

## Welcome to the Victoria Computer Club

We are pleased to announce that the Victoria Computer Club (VCC) has now become part of the Silver Threads Service! Over the past number of years our staff and the leadership of VCC have been in discussion on how we can develop a partnership, share resources and create a win-win for everyone involved.

On May 15<sup>th</sup> the VCC was able to give up the lease on their building and begin offering programs at the Saanich Centre. The volunteers and programs are now under the Silver Threads Service (STS) umbrella with the Club maintaining their Society

status. They are operating four days a week with one-on-one tutorials, weekly Shared Interest Groups and monthly presentations that are open to both STS and VCC members. For a complete listing, check out page 3 of the newsletter, our website, or pick up a schedule at our front desk. We commend the leadership and members of VCC for their creativity and willingness to take on a new way of delivering their services and are pleased to welcome the Club to Silver Threads Service.



### Annual General Meeting

Silver Threads Service will hold its Annual General Meeting on Wednesday, June 21<sup>st</sup> starting at 4:30pm as part of the Guess Who's Coming to Dinner at the Saanich Centre. The business meeting will be conducted from 4:30pm to 5:00pm and guests are welcome and encouraged to attend and learn more about the organization as well as meet the Board of Directors – old and new. Our 2016-2017 Annual Report will be presented and shared as we celebrate the past year and prepare for the next one! Information on the dinner is below.

### Upcoming Guess Who's Coming to Dinners

#### June 7th , 2017

Chicken Breast with Herb Cream Sauce, Roast Potatoes, and Chocolate Mousse for Dessert  
Entertainment: Steve and Sherry

#### June 21st , 2017

Roast Beef with Red Wine Mushroom Sauce, Peas and Carrots, Garlic Mashed Potatoes and Lemon Cake for Dessert  
Entertainment: Maureen Washington accompanied by Karel Roessingh

#### July 19th, 2017

BBQ Ribs and Chicken, Corn, Baked Potatoes, and Apple Pie for Dessert  
Entertainment: Cookeilidh

Dinners are on **Wednesdays from 5:00 to 7:00pm**

cost \$12 for members (\$15 on July 19th) and \$15 for non-members (\$18 on July 19th)

Call our Saanich Centre at 250-382-3151 to make your reservation.

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

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

## Upcoming Events & Programs

### Medical Marijuana

Presented by Farmacy. Many are wondering what the benefits of medical marijuana are. As public acceptance grows and research continues to expand, this all-natural medication has the ability to relieve a range of symptoms and is becoming more accepted. Join Andrew Gill for this informative afternoon and have your questions and concerns answered.



**Date:** Monday, June 19th

**Time:** 1:00pm to 2:00pm

**Location:** Victoria Centre

**Cost:** \$5.25 Members, \$7.35 Non-Members

Registration is required. Call 250-388-4268

### Personal Passage Presentation

Are you prepared for a Life Event? What is a life event? Any change in your residence, career, and relationships. A serious accident, illness, or injury and death. Natural disasters, criminal activities and terrorist attacks. Personal Passage Planning will guide you in charting a course for the future so that you and those you entrust to “know your way” are prepared.

**Dates:** Tuesday, June 20th

**Time:** 2:00pm to 3:00pm

**Location:** Victoria Centre

**Cost:** Free

### Chemainus Theatre Outing

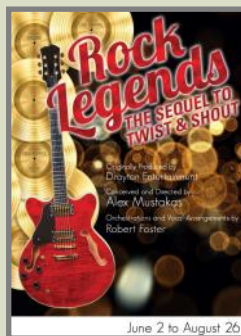
Enjoy “Rock Legends: The Sequel to Twist and Shout” at the Chemainus Theatre and lunch in the Playbill Dining Room.

**Date:** Sunday July 30th

**Time:** 9:15am to 5:30pm

**Cost:** \$90 for Members, \$110 for Non-members (includes the show, lunch and transportation from the Saanich Centre)

**Reserve your seat:** 250-382-3151 (reservations will be taken for Silver Threads members only during the month of June. Non-members may reserve as of July).



## Ageless Love

### How to Avoid Common Dating Mistakes

Identifying red flags, keeping yourself safe and setting personal boundaries are all important as you re-enter the dating world. Hear some reminders and perhaps new information to help in your journey.

**Presenter:** Toby Schnoor

**Date:** Monday, June 5th

**Time:** 1:30pm to 3:30pm

### Mix and Mingle

Once a month, we 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!

**Date:** Thursday, June 15th

**Time:** 4:00pm to 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

**Date:** Tuesdays, June 27th

**Time:** 1:30pm to 3:30pm

**Per Session Cost:** \$5.25 Members

\$7.35 Non-Members

**Location:** All sessions held at the Victoria Centre  
Registration required (250 388-4268)

### Heart Health Clinic

The Heart Health Clinic returns by popular demand! It is always time to think about your own heart health – prevention is key, and adopting heart healthy habits are important. Let us help you know your risk factors and learn how to improve your heart health at this special one-day clinic. Heart Pharmacy pharmacists will provide a Blood Pressure Check and an ECG screening for each registered participant.

An electrocardiogram (ECG) is a test which measures the electrical activity of your heart to show whether or not it is working normally. An ECG records the heart's rhythm and activity.

