

Sharing good food

The Food Share Network (FSN) is composed of 40+ non-profit agencies, stakeholders and supporters working to alleviate food insecurity in the Capital Region and Silver Threads Service is pleased to be a part of this Network. We are partnering on a research project as well as being a receiving organization for the Food Rescue Project. This project, commenced in January 2017, connects perishable food donated by Thrifty Foods to partners like Silver Threads for their use & re-distribution. Beginning last month, we are receiving weekly deliveries of fresh fruit and vegetables to share with our seniors, at our Community Outreach Programs, with other organizations like Saanich Volunteer Services and at our Centres.

We encourage you to fill a bag and take what you need, maybe try something new and tasty! Deliveries are Tuesday afternoons, please talk to any of our staff for more information.

"Nothing brings people together like good food"



Delicious salads, corn on the cob, blueberries and tomatoes are just a sample of the offerings!

NEW this fall! Saturdays at Saanich

The Saanich Centre will be open on Saturday mornings from 9:00am to 12:00 noon beginning September 9th. Due to popular demand we will be offering **Pickleball, Computer Club** and the **Saanich Songmen to start**. The coffee will be on, so come on by and join us!

Upcoming Guess Who's Coming to Dinners

Wednesday, September 20th

Roast Pork Loin with Mushroom Sauce, Herb Mashed Potatoes and Broccoli, Chocolate Chip Mint Ice Cream.

Entertainment: Guy Marchi

Wednesday, October 4th

Thanksgiving Dinner: Turkey, Stuffing, Brussel Sprouts, Squash, Carrots and Mashed Potatoes with Gravy and Cranberry Sauce. Pumpkin Pie with Whipped Cream for Dessert.

Entertainment: Jean Bedard

Wednesday, October 18th

Octoberfest Dinner: Roast Pork with Mustard Sauce, Potatoes, Braised Cabbage and Carrots.

Black Forest Cake for Dessert.

Entertainment: Victoria Accordion Club

Dinners are from 5:00 to 7:00pm. Seating begins at 4:30pm

Cost for September 20th \$12 for members \$15 for non-members

For our October Specialty dinners \$15 for members, \$18 for non-members

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

Reservation cut off is 4:00pm on the Monday before the dinners. Come out and make new friends.

September Programs & Events

Check out our new and returning programs!
Complete information is available in our Program Guide and on our website.

Saanich Centre Call 250 382-3151

Beginner Ukulele

Date: Wednesdays, September 13th to October 18th

Time: 9:45am to 10:45am

Ukulele Level II

Date: Wednesdays, September 13th to October 18th

Time: 11:00am to 12:00pm

Cost: 6 sessions: \$52.50 (members), \$78.75 (non-members), includes GST

Students must provide their own instrument

Contact: 250 382-3151

Lian Gong Shi Ba Fa Workshop (18 Postures to Practice Daily)

Date: Mondays, September 11th to October 2nd

Time: 1:00pm to 2:00pm

Cost: 4 sessions, \$15 (members), \$25 (non-members), includes GST

Victoria Centre Call 250 388-4268

Act your Age! Play Reading Workshop.

Dates: Monday, September 18th to October 23rd
(no class Oct. 9th)

Time: 10:00am to 12:00pm

Cost: 5 session. \$10.50 (members) \$15.75 (non-members)

Hearing Seminar

Presenter: Ted Venema, PhD

Date: Tuesday, September 19th

Time: 1:00pm to 2:00pm

Cost: Free

Hearing Aid Screening & Cleaning

Date: Monday, September 25th

Time: 1:00pm to 3:00pm

Cost: Free

Resumes That Work

Date: Friday, September 22nd

Time: 10:00am to 12:00pm

Cost: \$25 (members) \$30 (non-members) includes GST

Victoria Centre

Beware, Prepare & Don't Despair

Presented by: Steve Wallace

Date: Monday, September 18th

Time: 1:00pm to 2:00pm

Cost: \$5.25 includes GST

Ageless Love Series

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!

Date: Thursday, September 21st

Time: 4:30pm to 6:00pm

Location: Victoria Centre

Cost: \$5.25 (members) \$7.35 (non-members) includes GST

Online Dating Series

Are you interested in Online Dating and would like to learn more? Practical information on dating sites, writing your profile, security and safety are discussed. Jennifer is the founder of eGurus and facilitates computer training for seniors on the 4th Tuesday of each month. Registration encouraged. Class sizes are limited.

Date: Tuesday, September 26th

Time: 1:30 to 3:30pm

Location: Victoria Centre

Cost: \$13.15 (members) \$19.50 (non-members) includes GST

Memory PLUS Fall Session

Memory PLUS (Practice, Laughter, Useful Strategies) is a program designed for individuals to learn tools and specific strategies to help improve brain function and memory. Participants connect with peers, explore techniques, try games and challenges to increase cognitive function in this weekly, 2-hour program.

Date: Mid- September to early December

Time: Morning and afternoon sessions available

Location: Locations vary

Cost: 12 sessions, \$78.75 (individual), \$110.25 (family), includes GST

Contact: 250-382-3151.

