

It's March and Membership Time!

If you are a member of Silver Threads Service or think you want to join – now is the time! Our membership runs from April 1st to March 31st and it is time to renew or sign up! If you register by April 30th you will be entered in a draw to win a \$200 Gift Card for Hillside Centre. Membership is \$50 (plus GST) and you will receive:

- Full access to Silver Threads Service programs offered at both the Saanich and Victoria centres.
- Preferential (reduced) members program fees for centre activities and events.
- Priority registration for space limited programs, outings or other seasonal special events.
- Courtesy calls for program changes or cancellations.
- Annual Coupon for 1 complimentary coffee break (good for a hot beverage and a baked good).
- A sense of community belonging.



If you are a renewing member like George Clooney (aka Alex) please bring your current membership card to renew

Changes to Goods & Services Tax

Also, starting April 1st, we will be implementing GST into our program fees. Recently Silver Threads Service underwent a tax review to make sure that we were in compliance with all tax regulations and legislation. We confirmed with Federal and Provincial bodies and hired an external Sales Tax and Forensic Accountant to review our organization. The results are that effective April 1st memberships and program fees will be charged GST. Our Food Services and the Thrift Shop will remain exempt. Thank you for your understanding.

“If you don't believe, you don't belong” Alan Kulwicki

Guess Who's Coming to Dinner in March

Wednesday March 1st, 2017

Glazed Cranberry Chicken Breast with Stuffing , Rice and Broccoli with Ice Cream for dessert.

Entertainment: Eric McQuillan

Wednesday March 15th, 2017

Roast Beef with Guinness Sauce, Garlic Mashed Potatoes and Cauliflower with Apple Pie for dessert

Entertainment: Celtic Reflections

Wednesday March 29th, 2017

Roast Pork with Mushroom Sauce, Peas and Carrots with Mash Potatoes and Lemon Meringue Pie

Entertainment: The Encores

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

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

Reservations cut off is 4pm on the Monday before the dinners. Come out and make new friends.

Upcoming Events & Programs

Guided Autobiography

Harry Lewis will lead activities that stimulate ideas and memories around particular life themes each week in small groups. By the end of the course participants will have a portfolio of writing to form the basis of an autobiography.

Date: Tuesdays, March 14—April 18th

Time: 10:00am—12:00pm

Location: Saanich Centre

Cost: 6-sessions

\$50 Members

\$75 Non-members

Contact: 250-382-3151



Where in the World Travel Series: China and Southeast Asia

Join Cliff and Diana Cunningham as they lead us on a fascinating trip around Asia. Stay after for conversation and light refreshments.

Date: Wednesday, March 22nd

Time: 1:00pm—2:30pm

Location: Saanich Centre

Cost: No charge

Contact: 250-382-3151



Portrait Painting: Beyond Basics

Artist Rosa Benjamin will work with students to create oil and acrylic portraits of different ages of people, using different styles. Some drawing or painting

experience is desirable.

Date: Wednesdays, March 8th—April 12th

Time: 10:30am—12:30pm

Location: Saanich Silver Threads

Cost: 6-sessions: \$10 Members \$20 Non-members plus cost of supplies

Contact: 250-382-3151

Yoga Fit

YogaFit is designed to improve health. Yoga fitness postures are performed slowly, deliberately and very carefully. Regular practice will increase flexibility, mobility, agility, eccentric and isometric strength and endurance.

Date: Thursdays

Time: 9:15am-10:00am

Location: Victoria Centre

Cost: \$7.00 Members, \$9.00 Non-members

Ageless Love

Staff Bio – Toby Schnoor

The Ageless Love Series Workshops have been developed and facilitated by Toby, Silver Threads Program Coordinator. As a qualified CPCA Registered Professional Counsellor and RPC Dating and Life Coach, she is knowledgeable on the issues seniors face, Toby is well equipped to lead participants into the dating world. An excellent facilitator, you will enjoy the opportunities to learn from her!



Per Session Cost: \$5.00 Members

\$7.00 Non-Members

Location: All sessions held at the Victoria Centre

How to Navigate the Dating World

What do you do if it has been decades since you went on a date? Let us give some practical tips to calm your nerves, learn tips to communicate and what the etiquette is today. Toby is a RPC qualified Dating and Life Coach and knowledgeable on the issues seniors face, she will share her expertise in an open and welcoming environment.

Date: Monday, March 6th

Time: 1:30pm - 3:30pm

Mix & Mingles

Once a month, we will host fun social afternoons with music, refreshments and enough facilitation to help introduce and connect with other seniors. We will provide it all, just bring along a smile and a positive approach and see what happens!

