

## New Year Resolutions 2018



It is that time of year when we usher out an old year and look forward to a new one. Often we think about how we can make improvements and better ourselves by making resolutions. Often it is the little changes we make that can have the most impact, especially if they become a good regular habit. We suggest four areas to consider if you are inspired to make a change this year.

**Keep in touch with friends.** Maintaining close personal relationships can be a challenge with distance or time, so a small shift might be to connect more often by sending a note, email or making a call. Having a chat can lift spirits all around. You can also invite a friend to meet at one of our centres for a visit, we always have the coffee on.

**Eat better.** Of course, we know the benefits of eating more fruits and vegetables.

Physically, it does improve our health. Through a partnership with the Food Share Network

we often have a “take what you need” table during the week with healthy produce options for folks to try.

**Keep Moving.** Physical activity is a key component of good health. Even when we might not feel like it doing a short walk, or a few stretches is a good step. Keep your goals realistic and they are more likely to become habits. At the Saanich Centre we are offering Gentle Somatic Yoga that is performed slowly and is mostly floor-based but also done standing and seated if required. It increases the bodies energy efficiency and works to eliminate pain.

**Challenge your mind.** The best way to prevent memory loss is to think of your brain as a muscle. It needs a bit of exercise as well to maintain optimal function. How do you do that? Get out of your comfort zone and learn something new. Maybe try a paint class, take up ukulele or learn a new exercise routine, you can try all of these at

Silver Threads Service. Details are on page 2.

*“In 2018 , I hope we live a little bolder, laugh a little louder, stand a little taller, be a little braver, dream a little bigger and make the world a little better.”*  
Anonymous

## Guess Who’s Coming to Dinners

**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

**Wednesday, February 7th**

Chicken Parmesan, Spanish Rice, Broccoli, Spumoni ice cream

Entertainment: Steve Struggess

**Wednesday, February 21st**

Roast pork, Cheddar mashed potatoes, Carrots and peas

**Seating begins at 4:30pm**

**Cost \$12 for members and \$15 for non-members**

**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.**



## January 2018 Programs & Events

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

**Saanich Centre**  
Call 250 382-3151

### 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

### Portrait Painting: Renaissance to Modern

This course involves reproducing famous portraits from Renaissance to Modern (Caravaggio to Van Gogh). Students will be guided by artist Rosa Benjamin to recreate a copy of the original portrait.. No experience of drawing or painting is necessary.

**Date:** Wednesdays, January 24th to February 28th

**Time:** 10:30am to 12:30 pm

**Cost:** 6-sessions: \$21 (members), \$42 (non-members), plus cost of supplies. GST included

### Blood Pressure Clinics

Check in with Wendy, our Registered Nurse who will provide sitting and standing BP readings and individualized health and wellness information.

Saanich Centre: Monday, January 8th 10:00am to 12:00pm

Victoria Centre: Friday, January 12th 10:00am to 12:00pm

**Cost:** Free

**Victoria Centre**  
Call 250 388-4268

### Strength & Stretch

Starting with a warm-up, the focus is on exercise using tubing, free weights and gentle stretching to tone and strengthen all muscle groups.

**Date:** Mondays, Thursdays starting January 4th, 2018

**Time:** 10:00am to 11:00am

**Cost:** \$3.50 (members) \$5.25 (non-members)

### Balance & Mobility

This program will focus on a variety of progressive physical exercises geared towards centre of gravity control, multisensory training, postural strategy, gait pattern enhancement and variation, strength and endurance and flexibility.

**Date:** Mondays

**Time:** 1:00am to 2:00am

**Cost:** \$7.35 (members) \$9.45 (non-members)

### Weight Watchers

Did you know that Weight Watchers meets weekly at the Victoria Centre? If weight lost is on your list of resolutions the Weight Watchers approach is the healthy way to go about it.

**For more information:**

<https://www.weightwatchers.com/ca/en>

**Date:** Saturdays

**Time:** 8:30am to 11:00am

### Portrait Painting Art Show

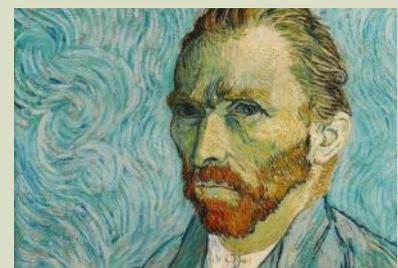
Come and see the works of art produced by Rosa Benjamin's Portrait Painting class. The students have been reproducing famous portraits through the ages from Renaissance to Modern.