Open registration as of September 5th

August Highlights

Silver Threads Summer Choir

We have had a wonderful time singing together this past summer. For anyone who would like to continue singing in the fall and into the spring we have two choirs you could join.

The Hampton Singers

Are a popular ladies choir who meet every Monday at the Saanich Centre from 9:30am to 11:30pm. The choir performs in public 2 Wednesdays a month. There is no drop-in fee but Silver Threads membership is required. For more information contact info_cme@yahoo.com or call 250 381-4890.

The Saanich Songmen

Is a choir for men who meet every Saturday at the Saanich Centre from 9:30am to 11:30am. The choir performs in public every Wednesday. There is no drop-in fee but Silver Threads membership is required. For more information contact Paul at pjsenecal@shaw.ca or call 250 727-3689.



Summer Barbeque

Our 3rd Annual Community Barbeque was held on August 18th with entertainment provided by "Can Suite Duo". Thanks to our volunteers from the Hotel Grand Pacific - Ashton and Bianca for the delicious burgers grilled to perfection on the Grillerado courtesy of Jenner Chev Olds. Thank you to our sponsor Peninsula Co-op and to all those who came out and enjoyed the event.



**Thank you City of Victoria Councillor
Charlayne Thornton-Joe and family for attending!**

Victoria Computer Club Programs

Saanich Centre is please to partner with the Victoria Computer Club offering programs. The club currently can support users with Windows, Android and Chrome-based devices.

* STS Drop-in fee applies

Beginners Computing Group *

Dates: Mondays, September 11th, 18th, 25th

Time: 10:00am to 12:00 noon

Tutorials and Social Drop-in Sessions

Dates: Tuesdays, September 5th, 12th, 19th

Time: 10:00am to 2:00pm

Dates: Fridays, September 1st, 8th, 15th, 22nd, 29th

Time: 12:00 noon to 3:00pm

Dates: Saturdays, September 16th, 23rd, 30th

Time: 9:30am to 11:30am

Absolute Beginners sessions

Dates: Tuesdays, September 5th, 12th, 19th

Time: 10:00am to 11:30am

Pre-book your space at 250-382-3151.

Silver Threads Drop-in fees apply.

Specialized Interest Groups*

Dates: Thursdays

September 7th Genealogy

September 14th Digital Camera and Photography Group

September 21st Smart phones and tablets (excluding Apple products—iPhones & iPads)

September 27th Window 10 Group

Time: 10:00am to 12:00pm

Monthly Speaker Presentation*

Date: Tuesday September 26th

Memory PLUS Corner

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

September is back to school time. What do you remember about your childhood and time at school? Did you have a favourite teacher, a best friend or a subject you excelled in? To get your memories flowing here is a word scramble of things connected to school.

- | | |
|-------------|---------------|
| 1. honcluxb | 6. aladorhckb |
| 2. sesrce | 7. goyalpnudr |
| 3. nicpel | 8. sanryco |
| 4. emoorhwk | 9. sosoclam |
| 5. toonekob | 10. soxtobket |

Memory PLUS Corner Answers:

1. lunchbox
2. recess
3. pencil
4. homework
5. notebook
6. chalkboard
7. playground
8. crayons
9. classroom
10. textbooks

Welcome new staff Amaiah!

We are pleased to welcome Amaiah (A-my-ah) Paradine to our staff team. Amaiah will be working at both centres as a receptionist.

She has many years experience in recreation and customer service, experience with seniors and is a dedicated health and wellness professional. Most recently she was employed at Oak Bay Recreation as a Fitness Leader and Receptionist.



55+ BC Games

Annually, since 1988, various cities throughout British Columbia have hosted summer games highlighting the skills of people 55+. Originally known as the BC Senior Games, Vernon will be hosting the 30th BC 55+ Games this year from September 12th to 16th.

The event this year will consist of 3,600 participants, 1,200 volunteers and 27 different sports: Archery, Badminton, Bocce, Bridge, Carpet Bowling, Cribbage, Cycling, Darts, Dragon Boats, Equestrian, Five Pin Bowling, Floor Curling, Golf, Horseshoes, Ice Curling, Ice Hockey, Lawn Bowling, Mountain Bike Racing, Pickleball, SloPitch, Soccer, Squash, Swimming, Table Tennis, Tennis, Track & Field and Whist.



Silver Threads member, Paul M, will be attending this year's games competing in Table Tennis. This will be Paul's 4th year taking part in the Games. Paul has won both gold and silver medals each year. He competes in 3 different table tennis divisions – Singles, Doubles and Mixed Doubles. Paul enjoys the competition as well as the companionship with other participants. Being able to socialize with seniors from a wide variety of sports and activities from around BC is wonderful.

We wish Paul all the best at this year's 55+BC Games!

Labour Day

Our centres will be closed on **Monday, September 4th**



Silver Threads Service Staff

- Tracy Ryan** - Executive Director
- Anne Nelson** - Saanich Centre Director
- Ro Fife** - Saanich Centre Assistant
- Debbie Erb** - Victoria Centre Director
- Christine Hagen** – Victoria Centre Assistant
- Amaiah Paradine** – Receptionist
- Toby Schnoor**- Program Coordinator
- Maureen Brouwer**- Programmer
- 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

