



December 2017

NEWSLETTER

Happy Holidays!

As December approaches and the holidays are upon us we reflect on the past year and plan to welcome in a new one. Silver Threads Service has had a good year in 2017. Our membership is at the highest it has been for a decade, new Outreach Programs have been developed and partnerships well established. Our Board and staff have much to be proud of as we grow and create new ways to serve our members and meet the needs of seniors in the community.

It is also the season of Charitable Giving and as a registered charitable society Silver Threads Service will be conducting a Giving Campaign over the month of December. Members will receive more information in the mail and if you appreciate the work we are doing please consider a financial gift this year. Your support is greatly appreciated. All donations of \$20 or more will be issued a tax-receipt.

December is a busy month – be sure to check out the Christmas Events on page 2. From Concerts, to Dinners and the Welcome 2018 Party our staff want to ensure you have a happy, healthy Holiday Season. We thank you for making Silver Threads part of your life.

All the best,
Tracy Ryan, Executive Director

“Joy is what happens to us when we allow ourselves to recognize how good things really are.”

Marianne Williamson



Guess Who's Coming to Dinners



Christmas Dinner - Wednesday, December 20th, 2017

Sponsored by We Care Home Health Services

Turkey with all the trimmings, Toffee Fudge cake

Entertainment: Cookeilidh and the O'Brien Irish Dancers

Robbie Burns Dinner - Wednesday, January 17th, 2018

Sponsored by Revera Retirement Living

Roast beef, mashed potatoes, turnip and carrots, apple crumble cake.

Entertainment: Bob Meikle



Seating begins at 4:30pm

Cost \$12 for members (\$15 for Christmas dinner) and \$15 for non-members (\$18 for Christmas dinner)

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

Dinners are Wednesday from 5:00pm to 7:00 pm

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

www.silverthreads.ca

Programs & Events

Complete information is available in our Program Guide and on our website.

Saanich Centre, Call 250 382-3151 January 2018

Gentle Somatic Yoga

Gentle Somatic Yoga is performed slowly and is mostly floor-based but also done standing and seated if required. Somatic Yoga, using both Hatha and Raja yoga practices, focuses on brain to muscle awareness. It increases the bodies energy efficiency and works to eliminate pain.

Date: Fridays, January 19th to February 23rd, 2018

Time: 9:00am to 10:00am

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

Beginning Ukulele (Various Levels)

Learn to play the ukulele or improve your ukulele skills in these 6-part sessions. Come out and enjoy this popular and fun instrument. Students must provide their own instrument and tuner.

Date: Wednesdays, January 17th to February 21st, 2018

Time: 9:00am to 10:00am (Level I: Brand New Players)

10:15am to 11:15am (Level II: Continuation)

11:30 to 12:30 (Level III: Experienced)

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

Holiday Hours

Thursday December 21st

Both Centres open 8:30am to 2:00pm

Friday December 22nd

Both Centres open 8:30am to 1:00pm

Monday December 25th/Tuesday, December 26th

Both Centres closed

Wednesday December 27th

Victoria Centre closed

Saanich Centre open 8:30am to 1:00pm

Thursday December 28th

Victoria Centre closed

Saanich Centre open 8:30am to 1:00pm

Friday December 29th

Victoria Centre closed

Saanich Centre open 8:30am to 1:00pm

Monday, January 1st, 2018

Both Centres closed

Regular hours resume Tuesday, January 2nd, 2018

Saanich December Special Events

Dine With a Veteran

Canadian Forces Base Esquimalt will be hosting a luncheon to provide an opportunity for veterans to dine with sailors, soldiers and air personnel of Canadian Force Base Esquimalt. Transportation will be provided from the Saanich Centre,

Date: Thursday December 7th

Time: 12:15 to 4:00

Location: Pacific Galley in Nelles Block, CFB Esquimalt

Cost: No charge (must be a veteran to attend)



Annual Police Chorus Concert

Enjoy Hawaiian music and dance with Hula Dance for Health followed by The Greater Victoria Police Chorus as they sing a selection of Christmas songs. Seasonal sweets and refreshments to follow.

Date: Wednesday December 6th

Time: 1:00 to 3:00pm (doors open at 12:30pm)

Cost: \$5.25 (members), \$8.40 (non-members).

