



2016-2017 Annual Report Now Available

Silver Threads Service's year end was March 31st. During April and May we reviewed our finances, programs, and statistics and presented the results at our Annual General Meeting at the Saanich Centre on June 21st, 2017.

We have had a positive 2016-2017 and are pleased with our results. Notably, the growth in Program and Membership participation and revenue. Our membership is the highest it has been in ten years, and we have generated \$25,000 more in program revenue than the previous year. Our Outreach Program has expanded. We are now offering six Memory PLUS groups a week. We completed a Project to help seniors in rental housing in Victoria and Saanich, and we have established new partnerships that include the MS Society.

We thank our members and participants for adding to the vibrancy and positive energy in the centres, helping to increase our donations by 30%, and making Silver Threads Service a great place to be.

Vern and Peter grace the cover of the Annual Report

At the Annual General Meeting our volunteer Board of Directors was confirmed and includes returning members Barbara Harwood, Sara Pash, Doug Crowder, Andy Robinson, Norm Tatlow, and Directors Kathy Ajas, Marjorie Moulton and Margaret Jacobson. See page 4 for a complete listing. We are pleased to welcome new members Sonterra Ross and Shawn Rankin.

The quick business meeting was followed by a delicious roast beef dinner and entertainment by singer Maureen Washington. It was a lovely celebration to end a great year.

Our Annual Report is now available at the centres and on our website www.silverthreads.ca

"Success is the result of perfection, hard work, learning from failure, loyalty and persistence."

Colin Powell

Upcoming Guess Who's Coming to Dinners

July 19th

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

August 16th

Pineapple Glazed Ham, Carrots and Peas, Mashed Potatoes, Butter Pecan Ice Cream
Entertainment: Gypsy Rovers

August 30th

Roast Beef, Roasted Vegetables, Garlic Mashed Potatoes, Blueberry Pie
Entertainment: Charlie Burton

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.

Summer at Silver Threads

There is a lot happening at both of our centres this Summer. As well as our regular programs, here is a sampling of some of our special events. We would love to see you here for one of our programs or to come and have lunch. The dining room at the Saanich Centre is open all summer.

1950's Themed Ice Cream Parlour

Celebrate summer with us at our 1950's themed ice cream parlour! Come and enjoy a free Ice Cream Sundae or Soda Float at both Silver Threads Centres.



Date: Wednesday, July 12th

Time: 11:00am to 1:00pm

Location: Both Silver Threads Centres

Cost: Free

Community Summer Barbeque

Do not miss our 3rd Annual Community Barbeque held at the Victoria Centre. There will be delicious, backyard burgers with entertainment provided by the musical duo Can Suite!



When: Friday, August 18th

Time: 11:00am to 1:00pm

Location: Victoria Centre

Cost: \$7.50

Please register in advance before August 11th by calling 250-388-4268

CPR Training

HeartSafe will provide the skills needed to recognize and respond to cardiovascular emergencies. This CPR (non-certificate) workshop for seniors will include how to call 9-1-1. Space for this workshop is limited.

Date: Tuesday, July 18th

Time: 1:00pm to 3:00pm

Location: Victoria Centre

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

Registration is required call 250-388-4268

New Zealand's South Island

Join Anne Nelson on a tour around New Zealand's beautiful South Island. Explore its flora, fauna, topography, cities and meet its people.



Date: Wednesday, July 26th

Time: 1:00pm to 2:30pm

Location: Saanich Centre

Cost: Free

Contact: 250-382-3151

Silver Threads Summer Choir

Do you enjoy singing? Then lend your voice to our summer choir. This is a free drop-in and everyone is welcome. Our leaders and piano accompanist will have a variety of songs to sing each week. Enjoy a morning of male and female voices singing together!



Dates: Mondays, June 26th to August 28th

Time: 10:30am to 11:30am

Location: Saanich Centre

Cost: Free

Contact: 250-382-3151

Punch Cards for Drop in Programs are an easy and fast way to pay for programs. They come in increments of 5 or 10 visits and can be kept at the Reception Desk.

