games August 5th-21st

We will be showing summer Olympic games coverage on our big screen TV in the Saanich Centre Library!

Please call the centre to find out the times, and which events will be available to view.

250-382-3151



## Memory Plus Corner Answers:

Equestrian, gymnastics, rowing, triathlon, archery, tennis, fencing, boxing, diving, shooting, wrestling, swimming

## Outreach Project : Connecting with Isolated Seniors

Silver Threads Service and James Bay New Horizons are once again working together to continue a project first piloted in the Fall of 2015 involving seniors. The concept is simple. An Outreach Worker will meet with seniors where they live to make connections, listen to concerns and inform seniors of available services to help them remain independent.



The results of the initial three-month pilot surpassed our expectations with coffee parties being held in 24 locations and connections made with 110 seniors. Some of the issues identified included cost of living, housing, food, health and wellness and transportation. A significant concern is loneliness and lack of social connections. The project will resume in Victoria and will expand into Saanich from July 2016 to March 2017.

Jo-Anne Silverman coordinated the pilot project and is continuing to lead the renewed initiative. Jo-Anne's professional experience includes fund development over many years, both across Canada and locally with United Way of Greater Victoria and Camosun College Foundation. Her knowledge of the issues facing seniors will encourage seniors to build the connections to resolve their challenges. We thank the City of Victoria and the Government of BC for making this project possible.

For more information on this initiative please contact:

**Jo-Anne Silverman, Outreach Worker**

Phone: 250- 385-2614, Email: joannesilverman@gmail.com

## 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

**Toby Schnoor** - Program Coordinator

**Brian Penner** - Saanich Centre Chef

**Brian Peterson** - Saanich Centre Cook

**Debi Stoness** - Bookkeeper

**Jo-Anne Silverman** - Outreach Worker

## 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*

