



September 2016

# NEWSLETTER

## Looking for Resources?

Sometimes knowing where to get the resources you need is half the challenge. Here are some resources available in Victoria that we often get inquiries about.

**Odd Job Help:** Many seniors need help with odd jobs around the house. You can hire a Student from The University of Victoria by calling Career Services at 250-721-8421. They will give you contact information for students looking for odd jobs. Also, there are both Saanich Volunteer Services and Oak Bay Volunteer Services who may be able to assist you. Alternatively, there are numerous professional organizations here in Victoria that will come and do light housework, odd jobs, laundry, shopping, etc. Most are listed in the blue Seniors Services Directory which can be picked up from either of Silver Threads Centres.



**Transportation:** Transportation can be tricky, especially once we have retired from driving. BC Transit offers a service called Handy DART. They will pick you up and take you home for the same price as regular transit; to inquire about your eligibility call 250-727-7811. Handy DART users, too, qualify for Taxi Savers. Taxi Savers provide you with half-off your taxi fare. Booklets are sold for \$40.00 containing \$80.00 worth of coupons. Further, If you would like to come to our 'Guess Who's Coming to Dinner' evenings at the Saanich Centre, we have volunteer drivers who can pick you up and take you home! Also, the number 8 Bus easily goes between our two centres allowing straightforward access to all of the programs we have to offer.

**Housing:** Depending on your income, you could qualify for rent subsidies through BC Housing's SAFER Program. Information regarding eligibility requirements and application forms can be picked up from our resource areas at either centre. If you need assistance filling out the application forms our Senior Mentors are happy to help! Also, in the Senior's Services Directory there are listings of housing options available in Victoria.

As always our Silver Threads staff are happy to help you by suggesting programs and services at Silver Threads and/or providing you with information on services that are offered elsewhere. Do not hesitate to ask and we will always do our best help you find what you need!

### Guess Who's Coming to Dinner in September

Wednesday September 21st, 2016

Honey Peach Glazed Ham, Mashed Potatoes, Carrots and Beans, Chocolate Chip Mint Ice Cream  
Entertainment: Eric McQuillan

Dinner 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.

## Upcoming Events and Programs

### Mobile Device Class

#### Presented by the Victoria Computer Club

Learn how to make the most of your cell phone at the lowest monthly cost, add apps that match your interests, have your phone to remember appointments, and get directions.

**Date:** Monday, September 26th

**Time:** 1:00pm - 3:00pm

**Location:** Victoria Centre

**Cost:** \$5.00

### French and Spanish Beginner Level I



Two course: an Introductory French course and introductory Spanish course are being offered. Both focusing on verbal communication. Students will learn basic pronunciation, questions, answers, locations, directions, time, formal and

informal speech.

#### French Class:

**Date:** Mondays, September 19th—October 31st

**Time:** 1:00pm - 2:00pm

#### Spanish Class:

**Date:** Tuesdays, September 20th— October 25th

**Time:** 10:00am - 11:00am

**Location:** Victoria Centre

**Cost:** 6/\$75.00 Members, 6/\$80.00 Non-members

Please register by calling 250-388-4268

### Mah Jong Tournament

How would you like to take part in a casual, fun Mah Jong tournament? Hosted by our Chinese Women's Friendship Association, this event will be fun for everyone of all Mah Jong skill levels. Basic Mah Jong will be the style played.

**Date:** September 24th,

**Time:** 11:30am-4:00pm

**Location:** Victoria Centre

**Cost:** \$10.00

To register call 250-388-4268

Registration Deadline:  
September 6th,



### Nordic Pole Walking

Improve your upper body strength and burn calories as you learn the techniques of Nordic Pole Walking.

**Date:** Mondays, Sept 12 – Oct 24 (6 sessions)

**Time:** 10:00-11:30am

**Location:** Saanich Centre

**Cost:** \$50 (members), \$75 (non-members).

### What is Hans Kai Health?

Hans Kai is a program designed to empower individuals to take greater control of their health management. Join Hans Kai trained facilitator Ro Fife for this health independence series.

**Dates:** Introductory session

September 14th. Series sessions to follow alternating Wednesday September 28th to December 14th

**Time:** 1:00pm - 2:30pm

**Location:** Saanich Centre

**Cost:** No Cost

Pre-registration encouraged.

### Portrait Painting Workshop

Learn how to do portraits using charcoal or pastels.

No experience is necessary. Please register for class as spaces are limited.

**Date:** Wednesdays, September 21—October 26

**Time:** 10:30 am—12:30pm

**Location:** Saanich Centre

**Cost:** 6 sessions: \$10 (members), \$20 (non-members), plus cost of supplies

### Memory PLUS

New this fall! We are adding a sixth Memory PLUS Program at the Victoria Centre with Maureen. The PLUS means Practice, Laughter and Useful Strategies and is designed for those 55+ who would like to increase their memory in an active and social group setting.