Dates: Thursday, March 16th

Time: 4:00pm - 6:00pm

Online Dating Series

Are you interested in Online Dating and would like to learn more? Practical information on different dating sites, writing your profile, security and safety. Presenter Jennifer Cairns is the founder of EGurus and facilitates computer training for seniors.

Date: Tuesdays, Starting March 28th

Time: 1:30pm - 3:30pm

Income Tax Clinics at Silver Threads

Silver Threads has been a part of the Canada Revenue Agency's Community Volunteer Income Tax Program (CVITP) for 23 years now. Through CVITP we annually host free tax preparation clinics. Our trained volunteers prepare income tax and benefit returns for eligible individuals who have a modest income and a simple tax situation (maximum gross income of \$30K for singles and \$40K for couples). Clinics will be held throughout March and April. To book an appointment, please call one of our centres.

Saanich Centre

Days: Tuesdays, Thursdays and Fridays

Time: 10:00 am—3:00 pm

Contact: 250-382-3151

By Appointment Only

Victoria Centre

Days: Tuesdays and Thursdays from 12:30pm - 4:00pm

Wednesdays from 9:00am - 12:00pm

Contact: 250-388-4268

By Appointment Only

February Highlights



February was a romantic month with our annual 'Be a Sweetheart to a Senior' event.

February also had a snowy surprise as Victoria saw a snowfall unlike anything we have seen in years. Our centres managed to stay open all but one day through most of it!

Thanks to our staff and members who braved the weather and kept our centres running as smoothly as possible!

We are ready for spring and looking for the signs that it is on its way!

Like the sighting of snow drops blooming at the Saanich Centre.



55+ Lifestyle Show

PRESENTED BY **INSPIRED senior living**

Inspiration for people over 55

VANCOUVER • VICTORIA

Join us on Tuesday, March 21st at the Pearkes Arena for the 55+ Lifestyle Show. This year the entertainment includes makeovers, magic and of course you will want to see the Silver Threads Service table. The event runs from 9:00am to 3:00pm and is worth attending for the great food and entertainment as well as learning about new services.



Anne, Judy and Debbie
2016 Lifestyle Show

Memory PLUS Corner

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

Celebrate St. Patrick's Day with an all Irish word scramble!

3-letter words:

IGJ , LEF , OBG, LEA, EKG, EWE

4-letter words:

LESI , FURT, WEST, NITP, WBER, KUCL

5-letter words:

SIHRI , LYLJO , DWETE, ESIPP, SAFET, STHOG

6-letter words:

LAGICE, DAGNER , UNTOMT, LOLYJ, LATIRU, ,HIKGTN

Wishing you the luck of the Irish:

"Wherever you go and whatever you do,
May the luck of the Irish be there with you"

Thanks to our Sponsors

Silver Threads Service appreciates the support of our corporate sponsors



Thank you to Heart Pharmacy for sponsoring our Heart Clinic on February 20th. Thanks to Pharmacist Cindy and her staff for providing Blood Pressure Checks and ECG Screenings for 21 seniors. It is important and we were very pleased to be able to provide this service.



We welcome Revera Retirement Living as the sponsor of our March 15th St Patrick's Day Guess Who's Coming to Dinner. Revera is a leading owner, operator and investor in the senior living sector committed to helping older adults' live life to the fullest. The company offers seniors' apartments, independent living, assisted living, memory care and long term care.

At the Victoria Centre our Annual Be a Sweetheart to a Senior Concert and Chinese New Year celebration were sponsored by Chartwell Ross Place.



Memory PLUS Corner Answers:

3-letter words:

JIG, ELF, BOG, ALE, KEG, WEE

4-letter words:

ISLE, TURF, STEW, PINT, BREW, LUCK

5-letter words:

IRISH, JOLLY, TWEED, PIPES, FEAST, GHOST

6-letter words:

GAELIC, GARDEN, MUTTON, JOLLY, RITUAL, KNIGHT

Presentation from the Rods & Reels



The Victoria Golden Rods and Reels Society is a fishing and social club. Men and women join together for trips and social gatherings. They are always ready to introduce the great fishing spots on Vancouver Island.

Each week the latest information on both freshwater and saltwater is shared. Since 1977 they have been welcoming new members. As an active group they participate in conservation activities.

To hear more about the Club join us:

Date: March 21st

Time: 1:00pm –2:00pm

Location: Victoria Centre

Contact: 250-388-4268

Charge: Free

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

Christine Hagen – Receptionist

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