Welcoming 2018 Party

Join us for our annual end of year party. Welcome the new year with beverages, nibbles and musical entertainment by Andy McCormack.

Date: Friday December 29th

Time: 11:00am to 12:30pm

Location: Saanich Centre

Cost: By donation



Last year Lena welcomed the
New Year with a toast!

November 2017 Highlights

Silver Christmas Craft Fair

On Saturday, November 4th the Crafters at the Victoria Centre hosted the Silver Christmas Craft Fair.

The hard work and creativity over the past year paid off significantly with over \$1,200 raised this year. Thank you to everyone who helped out. The Crafters meet every Friday and always welcome new folks!



Portrait Painting Class Art Show

Rosa's class at Saanich showed their talents at an impromptu Art Show at the Saanich Centre. From Picasso to Vermeer the work was well done!



Ladies Paint Night

Thank you to Gail for facilitating the Ladies Paint Night at the Victoria Centre. We had 14 artists partake and even though they worked on the same design each created a one of a kind masterpiece! Watch for this event again in the New Year!



Christmas Gift Ideas

Looking for some Christmas Gift suggestions to give your friends? Or suggestions to tell your family for you? We have both! Silver Threads Membership, program Punch Cards and certificates for Guess Who's Coming to Dinner are available to give as gifts.

Membership from January to the end of March 2018 is only \$21 (GST included). Benefits of Membership include:

- 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 (a savings of \$2 to \$3 per session).
- Priority registration for space limited programs, outings or other seasonal special events.
- Courtesy calls for program changes or cancellations.
- Annual Coupon for a complimentary coffee break (good for a hot beverage and a baked good).
- A sense of community belonging.

Punch Cards are an easy and fast way to pay for drop-in programs. They come in increments of 5 and 10 visits and are kept at the front desk of the centre.

Guess Who's Coming for Dinner certificates are \$12

All certificates can be purchased by phone or in person at both or our centres.



Memory PLUS Corner

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

Unscramble the Christmas words:

- | | |
|---------------------|-----------------------|
| 1. Nestli Thing | 7. Ladoyhi receh |
| 2. Oyj Ot Het Lorwd | 8. Enwrit noladewrdrn |
| 3. Thanguy ro Enic | 9. Tle ti wosn |
| 4. Reymr Hamstcsir | 10. Apece No Trahe |
| 5. Ufirt Ekac | 11. Phayp Lishdoay |
| 6. Leginj Lebsl | 12. Gongeg |

Memory PLUS Corner Answers:

Answers:

- | | |
|---------------------|----------------------|
| 1. Silent Night | 7. Holiday Cheer |
| 2. Joy to the World | 8. Winter Wonderland |
| 3. Naughty or Nice | 9. Let it Snow |
| 4. Merry Christmas | 10. Peace on Earth |
| 5. Fruit Cake | 11. Happy Holidays |
| 6. Jingle Bells | 12. Eggnog |

We Speak Translate Project

This Fall three of our staff, Ro, Christine and Amaiah participated in the Intercultural Association's "We Speak Translate" project - a first of its kind collaboration between Google Translate and ICA that utilizing the Google Translate app for refugee resettlement and newcomer inclusion in communities. The project addresses the number one barrier to new immigrant integration: language. The project involves training organizations like Silver Threads in the Google Translate app. Upon completion participants receive a We Speak Translate decal, a visible symbol of inclusion and commitment to promoting diversity and communication across language barriers. By using the app at our reception desks staff can assist people in any language!



Good-bye to Debbie Erb

We are sad to announce that after 23 years with Silver Threads, Debbie, our Victoria Centre Director is leaving to take on a new position with CNIB.

In her time with Silver Threads she has worked at our Sidney Centre, with Meals on Wheels and the Victoria Centres. Her longevity is directly related to always being ready to take on new challenges and her ability to jump into any task at hand. Her dedication to the members, who she always treated with care, concern and good humour, will be greatly missed by all of us, member, staff and Board. We wish Debbie all the best in her new endeavours and are pleased she isn't too far away and will still be working near to us!

Thank you Debbie for supporting our organization, we appreciate your hard work and many contributions.



Silver Threads Service Staff

Tracy Ryan - Executive Director

Anne Nelson - Saanich Centre Director

Ro Fife - Saanich Centre Assistant

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

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

For general inquiries please email:

reception@silverthreads.ca

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