**Date:** Wednesdays, starting September 21st

**Time:** 9:30am - 11:30am

**Location:** Victoria Centre

**Cost:** 12 sessions: \$75 individual or \$105 couple



## Volunteer Sandi

Sandi has been volunteering for over 4 years with Silver Threads as a part of our Senior Mentoring program. In the program, volunteers help seniors to complete complex forms issued by the government and other agencies which individuals can often find a very daunting process. Sandi first became acquainted with Silver Threads in 1984 when she lived in the neighbourhood and helped to serve tea and coffee at dances held at the Saanich Centre.



Sandi hails from Manitoba where she went to school in Virden and Brandon. Sandi moved to British Columbia in 1983 as she had parents in Qualicum Beach and a sister in Victoria. In 1988, Sandi got a job with the Family Maintenance Enforcement Program (FMEP) where she spent the next 22 years. She was with FMEP from the start of the program, beginning her career as an Enforcement Assistant and ending as the Office Administrator for the regional office, overseeing a staff of 60+.

After she retired, Sandi realized that she would need to do something to keep herself busy so she started looking for volunteer work. As well as her involvement with the Senior Mentoring program, Sandi also volunteers with UVic, co-facilitating self-management programs, and in the gift shop at the Victoria General Hospital. She also does home support work with Nurse Next Door and is an active member of her Red Hat group. Sandi loves her many community involvements, and we are so appreciative of the time she gives to us here at Silver Threads.

## COME JOIN US

Group singing is good for the body and soul. The Saanich Songmen men's choir is looking for new members. Their practices at the Saanich Centre are Saturday mornings 9:00am - 11:00am, For more information, contact Paul Senecal, at 250-727-3689

## August Highlights

### Canada House: Watching the Olympics

Oh Canada! What fun it has been cheering on our athletes competing in the Summer Olympics in Rio, Brazil in our very own 'Canada House' at the Saanich Centre. Congratulations to our athletes who won 22 medals (15 gold, 3 Silver, 4 Bronze)



### Pokémon Go Workshop

Who are the hippest grandparents this year? Those folks who came out walking with us, leaning how to catch Pokémon on their smart phone!



### Summer Barbeque

We sure had a lot of fun at our community Barbeque at the Victoria Centre. The Burgers were spot-on and the entertainment had the crowd dancing, waving, and having a fabulous time. We cannot wait till next year!

## Memory PLUS

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

Unscramble These Popular Victoria Tourist Attractions

LSIWOWL HECBA  
ALOYR CB UMESMU  
NHRSEFASM RFWAH  
UTHABCRT ERNGSDA  
TANAEBM AYLEGRL  
THYALE TALCES  
RTUFYEBTL AESGNDR  
OTAIBSN RQASEU



## Welcome New Staff



We are pleased to announce the hiring of Maureen Brouwer in the position of Programmer. Maureen will be starting a **new Memory PLUS Program Wednesday mornings at the Victoria Centre** and supporting the On the

Go Again Program at the Frasier Tolmie Apartments. This will bring the total weekly number of Memory PLUS Programs to six, to help us meet the growing demand. If interested in attending at this site please call 250-382-3151.

Maureen has experience as a facilitator and recreation assistant, extensive experience working with seniors and has been employed by the Mustard Seed, Dawson Heights and a variety of Senior Housing complexes in Victoria. She is also currently pursuing a certificate in Adult and Continuing Education Program at UVic. We are pleased to welcome her to our staff team and to grow our Memory PLUS Program.

## Community Support

At Silver Threads, we support other groups and organizations by collecting a variety of items for them: Campbell's soup labels, eye glasses, pill bottles, pop tabs, and used stamps  
Help us to assist these worthy community groups by dropping off your items in the collection bins at the front desk of the Saanich Centre.

## Night of Lights Hillside Centre Fundraiser Sunday, November 20, 2016

Silver Threads Service is one of the non-profit organizations invited to participate in Hillside Centre's Night of Lights fundraising event. This year's 16th annual private ticketed event will be held on Sunday, November 20, 2016 from 6:00 – 9:30 pm and only those who have purchased a ticket will be allowed to enter Hillside Centre on that evening. This special evening will include appetizers, beverages, entertainment, fabulous door prizes, exclusive retailers specials and tons of fun!

Tickets are \$5.00 each, and will be sold through the Reception Desks at the Silver Threads Centres from staff and Board Members. Silver Threads Service keeps 100% of the revenue generated from the tickets sold.

Consider buying tickets to this exclusive event for friends, family and yourself to enjoy an evening at Hillside Centre!

## Memory Plus Corner Answers:

Willow's Beach	Bateman Gallery
Royal BC Museum	Hatley Castle
Fisherman's Wharf	Butterfly Gardens
Butchart Gardens	Bastion Square

## 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  
**Maureen Brouwer** - Programmer  
**Brian Penner** - Saanich Centre Chef  
**Brian Peterson** - Saanich Centre Cook  
**Debi Stoness** - Bookkeeper  
**Jo-Anne Silverman** - Outreach Worker

## Silver Threads Services Locations

<b>Saanich Centre</b>	<b>Victoria Centre</b>
286 Hampton Road	2340 Richmond Road
Victoria, BC V8Z 1H1	Victoria, BC V8R 4R9
Phone: 250 382-3151	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*