

## 2018 Celebrates the Year of the Dog



The Chinese animal zodiac is a repeating cycle of 12 years, with each year being represented by an animal and its reputed attributes. Traditionally these zodiac animals were used to date the years.

2018 is the year of the Dog and is celebrated February 16th. Chinese New Year, also known as the Lunar New Year or Spring Festival, is celebrated across the globe and is commonly associated with lion dances, which ward off bad spirits, and red packets, which symbolize good luck and good fortune.

To find out your sign in the Chinese Zodiac and learn your traits read on!

<b>Rat</b>	1900, 1912, 1924, 1936, 1948, 1960	Imaginative, charming, and truly generous to the person you love.
<b>Ox</b>	1901, 1913, 1925, 1937, 1949, 1961	A born leader, you inspire confidence from all around you.
<b>Tiger</b>	1902, 1914, 1926, 1938, 1950, 1962	You are sensitive, emotional, and capable of great love.
<b>Rabbit</b>	1903, 1915, 1927, 1939, 1951, 1963	Well liked, affectionate, obliging, always pleasant.
<b>Dragon</b>	1904, 1916, 1928, 1940, 1952, 1964	Full of vitality and enthusiasm, intelligent, gifted, perfectionist
<b>Snake</b>	1905, 1917, 1929, 1941, 1953, 1965	Rich in wisdom and charm, romantic and deep thinking.
<b>Horse</b>	1906, 1918, 1930, 1942, 1954, 1966	Hardworking, independent, intelligent and friendly.
<b>Goat</b>	1907, 1919, 1931, 1943, 1955, 1967	Charming company, elegant and artistic.
<b>Monkey</b>	1908, 1920, 1932, 1944, 1956, 1968	Intelligent, witty, magnetic personality, you are always well-liked.
<b>Rooster</b>	1909, 1921, 1933, 1945, 1957, 1969	Hard worker, shrewd, definite in decision making and a dreamer.
<b>Dog</b>	1910, 1922, 1934, 1946, 1958, 1970	Loyal honest, and faithful to those you love.
<b>Pig</b>	1911, 1923, 1935, 1947, 1959, 1971	Splendid companion, an intellectual, sincere, tolerant, and honest.

### Guess Who's Coming to Dinners

#### February 7th

Chicken Parmesan, Spanish Rice, Broccoli,  
Spumoni Ice Cream

**Entertainment: Steve Sturgess**

#### March 7th

Roast beef with mushroom sauce, Roasted potatoes,  
Cauliflower, Chocolate Mousse

**Entertainment: Eric McQuillan**

#### February 21st

Roast pork, Mashed potatoes, Carrots and peas,  
Blueberry pie

**Entertainment: Robbie Hancock**

#### Easter Dinner March 21st

Baked honey mustard ham, Cheddar mashed potatoes,  
Carrots and turnips. Assorted sweets

**Entertainment: Steve and Sherry**

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

**Easter Dinner Cost \$15 for members and \$18 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 Seating begins at 4:30pm**

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

## February 2018 Programs & Events

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

Victoria Centre

Call 250 388-4268

### Ageless Love Series

#### Learning the 5 Love Languages

Have you ever felt like you and the person you care about are speaking two different languages? Well, maybe you are! Love languages are the unconscious preferences we uniquely favour to communicate, and it's a great tool to use in deepening your connection to the people you care about.

**Date:** Monday, February 5th

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

**Location:** Victoria Centre

**Cost:** \$5.25 Members, \$7.35 Non-Members (GST included)

Advanced Registration is required. Please call 250-388-4268

#### How to Develop & Deepen Relationships & Friendships

We've all heard that better communication deepens the sense of fulfillment in relationships, but what does that mean, exactly? We'll explore effective communication techniques, how to set healthy boundaries, and how to request getting your needs met in relationships.

**Date:** Monday, March 5th

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

**Location:** Victoria Centre

**Cost:** \$5.25 Members, \$7.35 Non-Members (GST included)

Advanced Registration is required. Please call 250-388-4268

### Special Events

#### Be a Sweetheart to a Senior Valentine's Day Concert

It is time again for our annual Valentine's Day Concert. We will have a musical performance by Bob Meikle. This local singer is a fun, diverse act that you do not want to miss. Bring a friend! Refreshments provided!

**Date:** Wednesday, February 14th

**Time:** 1:00pm to 2:30pm

**Location:** Victoria Centre

**Cost:** By Donation

Space is limited. Please call to reserve 250-388-4268

### Chinese New Year

Join us for our Chinese New Year Celebration! We will have traditional Chinese snacks and authentic Chinese dancing performed by the Happy Drum



Group. Come bring in the new year with us!

**Date:** Tuesday, February 20th

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

**Location:** Victoria Centre

**Cost:** By Donation

### Income Tax Clinics at Silver Threads

Silver Threads Service will once again be holding Income Tax clinics as part of the Canada Revenue Agency's Community Volunteer Income Tax Program.