**Date:** Friday, June 16th

**Time:** 1:00pm to 4:00pm

**Location:** Victoria Centre

**Cost:** By Donation



## April Highlights

### Volunteer Appreciation

We had a wonderful day during National Volunteer Week celebrating Silver Threads Service's 85 volunteers. Our Canada 150 theme for the day included a Selfie Booth, a speech by Vicki Sanders, Saanich Councilor and 150th Committee Chair, and a wonderful tourtière lunch prepared by our chefs.

### Membership Winner

Thank you to all of our members for your ongoing support of Silver Threads Service. Our Spring Membership Drive was a huge success and saw over 441 people renewing or taking out new memberships in the first month of our membership year. Everyone who took out membership by April 30 was eligible to win a \$200 gift certificate to Hillside Mall. Congratulations to our winner, Alex.



### New Program at Viewmont Gardens



We are pleased to announce a new Community Group will be starting on May 30<sup>th</sup> at the CRD Housing Complex for Seniors – Viewmont Gardens. We first connected with Viewmont residents in October 2016 as part of our Outreach

Program. With funding from the Provincial Government and working in partnership with CRD Housing, Silver Threads Service will be offering a weekly program for the 38 residents. Maureen Brouwer will be facilitating the program and ideas for the group include lively discussions, demonstrations and learning as well as building social connections. The program will run every Tuesday from 1:00pm to 2:30pm in the Community Room.

### Memory PLUS Corner

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

In honour of all the special fathers out there, we have a Father's Day Word scramble of some common phrases about the incredible men in our lives.

1. Veol, retcesp, trocept
2. Eh sadire oyu wlel
3. Ym rapesnol eroh
4. Gediud em grothuh sleif pridahshs
5. Vueyo hugtat em os chum

## Victoria Computer Club Programs

### Senior's Shared Interest Group

This group teaches seniors of any age the basics of Windows, computing in general, browsing the internet, email fundamentals, and timely topics of interest. June 5th, 12th, 19th and 26th (see club website for specific session topic,)

**Date:** Mondays

**Time:** 10:00am to 12:00pm

**Cost:** \$1.60 Members, \$4.75 non-member

**Plus:** VCC Membership fee

### Specialized Shared Interest Groups

**Date:** Thursdays

**Time:** 10:00am to 12:00pm

**Cost:** \$1.60 Members, \$4.75 non-member

**Plus:** VCC Membership fee

### June 1st - Genealogy

The Genealogy Shared Interest Group is open to anyone interested in learning how to trace their family tree. Participants will learn how to effectively search the internet for birth, marriage, death, and burial records using online databases like Ancestry. Advanced users will share their knowledge of uploading their family tree to the internet to find and connect with distant relatives.

### June 8th - Photography

The Camera Shared Interest Group meets to share digital photos taken on their outings and photo-shoots. The following week shows and critiques images from previous photo-shoots.

### June 15th - Android Devices

Get more out of your Android mobile device, be it a smartphone, tablet, or media player.

### June 22nd - Linux systems

Linux and freeBSD are unix-like operating systems. Topics for the session are often posted on the mail list of vlug.org.

### June 29th - Windows 10

Windows 10 Features Workshop. Learn to configure your start window, security settings, and Cortana.

### One to One Tutoring drop-in sessions

**Dates:** Tuesdays June 6, 13, 20, 27th; 10:00am to 2:00pm and Fridays, June 2, 9, 16, 23, 30th; 12:00pm to 3:00pm

**Cost:** Free (plus VCC membership)

## Summer Brain Camp!

Memory PLUS (Practice, Laughter, Useful Strategies)



Coming this Summer: Summer Brain Camp! This 6 Week Memory PLUS boot camp will run from July 18th until September 1st. Memory PLUS is a program designed

for individuals to learn tools and specific strategies to help improve brain function and

memory. It is proven that our brains remain capable of regrowth and of learning and retaining new facts throughout life, especially for people who connect with others and engage in regular intellectual stimulation.

The weekly two-hour program runs in different locations in Greater Victoria and are as follows:

<b>Tues</b>	9:30 to 11:30am 1:00 to 3:00pm	Oak Bay United Church St. George Anglican Church
<b>Wed</b>	9:30 to 11:30am	Victoria Centre
<b>Thurs</b>	9:30 to 11:30am 1:00 to 3:00pm	St Luke's Anglican Church Saanich Centre
<b>Fri</b>	1:00 to 3:00pm	Saanich Centre

Call the Saanich Centre 250-382-3151 for availability and registration information.

## Celebrate Canada Day

Friday, June 30th, 2017

Join us and celebrate our 150th Canada Day on Friday, June 30th, from 10:00am until 1:00pm at both the Victoria and Saanich centres for Canada Day Cake! Wear red and white!



**Our centres will be closed on Monday, July 3rd.**



### Soup Labels No Longer Being Taken

As of January 1, 2017 Campbell's Labels for Education program has been discontinued so we will no longer be collecting soup can labels at Silver Threads. Thank you to everyone who saved labels throughout the years and supported thousands of schools across Canada.

### Thanks to our Sponsors

A special thank you to the staff of the Tillicum branch of RBC for sponsoring the June 7th Guess Who's Coming to Dinner. This is the third year in a row they have supported the Saanich Centre, and we very much appreciate their contribution. Not only do they make a financial donation, but the staff also attend and help serve dinner.



### Memory PLUS Corner Answers:

1. Love, respect, protect
2. He raised you well
3. My personal hero
4. Guided me through life's hardships
5. You've taught me so much

### Silver Threads Service 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 Service 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