Memory PLUS Corner

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

To help celebrate Canada's 150th Birthday, unscramble the following uniquely Canadian words and phrases

1. NOTEIO
2. BLEUDO ELOBUD
3. YITKT-RECRON
4. KOCOIHN
5. UTEQO
6. ROILMAMAIN KEAC
7. NUTOPIE
8. MANAONI SARB
9. LAPME RYUSP
10. SONAKASOT RISEREB

Victoria Computer Club Programs

The Victoria Computer Club will continue offering programs at the Saanich Centre throughout the summer months.

Computer Basics (Seniors) Shared Interest Group

When: Mondays, 10:00am to 12:00pm
July 24th and 31st
August 14th and 28th

Tutorials and Social Drop-in Sessions

When: Tuesdays, 10:00am to 2:00pm
And Fridays, 12:00pm to 3:00pm

Intro to computers offered on Tuesdays, 10:00am
Pre-book a spot at 250-382-3151

Specialized Shared Interest Groups

When: Thursdays, 10:00am to 12:00pm
Topics include: Genealogy, Photography, Android Devices, Linux, and Windows 10.

Check the club website www.VictoriaComputerClub.org or Silver Threads Reception 250-382-3151 for specific topic dates and participation costs.

The club currently can support users with Windows, Android and Chrome-based devices.

Summer Brain Camp!

Memory PLUS (Practice, Laughter, Useful Strategies)

A program designed for individuals to learn tools and specific strategies to help improve brain function and memory.

Memory PLUS is a weekly two-hour program where participants learn in a group setting led by qualified

facilitators. In our comfortable learning environment, the participants connect with peers, explore techniques, and try games and challenges to increase cognitive function.



Dates: 6-weeks from mid-July to late-August

Times and Locations:

Tuesdays 9:30 to 11:30am Oak Bay United Church
Tuesdays 1:00 to 3:00pm St. George's Anglican Church
Wednesday 9:30 to 11:30am Victoria Centre
Thursdays 9:30 to 11:30am St. Luke's Anglican Church
Thursday 1:00 to 3:00pm Saanich Centre
Friday 1:00 to 3:00pm Saanich Centre

Cost: \$40 (single), \$52.50 (family) GST included
For more information or to register, call 250-382-3151.

Thank You RBC

We were pleased to welcome the staff from RBC Burnside Tillicum Branch to our Guess Who's Coming to Dinner at the Saanich Centre. As part of their Day of Service staff helped serve and made a financial contribution for the 4th year in a row!

Thank you RBC, we do appreciate your support!
Great neighbours!



Memory PLUS Corner Answers:

1. TOONIE
2. DOUBLE DOUBLE
3. KITTY-CORNER
4. CHINOOK
5. TOQUE
6. MATRIMONIAL CAKE
7. POUTINE
8. NANAIMO BARS
9. MAPLE SYRUP
10. SASKATOON BERRIES

Overheard at the Viewmont Community Program

Mid afternoon, one of the participants looked around the table - with all the happy clutter of a group project in full bloom - and remarked to the others, "Aren't we lucky to be able to do this in our own home? Look at this great space and all that we've learned this afternoon together." Staff happily affirmed her observation about the great space and the being together.

We are pleased to provide this program and thank CRD Housing and the residents for the opportunity.



2017-2018 Silver Threads Service

Board of Directors

Silver Threads Service is a charitable non-profit Society that is governed by a volunteer Board of Directors who govern the Society, represent the Society to the community and have the legal and financial responsibility for the organization. The Directors establish the strategic objectives of the Society; the Board employs an Executive Director to carry out those objectives and manage the operations of the Society.

Following the Annual General Meeting on June 21st the Board of Directors elected the following members to the Executive and to Chair the Committees and Working Groups.

Barbara Harwood	President
Sara Pash	Vice President, Chair of Governance Committee
Andy Robinson	Past President
Doug Crowder	Treasurer, Chair of Finance Committee
Norm Tatlow	Secretary
Kathy Ajas	Director
Dr. Marjorie Moulton	Director
Margaret Jacobson	Director
Sonterra Ross	Director
Shawn Rankin	Director

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

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