Our trained volunteers will complete returns for seniors with a maximum gross annual income of \$30,000 (individuals) and \$40,000 (couples).

Clinics will run from February 26th to April 27th, 2018 at both the Victoria and Saanich Centres.

Phone to book your appointment at your preferred centre:

For Saanich Centre call 250-382-3151

For Victoria Centre 250-388-4268



*"The hardest thing in the world to understand is the income tax."*

*Albert Einstein*

## January Art Show

In January, the students from Rosa Benjamin's Portrait Painting class at the Saanich Centre held a display of their artworks - reproductions of famous paintings through the ages. It was a real showcase of the many talented people we have here at Silver Threads. If you missed the show, the students will be doing another Art Show at the end of their current session on Wednesday February 28 from 10:00am to 1:00pm at the Saanich Centre.



### Memory PLUS Corner

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

To celebrate love and Valentine's Day, this month's word scramble is all about love. Unscramble the name of each Love Song below. (You get an added point if you know who recorded it!)

Scrambled Love Songs:

1. YABB OLEV
2. GACIM TENMSOM
3. ADESEL IWHT A SISK
4. I SEDIKS UYO
5. NOGUY OLEV
6. LIWL OYU EVLO EM WOROTORM
7. USENV
8. OEVL ESRTTEL NI EHT ADSN
9. TILETL LRDANI
10. I LWLI LOLWOF MIH
11. UTP UROY AHDE NO YM USHORLED
12. EB MY YABB

## Welcome Kristy Brugman Outreach Worker

We are pleased to welcome Kristy Brugman to the position of Outreach Worker for the Senior Community Outreach Project. Kristy ventured to Victoria from the Netherlands in 2006 and found herself so inspired by the peoples, lands and cultures of Victoria that she stayed. Kristy comes to us with 15 years of experience in the field of recreation and service provision for seniors and individuals with special needs. Her background includes a degree in Art Therapy, and experience in recreation management, program development and facilitation, personal support work and volunteer coordination. Outside of work, Kristy is creatively engaged and takes plenty of time to reflect through writing, painting, singing and meditative time in nature.



We are pleased to have her join our team!

The Senior Community Outreach Project is funded by the United Way Greater Victoria and the City of Victoria and operates in partnership with James Bay New Horizons and Silver Threads Service. The purpose is to reduce isolation of seniors and connect with those in the community who are not accessing service. Outreach Staff meet with seniors where they live mainly in rental housing, to make connections, listen to concerns and inform seniors of available services to help them remain independent. As we begin 2018 we will now have 2 staff, with Kristy working with Jo-Anne Silverman who has been with us since the project began in 2015. Our focus this next year will be to build connections to services for those seniors.

For further information on the Outreach Project please contact the office at 250 382-3151.



## Memory PLUS Corner Answers:

Answers:

1. Baby Love (the Supremes)
  2. Magic Moments (Perry Como)
  3. Sealed With A Kiss (Brian Hyland)
  4. I Kissed You (the Everly Brothers)
  5. Young Love (Sonny James)
  6. Will You Love Me Tomorrow (the Shirelles)
  7. Venus (Frankie Avalon)
  8. Love Letters In the Sand (Pat Boone)
  9. Little Darlin' (the Diamonds)
  10. I Will Follow Him (Little Peggy March)
  11. Put Your Head On My Shoulder (Paul Anka)
  12. Be My Baby (the Ronettes)
- Congratulations! Give yourself an extra point if you knew who sang it !

## Thank you to all our Member Donors!

This year was the first year we did a direct mail fundraiser to our members and we were pleased with the generosity and support! Every donation is greatly appreciated and we were able to raise **\$6,675** through this campaign.

As a charitable not-for-profit we need revenue from many sources that includes government and health agencies, foundations and program fees to fund our centres and outreach programs. With the increase in individual donations you helped make it a little easier for Silver Threads Service! Thank you everyone for your support!

## 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

## Victoria Computer Club Genealogy Group

One way to celebrate Family Day in February might be to learn more about your family's background and history.

The next meeting of the Victoria Computer Club Genealogy Group is Thursday February 1<sup>st</sup> at 10:00am at the Saanich Centre.

The February topic is:

### "An Introduction to the Geni World Tree".

If you need assistance with your genealogy software or your Family tree, please bring your laptop or notebook with your software and data installed.

For more information about this group

contact: [vccgenealogysig@gmail.com](mailto:vccgenealogysig@gmail.com)

Note: Silver Threads Service drop-in fees apply to this program.

The Victoria Family History Conference is March 9th and 10th, 2018

This free event is a great opportunity to learn and share about genealogy and family tree research.

The event website is <http://victoriafhc.org/overview.html>

## BC Family Day

Both our Centres will be closed on Monday February 12<sup>th</sup> in recognition of Family Day in BC



## 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