**Date:** Wednesday,  
January 10th, 2018

**Time:** 10:00am to  
3:00pm

**Location:** Saanich  
Centre

**Cost:** Free



## December 2017 Highlights

### Christmas Decorations

Thank you to our team of volunteer decorators (Rolly, Nelson, Melanie, Donalda, Sandy and Chris) who collectively spent 21 hours festooning the Saanich Centre for Christmas. Their efforts were appreciated and admired by everyone all month.



### Group Christmas Lunches and Gatherings

We were happy to host Christmas lunches and gatherings for 12 different program groups (240 people) from our Saanich centre. The events took place in various locations around the centre, including our first Stage Party with the Pickleball group!



### Christmas Concert

Our Christmas concert opened this year with Hawaiian sounds and an audience participation warm up with Hula Dance for Health. The Greater Victoria Police Chorus performed next and thrilled everyone with their lovely renditions of both Christmas and non-seasonal songs.



### Dine with a Veteran Lunch

Silver Threads veterans and their spouses and friends enjoyed a wonderful turkey lunch at the Esquimalt Base and the opportunity to meet and socialize with current serving Forces members.

To start off the New Year on a healthy foot, this month's word scramble is all about taking time for Self Care. Have fun unscrambling some great habits to help make 2018 the best year possible.

### Guess Who's Coming to Christmas Dinner

Diners enjoyed a wonderful Christmas meal prepared by our chefs, accompanied by Champagne Cocktails. Local Celtic group, Cookeilidh, provided wonderful Christmas music with the added bonus of performances by the O'Brien Dancers.



Thank you to our sponsor We Care Home Health Services for supporting our Christmas Concert and Dinner! We value the partnership!



### Memory PLUS Corner

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

To start off the New Year on a healthy foot, this month's word scramble is all about taking time for Self Care. Have fun unscrambling some great habits to help make 2018 the best year possible.

Scrambled phrases:

1. Tea lahethy odosf
2. Tge largeru cexxesei
3. Kridn stol of rawte idyla
4. Egt uhgone peels
5. Arlne mingothes enw
6. Ekma mite rof bohibes
7. Etak mite ot xarel
8. Netcccon idaly tiwh rinefsd

## Memory PLUS Corner Answers:

Answers:

1. Eat healthy foods
2. Get regular exercise
3. Drink lots of water daily
4. Get enough sleep
5. Learn something new
6. Make time for hobbies
7. Take time to relax
8. Connect daily with friends

## Milestone Birthdays!

Beginning in 2018 we will be recognizing our members who have a milestone birthday! A milestone is one that ends in a "0". So if you turn 60, 70, 80, 90 or 100 we will be sending you our birthday wishes and a card in the mail.

Although, every birthday should be celebrated, even if it ends with another digit!

Our first recipient was Alice who turned 90, and is modelling a new hair style that is just like Toby's. You look just like sisters!

Happy Birthday Alice!  
You look fabulous!



## Memory PLUS

Practice, Laughter, Useful Strategies

Winter 2018 Sessions

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 that runs year-round in different locations in Greater Victoria.

Participants learn in an interactive and fun group setting led by qualified facilitators. In our comfortable learning environment, the participants connect with peers, explore techniques, try games and challenges to increase cognitive function.

**Dates:** 12 weeks (January to March) Classes start week of January 9<sup>th</sup>

**Times and locations:** Vary- contact Saanich Centre for session options and availability.

**Cost:** \$78.75 (single), \$110.25 (family) GST included

**For more information or to register,**

**call: (250) 382-3151**

## Soap for Hope

We thank Disaster Aid Canada and the Rotarians for including Silver Threads in the Soap for Hope program.

The Soap for Hope program collects soap & shampoo from hotels which would have ended up in our landfills. The soap and shampoo is re-packaged and distributed to local shelters, transitional homes, sent internationally and to non-profits like ours. Packets are now available at our centres. We appreciate the generosity!



## 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

**Kristy Brugman** - 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](mailto: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

